



Birchanger Village Magazine

March 2019

Issue 194



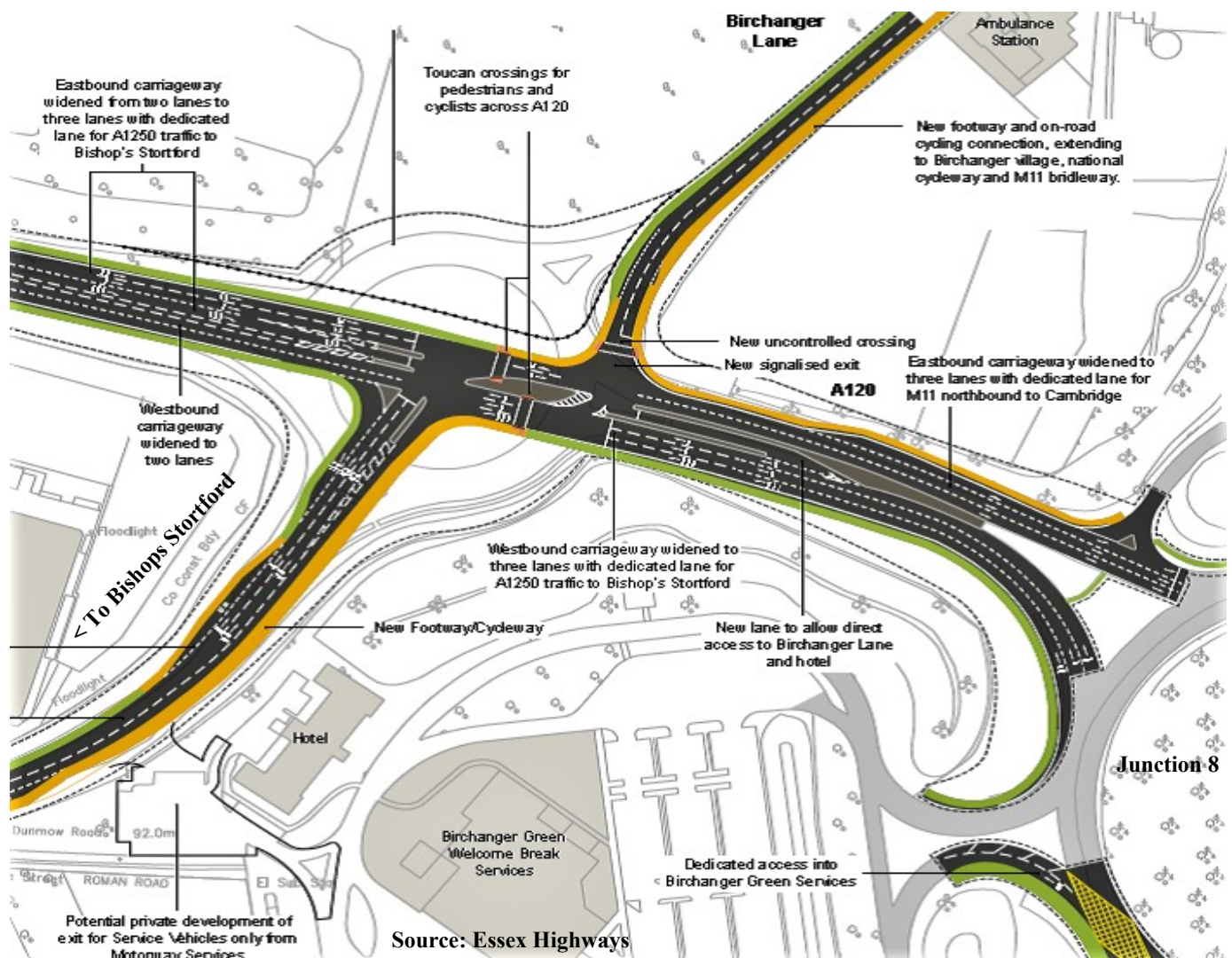
Birchanger saved from circular route to Bishop's Stortford

Following the consultation with Essex Highways back in September 2018 at the village church hall, Essex Highways have finally accepted the wishes of Birchanger residents and have revised the M11 Junction 8 project layout to allow vehicles to drive across the A120 from Birchanger Lane into Bishops Stortford via the A1250 Dunmow Road.

Originally, the plans for replacing the existing roundabout with a traffic light controlled junction meant that residents going to and from Bishops Stortford or journeying west on the A120 from Birchanger Lane could only turn left at the traffic lights and would have to go all the way around the M11 Junction 8 roundabout.

Statutory diversions have begun in preparation for the full construction phase planned to commence in late summer 2019. Construction is expected to take up to two years, however the start dates and duration of works may be subject to change.

The owner of Birchanger Green Motorway Services has applied to create an HGV only exit road which would provide a direct link for service vehicles and Days Inn hotel traffic from Birchanger Green Services to the A1250. Whilst this scheme is not connected to the Essex Highways improvements at M11 Junction 8, the access road, according to Essex Highways, would contribute to a reduction of traffic exiting directly onto M11 Junction 8, and would be complementary to the aims of the scheme.



Source: Essex Highways



Editors Letter Box

Dear Readers,

Having just got over the expense (willingly) of Valentines day, I received an important warning from the National Fraud Intelligence Bureau. Like most of us, I am lucky enough to have a lovely wife to keep me company. However, there are a few lonely single people out there looking for friendship and / or romance. Sometimes, lonely people find it difficult to socialise and try online dating sites in order to find a partner. The following email points out the risks and some advice on how to keep you and your data safe.

Letters to the Editor

Dear Ed,

Lonely Hearts Romance Fraudster Alert

The National Fraud Intelligence Bureau (NFIB) have become aware of techniques used by romance fraudsters against people using dating sites. Not only will they steal your heart, they will steal your money and your identification. You may think you've met the perfect partner through an online dating website. However, without your knowledge, the other person could be using a fake profile to form a relationship with you. These fraudsters use the site to gain your trust and later will ask you for money or personal information in order to steal your identity.

A dating fraudster, previously involved in deceiving people that wanted a friendship explained how they would create fake accounts with social media platforms so that their details matched and could be searched. By appearing to be a real person their fake persona could be corroborated by prospective partners searching their background and believe them to be genuine. The fraudster said:

"People like to live in fairy tales and think it wont happen to them. I make sure all my conversations are bespoke. I will show insecurity myself about trusting people and this helps allude to them that I'm genuine."

The fraudster will also utilise as many accessible online research tools to explore people's information for their own personal gain or sell onwards. The fraudster elaborated and explained:

"I use various online directories to find out about the person. Once I have enough, I use it to milk everything I can using their details or sell them on to other fraudsters via the dark web."

When asked how people could check if a person is real. The romance fraudster offered advice for others searching for a relationship. They told us that after you see a picture of them:

"Ask for them to send you another photo of themselves posing with their thumbs up or waving. It's like a form of 2 factor authentication and makes it hard to do if it's not an original picture."

What you need to do

- Avoid sharing too many personal details when on online dating profiles. Revealing your full name, date of birth, or full home address may lead to your identity being stolen.
- Never respond to any requests to send money, or have money transferred into your account by someone you don't know and trust. These types of requests should always raise a red flag. If something feels wrong then it is usually right to question it.
- Pick a reputable dating website or app, and use the built-in messaging service. Fraudsters want to quickly switch to social media or texting so there's no evidence of them asking you for money.

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 and content. Please contact me by E-mail, phone, or letter as shown below. Thank you and Kind Regards,

Join us on Facebook: www.facebook.com/birchanger/

Peter Sampson



magazine@birchanger.com



01279 813193



2 Harrisons, Birchanger

VILLAGE NEWS

By Elizabeth Godwin

Birchanger Annual Parish Meeting

Come and find out what is going on in Birchanger at the Parish Council meeting. Have your say on parish matters and meet your neighbours over a cup of tea or coffee at the Annual Parish Meeting at 8pm in the Village Hall on Wednesday 20th March. All Birchanger residents are very welcome.

Council Tax Expected to Rise

Soon, the dreaded council tax bills will be finding their way into our letterboxes. Nobody actually expects the amount to be a reduction on previous years. Uttlesford are already increasing their request by 2.9% which effectively means £4.19 on a Band D house. The police, fire services and Essex County Council demands are unknown at the time of writing but for sure they won't be making any reductions either. One of the problems is that the Government is slowly reducing funding to all local authorities who are expected to be entirely self-funding within the next few years. Uttlesford is planning to take out further massive loans to invest heavily in Great Chesterford Park. At present, despite existing borrowing, the project is showing a good return and it hopes to be able to invest in other schemes throughout the District. The message is that all councils all over the country must aim to be self-funding and it's going to cost us!

Your Sewage May End Up in Your Neighbour's House

It has happened in Birchanger on several occasions. Like so much else in our village, our sewage system is not new and the chances of replacement pipes is very doubtful for the foreseeable future. So we need to look after what we have. In London, the sewers are even older and Londoners have lived with this problem for far too long. We have all seen the huge fat balls, padded out with nappies and thick toilet tissue which take days to remove. On a smaller scale this is happening in Birchanger but with the same disastrous results. We can help prevent this happening by eating a less fatty diet and to stop disposing of grease and fatty substances down our drains. We may sluice it away with hot water but it will all congeal again within a few metres. The other menace is so called luxury toilet tissue, wipes of whatever sort, and disposable nappies. None of these items should be flushed down the toilet. The packaging may state 'dissolvable' but they all take too long to dissolve and they just add to the blockage. It's inconvenient to change our habits but every home is at risk and we could all try to prevent it.

Help With Winter Bills

Maybe this winter has not yet been as bad as the last one but we have still had our cold days, icy mornings and some snow. This month the bills for just keeping warm will be coming in and whoever your supplier is, this is the most expensive time of the year. Some of us may be eligible for winter fuel payments and these should have been received by now. There may be wear and tear on your boiler which needs to be sorted out sooner rather than later. There are assisted boiler replacement schemes and many people do not realize that they could qualify for this. Maybe your boiler is fine, but perhaps your insulation is not. Again you may be eligible for this too, particularly if you are on a low income or on benefits. There is a number to call to discuss your situation which is 01376 553525. It's certainly worth a try. If that fails, the gas board starts offering replacement boiler deals at lower prices in the warmer months and there are some free insulation and solar panel schemes but these won't be around for long. There are a lot of things we could do with our money, but heating the air outside our homes is not one of them if it can be prevented.

Fighting the Fly Tippers

A recent survey by Uttlesford District Council showed that litter and fly tipping were of great concern to those residents who bothered to complete the survey. This has prompted the council to increase the number of refuse collection teams and to purchase five new vehicles which will be in operation with teams throughout the district. These teams will attempt to clear the rubbish on our main roads. They will deal with fly tipping and at the same time look for any possible clues as to the identity of the offender. They will need us to report all fly tipping sites and areas where rubbish has been dumped. We have told the council on many occasions that litter is a major concern and at last the council is acting. We must do our bit by reporting litter sites as we see them. You can email on www.uttlesford.gov.uk/litter or call on 01799 510510.

Stansted Airport Community Drop-in Sessions

From time to time the Airport runs open drop-in sessions for members of the public to come and ask a team from Stansted Airport whatever questions they may have about the airport. It is also a good time to find out about jobs which are available as well as information on community funding, which might be available for a special project you have in mind. The session is on Saturday March 7th at Foulkes Hall, Dunmow between 1.00pm and 6.00pm.

Birchanger All Girls Society

The 'BAGS' invite woman of all ages to join them on the last Wednesday of every month in the village church hall

Next Meeting:

Wednesday 27th March 2019 7.30 for 8.00 pm

Manicure demonstration by a qualified manicurist and an opportunity to have your own nails manicured

Come along and support your new committee

Olivia-07568 574703 Rosemary-814678 Barbara-830303



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How to Beat the Exams

The exam season will soon be here. Students across the country will be attempting to improve on the possibly shaky results in last term's mocks, while primary school children will be getting ready for the forthcoming SATS Tests. Tense children need reassurance and encouragement but there are some things that can be done to help them through the weeks ahead. Many of us hate the habit, but chewing gum can dramatically decrease feelings of tiredness and has been proved to boost marks in a variety of exams. Going for a walk without phones, iPads or computers actually improves your results. Your memory is refreshed and you perform better. The longer you can stay away from your phones or computers the better your results will be. Daydreaming is not necessarily a bad pastime. It makes the problem solving areas in the brain perform better. The herb Rosemary is for remembrance as the old saying goes, but there is truth in it. It boosts brain performance and calms your mood. We use it in cooking, and just smelling it is supposed to help as well. Owning a pet, or even looking at pictures of attractive animals is calming and introduces a feeling of much needed well-being. It is important to stay as fit as you can in the next few weeks, which brings us back to the outdoor walks again. All the above has been proved in various laboratories all over the world and it could work for you too.

New Uttlesford Volunteer Police Cadet Unit

A new Volunteer Police Cadet Unit is to start this spring in Saffron Walden. It is aimed to provide young people aged between 13 and 18 with activities and opportunities to develop and enhance personal skills and qualifications. The young people will be learning and supporting community policing. The project will be led by Sergeant Simon Miah of the UDC Community Policing Team.

All Change for Essex Libraries?

Mobile library services as we know them are unlikely to continue for much longer in Essex. Despite trying to change visiting times to suit residents, the libraries are simply not used by enough people to justify their cost.

Essex is looking at different ways to continue providing the service and one possibility is that it could be run by community groups. All very well but where villages are small and facilities sparse the scheme would probably never find enough volunteers to open a building even for a few hours each week. In Birchanger we do possibly have some likely venues, but would we find the volunteers? It would need to be a bit more than the casual picking up and donating of a book, which we have in the village hall meeting room at present.

Support For the Blind and Partially Sighted

Being blind or suffering from partial sight loss can be a very hard and lonely experience. Inevitably you can lose a lot of your independence and a lot of social contact. When loss of sight is sudden, coping with day to day living and the feeling of isolation can be very hard to take. What is needed urgently is help from

people who can understand what is happening and offer the blind and partially sighted friendship and experience. This service under the umbrella of 'Support for Sight' in Saffron Walden can offer help, friendship and advice gained from years of work in this field. If you or anyone you know needs help call 01799 523700. It could be life changing and certainly enhancing. There is a lot out there, the problem is finding it.

A Little Tea and Coffee Can be Beneficial

We are all told not to take too much tea and coffee as it boosts our caffeine intake and can dehydrate your body. But taken in moderation at the right time of day it will be doing you some good as well as giving you a bit of a boost. Caffeine has been shown to lower the risk of Alzheimer's disease by lowering the effects of fatty foods on the brain. Caffeine also helps to prevent gallstones by breaking down the unwanted deposits which cause problems in the gall bladder. It also improves skin conditions especially for those suffering from Rosacea, where blood vessels expand but fail to contract. More studies are being done but one thing is certain; most of those suffering from Alzheimer's were never the biggest tea or coffee drinkers. As ever this does not mean you should be excessive with tea and coffee drinking. These drinks are best in moderation and not drunk at the end of the day.



Birchanger 2019 Summer Fete

If you wish to book a pitch for the Birchanger Fete which is to be held on the 7th September, please email Mathew Williams at:

bsscentertainment@gmail.com

Part Time Job at the Cottage Guest House in Birchanger



A part-time, temporary position is available for an energetic, friendly and trustworthy individual to help clean and tidy

rooms in this busy B&B in Birchanger during school holiday periods; Easter, summer and Christmas. It would perhaps suit students or other individuals who have time to spare during these holidays. (Approximately 3 hours per day). If interested, please email: thecottagebirchanger@gmail.com.



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What is Neighbourhood Watch?

The aim of Neighbourhood Watch (NhW) is to bring neighbours together to create a strong, friendly, active community where crime and anti-social behaviour are less likely to happen.

NhW is supported by Uttlesford District Council, Essex Police and Essex County Fire and Rescue service. Our aim is to:

- Promote home security and other measures to reduce crime
- Encourage members to report suspicious activity to the Police
- Support vulnerable people in the community
- Promote home fire safety
- Encourage neighbourliness and closer communities

Anyone can join the scheme so if you are interested and want to get involved, please contact your local coordinator shown below or visit our website: www.uttlesfordnhw.org.uk

Birchanger Neighbourhood Watch Coordinators - Jan. 2019

Contact	Address		Area
Peter Sampson	2 Harrisons	peter.sampson@talktalk.net	QT
Keith Edgeworth	9 Harrisons	keith.edgeworth@hotmail.com	QT
Phillip Wingfield	1 Harrisons	busyinmyshed@gmail.com	QT
Mike Smith	26 High View	(No Email)	QG
Bernard Hainsby	49 High View	bernard@hy-marketing.co.uk	QA/QF
Peter Booker	12 Birchwood	peterbooker@talktalk.net	QL
Rosalind Brace	47 Birchwood	rosbrace@outlook.com	QL
Roberta Baillie	32 Birchwood	robertabaillie@hotmail.co.uk	QL
Sue Gilbey	363 Birchanger Ln.	sue.gilbey@btinternet.com	QS/QR
Michael McGahan	313 Birchanger Ln	m.j.mcgahan@outlook.com	QP/FF
Helen Holland	264a Birchanger Ln.	hmholland264@btinternet.com	QP
Cathy Gooding	260 Birchanger Ln.	cathy.gooding@tiscali.co.uk	QH
Tony Wilson	217 Birchanger Ln	tonywilson007@btinternet.com	QJ/QN
Yvonne Woodham	3 Bradley Com.	yvonne.woodham@btinternet.com	QA/QD/QB/QQ

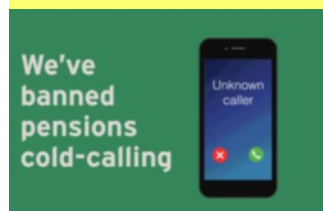
St Mary's Church Break-ins

Following the news about the Church break-ins over the Christmas period it is reported that there is a possible suspect being questioned following DNA samples taken.

Home Safety Visits Planned for Birchwood 4th March

Essex County Fire & Rescue Service plan to visit the bungalows in Birchwood on the 4th March to check & ensure safety in the homes.

Free fire alarms will be offered.



Pension Cold-calling Ban From January

From the 9th January 2019, companies that make unsolicited phone calls to people about their pensions will be liable to enforcement action, including fines of up to £500,000. The ban has

been introduced in a bid to prevent people falling victim to cold call scams that can lead to them losing their life savings.

As many as eight scam calls take place every second - or a whopping 250 million calls a year, according to research from the Money Advice Service (MAS). Reports made to Action Fraud show how highly sophisticated fraudsters have tricked people into transferring their pensions into fraudulent schemes. Victims of pension scams can lose their life savings and be left facing retirement with limited income.....Continued on Page 9.

Health Matters

End to the Norovirus Maybe in Sight

Norovirus causes vomiting and diarrhoea and is the scourge of hospitals, schools, and public buildings. We are all familiar by now with the routine of hand washing in hospitals, restaurants and hotels. The latest news is that scientists are beginning to understand the nature and constitution of the virus to the point where specific treatment for this devastating virus is not too far away, with the possibility of vaccines not far behind. This will not mean the end of the hand washing stations. Sadly in our crowded lives that will always be needed to keep germs at bay. However, hospitals, cruise ships and millions of other places where people congregate will hopefully become much safer for everyone in the near future.

How's the Diet Going?

Maybe it's done and hopefully for the right reason. If it is for the wrong reason, there are alternative ways to shed the kilos. You could try eating more slowly. It takes the stomach twenty minutes to realise it is full, which is why so many of us gain weight when we eat quickly. If you enjoy junk food and are eating it too frequently, try to eat it less often. Scientists have found that the brains of regular junk food eaters show the same patterns as addicts. It won't be easy to stop the habit but buying pre-chopped fruit and vegetables will help. They are more expensive than whole fruit and veg but so is 'fast food'. An easy trick is to drink two glasses of water before every meal which fools your stomach into thinking it is full.

How Not to Break Your Back

Back pain seems to catch everyone at some point in their lives. The immediate first aid is not to stoop, but painful as it may be, walk tall, tummy in, head and shoulders back. Hard to do but it does help. Don't bend down to pick up an object; bend your knees if you can. It will help once it becomes a habit and never pick up a heavy weight on your own. Sit straight at your desk or on your sofa as slumping just puts pressure on the lower back and shoulders and sooner or later your back will rebel. Don't stand with your weight on one hip, we all do it, but we could not only be aggravating our backs but paving the way for hip surgery later on. Find a physiotherapist or gym where they can teach you exercises to strengthen your back, they really do help. You can exercise at home but it must be done regularly. There are many of us in Birchanger who know that exercise does work.

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What's on in the village...

<div>  <div>March 2019</div>  </div>						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Bin Collections: Bradley Common collected on Fridays. Rest of Birchanger on Thursdays. Garden bin collections marked with #						
Birchanger Parish Council Meetings: Meets on the first Tuesday of each month at 8.00 pm in the church hall - Open to the public.						
Birchanger Sports & Social Club Members! Don't forget to renew your club membership before the end of March				1 Church hall: 9.30 Baby Glows for toddlers BSSC:	2 BSSC: 13.00 Meat Draw 21.00 The Trax Live	3 St Mary's Church: 11.15 am Matins Service
4 Church hall: 19.30 Ballroom and Latin for adults BSSC: Quiz Night	5 Church hall: 9.40 Ballet for adults 15.45 Ballet for Juniors 20.00 Parish Council Meeting. All are welcome	6 Church hall: 09.30 Tai Chi 14.00 Tea Room 15.45 Fencing 17.30 Apton Dance Studio 19.00 Apton dance for Beginners	7 Black Bin # Church hall: 10.00 Alzheimer's 12.30 Line dance for beginners 13.45 Line dance 18.00 Apton dance - private lessons	8 Church hall: 9.30 Baby Glows for toddlers BSSC: Treasure Chest	9 BSSC: 13.00 Meat draw	10 St Mary's Church: 10.45 am Holy Communion
11 Church hall: 19.30 Ballroom and Latin for adults BSSC: Quiz Night	12 Church hall: 9.40 Ballet for adults 15.45 Ballet for Juniors.	13 Church hall: 09.30 Tai Chi 1 14.00 Tea Room 15.45 Fencing 17.30 Apton Dance Studio 19.00 Apton dance for Beginners	14 Green Bin Church hall: 10.00 Alzheimer's 12.30 Line dance for beginners 13.45 Line dance 18.00 Apton dance - private lessons	15 Church hall: 9.30 Baby Glows for toddlers BSSC:	16 BSSC: 13.00 Meat draw St Patrick's day Celebrations with Torn Britches Live	17 St Mary's Church: 11.15 Family Service
18 Church hall: 19.30 Ballroom and Latin for adults BSSC: Quiz Night	19 Church hall: 9.40 Ballet for adults 15.45 Ballet for Juniors	20 Church hall: 09.30 Tai Chi 14.00 Tea Room 15.45 Fencing 17.30 Apton Dance Studio 19.00 Apton dance for beginners	21 Black Bin # Church hall: 10.00 Alzheimer's 12.30 Line dance for beginners 13.45 Line dance 18.00 Apton dance - private lessons	22 Church hall: 9.30 Baby Glows for toddlers BSSC: Treasure Chest	23 BSSC: 13.00 Meat draw	24 St Mary's Church: 11.15 am Holy Communion and Church AGM
25 Church hall: 19.30 Ballroom and Latin for adults BSSC: Quiz Night	26 Church hall: 9.40 Ballet for adults 15.45 Ballet for Juniors	27 Church Hall: 09.30 Tai Chi 14.00 Tea Room 15.45 Fencing 17.30 Apton Dance Studio - 19.00 for beginners 19.30 BAGS	28 Green Bin Church hall: 10.00 Alzheimer's 12.30 Line dance for beginners 13.45 Line dance 18.00 Apton dance - private lessons	29 Church hall: 9.30 Baby Glows for toddlers BSSC:	30 BSSC: 13.00 Meat draw 21.00 Winnie Live	31 St Mary's Church: 11.15 Matins Service BSSC: 20.00 Club EGM Meeting

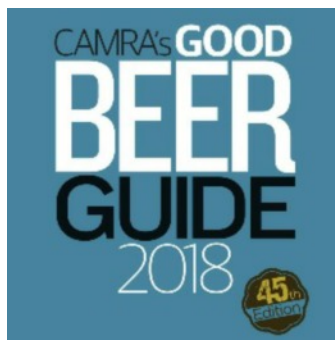


BIRCHANGER
Sports & Social Club

Sports & Social Club News



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



Treasure Chest
Try your luck and pick the right key,
you could win £ thousands!
Fri. 8th & 22nd March



Have You Renewed Your Membership?
The normal £20 yearly renewal subscription expired at the end of January 2019. You can still renew your subscription, however, you will now need to pay £25 to cover the extra administration cost. Please also note! Due to the administration system, if you haven't paid your subscription by the end of March, the system will regrettably remove you and your data from our records. If you wish to re-join after that date, you will have to apply again as a new member. Thank you for your understanding.

Life Members

There is no cost to renew your membership but you still need to bring your card into the club before the end of March to confirm your renewal over the bar. Alternatively, you can email the club with your membership details to: club@birchanger.com. We are legally obliged to record memberships on an annual basis.

Get FREE text messages from BSSC

Stay in touch and get the latest news, information and weekly entertainment automatically by using your mobile phone. Simply text the word 'Yes' followed by your name to 0786 002 0400. After the initial activation, all texts from the club will be free.

Don't forget The Club EGM is on Sunday 31st March

The Trax - March 2nd - 9.00pm

If you want some live music and a band that can perform the hits from the 60's up to the present day then THE TRAX are the band for you. Come and join Esther and the band for a fun night.



St Patrick's day - Lá Fhéile Pádraig
Celebrate with us at the club together with the brilliant
'Torn Britches'! Feat, with Pat Crilly.



**Saturday
16th
March**

Sláinte!



Back by popular demand

Winnie

Female vocalist with a great selection
of music and songs

30th March - 9.00pm

Club Calendar at a Glance

Saturday	2nd March	9.00pm The Trax - LIVE
Friday	8 th March	Treasure chest
Saturday	16 th March	St Patrick's Day Torn Britches - LIVE
Friday	22 nd March	Treasure chest
Saturday	30 th March	9.00pm Winnie - LIVE
Sunday	31 st March	8.00pm EGM: Approval of 2017/18 accounts

Weekly Events

Day	Event	When
Mondays	Quiz Night	9.00 pm
Thursdays	Bingo Night	8.30 pm
Fridays	Bottle Draw	Evening
Saturdays	Meat Draw	1.00 pm
Sundays	Roast Dinners	12.00 md
Restaurant open-Lunch: Wednesday, Friday, Saturday, Sunday.		
Restaurant open-Evening: Friday, Saturday.		

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

Birchanger Primary School



Going Maths Crazy at Birchanger C of E Primary School

Last month we shared some of the writing that we are doing at our school. This month we would like to share some of our maths. Mrs. Casey (our maths subject leader) has been working hard with the children to strengthen their skills, especially with arithmetic, so that all of our children can use numbers quickly and efficiently in calculations. Since the start of this academic year our children have had the opportunity to try new strategies in order to improve their mathematical skills and knowledge which have proved very popular.

Our first initiative is called 'SUM UP' which the staff in the school have developed themselves as a way to allow children to revise areas of maths not currently being taught and here is an outline of this approach. The children take part in SUM UP sessions, three times a week. The letters stand for: Solve, Understood, Model, Understand, Prove it!

The focus for these sessions has been arithmetic. In Dragonfly and Sparrow Class, the children have been given between 1-2 questions. They work independently to solve the questions, then feedback and work through as a class. In Otter, Butterfly and Owl Class, they are given 5 questions to work through and timed to see how quickly they can answer them. The children are encouraged to share their methods of working.



The children have really enjoyed these sessions. Some of the children in Year 5 commented:

"I think it is really cool. It makes me better at mental maths! So I like it!"

"Sum up has really helped me with my maths. If I am struggling with something it helps me."

"I think it is good because it helps me to get quicker at my times tables."

In addition to introducing the SUM UP sessions, the children have continued to enjoy using TT Rockstars in order to develop their times tables recall.

Bar Modelling

Bar modelling is an approach introduced to this country following research. It teaches the children different ways



of representing calculations to make problems easier to understand. In maths lessons, the children are slowly being introduced to using 'bar modelling' to aid their learning. When answering particular questions, the children are given the opportunity to represent their calculations by using horizontal bars. This has encouraged children to use a range of maths equipment, including: Numicon, Cuisenaire, multilink cubes and much more. Watch this space for more information.

Maths Day

In March, we will be holding a Maths Day which will encourage the children to develop their problem solving skills. This will bring together a lot of the work that has been going on in our school and it will give the children a great opportunity to share their learning with their families. If you would like to join us for this day then please check our website at www.birchanger.essex.sch.uk

Ms. Claire Berry and Mrs. Debbie Casey

Wade in the Water Concert

Saturday 23rd March 7pm - St John's Church, Stansted

For their first local concert this year, The Harmonaires Choir, under the expert leadership of Josie Cowley, is performing at St John's Church, Stansted on Saturday 23rd March at 7.00pm. This one-hour concert by one of the region's most engaging choirs is raising funds for **Water Aid**. Listen to songs that will transport you to rivers and seas, storm and rain. Enjoy evocative music by Chilcott, American and British folk music, musical theatre, spirituals and more. Tickets cost: Adults £10, Students £6 and are available from www.theharmonaireschoir.com or telephone 07912 025777. Tickets are also available on the door.



The choir is also performing a lunchtime concert at Bury St Edmunds Cathedral on 9th March.

Pension Cold-Calling Ban Continued From Page 5

The ban prohibits cold-calling in relation to pensions, except where the caller is authorised by the FCA, or is the trustee or manager of an occupational or personal pension scheme and the recipient of the call consents to calls or has an existing relationship with the caller.

Cold calling is currently by far the most common method used to initiate pension fraud. Other scam tactics include:

- Unexpected contact about your pension via post or email.
- Promises of guaranteed high returns and downplaying the risks.
- Offering unusual or overseas investments that aren't regulated by the FCA e.g. overseas hotels, forestry, green energy schemes.
- Putting people under pressure to make a quick decision, for example with time-limited offers, and sending a courier round with paperwork to sign.
- Claiming to be able to unlock money from an individual's pension (which is normally only possible from age 55).

The FCA and TPR are urging the public to be ScamSmart with their pension and always check who they're dealing with. The HM Treasury offers the following advice: If you receive a cold call about your pension, get any information you can, such as the company name or phone number, and report it to the Information Commissioner's Office via their website: <https://ico.org.uk/> or on 0303 123 1113.

If you have been a victim of this type of fraud, report it to Action Fraud by calling us on 0300 123 2040 or by using our online reporting tool at <https://www.actionfraud.police.uk/reporting-fraud-and-cyber-crime>.

Super Heroes & Fairies

At Birchanger Butterflies Pre-school we have been covering a theme of 'Super Heroes and Fairies' which has been very popular with the children. We have found this has encouraged the children to 'mark make' (which supports their early writing skills) as they have designed their own super hero or fairy. They then discussed their super powers and how they can be kind and help others with these powers. The children have also thought of names for their super heroes or fairies.



Following one Forest School session, the children collected sticks and made them into wands by winding wool around them, developing their fine motor skills. Forest School this term has given us the opportunity to explore our ever-changing environment with the different weathers that we have experienced; rain, wind and snow. It was very exciting for all the children to make foot prints in the snow and to look for animal foot prints as well.

Our qualified, experienced team are pleased to be able to take children from 2 years old and offer up to 30 hours per week. The sessions we offer are; 9am-12noon, 12noon-3pm, 9am-3pm.

If you are interested in a place at our pre-school please contact us via our website or give us a call on 01279 810 800. We currently have only a few spaces available for the academic year 2018/2019 and are taking registrations for September 2019.

Karen Reilly - Pre-school Manager



I am really sorry but this is goodbye!

I have been involved with Birchanger Wood since 2009 when it experienced some financial difficulties. Following this huge issue and together with Joyce Hammersley, we raised sufficient funds to get the trust

solvent again. Together with our volunteers, we continued to look after and maintain the wood, and I think most of you may have discovered the paths we had built! I spent a lot of time last year establishing the new 'Birchanger Wood Trust' as an incorporated charitable organisation, and we have appointed a number of trustees to take care of things for the future.

I wish the new trust well but unfortunately this is goodbye from me. However, this wonderful ancient wood, unlike myself, is in full stride and the trees are still "eating CO2" to protect us, so please continue to enjoy this fabulous facility. My very good wishes go to you all. Thank you for your past support and may you long continue to love and use this lovely local Woodland. www.birchangerwoodtrust.org.

Daphne Wallace-Jarvis



The Hundred Parishes Society

Pond Life in the Parishes

The pond by the village green at Finchingfield is a much photographed and much painted example of the idyllic view of the English countryside where ducks swim and white clouds are reflected in its calm waters. The area of the Hundred Parishes has a variety of similar ponds. Those alongside roads were often formed from ancient extraction pits for clay or gravel; others appeared where earth had been extracted for building work. Some are surviving medieval fish ponds or the remnants of moats around isolated old farm houses. Ponds on farms provided water for livestock, but following the reduction in cattle and sheep-rearing many have been filled in.



Fortunately, a number of private gardens have ponds where aquatic plants provide a haven for a wide variety of creatures that depend on such water

bodies for their survival. Dipping a net into a pond will reveal snails, the assorted larvae of dragonflies, water beetles and midges. Larger ponds may support fish. Amphibians such as frogs, toads and newts need to lay their eggs within water but will spend much of their adult lives on land, eating a range of garden pests if there is some dense vegetation and a rockery nearby. These creatures have become quite scarce in the wider countryside with the reduction in suitable habitats.



During March, the croaking of male frogs hoping to attract a mate is one of the sounds of spring. Local records of any adult amphibians and locations of spawn provide valuable information about their distribution and behaviour. If you are fortunate to see frogs, toads or newts in your local ponds, then please do pass this information to either the Essex Field Club or the Freshwater Habitats Organisation. Details are on their websites: www.essexfieldclub.org.uk and www.freshwaterhabitats.org.uk. Photos: Top - Finchingfield. Bottom - Patmore Heath. Tricia Moxey – Trustee www.hundredparishes.org.uk

THE FORGOTTEN GARDENS OF EASTON LODGE

Usually we have a lull between the snowdrop open days and the first full season open day in March but this year we have some work to do so our open day will be on the 28th April.



We are starting the month cleaning out the water lily pond in the Italian Garden. The water lilies have not looked their best set against the increasingly brown, muddy water. So, we are gathering as many volunteers as possible to share

the work of pumping out 25,000 gallons of water and sludge; and cleaning and repairing, where necessary, the base of the pond!



On the 14th March we have a new volunteer's day from 10.30 am – an opportunity for people interested in joining us, to come along, get to know the gardens and hopefully sign up as volunteers. Gardeners are particularly welcome of course but also volunteers willing to learn, or with other interests to offer. We rely on volunteers to help with all the Trust's business, including helping run our open days, catering for visitors and administration! Hot drinks and cake will be provided and if new volunteers want to stay and get started on some work, they will need to wear suitable clothing and bring lunch. For more information please log onto our website: www.eastonlodge.co.uk Jill Goldsmith



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Village Services and Activities

Alzheimers	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	Rosemary Wheatley	01279 814678
Birchanger Voices	Tony Wilson	01279 813007
Birchanger Nursery	Karen Reilly	01279 810800
Bird Food	Lesley Robins	01279 812248
Builders - Another Level	Matt Marks	01279 814273
BSSC Club	Kenny Gould	01279 813441
Chiropodist	Julie Golden	01279 873492
Car Service	D. Bonney	01279 813315
Dementia	Debbie Baker	07927 011345
Dance	Maxine Williams	07854 251528
Garden Services	GWB Horticulture	01799 543483
Hairdresser Men/Boys	Emma Marks	01279 814273
Line Dancing	Shelley	01279 864781
Launderette	Ian Kennedy	01279 866183
Lab Tots	Sophie Mitchell	01763 274405
Nail & Pedicure	Hien's Nails	01279 507019
Neighbourhood Watch	Peter Sampson	01279 813193
Over 60's club	Jean Camp	07843 707249
Painting & Décor	David Debnam	07973 861268
Parish Clerk	Keith Williams	01279 814773
Property Services	Mark Taylor	07941 357934
Public Safety	Peter Sampson	07817 904333
St. Mary's Church	Elaine Wright	01279 813474
Tai Chi	Mary Dann	07771 656063
The Three Horseshoes	Paul & Paula	01279 813429
The Three Willows	Mark Boden	01279 815913
Village Church Hall	Elaine Wright	01279 813474

Village Church Hall



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Forthcoming Fundraising Events

Tearoom: Every Wednesday from 2.00pm to 4.00pm

For hall bookings please contact: Elaine Wright 01279 813474.
Or Email: stmaryschurch.birchanger@gmail.com

St. Mary's Church News



Church services

3rd March 11:15 am Sunday next before Lent, Mattins Service
10th March 11:15am First Sunday of Lent Holy Communion,
17th March 11:15am 2nd Sunday in Lent, Family Service
24th March 11:15am 3rd Sunday in Lent Holy Communion
31st March 11:15am 4th Sunday in Lent Mothering Sunday

Church News

The coffee morning on the 12th February saw a full house at Moorswood, the home of Elizabeth and Pim Godwin with pancakes and a bumper valentines raffle in aid of St Mary's church Thanks go to Elizabeth and Pim and all those attending who gave generously on the day.

Dates For Your Diary

The next coffee morning will be on Tuesday 14th May. Every year we arrange a summer lunch to raise funds for St Mary's church and this year it will be on Sunday 28th July at Moorswood. If you want to know more just contact us on 01279-813474.

On the 24th March the Parochial Church Council will hold its annual general meeting after the morning service. All are welcome to attend this important meeting to hear about the church mission and its financial position. We would love more people to attend and perhaps more volunteers to help with this important work, if you could spare some time, for an hour or so on a Sunday morning to be with us that will be great, or if you want to just get involved in other ways then drop us an email at stmaryschurch.birchanger@gmail.com

Did you know?

Shrove Tuesday is the day before Lent which starts on Ash Wednesday (6th March). The name Shrove comes from the old Middle English word 'Shriven' meaning to go to confession to say sorry for the wrong things you've done. Lent always starts on a Wednesday, so people went to confessions on the day before. This became known as Shriven Tuesday and then Shrove Tuesday. The other name for this day, Pancake Day, comes from the old English custom of using up all the fattening ingredients in the house before Lent, so that people were ready to fast during Lent. The fattening ingredients that most people had in their houses in those days were eggs and milk. A very simple recipe to use up these ingredients was to combine them with some flour to make pancakes!

Mothering Sunday in Britain has its origins centuries ago from the celebration of the third Sunday of Lent which was the day to visit the mother church or cathedral, it also included making a Simnel cake and taking it to mother, and was also a day in which those in service were allowed a day's leave to visit their mothers. At St Mary's, as in many churches, Mothering Sunday is celebrated by handing out posies of spring flowers to the mothers (and grandmothers) in the congregation by the children at the service.

Prayer for the Lent season

Come, all who are thirsty says Jesus, our Lord,
come, all who are weak, taste the living water that I shall give.
Dip your hands in the stream, refresh body and soul,
drink from it, depend on it, for this water will never run dry.
Come, all who are thirsty says Jesus, our Lord.
Amen

Elaine Wright stmaryschurch.birchanger@gmail.com

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and junior mile

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Elaine Wright on 01279 813474
stmaryschurch.birchanger@gmail.com

Nights

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Birchanger Village Hall
209 Birchanger Lane
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The Birchanger Village Magazine is published on behalf of the people of Birchanger and distributed free to 450 households in Birchanger. The views expressed herein do not necessarily reflect those of the editor, the magazine or any organisations or institutions represented. Material sent to the editor will generally be printed as received providing it is considered suitable by the magazine team. The editor reserves the right to edit content if considered unsuitable or where insufficient space is available. All material should be submitted by the 16th of the month to be published the following month.

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