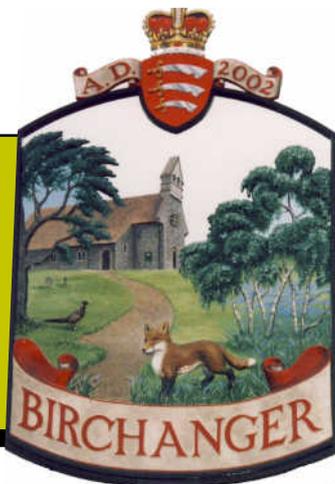


Birchanger

July 2008



Magazine

Issue 67

LET THE CHAIN TAKE THE STRAIN

As some of you will recall I was invited to witness the Cycling proficiency courses that Birchanger School gives to it's year six pupils. This is done each June /July and the training is given by Sue Haggerwood-Bullen, who is always assisted by another member of staff. Sue has undertaken the training for the last four years. This year she had eleven students to train, five of whom were being put through their paces when I joined them on July 3rd. They were :- William Grange, Callum Bates, Eve Bottalico, Mathew Reed and Rachel Gunn. The students each receive six hours of training which includes practise in giving hand signals, turning left and right, emergency stops and basic road safety which stresses constant vigilance to be aware of other road users. The standards the students are trained to are set by county officials and Sue was armed with a battery of Que cards with complex instructions on them detailing the manouvres that the students should be to able to perform once trained.



“Listen very carefully
I will say this only once!”



Keeping one metre from the kerb

July 3rd was a nice warm sunny day and the students and trainers were all dressed in bright reflective jackets and the cyclists them selves, all wore cycling helmets. They were practising the right hand turn when I arrived. All of the time I was there Sue kept up a stream of quietly given instructions, cautions and encouragement. It was clear the students were enjoying their training and they all appeared to be comfortable in their environment. It would be fair to say that at least when these students leave Birchanger School they should know how to ride their bicycles safely.

There were six other students who were also trained in cycling proficiency this year (although I did not see them do it) they are :- Phoebe Glasscock, Haley Gould, Jordan St Hillaire, Mickey Earnshaw, Francesca Garrett, and Connor Holland. We wish them all a safe summers cycling!



PARISH COUNCIL NEWS

Elizabeth Godwin

Airport Update

The consultation period for the second runway at Stansted Airport has been extended until September 26th. This is to allow everyone, including the major players such as the environment Agency, Essex and Herts County Council more time to read and understand the enormous volume of literature which has accompanied the application. It will give individuals the chance to realise the enormity of the application and what it will mean for our area. This extension also has Council's approval.

This is pure repetition, but please consider just what this application is, and visualise how it will completely urbanise our village. Even if the Junction 8b was to be placed underground, which is a valid suggestion and response, we should still be looking at a truly urban skyscape dominating the village. You do now have another two months to respond, although the Highways consultation has now closed.

Birchanger's health is better than average!

You might not believe this but Uttlesford has significantly better health than the England average, and Birchanger is better off than at least 60% of the district. This is difficult to understand as the planes thunder by.

Over the past ten years, deaths from all causes for men and women have decreased, including early deaths from cancer and heart disease. The bad news is that more than one in five adults are obese, and around 70 were killed or seriously injured on the roads in Uttlesford last year. Uttlesford's carbon emissions are among the worst in the country. Having the second largest number of listed buildings in the country does not help this total.

Don't forget to pack your sunglasses!

The Guide Dogs For the Blind Association has issued a strong warning to everyone about the importance of wearing sunglasses particularly if you are out in bright summer sunshine for five or more hours each day. Hopefully is what most of us will find when we are on holiday!

Research has shown that damage is most likely to occur in children and young adults when exposed to bright sunlight although everyone is at risk. The type of conditions which over exposure to sunlight can induce include cataracts and macular degeneration.

All this can be avoided by either putting on sunglasses or simply wearing a visor or cap. The sunglasses do not have to be the latest designer shades to be effective. Wrap round glasses are recommended, but the glasses do need to be marked with Type 2 or 3 with a CE symbol. The sunglasses with yellowish or amber lenses are the most effective for shutting out the most damaging blue light. You will know when you need to wear them when you squint or turn away from the sun when you are outside.

Call for a new contract for carers

Many people in Birchanger are caring for somebody. They probably started to do this many years ago and gradually the caring is taking more and more time as the needs of the person increase. Carers are the biggest unsung and unrewarded group in our society as one in ten adults in the UK is now a caring for someone. This can only get worse as the population grows older and already 1.3 million carers are over the age of sixty five.

These carers collectively save the country some £87 billion every year, yet many have given up their jobs to care for someone and are living in poverty. A six months debate has started about the future and shape of care services, and Carers UK has called for a complete overhaul of the system. Caring for somebody at home affects the whole family and this has been unrecognised for far too long. It would be nice to think that there might be a change!

Help needed to fight fly tipping

Fly tipping in Tot Lane has become a major issue again. It is not being done by "white van man", in fact the owner of a large Mercedes car was seen to be dumping four tyres only last month. If the person who had seen this happening had just managed to take down or remember even some of the details of the number plate, there was a very good chance that the driver would have been caught and most certainly prosecuted.

If you do see fly tipping of any nature in Tot Lane, please try and remember the details and tell the police on the community mobile 07801 461 666.

The youth bus is fun

The young people who have used the Youth Bus have found it fun. That is their verdict not just the voices of the adults who are providing the service. More people are welcomed and it is hoped to be able to use the Recreation Ground when the weather is fine.

Viridor credits for community projects

This is a new Community Grant which aims to collect and distribute money from landfill tax back to the community for special projects which can be highly innovative and which will benefit the community at large in some way. Viridor is a Waste Management Company and has a site at Elsenham and many others countrywide. Grants are distributed to communities living near the site first, which means that Birchanger qualifies.

Projects completed elsewhere include Village Halls, Scout Groups and Nature projects, but generally anything which will benefit the community qualifies. Sums awarded have been very large in some cases, and have included major refurbishment of village halls and churches.

It would seem that there are people in Birchanger who might be interested in finding out more about these grants. I do have the brochure and Viridor Credits, the company administering the grants can be contacted on 01823 237 221. Further information may be obtained from their website www.viridor-credits.co.uk

SSE Lamb Roast hits the spot



Some of the diners at their repast

The SSE Lamb Roast held at Moorswood on July 20th was a great success with over 120 people in attendance. The event was blessed with fair weather. The chill wind which blew for most of the afternoon did nothing to spoil the occasion. A four piece Jazz band provided the entertainment and a licensed bar made sure the guests enjoyed their stay in a garden party atmosphere.

There were 5 lamb carcasses to roasted with the well practised ease of Jay Leavers assisted by Roy Brown that we have become used to. The lamb was accompanied by boiled potatoes and a selection of salads, followed by Desserts, Coffee, Cheese and biscuits. All of which were polished off with gusto by appreciative diners.

The organisers would like to thank Pim and Liz Godwin for the use of their garden for the event which was declared a success by SSE's Brian Ross.



The queue for the washing up, or was it desserts?

Kingswood, A Success

On the 6th of June 2008 at 8pm, I went to the Isle of Wight for my residential trip to Kingswood. After four jam-packed days of activities I returned on Monday the 9th with my class, all in one piece. We travelled by coach and ferry to the Isle of Wight and Callum Bates, the star geographer of class 4 said 'This is my first ferry trip'. The five hour journey got us to the Kingswood Centre full of sweets and excitement.

You're probably wondering what we did but I can't explain everything as I would take up the whole newspaper, so I'll only describe a few activities. All the activities were great and tiring especially the Orienteering that had lots of running around finding certain places from a map. My favourite activity was the Lazer Quest and the Zip Wire, which were both adrenaline rushers. The Zip Wire was so high I couldn't see the top from looking at the bottom. When I finally got to the top after climbing two towering ladders I jumped off and zoomed down grinning. Jordon St Hilaire was heard screaming 'Can you hear me?' whilst William Grange was heard screaming 'yeeee0000www.' Laser Quest was really good and I enjoyed it a lot but I had some scary encounters from people jumping out at me. It wasn't all just fun and games, my class and I also learnt a lot about coastal erosion and protecting cliffs by different methods that I never knew about. The evening entertainment was groovy and my favourite one was the campfire where my friends, my teachers and I chilled out singing and eating marshmallows. All the other 14 activities were incredible as well and I couldn't have been more ecstatic.

The meals were stupendous, we had such a choice every day from hot dogs to lasagne and all of them were cooked to perfection. All four days nobody started or ended the day with an empty tummy. Connor Holland even ate every meal that was put in front of him and he's not the biggest fan of food.

Bedtimes were as could be expected, chatting and eating sweets. Birchanger though were renowned for their well mannered and good attitude as remarked on by teachers from other schools as well as the wacky Kingswood instructors. Mrs Howell, Mrs Augustine and Mrs Manning, the teachers who accompanied us, were very proud of us and even managed to get some sleep. The journey back was sad since we had to leave our instructor Danny but we were cheered up as we had a special treat lined up. For tea we got to stop at McDonalds!

We arrived back earlier than expected at 7pm feeling exhausted. The mums and dads collected their tired and dirty children and we were able to sleep in the next day since we had a day off school to recover.

My friendships with my classmates have got stronger and I will never forget the memories from this trip. Thank you Birchanger School.

Reported by Mickey Earnshaw



A new building for Birchanger Nursery

Birchanger Nursery is finally going to get a new building this summer which will be up and ready for the start of term in September. A fund raising campaign towards the project has been driven by the last two committees over several years with raffles, sponsored events, shopping evenings and quiz nights, we even had one dad run the Barcelona Marathon this year to support our cause! However, until recently, it seemed as though we would never be able to achieve the huge amount of money we needed.

At last, a break came earlier this year when we received news from Essex County Council that some money had become available and we were to be given a chance to bid for it. After many sleepless nights and an enormous amount of support from Birchanger Primary School, the Parish Council and the Pre-School Learning Alliance, we managed to get the bid in on time and we learned that we had been successful in securing the remaining funding we needed to go ahead with our plans.

The ongoing success of Birchanger Nursery and its good reputation brings many families into the village. We currently offer eight pre-school sessions and one parent and toddler session each week. In March of this year we received an excellent report from OFSTED and we have also recently completed the accreditation process with the Pre-School Learning Alliance.

We are absolutely thrilled about our new building, the old one has served us well for over 10 years but has now reached the end of its life. The completion of this project will enable us to ensure that we can continue to offer a very good standard of pre-school education and care to future generations of children from Birchanger and the surrounding areas for many years to come.

If you want to know more about Birchanger Nursery or you wish to arrange a visit , Tel:- 01279 814037.

News from St Mary's

It has been a very busy few months settling into a new service routine, going through the processes associated with maintaining the church building and fund raising for our long term project of up grading the facilities at church.

With Reverend Paul's enthusiasm evident in the fortnightly Holy Communion services, a few new faces have joined our small but committed congregation. It would be lovely to see more of you in church, even if you cannot come along every week.

Following a visit from an historian representing English Heritage and a visit from Ted Bryant (Diocesan Advisory Committee member), we should very shortly have permission to replace the electric lights in the main aisle. Some of the old ones have broken and since the fittings are now obsolete, we have had to seek permission to replace them with modern halogen down lighters. Proposals for improving the exterior drainage problem have also been submitted for consideration and thus far, the response has been very encouraging.

I am very pleased to be able to say that some money has already been given towards the cost of installing a toilet and kitchen facilities within the existing church building. This is a long term project but it will never be too soon to start getting the finances together. So, thank you to those who have already given, the money is being ring fenced so that it cannot be used for other matters - if you can help, please let me know.

The May plant sale (including subsequent purchases) has raised over £400 to date.

The Moorswood Garden lunch was a sell out. At first we thought that the weather might spoil the day but the sun shone brightly. The event raised £250. A big thank you everyone and especially to Liz and Pim who kindly allowed us to use their home.

Pam Lee

SCHOOL NEWS

TV Stars on a day out at the zoo

It was a very wet day when the Infants had a summer outing to the Zoo. Armed with specially prepared packed lunches, umbrellas, macs and wellington boots the children left in great excitement for Linton Zoo. Rain did not stop play. Every animal was visited, including the lion who plays football and the giant tortoises. The biggest surprise was the television crews who had turned up at the zoo to film the elephant beetle which had been found in a bunch of bananas. He was certainly the largest beetle anyone had ever seen. Some of the children found themselves on television when they got home that evening. It was a day to remember, and not just because of the weather.

A theatre in the garden

With better weather and summer productions in mind the next major project at the school will be to create a theatre area in the school garden. This will not just be used for school plays, it will be a place for assemblies in summer, a place to play and to have some lessons outdoors and much more. It will have benches and tree trunk seats, with a decked undercover stage, and as many special items as the fund raising can buy.

The problem is as always funding. The PTA are giving their support to the project and school is preparing a bid to the Woolworth's Competition for Playground Partnerships. Everyone is involved. Hopefully by next summer it will be open for business.

The best away days ever?

That was the verdict of the Class 4 pupils after their trip to the Kingswood Centre on the Isle of Wight. Not only was the weather the best of the year so far, it was a trip where there was something for everyone, and the fun continued until late with evenings spent round the camp fire or just simply dancing them away at the disco. There was a lot to learn as well, with activities which included the zip wire, rock climbing, canoe capsize drill, juggling Diablo, coastal studies as well as team building with challenges which included building something with wheels. The verdict on the food was excellent. You can read a firsthand account of the trip by Mickey Earnshaw elsewhere in the magazine.

Crucial crew and cycling proficiency

At the end of June, Mrs Haggerwood Bullen takes Year 6 pupils through the Cycling proficiency Program. The series of classes ends with everyone taking their cycling proficiency test. There is also the chance for Year 6 children to attend Crucial Crew, which is a program run by the District Council which prepares them for the dangers they may encounter as they go through life, and how they may be avoided and how to cope with them. The week includes input from the police, fire brigade and health authority to name a few.

Jim Scraggs

The funeral of Jim Scraggs took place on July 14th followed by a wake at the club.

Jim was a keen supporter of local football teams and was a regular at Woodside park. He was also involved for many years as a manager of one of the local teams.

Jim was a long serving member of the Social club and for many years one of the band of people who entered the club in the early mornings to clean it.

He will be missed by friends and family alike.

WHO TOOK MY HEART?

Would the person who removed the "Heart" from my husband's grave (Nicholas Tilstone) please return it to me? The heart has a sentimental value to me and I wished to use it on my son's birthday. As someone had removed it, I was unable to do so.

Sally Tilstone

Recipe of the Month, Christine's Chilled Lemon Flan

Ingredients

For the flan case

4 oz digestive biscuits
2 oz butter
1 level tablespoon of castor sugar

For the filling

1/4 pint of double cream
6 oz can condensed milk
2 large lemons

For the topping

Lightly whipped double cream
Fresh or crystallised lemon slices

Crush the digestive biscuits with a rolling pin. Melt the butter in a pan, add the sugar, then blend in the biscuit crumbs. Mix well. Turn the mixture into a 7 inch pie or flan dish and press into shape around the base and sides, with the back of a spoon. Bake in a slow oven for

8 minutes (Gas mark 2, 310F, 160c) Remove from the oven and leave to cool. Do not turn the flan case out of the dish as it will crumble.

Mix together the cream, condensed milk and finally grated lemon rind. Slowly beat in the lemon juice. Pour the mixture into the flan case and chill for several hours until firm.

Just before serving, decorate the flan with a whirl of lightly whipped cream and the lemon slices. (Serves 4)

Quick tip

When crushing biscuits with a rolling pin either place them between greaseproof paper or put into a large freezer bag.

New Menu at the Club

Battered Cod £5.50 Served with chips or jacket or new potatoes & peas or salad.

Battered Haddock £5.50 Served with chips or jacket or new potatoes & peas or salad.

Ham & Eggs £3.75 Served with chips or jacket or new potatoes & peas or salad.

Sausage & Eggs £3.75 Served with chips or jacket or new potatoes & peas or salad.

Gammon Steak £5.50 Served with pineapple, fried egg, chips or jacket or new potatoes, peas or salad.

Rump Steak £6.95 Served with onion rings, mushrooms, chips or jacket or new potatoes, peas or salad.

Home Made Steak, Kidney & Ale Pie £5.50

Served with chips or jacket or new potatoes & peas or salad.

Golden Scampi £4.95 Served with chips or jacket or new potatoes & peas or salad.

Spicy Bean Burger £4.50 Served with chips or jacket or new potatoes & peas or salad.

Lasagne £5.50 Served with chips or jacket or new potatoes, salad & garlic bread.

Huntsman Chicken £5.50 Chicken Breast topped with crispy bacon, smothered in BBQ sauce and melted cheddar cheese, served with chips or jacket or new potatoes & peas or salad

SALADS

Cheese Salad £4.25 Served with new potatoes.

Ham Salad £4.25 Served with new potatoes.

Tuna Salad £4.25 Served with new potatoes.

Prawn Mayo Salad £4.95 Served with new potatoes.

CHILDREN'S MEALS

Sausages (2) £2.95 Served with chips or jacket or new potatoes & peas or beans.

Chicken Nuggets (5) £2.95 Served with chips or jacket or new potatoes & peas or beans.

Fish Fingers (3) Served with chips or jacket or new potatoes & peas or beans.

SIDE ORDERS

Bowl of Chips 1.00

Garlic Bread 75p

Battered Onion Rings 50p

Mushrooms 50p

Baked Beans 50p

Bread & Butter (per slice) 15p

Menu available Wednesday to Friday 12.00 to 14.00 and Tuesday & Saturday 19.00 to 21.00. Takeaway Fish and Chips available Friday nights from 18.00 to 20.00 £4.75 or 2 for £8.00. Desserts are £2.50 plus Ice cream at £1.50. Roast dinners available on Sundays Adults £5.50 Children £2.95.

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Village Diary May/June 2008

July

27th St Mary's 11.00 am
Holy Communion

27th At the Club
200 Club Draw

August

3rd St Mary's 11.00 am
Matins

9th At the Club 8.00 pm
Elvis

10th St Mary's 11.00 am
Holy Communion

17th St Mary's 11.00 am
Family Service

23rd At the Club
Open day

24th St Mary's 11.00 am
Holy Communion

31st St Mary's 11.00 am
Matins

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Local Police contact numbers

Birchanger comes under Essex Police and is Beat code C325E

Stansted Village Police Station 01279 812211 ext 484850

Stansted Community Mobile 07801 461666

Dunmow Police Station (our area main station)
01371871100

Braintree Police Station Service Desk (our area HQ) 01376551312

Essex Police Non Emergency /Help desk
03003334444

In the case of an Emergency or to report a crime in progress always call 999

Organic vegetables for sale

The children have started their own allotments in the school garden. Their aim is to grow fresh organic vegetables which they hope to sell once the allotments are established. Caretaker Gary dug over the ground which gave everyone a head start, and then it was all systems go. Watch this space for special offers!

Published on behalf of the people of Birchanger, and distributed free to each household in Birchanger. The views expressed herein do not automatically reflect those of the Editor or any of the organisations or institutions represented. Editorial team: Eddie Gilbey (816171), eddieb.gilbey54@virgin.net Elizabeth Godwin, Ken Wheatley, Michael Daw Submissions are welcome but may be edited depending on available space.