



# Birchanger Village Magazine

September 2017

Issue 176



## Sign Of The Times

How many people walking, biking or driving past the social club actually notice our famous village sign? Most of us probably know it's there but like a ticking clock we don't really notice it anymore! The vast majority of villagers take it for granted and have no idea of the effort that went into making it. Unfortunately, if you look closely at it today, you will realize that it is getting on a bit and is showing signs of deterioration (no pun intended) which is not surprising as it has been standing out in all weathers since 2002. Without doubt something needs to be done very soon before it deteriorates further. So what is the history behind our village landmark?



The village started putting money aside raised from open garden weekends and village fetes to cover the cost of a millennium project around 1995.

Eventually it was decided to use the money to fund a new village sign

and after researching numerous styles and materials and receiving various suggestions from villagers, the present day design was finally chosen.

Sheila Devereux agreed to manage the project and called upon many individuals who gave their support and energy into helping with the planning permission, technical drawings, building work and pure muscle power. Local artist Heather Brown made the first water colour painting of the sign which incorporated elements of the village such as the birch trees, the bluebell woods, St. Mary's Church and of course local wildlife incorporating a fox and pheasant. The finishing touches were the Essex insignia and a facsimile of Birchanger's entry in the Domesday Book. Last but not least, the crown was added and the year 2002, which was the date of the queen's jubilee and the year that the sign was erected.

Suffolk artist Mary Moore, a specialist sign maker of some 40 years, was commissioned to produce the new sign. Using Heather Brown's painting, she first made a life size pencil drawing and from that produced a full size plaster cast model which she carved in relief to show the church, trees and wildlife etc., a very time consuming exercise. Next the model was sent to a Norwich foundry for casting in metal and lastly was painted by the artist with seven coats of protective paint. However, it was not all plain sailing. The foundry contracted to make the casting went in to liquidation and the new company that took over lost the plaster model. Mary Moore then had to make another plaster cast model which put back the project by some three months. Eventually the job was completed and on a cold, damp and drizzly day the sign was finally erected.



On the 22<sup>nd</sup> December, after the usual carol service, Canon Jackson with his black robes flying in the wind gave the dedication and was joined by Elizabeth Godwin and a crowd of 50 or more villagers. It was a pure case of the Vicar of Dibley meets the Archers.

Currently the sign is undergoing assessment and awaits a quotation for the restoration work which thankfully the parish council has in hand.

## Birchanger's New Couple



Rosalynd and I would like to thank all of our friends and family that made our day so special. It will be a day that neither of us will ever forget. Even the rain didn't spoil the day. The love and friendship that we received was overwhelming and I apologise if I cried too much. As many of you may know, we didn't have an 'official' wedding gift list. Instead we asked that if anyone wished to get us a present that we would appreciate a donation to charity.

Our chosen charities were, Birchanger Parish Church and Great Ormond Street Hospital. Your generosity was more than we could have ever imagined. The Church has received £385.00 and Great Ormond Street Hospital has received £500.00.

Thank you all for making our wedding such a wonderful day.

*Evan Hill*

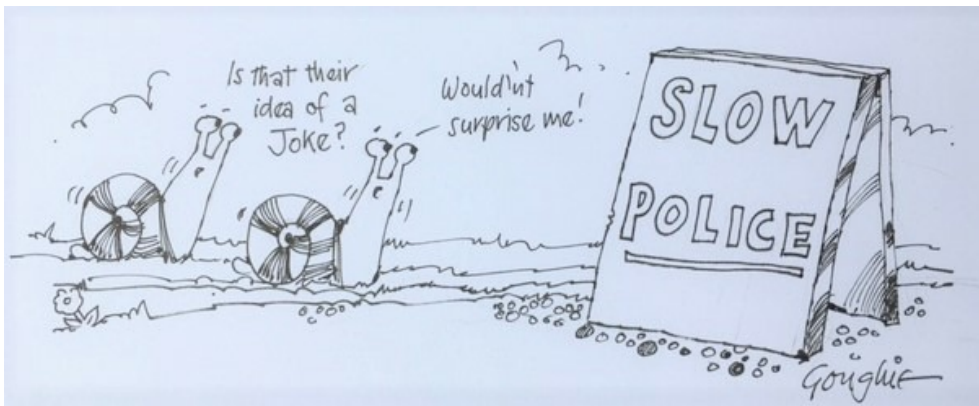


# A letter from the Editor

*Dear Readers,*

## Are our speed signs becoming invisible?

If the number of cars that continue to speed through Birchanger lane are anything to go by then undoubtedly they are and have become quite useless and ineffectual in slowing down the traffic. Now I know what you are saying, "Oh no, not that old chestnut again". Well yes, the old chestnut is still there and isn't going away soon and for good reason. I have given up counting the amount of scuffs and scratches on the side of my car where I have been forced into hedges by inconsiderate motorists. Of course our overgrown hedgerows don't help. Then there are the numerous emergency stops caused by close encounters of the third kind, by that I mean the buses which take our bends like a bull mastiff chasing a cat. Now the word 'bus', which is shortened from the word 'omnibus', is interesting as it comes via the French from Latin and means literally 'for all'. Clearly this is not the case with some bus drivers as they are certainly not thinking of anyone else but themselves on the road.



We are not even safe around our small cul-de-sac in Harrisons where a few offenders think they are Lewis Hamilton driving for poll position. Our hairy babies look twice now before crossing the road as they have had several near misses with the big metal kennels running on four rubber boots.

The point is, what needs to happen before something is done about it? So far we have been very lucky to have had few major accidents but it is only a matter of time before something

more serious occurs. The parish council have tried signs, gates and road markings but all to no avail. So what is next? One possibility is to install traffic calming measures such as humps or chicanes. Chicanes wouldn't be the best solution as our lane is narrow enough as it is and the disadvantage of humps is that they increase noise and pollution, particularly from buses or lorries and the vehicles that will suffer the most damage are our own rather than those just passing through. Another possibility is to reduce the apparent width of the road by painting lines near the kerbsides or central hatching in the middle of the road. What about fake speed cameras? that could do it but I am not sure they are legal. Something that works for me are fixed "Your speed" signs, the great thing about these radar-controlled active signs is that for most drivers, they just alert you of your indiscretion and you slow down, feeling a little embarrassed. They're simple, they're effective at calming traffic, and they even let you know how inaccurate your speedometer is, assuming that these rat runners even look at their speedometers!

## Letters to the Editor

**Dear Ed,** Firstly I would like to say how good it is that the Parish Council oversees a play area for the children which parents and children alike should be proud of. The equipment is well maintained as is the field and entrance. It's a pity that all villagers do not appreciate it and use it as intended. I refer to a dog owner with three dogs standing in the ground watching his dogs running free off the lead when I took my grandchildren down there for a play recently. The dogs ran among the children and the final straw was when one of the dogs urinated against the equipment my grandchildren were using. There was a previous incident where my niece was with her children and a dog running free messed in the field and until confronted, the owner made no effort to clear up the offending mess. I love dogs and have no problem with owners who respect the play area by keeping their dogs on the lead and under control but please don't let your dog foul the area and equipment that children play on. A notice at the entrance reminding dog owners that this is a recreational area for children not an exercise area and toilet field for dogs might help with the problem. *Mrs. G. Smith, Birchanger*

### LOST - Silver Necklace

A stainless steel chain with silver ball pendant was lost on Saturday 12<sup>th</sup> August in Birchanger Lane near the club or bus stop. It has great sentimental value so if found please contact the owner, Helen Holland on 01279 812432. Thank you.

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 16<sup>th</sup> of the month, preferably sooner and may be edited depending on space and content. Please contact me by E-mail, phone, or letter as shown below. Thank you and Kind Regards,

*Peter Sampson*

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[magazine@birchanger.com](mailto:magazine@birchanger.com)



01279 813193



2 Harrisons, Birchanger



# VILLAGE NEWS

*By Elizabeth Godwin*

## The Art Show returns

After a year's break while the hall was refurbished following the floods last summer, the Art Show is back for another year and promises to be better than ever. The artists have been very patient and will be back along with some additions. Birchanger School will also be participating with their display of hand painted flower pots. You will be able to vote for the pot you like the best and the winner will receive a prize. While the exhibition is open you will be able to enjoy tea or coffee, with homemade cakes and snacks. The exhibition will be open on Saturday September 23<sup>rd</sup> between 10.30 and 5pm and on Sunday September 24<sup>th</sup> between 10.30 and 4.30 pm. It will be well worth a visit. Paintings and prints will also be on sale.

## Hedgehogs are back

Hedgehogs were once a common sight in Birchanger, but there seem to have been very few about in recent years. It was therefore a very welcome surprise when a friend's dog discovered a very small hedgehog close to the house, with two others found close by. They were really tiny, miniature hedgehogs, complete with new spines and very hungry. We did give them a little dog food and they responded by getting rid of some of the snails who regularly dine on our favourite plants. They proved that once the shock of their mother's departure had receded, they could manage perfectly well on their own. For a while they still slept in their woodpile home. The babies foraged about for a few days and then the biggest one went missing. Sadly he was found the next day, squashed, run over by a speeding car. Hedgehogs are disappearing fast everywhere and if this trend continues they could

just be yet another species which mankind has removed from the planet. They need our woodpiles, bonfire sites, outbuildings and piles of leaves. They also need us to check bonfires before lighting them as hedgehogs could

be hibernating or nesting there. Latest news: The hedgehogs are still around, growing well and they call in for supper every night.



## Broadband speed up for Birchanger

Essex County Council made a great deal of noise about installing new cabling to speed up the roll out of the Superfast Broadband in Essex. It sounds good as we have so many reported problems with our broadband service from many addresses throughout the village. The good news is that we are going to get it, eventually. It is apparently promised before Christmas 2019! Don't hold your breath.

## Multi agency help services in Dunmow

We need a 'One Stop Shop' for all the agencies which provide help to so many people in very different ways. We will get it but it will only be on one morning per month. This new service will operate from the Rowena Davey Centre in Dunmow on the second Monday of each month between 10 am and noon. If you want to find out about multi-agency services and perhaps need to use more than one of these services, this could be of benefit to you. With so many different agencies offering advice and support for a wide variety of needs, it can be very difficult to access the right one.

## Birchanger All Girls Society

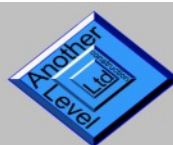
A warm welcome to all new comers on the last Wednesday of every month in the meeting room at the village church hall

### Forthcoming Meetings:

Wednesday 27<sup>th</sup> September 7.30 for 8.00

Join us for a social evening in Birchanger Social Club

Telephone for details Liza-815444  
Rosemary-814678 Barbara-813007



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## Do you really know what Essex Libraries can do?

Libraries are no longer just the library in the High Street or the van in the village every other Tuesday. These days, while still offering the old book lending services, they are something much, much more. You can easily join Essex Libraries on line or by dropping into any library outlet. Having got your library card you can use it to order your chosen publication as an eBook or to collect a hard copy from any library of your choice, shortly after they have been released. The latest Le Carre thriller was last month's new publication. You can also catch up with the latest glossy magazines and regularly published journals. It would seem that the choice available in this way is much wider than that found in your average bookshop. Find out more by calling 0345 603 7628.

## Only 13 weekends until the Big Light Up!

The sun tan has yet to fade, but Christmas is not so very far away. Some people have already ordered their Christmas cards. It's all rather a scary prospect, at least for some of us. Last Christmas Birchanger was beautiful, the best lit village for miles around and this year we aim to make it even better than ever. The best display will as usual win a prize but this year there will be a trophy as well which the winner will keep until the following year. The format will be the same as before whereby village residents will be invited to vote for the best decorated house. Your nomination can be dropped off in the box at the club or put through my door at 330 Birchanger Lane. The votes will be counted at the club on Friday December 22<sup>nd</sup> at 8.00 pm and the winner announced soon after. As usual there will be a big light up which will start at the club at 6.00 pm when the lights will be switched on and it is hoped that the rest of the village will also be able to light up then as well. Everyone can be part of this; even the smallest light in a window contributes to the Christmas scene. So get ready.

## Some say stress can be a benefit

Not something I would call a benefit. When the phone keeps ringing, people keep nagging you for a piece of work due in last week and there is not enough money to pay the gas bill this month, how can it possibly be of benefit to me? So I thought about it, why was I in this mess? I encourage people to talk to me. I would worry if the phone went silent. Was I too old, too boring or so inconsiderate that nobody wanted to talk to me anymore? If I had not bought that silly red dress which I will never wear but which looked so good in the shop, there would have been sufficient funds in the bank for the standing order to go through. So as I start to think this through it slowly dawns on me that the stress this has caused, was entirely of my own making. A phone call to the bank ensured the gas bill was paid, when the overdraft was cleared and the dress returned to the shop the relief it brought meant I could finally complete the overdue piece of work. Stress can work for you when you discover how.

*Elizabeth Godwin*



## Emma Marks Men and Boy's Haircuts

Tel: 01279 814273  
Mob: 07527227943

99 Birchanger Lane,  
Birchanger,  
Herts.  
CM23 5QG



## Save £3 with Stansted Airport express set down discount scheme

This scheme will save you some hard earned cash!

Collecting and/or dropping of people at the airport by car currently costs £3.50 at each exit. However, arrangements have been agreed in partnership with the Stansted Airport Consultative Committee to offer locals a discount. The discount scheme is open to all residents living within a ten mile radius of Stansted Airport.

Residents living within a 5 mile radius of Stansted Airport will pay £0.50 for up to 10 minutes and £0.50 per minute thereafter. Residents living within a 5 - 10 mile radius will pay £1 for up to 10 minutes and £1 per minute thereafter.

### How to Apply

If you wish to apply for a discount card you need to complete an application form and return it to Stansted Airport who manages the car parks together with proof of ID. Full details, including terms and conditions, are detailed on the application form. To request an application send an E-mail to; [dd\\_carparking@stanstedairport.com](mailto:dd_carparking@stanstedairport.com)

Once you have registered you will be sent a discount card, Express Set Down is a ticketless system using Automated Number Plate Recognition (ANPR) technology to read entry/exit times and to calculate the duration of stay. When you exit the airport, you simply insert the discount card into the machine at the exit barrier and the discount will be applied so that you can make your reduced payment to exit. Note! There have been some problems with the exit pay machines so you may have to call the attendant by pressing the button on the machine. Tell the attendant you have a resident discount card and how much you should pay. If asked, give him/her the card reference number. It has been reported that new exit pay machines will be installed soon to overcome this issue.

## Helicopter nuisance over Birchanger

It has been a summer of increasing numbers of helicopters flying any way they please over Birchanger, even after dark. We have all experienced the noise and intrusion as they fly low over our gardens on route to and from Stansted Airport. Now at last the Airport flight manager airside, Duncan Smith, has come up with a proposal for a fixed route for helicopter flights and would like to come and discuss this before the next meeting of the Parish Council. The meeting is on the 5<sup>th</sup> September at 7.30 pm in the village hall. He will explain his proposals and answer any questions you may have.

## Physiotherapy Chris Lansdowne

Local physiotherapist with 16 years experience  
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Joint pain  
Muscle knots  
Sprains and strains  
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Peak Busines Park,  
Bishops Stortford,  
Herts.  
CM23 5RG

Tel: 07809879868  
[ChrisPhysiotherapist@gmail.com](mailto:ChrisPhysiotherapist@gmail.com)



# Health Matters

## Care records are up and running at PAH

How often have we struggled to remember all our relevant illnesses and conditions when we visit the doctor or attend a hospital appointment? For those who are taking a large quantity of different drugs it's almost impossible to remember all the medicinal names and dosages. Now a new scheme means that your care and treatment records are easily accessed on computer by doctors in GP practices, clinics and wards alike. The scheme is now up and running at Princess Alexandra Hospital. At the click of a mouse all recent hospital visits, outcomes, drugs prescribed and anything to do with our medical history can be accessed by the appropriate professionals. The system is in its infancy but for those of us who have trouble remembering which drugs they were on and when, along with the dates of various treatments and other visits should find that all this is now readily available on screen. At least that is the theory! How effective will it be in practice? Or do we still have to go armed with that prescription list!

## Possibly the end of the road for liver transplants

Recent work on liver disease has discovered that new liver cells can be grown from bile duct cells. It is now possible that these cells will be able to repair the damage in certain types of the disease which up to now has been mainly irreversible and bring hope of a normal life to many without the need for a rather drastic liver transplant.

## Fertility treatment to be axed?

The Primary Care Trust has not been in existence very long but it is already experiencing difficulties in making ends meet. In fact it is at the point when something is going to have to go. In this instance it appears that fertility services are under threat. At present there is a consultation going on to discover the public reaction. Whether public opinion will count for much in the final decision is debatable but that should not deter you from making your comments known.



Sadly, cuts are unlikely to stop there in these uncertain and financially constrained times. You can make your views known to West Essex Primary Care Trust at [www.healthierfuture.org.uk/ivf](http://www.healthierfuture.org.uk/ivf)

## Is scurvy coming back?

The number of people with scurvy in the UK is small but growing and many more are at risk because of poor diet that lacks the fruit and veg that contain vitamin C. Alcoholics, drug users and the homeless are most vulnerable. Scurvy is caused by a lack of vitamin C, which is needed for collagen. Severe deficiency causes bleeding gums, dry skin, poor healing and muscle pains. You need 40mg a day – that's equivalent to half a large orange, a kiwi fruit, a small red pepper or a 50g portion of sprouts. Frozen and tinned fruit and veg retain their vitamin C. Women who are pregnant and breastfeeding need a bit more (50mg a day in pregnancy, 70mg a day while breastfeeding).

## Will the UK get the artificial pancreas for type 1 diabetes?

The artificial pancreas is a wonderful piece of kit that continuously monitors the blood glucose levels of people with type 1 diabetes and links to their insulin pump to deliver the correct dose of insulin. This is exactly what happens in the body naturally in non-diabetics who have a functioning pancreas. It has FDA approval in the US and, with several trials underway, may be available in the UK soon.

## A cure for Alzheimer's disease maybe on the horizon

For years scientists have been trying to discover the cause and then hopefully a cure for Alzheimer's disease which wrecks the lives for so many when it strikes in a family. We all know families who are battling with the care of a sufferer in the knowledge that without a cure the situation is only going to get worse. Now researchers have discovered that there are two different types of abnormal filaments which are found in Alzheimer's sufferers. They have identified one and hope to find the other soon. Knowing and understanding the enemy is part of the route to a cure in future years. It will be too late for many but the end of this disease appears to be in sight.

## What can we learn from monkeys?

Quite a lot it seems, particularly about human behaviour and stress. A recent study of monkey behaviour in a monkey sanctuary in this country has shown that the monkeys' reaction to stress is showing patterns very similar to our own. By watching monkeys reactions to stressful



situations and the way they cope with them help researchers in the understanding and eventual treatment of human behaviour and psychiatric conditions. After all monkeys are supposed to be our nearest relatives and it just could make sense. The monkeys were observed over long periods of time in their enclosures with their own groups, not under any artificially engineered situations.

## The true cost of a missed hospital appointment

Because they are free to most of us, you may think that hospital appointments have little cost in the scheme of things. After all there are lots of other patients there; you wait for ages, so missing the



appointment altogether could be a bonus to everyone else. You would be wrong. Someone else could have seen the doctor, nurse or consultant, someone whose need was far greater than yours. If you felt so much better that you felt no necessity to attend, why not let somebody else have the appointment that you so casually tossed aside. You might benefit someone in need as well as saved the £150 you cost the hospital in consultant fees, wasted staff time, specialist equipment and medication. Missed hospital appointments cost the NHS and eventually us the taxpayer over one billion pounds last year derived from 6.8 million DNA's (Did Not Attend). So don't be selfish, call and cancel if you are unable to make it!

# what's on in the village...



September 2017



Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Bin Collections:</b> Bradley Common collected on Fridays. Rest of Birchanger on Thursdays. Garden bin collections marked with #						
				1 <b>BSSC</b> Treasure Chest	2 <b>BSSC</b> <b>Village Fete:</b> Stalls, rides, dog show, pony rides, Falconry etc. Trax Live in afternoon & evening	3 <b>St Mary's Church</b> 11.00am Matins <b>BSSC BBQ*</b>
4 <b>Church hall:</b> 19.30 Ballroom and Latin for adults <b>BSSC:</b> Quiz Nt	5 <b>Church hall:</b> 9.30 Ballet for adults 11.00 Zumba for Kids 15.45 Ballet for Juniors	6 <b>Church hall:</b> 09.30 Tai Chi 14.00 Tea Room 18.30 Apton Dance Studio 19.00 Ballroom & Latin for Beginners	7 <b>Green Bin #</b> <b>Church hall:</b> 10.00 Alzheimers 12.45 Line dance for beginners 13.45 Line dance 18.30 Apton Dance studio	8 <b>Church hall</b> 9.00 Baby Glows for toddlers <b>BSSC</b> Bottle draw	9 <b>BSSC</b> 13.00 Meat draw Charity Race Night	10 <b>St Mary's Church</b> 11.00am Holy Communion <b>BSSC BBQ*</b>
11 <b>Church hall:</b> 19.30 Ballroom and Latin for adults <b>BSSC:</b> Quiz Nt	12 <b>Church hall:</b> 9.30 Ballet for adults 11.00 Zumba for Kids 15.45 Ballet for Juniors	13 <b>Church hall:</b> 09.30 Tai Chi 1 14.00 Tea Room 18.30 Apton Dance Studio 19.00 Ballroom & Latin for Beginners	14 <b>Black Bin</b> <b>Church hall:</b> 10.00 Alzheimers 12.45 Line dance for beginners 13.45 Line dance 18.30 Apton Dance Studio	15 <b>Church hall</b> 9.00 Baby Glows for toddlers <b>BSSC</b> Treasure Chest	16 <b>BSSC</b> 13.00 Meat draw Pizazz Live	17 <b>St Mary's Church</b> 11.00am Family Service <b>BSSC BBQ*</b>
18 <b>Church hall:</b> 19.30 Ballroom and Latin for adults <b>BSSC:</b> Quiz Nt	19 <b>Church hall:</b> 9.30 Ballet for adults 11.00 Zumba for Kids 15.45 Ballet for Juniors	20 <b>Church hall:</b> 09.30 Tai Chi 14.00 Tea Room 18.30 Apton Dance Studio 19.00 Ballroom & Latin for Beginners <b>BSSC Life members lunch</b>	21 <b>Green Bin #</b> <b>Church hall:</b> 10.00 Alzheimers 12.45 Line dance for beginners 13.45 Line dance 18.30 Apton Dance Studio	22 <b>Church hall</b> 9.00 Baby Glows for toddlers <b>BSSC</b> Wheel of Fortune	23 <b>BSSC</b> 13.00 Meat draw	24 <b>St Mary's Church</b> 11.00am Holy Communion <b>BSSC BBQ*</b>
25 <b>Church hall:</b> 19.30 Ballroom and Latin for adults <b>BSSC:</b> Quiz Nt	26 <b>Church hall:</b> 9.30 Ballet for adults 11.00 Zumba for Kids 15.45 Ballet for Juniors	27 <b>Church Hall:</b> 09.30 Tai Chi 14.00 Tea Room 18.30 Apton Dance Studio 19.00 Ballroom & Latin For Beginners 19.30 <b>BAGS</b>	28 <b>Black Bin</b> <b>Church hall:</b> 10.00 Alzheimers 12.45 Line dance for beginners 13.45 Line dance 18.30 Apton Dance Studio	29 <b>Church hall</b> 9.00 Baby Glows for toddlers <b>BSSC</b> Poker Night	30 <b>BSSC</b> 13.00Meat draw	<b>BSSC</b>  * BBQ every Sunday subject to weather. Check for availability





**BIRCHANGER**  
Sports & Social Club

## Sports & Social Club News



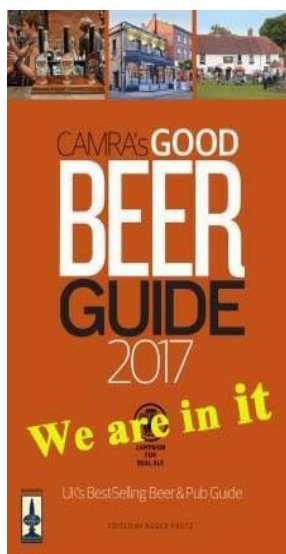
**Live Entertainment - Great Food - Excellent Bar - Snooker - Darts - Pool - Football - Cricket - Bowls**

### Birchanger Village Fete Saturday 2<sup>nd</sup> September

Stalls  
Bouncy  
Castles  
Children's  
Rides  
Pony Rides  
Dog Show  
Falconry  
Raffle  
Music and  
more



### Trax playing at the Fete in the afternoon and evening 2<sup>nd</sup> Sept



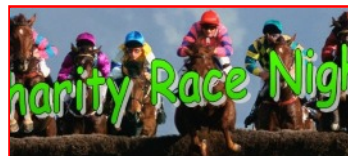
### Treasure Chest

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

**Friday 1<sup>st</sup> & 15<sup>th</sup> September**

### Wheel of Fortune

Don't forget to  
come along and  
spin the wheel  
Friday 22<sup>nd</sup> Sep



### Charity Race Night Saturday 9<sup>th</sup> September



**Every Sunday, BBQ on  
the terrace. Good food  
and entertainment**

(Weather permitting)

### Club Calendar at a Glance

Friday	1 <sup>st</sup> Sept.	Treasure Chest
Saturday	2 <sup>nd</sup> Sept.	Village Fete
Saturday	2 <sup>nd</sup> Sept.	The Trax (day & night)
Friday	8 <sup>th</sup> Sept.	Bottle Draw
Saturday	9 <sup>th</sup> Sept.	Charity Race Night
Friday	15 <sup>th</sup> Sept.	Treasure Chest
Saturday	16 <sup>th</sup> Sept.	Pizazz
Wednesday	20 <sup>th</sup> Sept.	Life Members Lunch
Friday	22 <sup>nd</sup> Sept.	Wheel of Fortune
Friday	29 <sup>th</sup> Sept.	Poker Night

### Weekly Events

Day	Event	When
Mondays	Quiz Night	9.00pm
Wednesdays	Curry Night	Evening
Thursdays	Bingo Night	8.30pm
Fridays	Bottle Draw	Evening
Saturdays	Meat Draw	1.00pm
Sundays	BBQ on the terrace	Lunch

Birchanger Sports & Social Club, 229 Birchanger Lane, Birchanger, CM23 5QJ  
Tel: 01279 813441 Email: [club@birchanger.com](mailto:club@birchanger.com) [www.birchangerclub.com](http://www.birchangerclub.com)



# Focus on Saint Mary's Church



## E-mail now available

St Mary's Church now has its very own email account! If you want to find out about the services we provide, or if you want a special prayer said for someone who is ill or in need then please contact us on [stmaryschurch.birchanger@gmail.com](mailto:stmaryschurch.birchanger@gmail.com)

## Tattle & Twaddle

On the 11<sup>th</sup> September and monthly thereafter, the Church will be open and welcomes you to come along for a "tattle & twaddle" or some time spent having a cup of tea or coffee with friends between 10:30 – 12.00 am. There will be some daily newspapers, a stall with some items for sale, come along and see what it's all about! Who knows this could be a regular slot in your diary!

## Thought for the month

"What is truth?" asked the Roman governor Pontius Pilate when Jesus stood on trial before him. We might well ask the same question. We are told that we are living in a 'post-truth world'; a world in which the factual truth of a statement is seen as being of less importance than the way that statement makes people feel. In a post-truth world it doesn't matter as important whether there was any prospect of giving an additional £350 million pounds a week to the NHS once this country leaves the European Union. No one was really expected to believe that the NHS would ever receive that money. The statement was not made to be taken as fact but to arouse in people a feeling that there are better things to do with our money than pay to be part of the EU. Those who put out that statement realised that in order to pursue 'the man in the street';

*"Arguments must be ... crude, clear and forcible, and appeal to emotions and instincts, not the intellect. Truth was unimportant and entirely subordinate to tactics and psychology."*

These words are those of Joseph Goebbels, propaganda minister of Nazi Germany and this should warn us about the ideology that stands behind the post-truth concept. On the day following the recent election a leading politician was being interviewed on TV. His facial expression gave away the fact that he did not believe what he was saying. He was speaking, not to communicate truth but to evoke a particular response. Those who speak in such a way do so because of their contempt for the rest of us. They see themselves as having a greater worth than others who perhaps have less wealth, power or education.

I guess that in some ways that was how Pilate saw himself when confronted by Jesus. He was the one with the power; he thought he had the power of life and death over this peasant preacher who stood before him. How wrong he was!

This was Pilate's big opportunity and he missed it. History tells us that just a few years later the Emperor Caligula ordered Pilate to take his own life. Those who prefer falsehood above truth are walking a path that leads to disaster, as both Pilate and Goebbels discovered.

A society built on lies cannot stand. What can we do about this? The Bible tells us, "Don't believe everything you hear. Carefully weigh and examine what people tell you" (1 John 4.1, The Message). Find out the facts before you believe, act on or repeat what you are told. As George Orwell supposedly said:

*"In a time of universal deceit, telling the truth is a revolutionary act"*

Your Rector, Paul Wilkin



**Ancient woods**, like Birchanger Wood, have been around for many hundreds of years and develop their own eco systems each with its own unique features such as relatively undisturbed soils and communities of plants and animals that depend on the stable conditions that ancient woodland

provides. Ancient woodlands have probably existed since 1600AD. Ancient deciduous woodland covers very little of England and is therefore a valuable and rare resource. Birchanger Wood can be visited all year round as it has wide all-weather paths, but it is spectacular in particular seasons and an absolute delight to visit. In spring the Wood has wonderful displays of spring flowers; carpets of white wood anemones and bursts of English bluebells, and also some golden saxifrage; In autumn there are amazing and abundant varieties of fungi, generated from soil which has lain in place undisturbed for many years, and from dead fallen trees which have been deliberately left to rot to provide habitats for insects and food cover for wildlife. In the past Birchanger Wood was well coppiced - tree growth cut back to the base stool, and left to re-grow. The new shoots arise from dormant buds on the side of the stool and occur owing to a change in plant hormone levels following removal of the main tree stem. The diameter of the wood achieved by coppicing depends upon the frequency of the coppicing and the type of tree. The strongest trees are ash, hazel, oak, sweet chestnut and lime whilst the weakest include beech, wild cherry and poplar. The size of wood obtained can usually be managed by hand and in the past this made for easier transportation as it could be carried off site and used for all manner of uses including; kindling (faggots), building ('wattle and daub' plaster), furniture, weaving, stock fencing, hedging, river-



control, stakes and gardening rods for beans, peas, flowers etc., and for all manner of general repairs. A typical crop from 1 acre (0.4 hectare) of good hazel coppice would have yielded around 10,000 rods which was enough to produce about 300 sheep hurdles of 6 ft. x 3 ft. in size, 5,000 pea sticks, 250 bean rods, thatching wood, stakes and other material. In the 18th and 19th centuries coppiced wood was also used to provide industrial charcoal for the smelting of iron, and the bark was soaked and softened to extract tanning compounds. However, by the mid-twentieth century coppicing was in rapid decline and many coppice woods were replanted with conifers, or simply neglected.

*Daphne Wallace-Jarvis* Email; [secretary@birchangerwoodtrust.org](mailto:secretary@birchangerwoodtrust.org)

## Sing with Bishops Stortford Choral Society

From September 2017 to July 2018 Bishop's Stortford Choral Society will sing Bach's Mass in B minor, Mendelssohn's Elijah and some Elgar, Whitacre and Chilcott. The Choral Society has over 80 singers but aims to expand further so it can sing the biggest choral works. It is always open to new members and has its next open rehearsal on 14 September, at 8.00 pm at Water Lane United Reformed Church in Bishop's Stortford. There is no audition for new members so why not give it a try? The Choral Society is going from strength to strength under the Musical Direction of Richard Brain. For more information go to: [www.singwithbscs.org.uk](http://www.singwithbscs.org.uk)



## Village Church Hall Future Events



**Dementia Group;** Please note the dementia group at the hall on Mondays has now stopped

**NEW! Baby Glows for Toddlers** is starting up in the hall on Friday 8th September at 9.0 am to develop phonics and learning from play

**NEW! Ballroom and Latin Dance class** for absolute beginners starts Wednesday 6th September at 7.00 pm

### Tea Room

The 'Tearoom' is open every Wednesday offering lovely home-made cakes including gluten free choices, takeaway teas and coffees. Open from 2.0pm to 4.0pm.

**For bookings or enquiries please contact Pam on 07702171744**

## St Mary's Church News



### Church services & events:

September 3 <sup>rd</sup>	11.00 am	Trinity Matins
September 10 <sup>th</sup>	11.00 am	Trinity Holy Communion
September 17 <sup>th</sup>	11.00 pm	Trinity Family Service
September 24 <sup>th</sup>	11.00 am	Thanksgiving Holy Comm.

### Dates for your Diaries:

#### Tattle & Twaddle

On the 11<sup>th</sup> September and monthly thereafter, the Church will be open and welcomes you to come along for a 'Tattle & Twaddle' or some time spent having a tea or coffee with friends between 10:30 and 12.00 am. Newspapers and a stall with items for sale. Come along and see what it's all about! This could be a regular slot in your diary!

#### Harvest Thanksgiving

Our Harvest thanksgiving will be on the 24<sup>th</sup> September at 11am. Come along and hear the splendid sounds of our Auguste Gern organ and celebrate the bountiful gifts of harvest

#### Special Service

On the 8<sup>th</sup> October at 11am, St Marys Church will be celebrating the life of St Francis of Assisi, the Patron Saint of Animals by holding a special service for animals and their owners. Further details to follow.



## Gordon Blue Restaurant Review

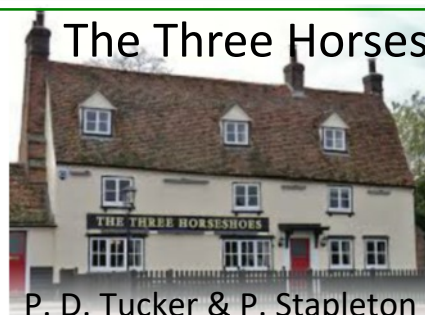


Shortly after it opened, we visited Ruby's Indian restaurant in Bishops Stortford. We didn't book, just arrived in good time on a midweek evening for dinner. The restaurant was around 75% full

so there was still room for our party of four. Situated at the corner of Hockerril traffic lights, we received a warm welcome although the service was perhaps a little slow in the beginning but very friendly throughout. The menu is very different. Items such as lobster appear on the menu as well as other seafood dishes along with the usual Indian restaurant staples of chicken and lamb. Surprisingly there was also a beef dish and interesting vegetable curries with various selections of rice. The names may seem a little unfamiliar but this is quite definitely a restaurant which is trying hard to serve some authentic and different Indian food.



There are no central warming plates; the food arrives in the dish in which you will eat it, with accompanying rice and vegetables if ordered on the side. The portions were large and satisfying, making most additional dishes seem unnecessary. The wine list is extensive with plenty of good reasonably priced wines. Prices are perhaps a bit more expensive than your average Indian restaurant, at roughly £30 per head including alcohol, but the food was excellent, and the ambience and the friendly staff were very good.



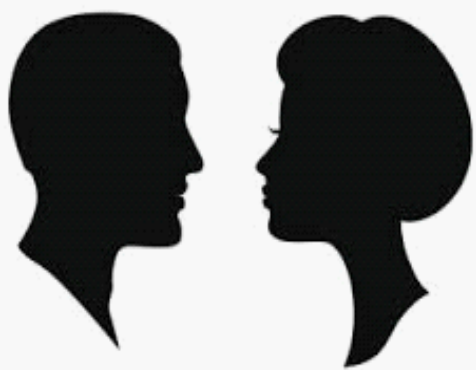
## The Three Horseshoes

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# The Village People

## Who's Who In Birchanger - Robert Martin

The following is an excerpt from an interview made with Robert Martin before his untimely death. He wanted to be a part of 'The Village People - Who's Who in Birchanger' page. We decided to publish it as a fitting tribute to his life.

### Where were you born?

*I was born on the 26<sup>th</sup> Feb 1961 in hospital in Cambridge.*

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

*Norman Wisdom, because for a very funny man he had a bad life, he was rejected by his parents and at one point he was living on the street until someone suggested he join the army.*

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

*The Square Peg, which was the 7<sup>th</sup> most popular film in 1959. Wisdom is parachuted into Nazi occupied France during WW 2.*

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

*When I was young I was a keen rugby player and was in the West Essex 7-a-side under 13 Champions. So a professional rugby career would have been nice.*

### Breakfast, lunch and dinner, where would you have them?

*Breakfast would be in Hamburg, Germany, possibly at a café in the Reeperbahn, lunch would be at the Red Lodge Transport Café in Newmarket, in the evening I would go to the Wok & Chef in Stortford for a Chinese meal.*

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

*I am one of those people who don't always 'toe the line' so I think I'm not so popular for that. But I would like to think people know there is more to me than that. I am always willing to help anyone in trouble.*

### If you could go back to another era which one would it be?

*The 1950s, I like the cars, the dress and everything was better built back then.*

### Is there a challenge you wouldn't take on?

*Surprisingly, No! I've done a lot of things I've been told "I can't do that" and my answer has been "Yes I can".*

### What's the best advice you've been given or would give?

*Always save receipts, letters & payslips!*

### What's been your most defining experience?

*Becoming a parent; you have created something nobody can take away from you.*



**In memory of  
Robert John Martin  
who sadly passed away  
on the 20<sup>th</sup> July 2017.  
Rest in Peace**



## BAGS Fleeced in Anstey

On a sunny Tuesday in July, 20 BAGS members set off to Yew Tree Alpaca Farm in Anstey. We arrived to a refreshing cold drink before listening to an interesting talk by Penny, the owner, in their comfortable marquee. Penny told us how they had started keeping just four alpacas mainly to keep their grass down, and how the herd had grown to about 35 in just a few years. She told us a little about what happens to the Alpacas fleece after their annual shearing. We were able to feel the softness of some samples and we were told about the different qualities of fleece being used for different things. Although Penny gave us a very informative talk, most of us were itching to get up close with the animals that we could see in the nearby field.

We visited the boys, mums and babies and although some of the group were under the impression that the alpacas might spit at us, we were told that it was extremely rare. Normally they only spit at another alpaca if they get annoyed. We certainly didn't witness any spitting, instead as soon as we entered their field they came straight over to us looking for food. We were able to hand feed them with carrots and it was a wonderful experience getting up close to these beautiful animals with them nudging us for more food. They are really quite gentle and inquisitive animals but they are also a little shy with really pretty faces and long eyelashes. July is their peak breeding season so we were lucky enough to meet six cute little babies. The afternoon was topped off by being served a delicious full afternoon cream tea. The general consensus seemed to be that a fantastic afternoon was had by all. We are now putting on our thinking caps to find somewhere to visit for next year's trip. BAGS seem to be thriving at the moment with several new members joining recently. If you would like to join us, we meet on the last Wednesday of every month, usually in the meeting room of the village hall. Look out for our stall at the village fete where you can find out more from any of our members in attendance. *Rosemary Wheatley*

## Village Services and Activities

Alzheimer's	Marian	07803 115826
Art Studio & Gallery	Heather Brown	01279 815453
Art Studio & Gallery	Brian Gough	01279 815012
Ballroom Dance	Fred Winters	01763 271942
Ballet	Wendy Mitchell	01992 812781
Birchanger Magazine	Peter Sampson	01279 813193
BAGS	Liza Clarke	01279 815444
Birchanger Voices	Tony Wilson	01279 813007
Birchanger Nursery	The Manager	01279 810800
Bird Food	Lesley Robins	01279 812248
Builders	Another Level	01279 814273
BSSC Club	The Steward	01279 813441
Chiro-podist	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
Launderette	Ian Kennedy	01279 866183
Lab Tots	Sophie Mitchell	01763 274405
Men/Boys Hair	Emma Marks	01279 814273
Over 60's club	Jean Camp	07843 707249
Painting & Décor	David Debnam	07973 861268
Parish Clerk	Keith Williams	01279 814773
Physiotherapy	Chris Lansdowne	07809 879868
Public Safety	Alex Stewart	07846 467575
The Three Horseshoes	Paul & Paula	01279 813429
The Three Willows	John	01279 815913
Village/Church Hall	Pam Lee	07702 171744
Zumba Gold	Tam Coxall	07783 421311

## The BAGS visit to Yew Tree Alpaca Farm in Anstey



## THE FORGOTTEN GARDENS OF EASTON LODGE

### A wet July

Hasn't July been wet! The rain held off until the afternoon on our World War II open day, so visitors had time to see exhibits about the Little Easton airfield, RAF and WRAF and other airfields in the wider area; and enjoy the classic songs from the group 'Perfect Vintage'. They also enjoyed record quantities of bacon or cheese rolls and homemade cake!

Our fingers are crossed for a sunny Indian summer in particular for our 'Apple Day' on 17<sup>th</sup> September. We will be joined by Bishop's Stortford Ukulele Band and will have apple activities in the walled



kitchen garden. There, the new fruit trees, grass and box hedging have flourished with all the rain. Our next restoration jobs are to complete the paths with new tiles, made by Bulmer Brick and Tiles to match our originals and to finish the box and lavender edges.

We have been working hard to keep down the weeds amongst the vegetable, herb and flower borders. It has been a good year for soft fruit and we will next be picking and jamming mulberries and damsons for our tombola stall. The East of England Apple and Orchards Association and Uttlesford Beekeepers will also join us on Apple Day. So we hope to see you there. Gates will open as usual from 11.30 to last entry at 4.30pm.

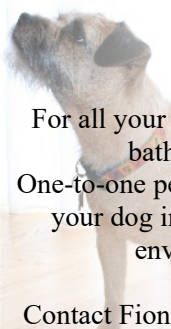
As we extend the restored areas in the gardens and welcome more visitors our challenges in maintaining our work increases, so please do consider joining our happy band of volunteers gardening or helping at open days. You can contact us through our website [www.eastonlodge.co.uk](http://www.eastonlodge.co.uk) on our Facebook page, or on 01371 876979. *Jill Goldsmith*

## Learn to Dance Ballroom & Latin American

Have you ever thought about learning to dance but have never got around to it? Well now's your chance. Birchanger's very own professional dancer, Maxine Williams who is a partner with Apton Dance Studio will be running a brand new 'Absolute Beginners' dance class, starting up in Birchanger Village Church Hall on Wednesday 6<sup>th</sup> September and every Wednesday thereafter from 7.00 – 7.45pm. The cost is £6 per person and as it is a beginner's class, in order to get the most benefit, applicants need to start on the first day of class i.e. the 6<sup>th</sup> September. If you would like more information or wish to join the class please contact Maxine on; 07854 251528 or E-mail Maxine on [maxineaptong@aol.com](mailto:maxineaptong@aol.com)

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Tuesday Sept 5<sup>th</sup>. 7.30pm Village Hall

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Birchanger Village Magazine needs an outgoing person to help persuade local companies e.g. food takeaways, taxi companies, pubs and restaurants etc. to advertise in our magazine.

This is purely a voluntary job and would only take one or two hours per week of your time.

If you are interested, please contact Peter on  
01279 813193

Email: magazine@birchanger.com

## LEARN TO DANCE

Ballroom & Latin American  
Absolute Beginners Dance Class

Birchanger Village Church Hall  
Starting Wednesday 6<sup>th</sup> September  
Weekly 7.00 - 7.45 pm  
£6 per person

For details telephone: 07854 251528  
Email: maxineaptong@aol.com



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## Birchanger Village Church Hall



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