

Standon Parish Magazine 1917

By now some of you will have attended the Armistice Centenary Tea events held on 10 & 11 November.

We hope you thought that was a fitting tribute to the men on the Standon & Puckeridge War Memorial, and I would like to thank Helena and Toby Spencer, who suggested the idea when they saw the photograph of the Village Hall laid out for the original event after the Armistice 100 years ago. I for one thought it would never happen, but they took the idea and ran with it, and have been such brilliant organisers, along with Trish and Rob Street, so heartfelt thanks to you.

So, we have paid our respects and said our thanks to those 36 men, but what about all the others that served in that conflict and survived. Some with life changing injuries, others with mental scars.

By a strange coincidence, but unfortunately not in time for the previous issue of PS, a man walked into St Mary's church one day, and handed something to Marion Smith, our Benefice Administrator, who happened to be there arranging flowers. It was an original copy of the church newsletter dated 1917. It is reproduced here and as you will see, consists of an introduction by the then vicar, entitled 'The Third Anniversary of Our Entering The War'

Copies of the original magazine are on pages 2 & 3

This is followed by a long list of those local men that joined the services. It is certainly not comprehensive, as there are several men on the War Memorial whose names do not appear on this list, but it is the best record found so far, and lists nearly two hundred men, who, in my opinion, should also be commemorated for the price they paid in the conflict.

Unfortunately we do not know the name of the man who donated this old and precious copy, I can only assume that if it had been kept all these years, it probably belonged to a family whose son fought in the 1st World War, so If he would make himself known, I would be very grateful. Is a member of your family on this list?

Di Vanderson dirogvan321@btinternet.com



Over the weekend of 10 and 11 November, two very successful Armistice Day Commemorative Teas were held in Standon Village Hall to remember the 36 soldiers from the parish who died in the First World War.

140 people enjoyed afternoon tea with sandwiches and cakes, watched performances of poetry and prose and sang along to songs from the War. Relatives of several of the soldiers who lost their lives in the War were present, coming from London, Cambridge and Warwickshire as well as local villages. Thanks again to all volunteers and participants.

If you would like to see more photographs of these events please email tobyandhelena87@btinternet.com and you will be sent a link.

Braughing Sings Christmas!

Join us for a musical evening of Christmas songs!

Saturday, 8 December 7.30pm, St Mary's Church, Braughing

Seasonal Refreshments Served

A Service of Nine Lessons and Carols

St Mary's Church, Standon. Sunday 23 December, 3.00pm

2018 marks 100 years since this service was first introduced at Kings College Cambridge, Patrons of St Mary's Church.

Come and enjoy carols old and new, some sung by the choir and others for all to join in. Listen again to the story and message of Christmas told through traditional bible readings.

Details from Michael Smith 821281, mppsmith388@gmail.com

Carols round the tree

Monday 17 December at 6.30 pm in Standon High Street.

Come and sing the best loved carols with us on the green, then retire to the church, where there will be hot tea and coffee, squash for the children and mince pies and biscuits.

Martyn's Lights

Turn on 4.30pm, Sat 1 December, in Puckeridge High Street.

Do you have difficulty reading PS News?

If so try the online edition at www.psnews.org.uk/latest.pdf and increase the size of the print on your tablet, computer, etc.

PARISH OF STANDON.

AUGUST, 1917.

BAPTISM.—July 15. Emily Lily Andrews.
BURIAL.—July 28. Emma White, aged 73 years.

THE THIRD ANNIVERSARY OF OUR ENTERING THE WAR.

It was on August 4th, 1914, that the storm of War broke in fury and bloodshed over Europe. Since that date—during these three years—what things men have seen and heard of and endured! For three years the storm appears to have raged with increasing violence: nation after nation has been drawn into the whirlpool of blood and devastation until it seems as if the whole world is sooner or later to become involved. Now we are breathlessly awaiting the Armageddon—the awful clash—which shall decide the issue as to which group shall have the upper hand. Force—as put forward by the Central Empires or—Right the foundation of the efforts of the Allied Nations. Whether this issue is to find its solution in unthinkable oceans of blood—in a short awful struggle or in a long protracted agony—God alone knows. We appeal to all to pray often to God for all those who travel by sea or by land, for our soldiers, sailors and airmen. Yes, pray that God will mitigate the suffering and shorten the agony as far as the passions, aims and wishes of the combatant powers will permit of His doing so. We believe that when the history of this cruel time comes to be written there will be eloquent evidence “that the effectual fervent prayer of a righteous man availeth much.”

THE STANDON ROLL OF HONOUR.

We have been trying for a long time to complete our Roll of Honour in order that the full list of men who have joined the fighting forces of the British armies may be affixed to the Church door. So many have joined up that it has been rather difficult to compile a complete list, and should there be any names omitted we shall be much obliged if friends will send in those names to the Vicarage in order that they may be added to the Roll. We are certain that it is well that this list should be in the hands of the 210 parishioners who take the Magazines at the beginning of the fourth year of the War, and we are certain that many of our 210 subscribers will pray to God to protect and bless these soldiers, sailors and airmen when they read over the long list of the names of men of whom Standon as a parish may well be proud. But we must also remember that some 18 have made the supreme sacrifice of their lives, and ask God to comfort and bless those who mourn the loss of their beloved ones.

The following have joined the Service of their King and Country. Your prayers on their behalf are desired.

Acres S. M.	Brett, C.	Barley, W. C.
• Aylett, C.	Brett, A. (jun.).	Brown, W. C.
Andrews, E. D.	• Burr, S.	Bradley, D.
Brown, C.	Bourne, C.	Bradley, H.
Burr, H.	Bradford, W.	Bradley, W.
Bridgeman, H.	Bradford, J.	Cane, A.
Barley, F.	Bradford, H.	• Clements, E. C. J.
Burnett, J.	Bradford, W.	• Clements, A.
Bird, S.	Bush, H.	Crossby, W. P.
Ball, F.	Baker, L. G.	Chapman, J. L.
Ball, G.	Baker, G.	Chapman, T. D.
Brett, G.	• Bentley, J.	Clayton, F.
Brett, F.	Bird, W. C.	Clements, V.

Brett, A. #

Brett, F. G.

Collins, W.	Larken, —	Sargent, F.
• Clark, H. B.	Martin, W. J.	Sargent, W. A.
Drage, A.	Martin, W. G.	Stone, G.
Drage, W.	• Martin, A.	Stone, P.
Drage, J.	Martin, A. S.	• Smith LeBlanc, R.
Drage, A.	Martin, C. W.	Smith LeBlanc, E.
Drage, E. C.	Martin, R.	Sale, W. J.
Double, A. E.	• Martin, E. C.	• Swallow, E.
Double, C. S.	Mardell, H.	Seward, E.
Double, G. W.	Mardell, A. H.	Silsby, —
Double, H. C.	Mardell, E.	Surr ridge, A.
Darby, W.	Mardell, R.	Smith, F. D.
Day, A.	• Milton, T.	Setterfield, P. W.
Deacon, —	Milton, P.	Spicer, G.
Edwards, E.	Milton, W.	Savage, A.
Edwards, W.	Milton, R.	• Smith, Alfred.
Fordham, W.	MacNulty, H.	• Tew, D.
Green, C.	May, H. G.	Tew, A.
Green, J.	Moram, E. B.	Thurgood, R.
Groom, W.	Monk, F.	Thurgood, H.
Griffin, C.	Mottram, H.	Thurgood, E.
Houghton, J.	• Mottram, S.	Taylor, C.
Harrison, G.	Martin, E. W.	Tott, D.
Harvey, W.	Moore, F.	Tott, C.
Harvey, J.	Moore, C.	• Vernede, R. E.
Harvey, F. J.	• McFarlane, W.	• Warman, W. G.
Hollingsworth, A. G.	North, C.	Warman, J.
Hanchette, S. F.	North, F.	Warehand, F.
Hawken, F.	North, H.	• Whitaker, E.
• Hawken, H.	Nind, H. J.	Whitaker, A.
Hawken, S. T.	Osborne, J.	Whitaker, H.
Hawken, P. G.	• Oakley, F.	Whitaker, W.
Howlett, F.	Parker, H.	Whitaker, T.
Howlett, J.	Parker, G.	Whitaker, C.
Howlett, A.	• Pepper, W.	Whitaker, S.
Howlett, W.	Pennock, E.	Wren, A.
Higgins, C. R.	• Petts, C.	Wren, M. G.
Hart, W.	Petts, A.	Wren, H.
Hutchens, R.	Petts, W.	Webb, I. K.
Hudgell, E.	Peverley, P.	Wright, A. H.
Hislop, C. E.	Palmer, A.	Wright, R.
• Hills, Alfred.	Phelps, T.	Wright, E. H.
Ives, W.	Phelps, E.	Wright, H. A.
Jagger, D. E.	Plum, —	Warner, A. J.
• Jennings, A.	Queenborough, C. B.	Warner, S.
• Kenway, R.	• Rule, J.	Wace, E.
• Long, A. E.	Roper, S.	Wallace, F.
Lankester, A.	Revell, D. J.	Wallace, F.
Lodge, —	Ryder, H.	White, W.
Livings, W. J.	Rhodes, H.	White, H.
Livings, E. A.	Sargent, J.	Williams, J.

Several of the above have gained distinction and decorations for gallant conduct and heroic deeds, the memory of which will live in our minds for many a long day. Lately we were glad to learn that George William Double, of Balsams, had been awarded the D.C.M., while on Service in Egypt. He showed true British pluck and conspicuous bravery in bringing in his wounded comrades under heavy shell fire.

Stansted Bottom of League for Supporting Local Good Causes

A survey carried out by local airport community groups across the UK has shown that Stansted Airport is by far the least generous of any major UK airport in supporting local good causes.

Heathrow and Gatwick both contributed the equivalent of 1.1 pence per passenger to community projects last year whereas Stansted contributed just 0.2 pence per passenger. In total, Heathrow gave £808,500 last year and Gatwick gave £513,500. By comparison, Stansted's contribution was just £58,400.

Support for Local Good Causes

Airport	Contribution	Pence per Passenger
Heathrow	£808,500	1.1p
Gatwick	£513,500	1.1p
Bristol	£156,000	1.9p
Glasgow	£145,000	1.5p
Edinburgh	£134,000	1.0p
Luton	£114,685	0.7p
Manchester	£108,750	0.4p
Birmingham	£79,266	0.6p
Stansted	£54,000	0.2p

The second lowest contribution, on a per passenger basis, was Manchester Airport which gave the equivalent of just 0.4 pence per passenger to local good causes.

Moreover, the research showed that

unlike most other UK airports, Manchester and Stansted airports seek to make their financial contributions to good causes conditional upon approval of their airport expansion plans. Stansted Airport has indicated that it would be prepared to provide additional funding for local good causes provided its current planning application is approved.

If the application were to be approved it would mean a 66% increase in passengers and a 44% increase in flights compared to last year.

SSE Deputy Chairman Brian Ross commented "These are very small sums of money compared to the £166 million dividend that Manchester Airports Group (MAG) paid to its shareholders this year, up £25 million up on last year. By comparison, since acquiring Stansted from BAA, MAG has halved the amount provided by Stansted Airport for local good causes."

Mr Ross concluded: "Whether it's a contribution towards fixing the scout hut roof or helping to fund minibus transport for the disabled, there is no shortage of deserving local good causes. It's shameful that MAG gives so little compared to every other major UK airport."

Sheila Williams

Would like to thank everyone that sent cards and good wishes for her birthday in September.

Standon & Puckeridge Tennis Club

Now is still the time to find your tennis racket and come down to the Community Centre for a game of tennis. We have 3 all-weather courts and floodlights.

Pay to Play

Available to all, if you just want to use the courts, £5 ph or £2.50 for juniors. Floodlights £4 ph. Contact Keith Bradshaw on 01920 821152.

Children's Group Coaching

Every Tuesday after school, Mini Red 5-8yrs from 4 - 5pm, Juniors 9 yrs+ from 5 - 6pm.

For more information regarding coaching please contact Tracy Llewellyn on 07985 183796.

Adult Tennis

For all, Wednesday morning from 10am and Friday afternoon from 2pm. Contact Keith Bradshaw 01920 821152.

Club Night

Tuesday 6.30, we have Ladies, Ladies 50+, Ladies 60+, Mens and Mixed teams in local leagues and are always looking for new players. Contact Diana Foster 07778 031430.

New members welcome

Special rates for parent/child/family membership, for details contact Sally Bradshaw 01920 821152.

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Christmas Services at St Mary's Church Standon

On Sunday 23 December, come and join us at 3pm for the traditional and beautiful **Candlelit Service of Nine Lessons and Carols**. This year celebrates the 100th anniversary of the first time this Festival Service was held at King's College, Cambridge, on Christmas Eve 1918, soon after the end of WW1. There will be carols for all as well as some sung by our benefice choir and the readings from the Bible tell the story of the loving purposes of God, from the time of Adam and Eve through to the birth of Jesus.

On Christmas Eve at 4.30pm, is the very popular **Christingle** service. Christingles are made from an orange decorated with red tape, sweets and a candle. Each piece of the Christingle holds special symbolism to help children understand the importance of Jesus and the Gospel, and its relevance at Christmas time. There will be carols for all and Christingles will be given out and lit during the service.

Later on Christmas Eve, at 11.30pm, come and celebrate the first Communion of Christmas at our **Midnight Communion Service**. This will also be candlelit.

On Christmas Day itself, at 10.45am, come and celebrate Jesus' birthday at our 10.45am **Christmas Family Worship** service.

Please find us a Car-Park for Mayday!

The Standon MayDay Committee are pleased to announce that we made a small profit from our celebration in 2018. Donations have been made to the First Responders and the 2nd Standon and Puckeridge Brownies.

Please come and help us for an hour!!

Next year Standon MayDay is on Monday 6 May and we are in desperate need of physically able volunteers to help on the day. I'm sure the community would be 'up in arms' if May Day couldn't happen, so why not help us keep this wonderful tradition running? Specifically we need people to sell programmes in 1hr slots 12noon - 4pm, put out the road signs, manage the traffic and most importantly help with the end of day clean-up. The current committee of 8 people simply can't do everything needed alone. The alternative is to put up the entrance fee and stallholder prices, so we can cover the cost of hiring in staff to complete these tasks.

Please find us a Car-Park for Mayday!

We are also in desperate need of another car park preferably accessed from the A120 close to the village so landowners please assist if at all possible.

Contact via info@standonmayday.com or through our Facebook page if you want more information.

The Colliers End Arms!

At the village hall, a Christmas themed Pop-up Pub. Sunday 15 December from 7.30-11pm.

Due to the success of the first two, we aim to organise a pop-up pub monthly, in the absence of a pub in the village. The evenings may vary; some with food, musical entertainment, quizzes and games. Further details in the new year.

A very merry Christmas to everybody in Colliers End and the surrounding villages and look forward to seeing you in the pop-up pub!

No entrance fee, Bring your own drinks and snacks. Musical entertainment and a chance to join in with Christmas carols. Raffle raising money for the hall.

To reserve seats: 07896 699844.

The Colliers End Village Hall Committee.

The Community Cafe

At the Standon & Puckeridge Community Centre on the following Wednesdays, 8.45-11.30am

- 5 December
- 9 January
- 6 February
- 6 March - Charity Cafe supporting Cancer Research UK - stalls and raffle
- 3 April

All welcome, further information from Alison on 01920 822872

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SPINS Pre-School

SPINS Pre-School have had a very busy start to the new school year. We have had lots of Children starting their introduction to early years learning. All our new Children have settled well and are enjoying a variety of play based activities.

This term the children have been exploring outdoor sounds and environmental changes. The children enjoyed collecting natural resources (e.g. sticks, leaves, conkers and acorns) which encouraged them to design an indoor Autumn Trail and number activities with the conkers.

We also enjoyed getting messy carving pumpkins, Halloween handprint spiders and the children enjoyed dressing up in Halloween costumes.

With bonfire night fast approaching children also learnt the importance of Firework safety and created lovely firework pictures.

Finally children celebrated Diwali "The Festival of Lights". The Children made their own colourful lanterns and decorated the nursery with many lights. They learnt about the story of Prince

Rama and his wife Sita.

Still to come this term are many Christmas activities and the children will learn about the meaning of Christmas where they take part in our Christmas Nativity play. We finish the term with a Christmas party, Father Christmas and entertainment provided by Moo Music!

SPINS Pre-School is open term time only, Monday – Friday from 9.15 am – 12.15 pm, an extended session is available which runs until 2.15 pm. Children can enjoy lunch with their peers (provided by you) and explore other fun-packed activities, which often means venturing outdoors to explore their ever changing environment.

SPINS Toddler Group runs every Monday term time only from 9.30 am – 11.00 am. We offer a very warm and friendly welcome to all parents and carers and their little ones. SPINS Toddler Group allows you to meet new friends over a coffee whilst giving your child the first experience of personal, social and emotional development. This group is aimed at encouraging your child to make a smooth transition into SPINS Pre-School, however everyone is welcome. SPINS Toddler Group will

be holding their annual Christmas party on Monday 10 December (tickets available in advance only).

We are full for this coming school year but if you are interested in our nursery please phone or email us for more information to join our waiting list. Visits are welcome by appointment only. Tel: 07881 533339. Email: spins.nursery@outlook.com Childcare vouchers are welcomed.

Watch out for fake TV Licensing emails.

Action Fraud have reported receiving a sharp increase in reports about fake TV Licensing emails claiming to offer refunds. The emails state that the refund cannot be processed due to "invalid account details". The links provided in the emails lead to phishing websites designed to steal your personal and financial details.

Think twice - Never automatically click on a link in an unexpected email or text, it could lead you to a phoney website designed to steal your details.

Always question unsolicited requests for your personal or financial information in case it's a scam.



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Tuesday 4 Dec - Thurs 20 Dec

HOME-COOKED SUNDAY ROAST 12-2PM

(BOOK EARLY TO AVOID DISAPPOINTMENT)

SENIOR CITIZEN'S LUNCH

TUES-FRI 12-2PM

NEW MENU

TUES-FRI & SUN 12-2PM

TUESDAY - SATURDAY 7-9PM



Braughing Women's Institute.

Braughing W.I had a very busy year for the 90th anniversary. Speakers' topics included Windmills in Holland, The Galapagos Islands, From Flanders to the Tower, (history of the poppy) and Behind Closed doors; Holloway prison.

Members joined High Cross W.I. for a walk around the area and a games group meeting held at Standon Green End Farm. Unfortunately it rained for the August meeting held in a member's garden but this did not deter the enjoyment of the cream and jam scones and cups of tea held indoors instead.

Members took a turn with the popular Sunday Teas in aid of Church Funds. There was a full house for the Soup Lunch in October and Braughing was represented at the Annual Council Meeting and Autumn Council Meeting. Outings included a visit to a paper Mill at Hemel Hempstead, The Sadlier Plays and a pantomime.

The needle work group, led by Anne Styles, were very active and worked an Altar Cloth for The Children's Chapel in St Marys Church and a Wall Hanging for The Church Hall representing buildings in the village.

To end the 90th anniversary year a party will be held with a special birthday cake in December and other local W.I's invited to join in the celebrations.

Programme for 2019.

- 17 January Mr Peter Burford. Frogmore Paper Mill. The History of Paper
- 14 February Sue Cutts. Craft. Piggy in the middle.

- 14 March Mr B Carline. Days of Dollie Blue and Izal
- 19 April Karen Adams. Contemporary Art
- 16 May Annual Meeting.

Meetings held in The Church Hall at 7.30 p.m.

New members welcome. Contact Kate Fish 01920822397

1st Standon & Puckeridge Rainbows

This term has seen the Rainbow unit meet many new faces including new leaders, Amy and Cheryl, as well as 5 new Rainbow members! We also have a great team of volunteers and young leaders who help our regularly.

The Rainbows have been working on their Global Adventure badge which has meant lots of fun activities thinking about the world around them. Rainbows have also thought about What Makes a Good Rainbow and learned their Rainbow Promise and we are looking forward to starting our new badge next term. Firework and Remembrance activities have also featured in our meetings with the Rainbows participating in the local Remembrance Service held at St Marys Church, Standon.

We have a public Facebook page

@1stStandonandPuckeridgeRainbows where you can catch up with what we are doing and if you have a daughter who you would like to sign up to Rainbows please head to the Girl Guiding website where you can register your interest.

Free Concert - any donations to St. Mary's Church

Attend2health



Louise Hampton Chiropractor and Owner of attend2health is pleased to announce she has published a book on low back pain. This can be purchased from the clinic, her website www.low-back-pain.co.uk or Amazon. Louise

really hopes this book will help people to see all the things which contribute to low back pain and provide useful tips and information to help it. For more information call 01763 878087.

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Ralph Sadleir School

Science LAB2 Fundraising By Kirsty Campbell, Head of Science Faculty

Here in Puckeridge we are lucky enough to have a highly regarded school in our village. Ralph Sadleir is an extremely popular middle school and have become very oversubscribed. Ahead of us are very exciting times with our newest venture: a brand new Science Laboratory for our ever growing numbers.

At Ralph Sadleir we provide a very high standard of teaching within this specialist core subject and wish to maintain these levels going forward. This, in turn, means that the extra space and equipment that is required for our current intake is essential to our continued commitment to excellence.

If you are a local business, or you work for a company that may be able to help us raise the funds needed for our project, please visit our school website where you can donate via our Just Giving page.

For more information on this exciting chapter at Ralph Sadleir, please come and see us or drop us a line at admin@ralphsadleir.academy

Hertfordshire Holly

It was in September 1979 that Hertfordshire Holly first got together so 2019 will be a year for us to celebrate. We are planning to invite as many ex-members as possible to a join us on 31 August. As yet the details are still being discussed but if anyone reading this knows of someone who used to be a Holly then please ask them to contact either myself or email hertfordshirehollyforty@thetwojays.com

Some of the highlights of 2018 were dancing at Standon Mayday, a day in the rain on the Southbank of the Thames and our day of dance in Ware with Standon Morris and Whitethorn as our guests.

Our next outing will be the annual charity event which this year will be at Tesco, Brookfield farm, 9 December from 1 to 3pm

We have already had invitations to dance at festivals next year in St Neots, Bedford and Leigh-on-sea but whether we will have enough dancers to do them all remains to be seen. We really do need more members.

For further information contact Mary Deeks 01920 822905 mideeks@aol.com

And also have a look at our web site www.hertfordshireholly.org.uk which gives a lot of information including future events.

Play for Cuba

Music is at the heart of daily life in Cuba. You hear music on the streets and from most doorways as you walk through Havana. All schools teach music in Cuba but musical instruments and resources are often in short supply because of the impact of the ongoing US blockade.

The play for Cuba appeal is supporting young musicians on the island by providing new and second hand instruments. The appeal is for reeds, strings, drum sticks and any associated items such as carrying cases or music stands. So if you have any of the above please make contact. I would be willing to collect. A double bass might be a bit difficult!

Rob Street rob@streets1.uk



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Starlight Stars News

It has been another busy term for everyone involved in our classes. Our new Puckeridge & Baldock timetables are very popular and our sessions are thriving. Every class is now working towards our big show in 2019. **Starlight Stars Stage & Screen Spectacular** will take place at Hertford Theatre on Wednesday 17 April with performances at 12pm and 3pm, and because it is during the Easter Holidays the children get to spend a memorable time rehearsing in a 'real' theatre for 2 days. It is a very exciting experience and we cannot wait for show day!

Theatre Trips

We all enjoyed our trip to see Jack Gale performing in School of Rock and we are very proud and delighted that he continues to be part of the show for a second season. Congratulations Jack and keep rocking!

In November we took a group to see our lovely tutor Ali in Seussical the Musical at the Dugdale Theatre in Enfield.

Future trips include The Curious Incident of the Dog in the Night-Time and the Tina Turner Musical. If you are interested in joining us, (and you do not have to be part of our classes to do so) please contact trips@starlightstars.co.uk. If you have any show suggestions, then please also get in touch as we always want to arrange trips that interest you.

Exam Stars

Our Performance & Communication lessons that take place during the school day continue to flourish. We now provide tutors in 12 schools including Edwinstree, Ralph Sadleir, St Edmund's College and Haileybury. With over 400 students preparing for examinations in Acting, Public Speaking, Verse & Prose and Musical Theatre through The London Academy of Music and Dramatic Art. We are incredibly proud and privileged to be helping children and young adults to improve their speaking, listening and communication skills as well as boosting their self-confidence. If you think your school would like us to offer classes then please contact lamda@starlightstars.co.uk for a school pack.

As always, thank you to all the staff, students, parents, Community Centre Committee, WASPS after school club and schools for supporting our classes.

For more information about our classes please visit www.starlightstars.co.uk.



Ware Dickensian Evening

7 December (6:00pm-10:00pm): Wonder through the town for some late night shopping, carol singing, street entertainment, fairground amusements, live bands, craft market, Christmas tree festival and lots more!

Bishop's Stortford Christmas Fayre

1 December: Find all your Christmas essentials, from gifts such as hampers and handmade jewellery to real Christmas trees and wreaths at the Bishop's Stortford Fayre.

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Slimming World is 50!!

In 1969, a young, single mum with 2 small children, started her own slimming group from her dining room in Derbyshire. This is Margaret, who is still the major force behind everything that Slimming World stands for, for both members and consultants alike.

Margaret's belief that dieting by eating so little that you were starving most of the day was unsustainable. The difficulty with previous methods of slimming led to slimmers easily giving up if hungry, and feeling immensely guilty when they felt they had failed. Constantly having to weigh every single item you put in your mouth is so restrictive, this was also something, Margaret wanted to change.

Support, understanding, and love were the most important pieces of the puzzle. These needed to be shown in abundance. Food is a very emotive thing- we eat when we are happy, sad, depressed, alone, angry. Its used as a replacement for love, and punishment instead of fuel.

Slimming World's unique approach

Slimming World's approach is based on a deep understanding of the psychology of slimmers. We believe that the burden carried by overweight people is two-fold. There is excess weight, but there is

a far heavier burden to be lifted – that of guilt, self-criticism and poor self-esteem.

We help people to shed the misery of excess weight, supporting members to lead happier, more fulfilling and healthier lives. Through an understanding and compassionate approach we help members to develop the motivation, confidence and mutual support they need in order to make healthy and highly effective lifestyle changes for life. It's this deep understanding of the most effective support for slimmers that has seen Slimming World become the UK's leading weight loss organisation.

Slimming World members lose weight through a multi-component approach of:

- new healthy eating habits formed through our Food Optimising eating plan
- regular moderate exercise developed through our Body Magic programme
- powerfully motivating support to encourage long-term behaviour change through a unique approach which we call IMAGE Therapy.

Our members' weight remains confidential at all times: weight changes are discussed, but a member's actual weight is not disclosed.

Members choose their own personal and individual target weight, a concept unique to Slimming World. This is called their Personal Achievement Target (PAT) and they can alter it at any time. Once they've achieved it, they become a lifetime member and can attend group free of charge (as long as they stay within 3lbs of their target weight). Around 10% of our members attend group for free to maintain their target weight.

We are so confident in the effectiveness of our weight loss programme that we offer a money back guarantee.

1. Food Optimising – our no-hunger eating plan.

Slimming World's eating plan, Food Optimising, turns conventional wisdom about dieting on its head. It is the most generous and flexible approach to weight loss in the world. It provides a structure or framework around which members have the freedom to choose what they eat, when they eat and how often they eat to suit every individual's taste and lifestyle. There is little or no weighing and no calorie counting involved whatsoever.

Food Optimising consists of three easy steps which work together to give a



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satisfying and sustainable approach to healthy eating:

Free Foods- Food Optimising is based on the scientific principles of satiety and energy density. Nutrition research, which Slimming World has invested in since the mid-1990s, shows that these principles are the secret to achieving long-term, sustainable weight loss. Foods which induce fullness, or satiety, tend to be high in proteins or complex carbohydrates, high in fibre, high in volume, high in moisture content and low in energy density, so they fill you up naturally for few calories. These are called Free Foods in Food Optimising because they can be enjoyed freely without having to be weighed or measured. Free Foods include most fruit and vegetables, fat free dairy products and eggs, lean meat and poultry, fish, potatoes, rice and pasta. Free Foods take away the fear of hunger, the worry about over-eating, the stress of counting calories and the guilt about eating that are the downfall of so many slimmers. Because members can enjoy as much Free Food as they like without having to worry about weighing, measuring or counting, they never feel hungry or deprived or denied – addressing both the physiological and psychological

challenges faced by slimmers.

Healthy Extras- Each day members also choose from a huge list of Healthy Extra choices, designed to give their body all the vital vitamins, minerals and fibre it needs. Healthy Extras include milk and cheese for calcium, and wholemeal bread and breakfast cereals for fibre.

Syns- Our unique Syns system is designed to take the guilt right out of eating, allowing members to enjoy their favourite foods every day, from chocolate and cake to crisps, Yorkshire pudding or a favourite tippie. All food that isn't Free has a Syn value – members simply choose how to spend their Syns each day. For a steady weight loss, most people enjoy around 10-15 Syns a day, though this varies according to weight, height and lifestyle.

2. Body Magic – to encourage a steady increase in activity
3. IMAGE Therapy – a unique and powerfully motivating support system

IMAGE Therapy stands for Individual Motivation And Group Experience and is at the heart of Slimming World. Involving the whole group, IMAGE Therapy invites members to see achievements positively and in

perspective. Based on compassionate and understanding support, each week members share experiences, exchange their personal solutions to common challenges, and share practical advice such as recipes and money-saving ideas. Members look ahead to potential pitfalls and, with the help of the group, are encouraged to set mini-targets and action targets to overcome these.

Helping members to raise their awareness to the ways in which they sabotage their weight management success in a genuinely caring, powerfully motivating and totally non-judgemental environment is the key to empowering them to make new decisions and develop new healthy habits for life.

Happy 50th Slimming World, Margaret, you did good!!!!☺❤

Annual Rogation Walk - Save the date

On Saturday 25 May the Hornead Benefice will be holding their annual Rogation Walk.

All welcome, more details in March issue.

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I look forward to meeting you on the mat!

The Start of PS News

In 1976 four locals, John & Jen Harris and Mark & Lynette Davis decided to fill the gap with a local newsletter after the death of the District Diary.

September 1976

The first issue appeared in September 1976 when the headline read '40mph speed limit for A120?'

Part of the A120 had a 30mph speed limit and Herts County Council's suggestion was to raise the limit to 40mph which would be easier to police.

The Royal Society For The Prevention of Accidents said that statistics indicated that a higher speed limit would be observed more than a lower one.

Rain affected Roger de Clare School Fete but with the disco evening the event raised £645 for the school.

St Mary's Church, Standon announced the Reverend John L Pelley as the new vicar.

Advert: Top Shop Stores Standon (closed Wednesday) for your groceries, hardware, and dry cleaning.

Advert: Ye Olde Paper Shoppe, Puckeridge for newspapers, cigarettes and toys. Daily deliveries of morning and evening newspapers.

December 1976

In the second edition:

The residents of Lindsey Terrace on the A120 sent letters to PS giving their

views on traffic speed on the A120.

March 1977

By the 3rd edition the headline was 'Local Jubilee Celebrations'.

In January representatives of clubs and organisations met at the sports pavilion to discuss the possibility of organising a celebration to commemorate the Silver Jubilee of the Queen.

The headmaster of Ruggetts School (now Saffron Meadow) thanked The Friends of Ruggetts for raising money for the new music room.

The Welcome Club (over 60's) met every other Thursday at 2.45 at the Village Hall, Standon. Future programme - talk on Russia, film of the flowers of Spain, and an Easter bonnet parade.

Advert: The Bay Horse Pub, Old Hall Green- Live entertainment every Wednesday by P.A.Steed ex lead of Mood Indigo and backing group to David Essex.

June 1977

The 4th edition told readers that a youth club had started in Standon Village Hall. You had to be 13 years old and leave when you were 18.

A letter to the editor: 'During the last few months it has been impossible to display posters in public places for anything longer than a few days, often only a matter of hours without them being removed'.

On the 7th May the Bowls Club played away to Much Hadham.

The Amenities Society did a litter pick in April and filled one whole skip.

Advert: J.F.Sallows, 28 South Road, Puckeridge for fresh farm produce, free range eggs, fuchsia's and geraniums.

September 1977

Most of the 5th edition was taken up with a report of the Silver Jubilee celebrations in June. There was a lunch for all senior citizens, fancy dress and mementoes for children, and an ox roast and disco in the evening. The crowning glory was the procession of floats that went around the village roads. Even Thames Television filmed the event.

Standon and Puckeridge Netball Club had been re-formed, called Stanridge, and had entered a team in the Hertford league.

Advert: Puckeridge Caravans, For Calor Gas, Fires, Cookers and Water Heaters we can supply all your needs.

You are currently reading Issue No 170 of PS News. It is a big thank you to John and Jenny Harris, to all the volunteers who deliver PS, and the contributors and advertisers over the years so the magazine continues.

If you have any local issues that you wish to write about then please contact John Harris
john@walkinginengland.co.uk

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Fly tipping / rubbish dumping / dog fouling / notice posting

- There has been an increase in fly tipping in the parish over the last few months.
- In August a van was observed fly tipping on Stockalls Lane.

In September the driver of silver Vauxhall Corsa was observed emptying the car of plastic bottles and the obvious remains of a McDonalds meal, again on Stockalls Lane. Both of these incidents have been reported to the police.

In all such cases the Parish Council will both press for and assist in a prosecution, in addition to naming and shaming the culprits when successfully prosecuted.

As it stands it may be necessary to increase our litter picking staff to cope with the problem. Since we already spend more on this than the grant we receive from the District Council, the only way to fund additional resource is

to increase the council tax demand. If you see anyone fly tipping or rubbish dumping please try and take vehicle details and pictures if possible but do not expose yourself or confront anyone. If you notify me I will pass the information on to the police and East Herts District Council.

Dog fouling is another increasing problem.

Ideally, all dog waste should be bagged and either taken home to be placed in the black bin or put in dog waste bins if these are available.

It is not acceptable to bag and then hang the bags from bushes or throw them in ditches.

Even if you have bags which are labelled as biodegradable, all it means is that they will eventually degrade but it may take years.

Pragmatically, most people would not object if unbagged dog poo was kicked into a hedge out of sight but it must not be left on footpaths, field margins or anywhere where people walk or the land is mown or strimmed.

Recently one of our fellow councils achieved a successful prosecution for dog fouling for which the fine is up to £1000.

Councils are now co-operating in trying to discourage this practice.

Fly-posting notices

Our main problem is with cycling events/clubs.

I do not know how the persons who recently plastered the parish with laminated pink arrows at every conceivable point, some within a couple of metres of each other and then proceeded to paint pink arrows all over the roads could possibly have thought this was acceptable. It is not! On this occasion we did not for various reasons manage to remove the signs before the event but this is our aim and it would seem to be pointless to put them up if they are going to be immediately removed.

Paul Grange
Clerk to Great Munden Parish Council
pgrange@greatmundenpc.org.uk

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GROUP ACTING 6:45-7:45pm Drama Stars 10-14yrs		MUSICAL THEATRE 5:30-7:00pm Rising Stars 14-18yrs

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Standon and Puckeridge Bowls Club

We are a small and friendly club that encourages all ages and abilities to get involved in the sport of Lawn Bowls

The competitive side of the 2018 season was focussed around participation in the East Herts Bowls League plus friendly competitions with other clubs.

In addition, our Club Tournaments saw many close matches and our Finals Day was a great end to a very busy season.

Lawn Bowls is a sport which is open to everyone and it is one of the only sports where age is no barrier and anyone (male or female) can contribute to the success of the team. Our club house and ground set in the Station Road Playing Fields, close to the Community Centre is a great place to play with 4 rinks that see a lot of healthy competition over the summer months.

We are always looking for new members and would encourage ANYONE (young or old) who enjoys competitive sport to think about trying Bowls. Like golf it is a game where hand and eye co-ordination play a vital part in ensuring that you can get the bowl close to the

jack, and it's just as addictive as golf!!

We have spare bowls that can be used if you want to try out the game and experienced members on hand to offer help and tips for those looking to improve.

Closer to the start of the 2019 season (in May 2019), we will be providing opportunities for people to come and talk to us about the game and 'give it a go' - keep an eye open for our announcements at the club or in PS News - or why not drop us an email saying that you are interested and we will let you know our plans when they are finalised - contact us using the contact us page on our website: www.standonpuckeridgebowlsclub.wordpress.com or write to us at Standon and Puckeridge Bowls Club, The Playing Field, Station Road, Standon Herts SG11 1TF

Buntingford Adult Learning for Fun

The Shows of Rodgers and Hammerstein

Our January 10 week course starts on Wednesday 23 January. Starting at 10.30am at the Community Centre, Luynes Drive, Buntingford.

Tutor is the popular Stephen Barnard

Joining forces in 1942 after long and successful careers working with other partners, composer Richard Rodgers and lyricist Oscar Hammerstein proceeded to revolutionise the stage musical with a series of shows.

From Oklahoma in 1943 to The Sound of Music in 1960, they created shows which departed from the traditional lightness of operetta and musical comedy and told serious stories with finely drawn characters and character-driven songs.

In this course we will look at each of their shows in turn - how they were originated and developed, the partnership's choice of directors, choreographers and casts.

We will also look at the message and meaning of Rodgers and Hammerstein shows and how they tuned in to the post-war mood of post-war America while challenging attitudes in sometimes surprising ways.

We serve coffee from 10.00am. If you have any questions or would like any more information on the course or on BALFF. Please phone Julia on 01763-272584



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Roger de Clare C. of E. First School and Nursery

It has been a busy start to the new academic year at Roger de Clare.

We are delighted to welcome new parents and pupils into our school family as well as pupils who have moved on to a new year group. The school has been a hive of activity with new topics such as:

- The Great Fire of London,
- All About Me,
- The Stone Age and
- The Romans.

We have welcomed visitors such as Bishop's Stortford Fire Service, Herts Catering Limited, Caroline Franks and Hertford Museum as a way to enrich and enhance the statutory requirements of the National Curriculum.

We have also dressed up to celebrate Fairytales and Romans as well as holding a non-uniform day raising money for The Charlotte Dove Performing Arts Trust. Amongst all of this we have found time to visit St. Mary's Church in Standon and take the Senior Choir to St. Albans Cathedral to

celebrate Harvest with our Diocesan family. It has been a busy few weeks!

As all thoughts now turn to Christmas, so do our preparations in school. All the children will have the opportunity to design their own Christmas cards as well as take part in our annual event: Decorations Day.

Children from across the school mix up (with older pupils supporting younger pupils) and visit three different teachers to produce three different decorations. When you add in the optional Christmas jumpers and the Christmas soundtracks, a fun day is had by all!

Throughout November, each key stage begins planning and preparing for their Christmas Concert. Performances held in December, invite both parents and grandparents to celebrate in their hard work and the true message of Christmas.

Christmas Fair 1 December

Our fantastic PTA will be once again organising their Christmas Fair. This popular event will take place on Saturday 1 December at the school and will see a shopping village and family fun zone along with food, hot chocolate, mulled wine, Prosecco or beer being

served. Not only does this event allow our community the opportunity to start their Christmas shopping early but it raises much needed funds for the school.

Our fantastic group of volunteers, coupled with the generosity of many of you, raised a staggering £10,000 for the school last year. This money is being spent on vital projects that the school can no longer afford to carry out due to the current problems with school funding across the country.

Nursery Admissions open

Shortly we will be in 2019 and once again our gaze will turn to welcoming new children.

Our admissions for Nursery 2019 opened in November and will remain open until 15 January. Admission forms can be downloaded from our website. If you have a child in another year group and you are interested in applying for a place, please contact Hertfordshire County Council who can advise you further.

If you are not sure about what our school has to offer, why not make an appointment to look around with our Headteacher, Mrs Woods.



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Isabel Hospice Events

Isabel Hospice Lights of Love 1 December:

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Cheshunt. 4pm

Hertford Castle, Hertford. 4pm

2nd December

Market Place, Bishop's Stortford 4pm

Join us and remember a loved one this Christmas and make a dedication in their name. Call 01707 382500 to make a dedication or go to www.isabelhospice.org.uk/bookoflove

Festive 5 - 9 December

Stanborough Green, Welwyn Garden City

Garden City Runners are hosting their annual Festive 5 event once again. This is a local friendly 5 mile route through the town where you can dress up, pop on a Santa hat and join in the fun!

Working in partnership with Isabel Hospice, we would love you to sign up and raise as much sponsorship as possible! Just £6 as a member of an affiliated running club or £8 for unaffiliated runners. Over 18's only. Sign up at www.gardencityrunners.org.uk

Carols in the Chapel - 18 December

Haileybury College Chapel, Hertford Heath

Join Isabel Hospice for a wonderful evening of carols in the beautiful

candlelit chapel at the prestigious Haileybury, the perfect way to celebrate the festive season.

This year, Ware Choral will be performing and we will be inviting the audience to sing along to their favourite Christmas Carols. They'll be festive refreshments and a chance to win a luxury Christmas hamper with the lucky winner to be announced on the night! Tickets www.isabelhospice.org.uk/carolsinthechapel for £20 each.

Isabel Hospice Jumble Sale - 26 January

Thundridge Village Hall, SG12 0TU
2pm entry and 20 entry fee. Great bargains to be had.

An Evening with "Sporting Legends" for Isabel Hospice - 29 March

Tythe Barn Tewin, Bury Farm Welwyn

Two course Dinner and speakers in this fabulous venue

Full details from Barbara Doherty 01279 842140 email: barbara@thedohertys.info

Westwoods shop in Standon

It seems to me the whole country (and possibly the world) has gone mad, first there is Brexit and the war in Syria, Donald Trump, and the rest of it. Now our village has gone nuts.

We had, a lovely family running Westwoods, they have developed it into what it now is, a friendly organised, needed service to the village. We can now post parcels more or less when we want, including weekends, even big ones. Our daily newspapers are always there, we all receive a friendly hello when collecting them. There is a cash machine, all the food you are likely to need, in between big shops, etc, etc. The proprietor has settled into the village, his children attend the local school and they seem to be doing well, they always look happy. The family have bought a house locally.

Despite all this they have been told their letting agreement will not be renewed except if they pay more than could possibly be generated from the profits.

What is the point of this, the shop can only generate so much revenue, they have made it into what it is, providing us all with so much more than it was. A new proprietor could not produce what they are being asked to pay, so who gains, certainly not the owner and certainly not the village. Everyone to me, it seems, will be a loser, the present family, for sure, the village for sure and the owners of the property!

Please can we have some sanity restored and could not all the parties think again and come to a sensible outcome where everyone wins and no one losses out?

Thank you
Mary Wilkinson

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Hertford Symphony Orchestra 2018/19 season

**Sunday 9 December Drill Hall,
Ware, 3pm - Christmas Concert!**

Get in the festive mood with our spectacular family-friendly Christmas concert featuring Simon Balle Chamber Choir. Enjoy festive music, Christmas carols with audience participation, and a specially orchestrated and narrated Christmas story by Margaret Holter which is guaranteed to enchant children of all ages! Guest Conductor: Jonathan Mann

Tickets: £14 adults, £6 children/students, £34 family ticket

**Sunday 3 February Hertford
Theatre, 2.30pm and 4.15pm -
Machines!**

The Robert Kiln Concerts for Children

Help HSO rebuild its Magnificent Musical Machine in this short and engaging children's concert. Fancy dress optional. Audience participation guaranteed! Conductor: Tom Hammond

Tickets: £8 adults, £5 children*

**Saturday 16 March Hertford
Theatre, 7.45pm**

Orchestral Dances

Dvořák Slavonic Dances Nos. 1-4
Dvořák Violin Concerto

Soloist: Esther Abrami

Rachmaninov Symphonic Dances
Conductor: Tom Hammond

Tickets: £18 adults, £15 concessions, £6 children/students*

**Saturday 11 May, Hertford Theatre,
7.45pm - A Night at the Opera**

Death, love, magic potions, wild dances, even sexy shoes... it could only be the wonderful world of opera. HSO, with singers Natasha Page and Rhys Batt, present some of the world's most famous arias, scenes and interludes. Don't miss out on a night at the opera!

Conductor: Tom Hammond

Tickets: £18 adults, £15 concessions, £6 children/students*

**Saturday 22nd June 2019 Hertford
Theatre, 7.45pm - Summer Concert**

Elgar Overture 'In the South'

Elgar Cello Concerto

Soloist: Steffan Morris

Mendelssohn Symphony No. 4 'Italian'
Guest Conductor: Jonathan Mann

Tickets: £18 adults, £15 concessions, £6 children/students*

www.hertfordtheatre.com

(*All ticket prices include £1 theatre booking fee)

Box Office 01992 531500

Drill Hall - buy online at
www.wegotickets.com

Hertford Tourist Information: 01992 584322 or for ticket reservations call: 01279 466653

Royston Choral Society Christmas Concert

**Benjamin Britten's 'A Ceremony of
Carols', along with mulled wine,
mince pies and carols for audience
participation**

Saturday 22 December, 7.30 pm Royston
Parish Church

Musical Director – Andrew O'Brien

Organ – Michael Smith

Tickets £12 (concessions £9, school students £1) to include glass of mulled wine (or soft drink) and mince pie!

Available from choir members; online at <https://bit.ly/RCSDec2018>; Pop-up box office Tuesdays 7.17-7.45 Royston Parish Church, at the door or from Caroline Franks Tel 01920 822723 or email treasurer@rf152.co.uk

More information at <http://www.roystonchoralsoc.org.uk> or email Chair, Huw Jenkins chair@roystonchoralsoc.org.uk

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Freman College Report

Freman College opened its doors to showcase our musical talent through our annual House Music event. In this competition students choose and direct performances across all genres; choir, orchestra, rock/pop and a cappella all featured. We were delighted to welcome former Freman College student, Chris Wright, as Adjudicator. Chris has a long history with Freman College House Music, entering the competition five times and being a director in his final year. After much deliberation the overall winners were Butler House.

We also have lots to smile about on the sporting side.

Rugby

Rory Rees, who also plays for Royston Rugby Club, has been selected for the 2019 Junior Touch Rugby Championships mixed 15s training squad. Rory has been selected as one of only 59 boys chosen to compete across the Boys 18s, mixed 18s and Boys 15s categories - a phenomenal achievement.



Trampolining

Despite not being at full fitness, trampolinist William Marriage took the Bronze in the Eastern NDP competition at Men's 13+ NDP4 and is moving up a level for his next competition.

Swimming



Josh Bridgeland is a talented swimmer and his gruelling schedule is paying off and he recently finished 4th in the 200 fly at English Nationals. He has also qualified for the Winter Nationals in December in the 100, 200 fly and the 400 IM, again an open age group competition.



Dance

Ballroom and Latin dancer, Isabella Woollison, danced her way to the Imperial Society of Teachers of Dancing National Grand Finals, being placed 5th in the UK. The competition had over 4000 entrants and took place in the Empress Ballroom in Blackpool.,



Football

Congratulations also go to Adam McCormack, Will Blair, Bryn Williams and Harry Lee, who have been selected to represent the u14 and u15 Lea Valley District football teams for this season and to Sofia Carpenter on being selected for the Herts Schools County Football team for the fourth consecutive year!

Braughing Local History Society

- Thursday 24 January: Soup lunch with a historical theme. 12.00pm – 2.00pm, wine on sale. Entrance on the door: £3 members; £5 visitors
 - Sunday 24 February: Talk & Teas, 'The Churches of Braughing' - 1200 years of religious history. Speaker: Mark Landon
Talk commences at 3.00pm, followed by tea and homemade cakes 2.45pm – 5.00pm. Entrance on the door: £3 members; £5 visitors
 - Thursday 28 March AGM 7.45pm
- All events at St Mary's Church Hall, Braughing SG11 2Q

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St Mary's, Standon

As I sit down to write this, Remembrance Sunday is yet to come, in just a few days' time.

Much has been made, rightly, of this 100 year anniversary of the cessation of the Great War. The 1914-18 conflict changed our perception of war fundamentally: the huge number of lives lost; the inhuman conditions of the trenches; the horror of killing on such a scale and at such close quarters. These had lasting effects on those who survived and those who only heard second or third hand. It was to be "the war to end all wars".

Of course, it wasn't. But I would suggest that perhaps our forces entered the Second World War with a different attitude. There was a reluctance, even in Neville Chamberlain's broadcast to declare that we were at war. It was seen as a necessary, though undesirable, response to what was happening in Europe and the threat posed to our own country.

There is concern that we may stop remembering on Remembrance Sunday. Already, the time of remembrance has changed, for very good reasons, from the eleventh hour of the eleventh day of the eleventh month to the more convenient Remembrance Sunday. I can remember as a child seeing buses pull over, the traffic stop and people standing in the streets as 11.00 approached on 11th November. Now, as

we stand at the war memorial to mark the two minutes' silence, the sound of traffic can still be heard, and many people continue with their busy lives without really thinking about it.

It's important to remember, not least for those men and women who still put their lives in harm's way to defend our freedom. It's important to acknowledge that, without their commitment, that freedom, which we take so much for granted, would be open to attack. As we look round our world, freedom can sometimes seem less of a right and more of a hard-won privilege.

Conflict seems to abound in our modern society. Nations and states are still at war, whether in the armed conflict we see in parts of Africa and Asia, or in the so-called "cold war" battlefields of espionage and covert operations. Politicians' debate seems to grow ever more adversarial, with disagreements frequently tipping over into personal attack. Our streets are becoming ever more dangerous, with gangs ruling some parts of our inner cities, and parents afraid to let their children out alone.

What's to be done?

Recently, I visited Ripon Cathedral. There's an art installation there, by Dan Metcalfe, called Fields of Mud, Seeds of Hope. He's used wet soil, from the WW2 Military hospital camp at Ripon and from Passchendaele. As the mud dries out, it cracks, and the different soils dry to different colours, revealing the silhouettes of soldiers returning from the trenches. The first ones are familiar images;

head bowed; shoulders slumped; weary, broken boys who have seen too much for anyone to bear. But as the eye moves along the line, the figure at the front is looking up; his helmet is off; his gun is forgotten, pointing at the ground. He is looking forward, to a different future. After the exhibition, pieces of the mud will be available for the public to have. In the mud are dormant poppy seeds. Anyone who takes a piece of the artwork home will, it's hoped, see those poppies grow.

Any conflict destroys something in us. Even an argument with a loved one leaves us, to some extent, broken. Yet even after the most violent conflict, hope can help us create something new. Isaiah tells us that God is doing just that, right now. He tells us:

'In the last days, the mountain of the Lord's temple will be established as the highest of the mountains;

it will be exalted above the hills, and all nations will stream to it. He will judge between the nations and will settle disputes for many peoples. They will beat their swords into ploughshares and their spears into pruning hooks. Nation will not take up sword against nation, nor will they train for war anymore.'

God is working towards that future. It's on its way, and nothing will stop it. Its coming was started when God sent his Son, to live as one of us, suffer all the pain we suffer, share our joys and sorrows. He died, but that wasn't the end. He defeated death and rose again. That is how we know that his kingdom will surely come. Death and evil are already defeated. They are at work still, for now, doing their worst, but they will not win in the end.

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Meanwhile, we can all work for peace. We may not all be politicians or people of great influence on the world stage, but we can influence those around us. We can be peacemakers in our own families; our own communities. In any situation of conflict we encounter, we have a choice: we can aggravate the situation by joining in and ramping up the antagonism; we can walk on by and refuse to get involved; or we can be reconcilers, bringing words of peace. Blessed are the peacemakers, Jesus told us, for they will be called the sons of God.

Let's not forget Remembrance now until next year. Let's remember always what conflict can do, and let's resolve never to let it take hold in our own lives.

Caroline Franks
Reader (Licensed Lay Minister), St Mary's, Standon.

Keeping your van and tools safe

Vans are often targeted by thieves for their tools. Here are a few simple tips to help secure your van and its contents:

- It might sound obvious, but make sure you lock the doors and shut the windows whenever you leave your van unattended.
- Never leave any valuables visible - keep ALL possessions out of sight.

Even if you know that there is nothing valuable in your jacket pocket or file left on the seat, a thief may try their luck.

- Remove tools from your van when left over night
- If removal of tools is not possible, fit a tool safe and ensure it is fully secured with good quality locks.
- Consider parking your van close to a hedge or wall in order to restrict access for anyone trying to get inside.
- Engrave or mark tools and their boxes with your postcode and house number.
- Fit additional locks external locks to van doors.
- Use an approved steering lock or gear clamps, and remember to set your immobiliser and alarm if you have one.
- Fit a dual band tracking device that works on VHF/UHF and GPS to ensure that one tracking system is still functioning if criminals use GPS blocking techniques to avoid detection. Purchase devices to 'Thatcham' and 'SBD' approval to combat this type of vehicle theft, as vehicles equipped with a tracking device are often promptly recovered.
- Use a "Pedal Box Guard" to encase the pedals when the vehicle is not in use.
- Fit an on-board diagnostic (OBD) safe device, a secure lockable device that fits over the vehicle's OBD

Home-Start East Herts



Joe Rose, better known as local accountant John Froggett, has been lured into the recording studio! Joe has performed a rendition of a famous song in aid of our branch of Home-Start and had fun filming a lively, laughter-filled video to support it, with an 'all-star cast' of extras nearly 30 local businesses!

Our charity is close to the heart of both John/Joe and the label's boss Helen Meissner. They trained with us and Helen volunteered for a few years..

'Starting a singing career at 60 is not something I had ever imagined but it's been great fun! Home-Start Royston & South Cambridgeshire provide a valuable and respected service which I really admire, and I wanted to support them.'

We are happy to share the video and links to buy the track, Can't Help Falling in Love, and thank anyone who feels moved to support this lovely initiative.

<https://youtu.be/KyVe9ORYwbM>

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Puckeridge WI are Moving

Puckeridge WI are on the move. From February, we will be meeting on the 1st Tuesday of the month from 8pm in the Sargent Room at Standon Village Hall.

We are a small and diverse group of women and aren't your typical WI. We also have a craft club, film club and a WhatsApp social group which organises walks, garden visits and other trips.

New members are welcome, and your first meeting is free, so come and see what we are about.

Our provisional programme for 2019 is as follows, but please contact us at info@puckeridgewi.org before you come in case of changes.

- February 5 Napkin decoupage
- March 5 tbc
- April 2 Easter craft
- May 7 Annual meeting
- June 4 Local walk and pub
- July 2 Summer social
- August 6 tbc
- September 3 Charity crafting
- October 1 tbc
- November 5 Quiz
- December 3 Christmas Meal

1st Standon and Puckeridge Guides

We have now spent a term on the new programme and have awarded lots of new Skills Builder badges rewarding work in groups at unit meetings, and interest badges for work that Guides have done at home.

We've carved pumpkins for Halloween, cooked tomato sauce, made pencil cases, invented board games, had an Eat Well for Less evening, learned about budgeting and saving, planned parties, investigated nutrition and made healthy meals and shared life hacks.

Three of our Guides have completed their Baden Powell Award, the highest award a Guide can achieve, and two more are hoping to complete their awards before the summer deadline.

The highlights this term were ice skating at Van Hage when we invited the local Brownie groups to join us, and going to the Big Gig at Wembley Arena – a pop concert for 10,000 Guides which featured top acts including Harvey, New Hope Club, Rae Morris, Lyndsey Russell and headliners The Vamps. We've also attended Remembrance Sunday parade with local Guiding and Scouting groups.

2019 will include more badges, more adventures, and camps to use our new equipment bought with our Co-Op grant money.

2nd Standon and Puckeridge (Roger de Clare) Lunch Club Brownies

We've managed to fit in a lot to our short meetings in Roger de Clare's train carriage classroom. The new programme has introduced us to new games, new skills and new fun.

We have joined together with other units in the villages many times this term including a games evening, Remembrance Sunday Parade, escape room and virtual reality games and ice skating, and next term we'll be going to the panto with evening Brownies.

At the end of term, we will be awarding the new Skills Builder badges, and the Brownies have picked up a few interest badges that they've earned at home too.

1st Standon and Puckeridge Brownies (evening Pack)

The 1st Standon and Puckeridge Brownies was started in June 1932. After more than a year of asking for helpers to join our existing leadership team, we still haven't found anyone to step in. Unless we can get someone in post, they will be closing on 12 February 2019.

It is upsetting that after more than 86

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years of Brownies in Standon, it will come to an end in a couple of months just for the sake of one adult who is willing to join the current leadership team. If we can get more than one extra volunteer, we can share the responsibility further.

Demand for places at Brownies is still high and there is an extensive waiting list of girls asking for a place. If you or anyone you know would be willing to help, or you would like to know what is involved, please contact Louise on 07971 800 443 or jenkinslouise101@gmail.com.

Labour Party

East Herts Rural Branch

The result of the Watton-at-Stone by-election, held shortly after I wrote my last report, was disappointing for the Labour Party. We canvassed nearly all of the ward, and we frequently found that voters did not want to perpetuate the Tory fiefdom in East Herts, but, in order to do this, they were opting for the local candidate standing for the Liberal Democrats, who was known to many of them. Our candidate was not "local": she came all the way from Hertford!

The result was the voters succeeded in breaking into the fiefdom and elected the Liberal Democrat. She now has the unenviable task of holding the Conservative administration to account all on her own – until the district council elections in May 2019.

The branch held its usual fund-raising party in September and once again we were blessed with good weather. We had more members there than we have had for a long time and we all enjoyed an outstandingly good buffet lunch, as well as the discussion of politics and – it has to be admitted – other topics with old and new friends. Also, we raised a satisfyingly good amount to help fund the elections next May.

I have at last managed to give up the chair of the branch, which I have held for about 20 years. It has been a privilege to chair the branch for so long and I have enjoyed doing so. However, it did turn out to be more work than I had envisaged and led me into all sorts of other roles within the Party, some of which I still hold. I do remember clearly who proposed me for the task: he has a lot to answer for!

The branch has, of course, been meeting under the "new management" and has continued to discuss matters of importance within the Party and within the country as a whole. Brexit has, of course, been on the agenda and we have also discussed whether or not the "magic money tree" exists to fund national development. We also proposed to the constituency party that they should urge "our" councils – East Herts, North Herts and the County Council – to adopt the Co-operative Party's charter on modern slavery. This was timely, since, just across the border in Cambridgeshire, the police had just discovered men held in what they believe to be modern slavery in a hut on a farm.

The constituency party supported this and we learned that our councillors in North Herts had persuaded the Conservative-led council to adopt the main principles of the charter. As I write this, I have just returned from a County Labour meeting, where the leader of the County Labour Group undertook to take it up at the County Council.

David Bell

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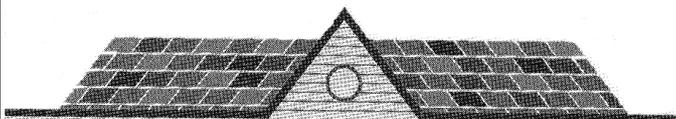
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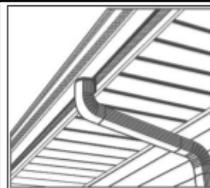
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Don't Sabotage Your Health this Christmas

Health and Fitness expert Laura Wood reveals some of the traps to avoid, which can sabotage your health and wellbeing for this festive season and New Year...

Tempted by 'Low Fat' substitutes?!

You're doing your weekly shop and you are determined to keep to your diet plan, so you reach for the 'low fat' options – STOP! These products are usually low in the fibre and protein department, so you will start to get the munchies again pretty soon. Plus in order to get a 100calorie pack of crisps or chocolate mousse to taste as it should, it will be filled with unrecognisable ingredients that are no good for your body and giving no nutritional benefit.

Don't be conned by the marketing, if it sounds too good to be true it invariably is. Stick to a well-balanced diet filled with fresh fruit and veggies and lean protein, drinking plenty of water and getting your body moving.

Cutting calories too low?!

The most effective way to lose weight is creating a calorie deficit – less calories in, more calories out. But most people start a diet and take this to the extreme and starve their body of the nutrients it needs.

When you reduce your calories too low, your body goes into starvation mode and actually begins to store fat in a panic of not knowing when it will be fed again. Your brain is not worried about that 7lbs you want to lose to look

good in your little black dress or bikini, its worried about surviving and isn't sure it is going to get enough fuel to function.

So what is the answer? Eating regularly throughout the day, ideally every 2-3 hours will keep your metabolism ticking and your sugar levels stable. Aim for 5 small meals a day or 3 meals and 2 snacks, keep your portion sizes controlled and aim to have some form of protein at each meal to keep you feeling full.

Too much cardio?!

Are you stuck in the mind-set that the only way to see changes to your body is through Cardio? Well you couldn't be more wrong! Us girls are usually scared of resistance (strength/ weight) training as we think we will bulk up to be the new Arnie! When actually it is the best way to effectively tone and shape your body. Women don't have the testosterone to build muscle like men, so we actually gain definition and strength without size.

Resistance training builds muscle and as lean muscle increases so does your metabolism, so you'll continue to burn more calories throughout the day and shred body fat.

Best of all it releases lots of amazing endorphins that improve your mood and help fight stress, anxiety and depression. So try swapping out one of your cardio sessions this week for some resistance training.

Try Something New...

Regular exercise offers countless health benefits for both the body and mind. Many people however, get stuck in a rut and perform the same form of exercise every time, which not only gets boring but can stop the body progressing.

There are so many fun ways to exercise and keep the body active and sometimes it's just the fear of trying something new and those thoughts of self-doubt start creeping in 'what if I can't do it?', 'what will everyone think of me?', 'it's too hard!' Just remember everyone was a beginner once and I can guarantee know one is laughing or judging you. We're all too busy focusing on the challenge for ourselves.

If you don't try you'll never know, so just give it a go!

Laura Wood is a Barre and fitness instructor as well as a personal trainer. If you're interested in attending one of her Barre or Fitness classes in and around the Buntingford area, you can contact her at -

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Mistletoe has become a symbol for the festive season.

Large clusters of pale green mistletoe are revealed as the leaves fall in November from the branches of apple, hawthorn, lime and poplars. This semi-parasitic plant takes water and some nourishment from the host tree. Clumps producing the sticky white berries are often guarded by Mistle Thrushes as the berries attract other species eager to eat them. The seeds are spread from tree to

tree as the birds try to remove the sticky flesh from their beaks and wipe them on a suitable branch. Germination is slow, but once established the clumps grow larger year on year and in some cases seem to overwhelm the host tree.

As a plant which is sensitive to the chill of winter, mistletoe is rapidly becoming well established in the eastern regions of England as our winters are tending to become warmer. Festoons of mistletoe on suitable trees can be seen in parts of our local area including Hatfield Forest, Saffron Walden and other villages.

There are many seasonal traditions associated with this intriguing plant which was thought to have magical powers especially if found growing on Oaks. Within many European cultures its evergreen boughs were used to symbolise eternal life. Mistletoe and holly were used to decorate houses during the time of the winter solstice to remind people that the circle of life would continue. Mistletoe came to symbolise good luck and love in life.

If you need inspiration for a Christmas present, please consider the Society's book, "The Hundred Parishes: An Introduction". It can be purchased at local Tourist Information Centres and some local bookshops. The principal author, Ken McDonald, will be on hand to sign copies at Saffron Walden TIC on Saturday, December 1st between 10:30am and 12:30pm.

Tricia Moxey, Trustee

Do you remember the warnings as we approached the year 2000?

Computer users were warned of the effect the change would have on their computers. It was a prediction; however, I seem to recall that the year entered without drama.

Over the last year because of Blood Moons we were told the world will end, we are still here. There have been many such predictions over the years. I went to a talk given by a top scientist in the field of the effect of climate change. He spoke about rising sea levels as part of his preamble. He explained how vast areas of the south had at one time been under the sea. He went on to tell us that unless we took some drastic measures, we would end up under the sea again. He was asked what caused the high sea levels before? He had no answer. It would appear that however advanced we think we are, we still get it wrong as often as we get it right.

Now an event happened just over two thousand years ago that did change the face of the world. This event was first spoken of 1500 years before hand in the Bible. After that first mention there are over three hundred and fifty predictions of this event. Were these men scientists? No, mostly they were biblical prophets. The event, it is the

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birth of the Messiah, Jesus Christ, born of a virgin birth, in Bethlehem in Judea. Charles Wesley put it this way:-

Christ, by highest heaven adored,
Christ, the everlasting Lord,
Late in time behold Him come,
Offspring of a virgin's womb.
Veiled in flesh the Godhead see!
Hail the incarnate Deity!
Pleased as man with man to dwell,
Jesus, our Immanuel.
Hark! the herald angels sing:
'Glory to the new-born King.'

On 25 December we will celebrate His birth. A fact we have forgotten in the commercialism that surrounds this time. We remember Christ left his home in glory to come and live among us. One translation would be He pitched his tent in our neighbourhood. I still get overwhelmed by the thought that God in the person of Jesus Christ would come and live a perfect life to free sinners like me from the punishment I deserve.

There is a lot that has been added to the account of the birth over the years. This year I aim to separate the myth from the birth of our Saviour. If you have never thought about it before come along and hear the story from the Bible. So, we will be holding a series of services @ 11:00 in the runup to this event, looking at the ABC of Christmas. The services culminate with a Candle Lit Carol Service on

December 23 @ 18:00. Feel free to come and join us for any or all of our Christmas services. There will be a hot drink and mince pies after the carol service.

We will be hosting and welcoming the local cub packs to the Chapel again this year. This is a wonderful event and we look forward to it.

It remains only to wish you all blessings at Christmas and in the year to come.

Pastor Bill Harrow Puckeridge
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2. You receive a phone call from HM Inspector of Taxes. They say that you are being investigated and there is an arrest warrant in your name. The number that has called may be displayed as 0300 200 3300, which is a genuine HMRC enquiries phone number. This is a scam.
3. You receive a phone call from BT, who tell you that your internet is running slow and needs maintenance. They offer to talk you through some steps to help resolve the problem. This may involve you downloading some software onto your computer. This is a scam.



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Prince of Peace

More than seven hundred years before Jesus was born in Bethlehem, God gave a prophetic message about His birth to a man called Isaiah. Some of the words from that message have become part of our Christmas tradition, read at just about every carol service and quoted on numerous Christmas cards: "Unto us a Child is born, unto us a Son is given... and His name will be called Wonderful, Counsellor, Mighty God, Everlasting Father, Prince of Peace".

Prince of Peace - what an amazing title! If that's how you're going to label your baby, you must have great expectations that he will live up to his name. His parents were then instructed by God to name Him Jesus - in Hebrew, that's Yeshuah. A name that literally means to save, to liberate, to deliver, to heal and therefore bring peace physically, emotionally, mentally, and spiritually. You might be tempted to look at the world through the lens of the media and conclude that for millions of people across this war-torn globe, peace couldn't be further from their experience, not to mention the emotional, health and financial turmoil faced by many living in "peaceful" countries.

So, how did Jesus measure up to this expectation of His name and title? Fast-forward 750 years and hear some of Jesus' last words to His friends a few hours before He was crucified: "Peace I leave with you; my peace I give to you - the kind of peace that only I can give. It's the kind of peace that this world cannot give. So don't be worried and don't be afraid." This was said during very rough times for Jesus and His Jewish countrymen. Israel was occupied by a brutal enemy (Rome) who extorted

exorbitant taxes and put down the slightest dissent with the sword - or worse yet, the cross. Hardly peaceful conditions! So just who was Jesus to make such an expansive promise - and importantly for us, a promise that still holds good for today?

When Princess Elizabeth sat on her coronation throne in 1953, there came a point in the ceremony when she was anointed to be Queen. From that moment forward she had the power and authority to rule as sovereign. Well, "Jesus of Nazareth was anointed with power and went about doing good and healing all who were oppressed by the devil." (Acts 10:38). In the authority of His anointing He healed and delivered everyone who came to Him, even raising the dead. He then went to the cross to die a sacrificial death for each and every one of us, and was then raised to life again. Jesus said, "I have power to lay my life down and I have power to take it up again." In so doing, He paid the penalty for the sins of everyone who has ever lived on planet earth. That penalty payment totally squares our account with God for eternity - provided we personally renounce (ie, repent of) our sins, and believe and accept that Jesus did just that. The bible declares that "Christ died for our sins...and was buried...and was raised on the third day," and that we should "Repent and be baptised in the Name of Jesus Christ for the forgiveness of our sins", and it says that "If we confess with our mouth that Jesus is Lord and believe in our heart that God raised Him from the dead, we will be saved." (I Corinthians 15:3; Acts 2:38; Romans 10:9). By the way, "Christ" is simply a form of the Greek word for "anointed - the anointed one".

"Therefore, since we are justified

(acquitted, declared righteous and given right standing with God) through faith, let us grasp the fact that we have the peace of reconciliation to hold and to enjoy peace with God through our Lord Jesus Christ, the Messiah, the Anointed One". (Romans 5:1, Amplified Bible). So, Jesus Christ, the Prince of Peace, purchased eternal salvation for us all. That's heart-peace, mind-peace, emotional-peace, physical-peace, eternal-peace that starts today. That's God's promise, and Father God's Christmas gift to us all, if we would like to accept it.

Wishing you all a very Happy Christmas and New Year

Revs Colin & Teresa Marks
Pastors, A10 Christian Mission.

The Hundred Parishes Society

www.hundredparishes.org.uk

The centenary of the First World War has inspired several parishes to refurbish their memorials, for example Sawbridgeworth and Stansted Mountfitchet.

Most towns and villages in the Hundred Parishes have a memorial to those who lost their lives in the two World Wars. Most were erected in the years following World War I. A generation later, more names were added to these memorials. The number of names added after WWII is generally less. Overall British casualties in WWII were around half the number in WWI.

Behind the numbers lie tragic, personal stories of young men who failed to survive the horror of war and whose surnames may still be found in their parish. Almost every village and every

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family was affected in WWI. Twenty four men from Ashdon died but the names of three brothers, Albert, Frederick and Erasmus Kent, were not inscribed at the request of their parents.

War memorials come in a variety of designs, with some that do not follow the normal style. In the church grounds at Arkesden the memorial is constructed from a large pudding stone. In Barkway, in addition to the traditional memorial, there is a large stone engraved with the names of the seven men from Newsells Park estate and stud who died in WWI.

Wareside's memorial, overlooking the Ash valley, honours 19 young men who died in WWI including my wife's great uncle, Ernest Warby. Another of her great uncles, William Spencer, is remembered on Aspenden's memorial. Like me, Janice grew up in London, not knowing that one day she would live close to where her father's two uncles had worked on the land before joining

the other young men of their generation on the battlefields of Europe.

Ken McDonald, Secretary

The Risks of Country Life

There seems to be a new fear everyday, burglary, car jacking, paedophiles, flooding, the list goes on but there is another one, people are becoming twitchy, it is a new phenomenon. It has only recently become a problem, I think caused by people moving from the town to the countryside where strange things happen. Where nature runs rampant and looks a bit untidy. In towns everything is controlled and well ordered, this creates a feeling of safety every one follows the rules, predictable things happen, but out here its different, nature takes over. But we can defend ourselves from this uncontrollable anarchy, we can go to local tool suppliers and purchase protection, its noisy and smelly but with lots of effort and time within 3 months

the problem is solved and we can sit down and enjoy Christmas.

This is not a universal fear though people who have lived here for years don't appear to worry at all, perhaps they don't understand the risks, too uneducated perhaps, this is the countryside after all.

The trouble starts in October, the normally green trees seem to change colour and these turn a brown colour and fall on us and our lawns, this is awful, my heart beats faster just thinking about the risks to my grass, it will suffocate, I can hear it screaming save me, save me. So I have to get out there or better still pay a gardener to get out there and do the necessary, gardeners are looking for something to do at this time of the year so appear to be happy to wander about making deafening noise and stink, I suppose I am paying them so they are prepared to risk it.

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After a few hours the grass can relax again clean and tidy, so can I, not for long though, in a couple of days the grass is screaming again in my head, let me out, let me out, and I have to obey, out comes the noisy smelly machine again. It is such a stressful effort, but some people don't seem to care their grass is left, uncleared to fend for itself, how can they do this, grass has rights.

But I have noticed that after a month or so the neighbour's lawn is clear of leaves, how did that happen, I didn't hear my neighbour out with his noisy smelly machine, it's a miracle.

He also said I was depriving the lawn of essential nutrients as the worms take down the leaves and feed the grass and aerate the soil, perhaps I don't need a noisy smelly machine.

Message from Dr Julie Foster

I would like to extend my heartfelt thanks for all the kind messages, cards and gifts I received upon my recent retirement, I am truly humbled.

It has been a great honour and privilege to have been your GP for the last nineteen and a half years, and I wish you all good health and much happiness.

On my last day at the Surgery I was presented with a magnificent cake



which was baked by the very talented Dawn Corralini, Unbelievably it was all edible (and very tasty).

I look forward to catching up with you all at Standon Calling next July.

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- 2 11.15am Toy Service and All Age Communion at St Mary's Church, Braughing
- 5 9.30am Holy Communion at St Mary's Church, Braughing
- 9 9.30am Morning Worship at St Mary's Church, Braughing
- 9 11.15am Holy Communion at St Mary's Church, Furneux Pelham
- 9 5.45pm Refresh Informal Worship at St Mary's Church, Braughing
- 12 9.30am Holy Communion at St Mary's Church, Braughing
- 13 2.15pm Furneux Pelham School Christingle Service at St Mary's Church, Furneux Pelham
- 15 10.30am Christmas Tree Decorating at St Mary's Church, Braughing
- 16 9.30am Café Church Christingle at St Mary's Church, Furneux Pelham
- 16 11.15am Holy Communion at St Mary's Church, Braughing
- 16 4.00pm Carol Service at St Mary's Church, Stocking Pelham
- 16 6.00pm Carol Service at St Mary's Church, Braughing
- 18 1.30pm Little Fishes Church Celebrates Christmas at Church Hall, Braughing
- 19 9.30am Holy Communion at St Mary's Church, Braughing
- 20 9.30am Jenyns School Christingle Service at St Mary's Church, Braughing
- 21 9.15am Furneux Pelham School Carol Service at St Mary's Church, Furneux Pelham
- 23 9.30am Holy Communion at St Mary's Church, Braughing
- 23 11.15am Morning Worship at St Mary's Church, Furneux Pelham
- 24 3.00pm Family Nativity Service at St Mary's Church, Braughing
- 24 6.00pm Carol Service at St Mary's Church, Furneux Pelham
- 24 11.15pm Midnight Holy Communion at St Mary's Church, Braughing
- 25 10.30am All Age Celebration at St Mary's Church, Stocking Pelham
- 30 10.30am Holy Communion at St Mary's Church, Stocking Pelham

January

- 2 9.30am Holy Communion at St Mary's Church, Braughing
- 5 7.30pm Twelfth Night Carol Service at St Mary's Church, Braughing
- 6 11.15am All Age Holy Communion at St Mary's Church, Braughing
- 9 9.30am Holy Communion at St Mary's Church, Braughing
- 13 9.30am Morning Worship at St Mary's Church, Braughing
- 16 9.30am Holy Communion at St Mary's Church, Braughing
- 20 No service at St Mary's, Braughing because we have a 11am United Service with the Methodists at the Methodist Chapel, Braughing
- 23 9.30am Holy Communion at St Mary's Church, Braughing
- 27 9.30am Holy Communion at St Mary's Church, Braughing
- 30 9.30am Holy Communion at St Mary's Church, Braughing

February

- 3 11.15am All Age Holy Communion at St Mary's Church, Braughing
- 6 9.30am Holy Communion at St Mary's Church, Braughing
- 10 9.30am Morning Worship at St Mary's Church, Braughing
- 13 9.30am Holy Communion at St Mary's Church, Braughing
- 17 11.15am Holy Communion at St Mary's Church, Braughing
- 20 9.30am Holy Communion at St Mary's Church, Braughing
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Can you spare a few hours a week?

You could make
a big difference in
the life of a disabled
child and their family
by helping to
share the care.

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**0800
917 0925**
to find out more

Shared
Care





at the.....
**Standon & Puckeridge
 Community Centre**

Join us for a drink and a chat on the following

Wednesdays

8.45am to 11.30am

7th November

5th December

9th January

6th February

6th March

**Charity Café supporting
 Cancer Research UK
 Stalls & Raffle**

All ages welcome

For more details contact Alison on 01920 822 872



Home-Start Royston & South Cambridgeshire are looking for Home Visiting Volunteers for the Buntingford and Royston area

Can you give a family the most precious gift - your time ??



Our volunteers are all parents or grandparents who can give a few hours a week to help families who are finding it difficult to cope.

All parents need emotional and practical help to get through the first few years, but not everyone has friends or family nearby.

This is when Home-Start volunteers can help!

A 9 session training course for new volunteers will run on 28th & 29th January, 4th, 5th, 11th, 12th, 25th & 26th February and 4th March 2019

The course will run from 9.30am – 2.30pm



For more details contact Sarah or Jackie at:- Home-Start Royston & South Cambridgeshire, Unit 6, Valley Farm, Station Road, Meldreth, Royston, Herts, SG8 6JP

Tel: 01763 262262 or e-mail admin@hsrsc.org.uk www.hsrsc.org.uk

Registered Charity No 1105385



Helping local projects to bridge the gap Between neighbourliness & volunteering



Are you affected by Parkinson's?

Did you know that there are Parkinson's support groups all over the country. Your local support group was set up 3 years ago by a wonderful man called John, suffering from Parkinson's. Now in his late 70s, he needs younger, more able people to get involved with the group.

Can you give a little time?

Just come along, last Friday in the month (1.30-3.30pm) to Valley Court, Piggotts lane in Bishops Stortford, where the group get together for tea, cake and support. You may have something really useful to talk to them about that will make them laugh or feel inspired. For example a musical talent or particular hobby you love to share about, or simply to offer a friendly ear and chat.

- Or help organise an event, an afternoon tea or an outing.
- Or if you like numbers, help them with the treasury duties.
- Or if you cycle or run, help raise awareness wearing a Parkinson's shirt
- Or offer a couple of hours respite care for their partners/families

So please get involved in any capacity you can, however small, as this is so appreciated by those with Parkinson's Contact claire.uwins@mac.com



Or just sign up as a "CAREbanker" to be part of community care via theCAREbank.org or contact claire.uwins@mac.com 07595674241

Your details will never be passed on other than to the local organisations you choose to connect with. TheCAREbank.org supported by Community Initiative (Bishop's Stortford) Reg charity number 1109106



Making a positive difference to those living with epilepsy and other complex needs

We are a large charity employing over 650 people from the local area and there are a number of ways you can be involved with the St Elizabeth's Centre.

We are currently looking for dedicated, compassionate people to fill the following vacancies:

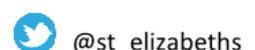
- Care & Support Worker
- Night Care Assistant
- Child Care Worker
- Residential Learning Support Assistant

No experience is necessary as you will be given our full, first-class training.

Have you thought about Volunteering?

We have a number of great opportunities here at the centre. Weekly roles or one off events, what about volunteering in one of our Charity shops?

For further information, please call 01279 843451 or visit our website: www.stelizabeths.org.uk



New Generation Decking!!

By now we all know the pitfalls of wooden decking. Lethally slippery, constant cleaning, rot. Well move over old wooden deck -and come on in Composite Decking and even composite support frame. This new idea is amazing and the colours and wood effect finish is really classy.

So the new concept is replace the sub-frame with composite, then the actual decking, then add toughened clear glass balustrade and a Parasol with LED light and an under parasol down heater and Boom! You have the perfect 'almost' 'outdoor room which is great for cooler summer/autumn evenings. This is the future of outdoor living and with zero maintenance to boot.

Painting

So you have family and guests staying for Christmas and, having a good look round, you realise that a number of rooms need painting. To help keep the finish looking fresher for longer buy a good quality contractor paint but not the high end mineral paints as they are really hard to scrub clean and absorb stains. The most important thing to remember is that you understand that the 'Prep' is between 70/75% of the actual work. The painting is the easy bit and the painting finish reflects the time spent on preparation - yes really.

Heat Loss

Adding a thermal backing layer to your curtains (which can be removable) can save you a fortune if you have single glaze windows. Also if you have a draughty door then a sliding curtain on a Curtain Pole is a great draught proofer. For those of us who have old houses and old doors these are great ways to hold heat in the house.

Roof/Gutter/Fascia

Be sure to get these repaired / renewed now as the rain and frost actions will ruin rendering and brickwork

Summary

Make the small repairs and improvements now before they become big problems later.

Dog-lovers.. Have a think on this .

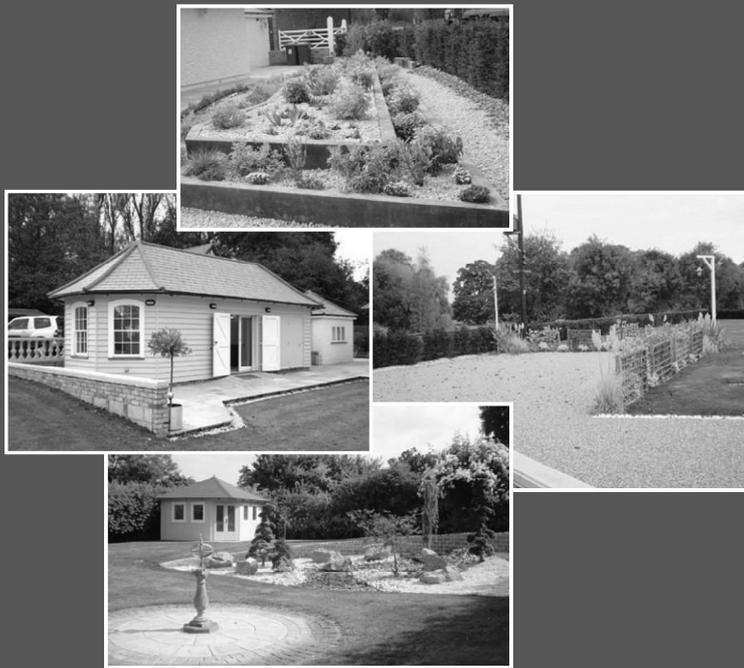
Now comes the muddy walks ,

wet paws , muddy wet fur andmuddy boots. So if you have space in you utility room how about a small Dow Shower bay . Built then Tiled to dog height , finished height slightly bigger than your dog and a brick lip to keep water contained , then fully tiled with a shower spray an waste pipe plumbed in .This can also be used for washing muddy boots etc..



Fantastic graffiti spotted by Rob Street under the A10 by-pass just South of Puckeridge.

For free estimates - Handyman services
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- ✧ Planning liaison
- ✧ References available

01279 842874

www.the-otherroom.co.uk

Village Diary

Club Secretaries: Please keep us up to date with any changes to your regular meeting days and events.

We will take details of events as far ahead as you like to try to stop two events clashing and spoiling the day.

NB Some activities will be seasonal or in term time only, please phone the contact to check before turning up and possibly being disappointed.

Every Weekday

- 7.45-8.30am WASPS Breakfast Club at Standon and Puckeridge Community Centre (term time only). Trained staff currently take children to Roger de Clare, Ralph Sadleir and St Thomas of Canterbury Schools for registration. For further details please contact Nicola on 07904391133 or email on nicola.re@virgin.net.
- 9.30 - 12.15 or 2.15 (lunch club). Term Time only SPINS Pre-School Standon & Puckeridge Community Centre. Fun and friendly atmosphere with qualified staff. Visits welcome. Details 07881 533339.
- 3.15-6.15pm WASPS After School Club based at Standon and Puckeridge

Community Centre (term time only). Trained staff currently collect children from Roger de Clare, Ralph Sadleir, St Thomas of Canterbury and Jenyns Schools. For further details please contact Nicola on 07904391133 or email on nicola.re@virgin.net.

Monday

- 9.30- 11.00 SPINS Toddler Group at Puckeridge & Standon Community Centre. Term time only. Details 07881 533339
- 10.00am - 11.30am Iyengar Yoga at Standon Village Hall, Hadham Road, Standon, SG11 1LE. Contact Sarah on 07427 596961 or visit www.TowardYoga.com for info.
- 10am - 4pm CAB North Entrance, Manor House, 21 High Street, Buntingford. Tel: 0844 848 9700.
- 1.45 Kettleball Exercise Classes, Standon & Puckeridge Community Centre. Details Sue 07854 316628
- 2pm Second Monday of the month - Buntingford & District U3A, 2pm at the Seth Ward Community Centre, Buntingford.
- 4.30-6.30 Rib Valley Gymnastics and Trampoline Buntingford. Monday Trampoline Freman College: 4.30-6.30 Children's classes,

7.30 Adult/older teens session. Details Andrea Allen 07989 980038 email: ribvalleytc@live.co.uk website: www.ribvalleytc.co.uk

Starlight Stars:

- Standon & Puckeridge Community Centre
- 3.45 Twinkling Stars 4-6yrs
- 4.45 Shooting Stars 7-10yrs
- 5.45 Bright Stars 11-13yrs
- 6.45 Drama Stars (Group acting) 10-14yrs
Call Alex 01763 287691
- 6.35 Zumba Fitness at Standon Village Hall. Details 07578 994221
- 7 Braughing Bridge Club, Old Boy's School, Braughing. Details Sue 01920 823692
- 7.15 4th Monday of the month: 7.15pm Ware District Trefoil Guild, St Mary's Church Hall, Ware. Guiding for adults. Details Alex Chapman 01920 465726
- 7.30 Braughing Bridge Club in the Old Boys School, Braughing. Details Sue 01920 823692
- 7.30 Dance JAM Academy - Standon Village Hall, Adult Tap (all levels) julie@dancejamacademy.co.uk Julie 07971 699615

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Tuesday

- 10am Nifty-Fifties Exercise Class for the over 50's. Standon Village Hall. Details Denise Sallows 01920 823072
- 10am – 1pm CAB North Entrance, Manor House, 21 High Street, Buntingford. Tel: 0844 848 9700.
- Third Tuesday Colliers End Village Walks followed by refreshments. Details Suzanne Anderson 07896 699844
- 11.15am Chair-Aside exercise. Standon Village Hall. Details Denise Sallows 01920 823072
- 11.30 Punchline Boxing (adults) at Standon & Puckeridge Community Centre. Details Adam Davidson 07903 657146
- 1.30-3pm Little Fishes Mother & Toddler, & Little Fishes Church, Braughing Church Hall. Term Time only. Parish Administrator 01920 823832
- Standon & Puckeridge Tennis Club
4pm Mini Red (5-8 yrs).
5pm Mini Orange/Green (8-10 yrs)
6pm Junior Club night
7pm Senior Club night
Details Tracy Llewellyn 07985 183796

- Starlight Stars at Standon & Puckeridge Community Centre
4pm Hip Hop 7-11 yrs
4.30 Advance Street Dance (UDO) 12+yrs
Call Alex 01763 287691
- 4.30 -7.45 Ballet at Braughing Church Hall: Karen Howarth - 01279 651535
- 5.30 Beavers (6-8yrs Scouts) Standon & Puckeridge Community Centre, Term time only, Angie Adamson 01763 849902
- 6pm Tap, Modern & Jazz at Braughing Community Centre: Kate Dutton - 07969 362224
- 6pm 2nd Buntingford Brownies. Term time in Buntingford. Email for details jill228374@hotmail.co.uk
- 6.15 1st Standon & Puckeridge Brownies. Term time in Standon. Details Naomi Divall 01920 822169
- 6.30 Cubs - Puma Pack (8-10½ years, Scouts), term-time only. Standon & Puckeridge Community Centre. Details Jackie Andrews 01763 247675
- 6.30 Cricket Club practice night, Colts and Adults. Details Kai Michael 01763 273127 or Dave Bantick 01763 273205

- 6.30 Tennis Club evening (continues under floodlights throughout the winter). Details Diana Foster 07778 031430
- 7.30 Bell Ringing Practice, St Mary's Church Tower, Standon. Interested? - Come along or: Details Trevor Chapman 01920 821341.
- 7.30 Embroidery Group. Second Tuesday in the month, Sargeant Room, Standon Village Hall. Details Barbara Norris 01920 822104
- 8 Puckeridge WI, 1st Tuesday of the month, Sargeant Room, Standon Village Hall. Details Louise 07971 800443 or info@puckeridgewi.org
- 8.30 Puckeridge Karate Club meets at Standon & Puckeridge Community Centre. Details Clive Bowen 01763 231132

Wednesday

- 8.30 Under 1's Childrens' Group, Standon Village Hall. Details Kelly Brightman 01920 463949
- 9.15 Service of Communion at St Mary's Standon, followed by refreshments (No service in August)
- 9.30 Pilates at Standon & Puckeridge Community Centre. Details Clare 07966 213880



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01920 871414

www.southernfamilycare.co.uk

- 9.30 (term time) Little Hadham Parents & Toddlers group. Held Little Hadham Village Hall
- 10am Standon & Puckeridge Tennis Club Adult Tennis. Details Keith Bradshaw 01920 821152
- 10am – 1pm CAB North Entrance, Manor House, 21 High Street, Buntingford. Tel: 0844 848 9700
- 11am Pilates Group Standon Village Hall. Details Judy Coward 01920 822812
- 11.30 Kettleball Exercise Classes, Standon & Puckeridge Community Centre. Details Sue 07854 316628
- 12.30 Bramble Hill Children's Centre young parents group. (Term time). Details 01763 273008
- 2pm Second Wednesday of the month – Ware U3A, Wodson Park, (doors open 1.30pm). Pat Davidson, 01920 438309
- 2.15 - 4.30pm Little Munden Cafe at All Saints Church, Little Munden. April - October.
- 3pm Friendly club bowls game. New members and interested people welcome. Standon & Puckeridge Bowls Club, Station Road, Puckeridge. Details John Simmons 821282
- Dance JAM Academy – Standon Village Hall
4pm Baby Ballet (3+ Years)
4.30pm Prep/Primary Ballet (5-8 years)
5pm Grade 1 Ballet (8+ years)
5pm Prep/Primary Tap (5-8 years)
6pm Prep/Primary Freestyle (5-8 years)
julie@dancejamacademy.co.uk
- 4.15-6.15 Gymnastics Edwinstree Middle School. Children's classes
Details Andrea Allen 07989 980038
email: ribvalleytc@live.co.uk
- Starlight Stars:
Standon & Puckeridge Community Centre
3.30 Mini Movers Street Dance 4-6yrs
4pm and 4.45pm Street Stars 7-14yrs
Call Alex 01763 287691
- 6.15 Punchline Boxing (juniors) at Standon & Puckeridge Community Centre. Details Adam Davidson 07903 657146
- 6.30 Cubs - Cheetah Pack (8-10½ yrs, Scouts), term-time only. Braughing Church Hall. Details Derek Goodall 01763 273149.
- 6:30 Scouts (10½ - 14½ years old), term-time only. Braughing Old Boys School. Details Simon Smith 07773 016567
- 6.30 Braughing Aviation Society meetings. First Wednesday of the month at the Axe and Compasses, Braughing. Details Ray Hankin 01920 832191
- 7pm Braughing Tennis Club night. Details Karen Gore 07860 484878
- 7pm Zumba classes, Standon & Puckeridge Community Centre. Details Diana 01920 822667
- 7pm Guides during term time in Braughing. Details Louise 07971 800443
- 7.15 till 8.45pm Ranger Girl Guides (14+ years), Cotted Guide Centre, SG9 9QP. Details Rosanne Kenealy 01920 821304
- 7.30 Explorer Scouts (14-18 yrs) Bowling Green Lane, Buntingford. Meets throughout the year Details Christine Pestle 07711 506281
- 7.45 Third Wednesday Ware and District 41 Club, The Robin Hood & Little John, Tonwell/The Axe &
- Compasses, Braughing. Book in with Peter Warren 01920 824099
- 8pm Kettleball Exercise Classes, Standon & Puckeridge Community Centre. Details Sue 07854 316628
- 8pm Ware Photographic Society meets at The Arts Centre, Kibes Lane, Ware, SG12 7ED, September to May. Details: Barbara Norris 01920 822104 www.wareps.org.uk
- 8pm Last Wednesday of the month, Braughing Aviation Society meets in the Old Boys School, Braughing. Details Terry Gilroy 01920 822296

Thursday

- Starlight Stars:
Standon & Puckeridge Community Centre
5pm Sing Up! (Group Singin) 7-16yrs
5.30 Rising Stars (Musical Theatre) 14-18yrs
Call Alex 01763 287691
- 4.45pm 1st Standon & Puckeridge Rainbows. Term time in Standon. Details sandprainbows1@outlook.com
- 6 Cricket Club Practice Session. Details Kai Michael 01763 273127 or Dave Bantick 01763 273205.
- Puckeridge Karate Club
Juniors: 7-8pm, Adults 8-9.30pm, Standon & Puckeridge Community Centre. Details 01763 231132 or at TG's Convenience Store.
- 7 Puckeridge Karate Club meets 7pm at Standon & Puckeridge Community Centre. Details Clive Bowen 01763 231132



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Tel: 01920 824335 or hr@stedmundscollege.org

The College is committed to safeguarding the welfare of children. Therefore, all candidates will be required to undergo an Enhanced DBS check.

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- 7 Church Choir meets at St Mary's Church, Standon. Details Michael Smith 01920 821281.
- 7 Punchline Boxing (adults) at Standon & Puckeridge Community Centre. Details Adam Davidson 07903 657146
- 8 Hertfordshire Holly, Mixed Clog Morris Dance Side. High Cross Village Hall. New dancers and musicians welcome. Details Mary Deeks 01920 822905
- 8 Prayer and Life Group, A10 Christian Mission. Details 01920 821684.
- 8.30 Standon Morris practice nights, Standon Village Hall, Oct to Apr. Meet in The Star from 8pm - new male & female dancers & musicians welcome (aged 12 and over) Tel: 07808 969379

Friday

- 10am Third Friday Digital Photography for Beginners, Ware U3A Standon Village Hall. Details Barry Jackson 01920 821356
- 2pm Standon & Puckeridge Tennis Club Adult Tennis. Details Keith Bradshaw 01920 821152
- 4.15pm & 5.15pm during term time Rib Valley Gymnastics @ Edwinstree School, Buntingford. Contact

- Andrea Allen 07989980038 email: ribvalleytc@live.co.uk
- 6.30 Scout & Guide Band, Standon & Puckeridge Community Centre. Term times only. Details Garry Edwards 01920 823163
- 7:30 Explorer Scouts (14 - 18 years old), Christ Church, Ware. Meet throughout the year. Details Jim Campbell 01920 461134.
- 8 Ware Swimming Club Trials evening. All welcome. Training evenings are Monday and Friday. Details Mr Vanner 01920 464439.

Saturday

- Dance JAM Academy – Ralph Sadlier School
- 8.45am Grade 3 Tap
- 9.15am Grade 4 Freestyle
- 10.00am Grade 2 Tap
- 10.30am Grade 2 Freestyle
- 11.00am Choreography
- 11.30am Musical Theatre
julie@dancejamacademy.co.uk
- 9am - 1pm at Jenyns School Braughing: Ballet: Karen Howarth - 01279 651535 & Tap, Modern & Jazz: Kate Dutton - 07969 362224
- 9.30 First Saturday of the month - help with work in Standon Churchyard.
- 9.30 Vinyasa Flow with RedYoga at Standon Village Hall. Details Saskia

- 07590 964016
- 9.30 Pilates at Standon & Puckeridge Community Centre. Details Clare 07966 213880
- 12.30-2pm Contessa Vaulting Group training sessions and competition practice. All welcome. Details Tina Layton 01920 821792
- 6pm Evening Mass at Puckeridge Roman Catholic Church. Details 01763 271471.

Sunday

- 9.30 Vinyasa Flow with RedYoga at Standon Village Hall. Details Saskia 07590 964016
- Braughing, St Mary the Virgin Services:*
- 1st Sunday: 11:15am All Age Holy Communion
- 2nd Sunday: 9.30am Morning Worship & 5:45 Refresh - informal service
- 3rd Sunday: 11:15am Holy Communion
- 4th Sunday 9.30am Holy Communion
- 5th Sunday no service in Braughing - shared Holy Communion service 10.30am at St Mary's Church, Stocking Pelham.
- St. Mary's Church Standon: Please see the church notice board or service cards or the monthly church



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- newsletter for up-to-date information. Details: Michael Smith (Churchwarden) 01920 821281
- 11.15 Mass at Old Hall Green Roman Catholic Church. Details 01763 271471.
- 11am Main service at The Methodist Church, Braughing. Details Revd David Mullins 01279 654475.
- 2.45 -5pm Braughing Sunday Teas. Every Sunday May - 14 October (excluding 3 June). Home-made cakes and teas in the Church Rooms, plus homemade jams.
- 4.45-6pm St Mary's at the School (with Messy Church), at Roger de Clare School during term time. 4th Sundays 10.45am at St Mary's Church. Details Marion Smith - email: benefice.administrator@ubsms.org.uk website: www.ubsms.org.uk

December

- 1 Roger de Clare Christmas Fair 4-6pm, at the School.
- 1 Isabel Hospice Lights of Love Helsey Masonic Hall, Turners Hill, Cheshunt 4pm and Hertford Castle 4pm. Call 01707 382500 to make a dedication.
- 1 Martyn's Lights will be turned on 4.30pm Puckeridge High Street.
- 2 Isabel Hospice Lights of Love Market Place, Bishops Stortford 4pm. Call 01707 382500 to make a dedication.
- 5 Community Café at Standon & Puckeridge Community Centre, 8.45-11.30am. Details Alison 01920 822872.
- 8 Braughing Sings Christmas! 7.30pm at St Mary's Church, Braughing.
- 9 Hertford Symphony Orchestra Christmas Concert in Ware Drill Hall. Tickets: www.wegotickets.com
- 11 Christmas meal with Puckeridge WI, Roundhay Lodge, Roundhay, Puckeridge 8pm-10pm Details info@puckeridgewi.org
- 15 Pop-up pub 7.20 in Colliers End Village Hall. All welcome, bring your own drinks and snacks. To reserve seats: 07896 699844.
- 16 6.30pm Candlelit Carol Service at All Saints Little Munden
- 17 Carols Round the Tree, 6.30pm in Standon High Street. Refreshment in the Church afterwards.
- 18 Carols in the Chapel, Haileybury College, Hertford Heath SG13 7NU, Tickets £20 from www.isabelhospice.org.uk/carolsinthechapel
- 21 Local History Films—a talk for the Braughing Railway & Local History Society at The Crown, Market Hill, Braughing. 8pm. Details Stephen Ruff 01763 289516
- 22 Carols with mulled wine and mince pies. 7.30pm
- 23 3.00pm Service of Nine Lessons and Carols, 3pm at St Mary's Standon
- 24 (Christmas Eve) 3.00pm Christingle Service at All Saints Little Munden 4.30pm Christingle Service at St Mary's Standon 7.30pm Candlelit Carol Service at St Catherine's Sacombe 11.30pm Midnight Communion at St Mary's Standon
- 25 (Christmas Day) 9.15am Christmas Family Worship at All Saints Little Munden (with Communion) 10.45am Christmas Family Worship at St Mary's Standon
- 18 Buntingford Railway & Local History Society AGM at The Crown, Market Hill, Buntingford. 8pm. Details Stephen Ruff 01763 289516
- 23 The Shows of Rodgers and Hammerstein. Buntingford Adult Learning for Fun 10 week course starts 10.30 at The Community Centre, Luynes Drive, Buntingford. Details Julia, 01763 272584.
- 24 Braughing Local History Society Soup Lunch 12pm at St Mary's Church Hall, Braughing. £3 members, £5 visitors.
- 26 Isabel Hospice Jumble Sale, Thundridge Village Hall, 2pm.

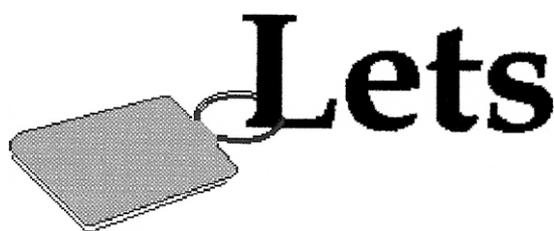
February

- 3 Machines! Hertford Symphony Orchestra Concert for Children. Hertford Theatre, tickets www.hertfordtheatre.com.
- 5 Napkin Decoupage - talk for Puckeridge WI at Sargent Room, Standon Village Hall at 8pm. Details info@puckeridgewi.org
- 5 Phil Wood - Railway films or slides The Crown Buntingford. Details Stephen Ruff 01763 289516
- 6 Community Café at Standon & Puckeridge Community Centre, 8.45-11.30am. Details Alison 01920 822872.

January 2019

- 9 Community Café at Standon & Puckeridge Community Centre, 8.45-11.30am. Details Alison 01920 822872.
- 17 Frogmore Paper Mill - The History of Paper. Talk for Braughing Women's

Thinking of Letting
Thinking of Renting
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Your local Fully Bonded
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Citizens Advice East Herts provides free, confidential, impartial and independent advice.

To contact us:

- Phone – ring Adviceline on 03444 111 444
- Online – visit www.citizensadvice.org.uk
- In person – drop-in to our offices in Bishop's Stortford, Hertford, Sawbridgeworth, Ware and Braughing. No appointment needed.

For opening hours please visit our website www.ehcas.org.uk or ring Adviceline

- 14 Craft - Piggy in the Middle. Talk for Braughing Women's Institute. 7.30pm Braughing Church Hall. Details Kate Fish 01920 822397
- 24 The Churches of Braughing - talk for Braughing Local History Society at St Mary's Church Hall, Braughing. 3pm.

March

- 5 Talk for Puckeridge WI at Sargent Room, Standon Village Hall at 8pm. Details info@puckeridgewi.org
- 6 Community Café at Standon &

- Puckeridge Community Centre, 8.45-11.30am. Details Alison 01920 822872.
- 14 Days of Dolly Blue and Izal. Talk for Braughing Women's Institute. 7.30pm Braughing Church Hall. Details Kate Fish 01920 822397
- 28 Braughing Local History Society AGM at St Mary's Church Hall, Braughing. 7.45pm.

April

- 2 Easter Craft - talk for Puckeridge WI at Sargent Room, Standon

Village Hall at 8pm. Details info@puckeridgewi.org

- 3 Community Café at Standon & Puckeridge Community Centre, 8.45-11.30am. Details Alison 01920 822872.

- 17 Starlight Stars Stage & Screen Spectacular 12 and 3pm at Hertford Theatre. Details www.starlightstars.co.uk

- 19 Contemporary Art. Talk for Braughing Women's Institute. 7.30pm Braughing Church Hall. Details Kate Fish 01920 822397

May

- 6 Mayday
- 7 Puckeridge WI Annual Meeting at Sargent Room, Standon Village Hall at 8pm. Details info@puckeridgewi.org
- 16 Annual meeting of Braughing Women's Institute. 7.30pm Braughing Church Hall. Details Kate Fish 01920 822397
- 25 Annual Rogation Walk - Hormead Benefice.

June

- 4 Local walk and pun with Puckeridge WI Details info@puckeridgewi.org

July

- 2 Puckeridge WI Summer Social at Sargent Room, Standon Village Hall at 8pm. Details info@puckeridgewi.org

Sorry, that's all we have space for this edition.

Defibrillators in the PS News area

Automated External Defibrillators are located at:
25 Furze Cottage, **Barwick**.

Phone box opp The Axe & Compasses, **Braughing**
The Golden Fleece, Green End, **Braughing**
KB Tyres, **Puckeridge**,
Standon Village Hall,

Standon and Puckeridge Community Centre
Soon at the former telephone box at **Colliers End**
The Ford, **Little Hadham**
In the former BT phone box just off the Village
Green, **Westmill**



**Oliver
Minton**
Village & Rural Homes



**The ONLY estate agent actually based
in Puckeridge and dedicated to the
sale & letting
of rural & village property
in the A10/M11 corridor.**

With further offices in Stanstead Abbots
and Roydon and promotion of our
properties through the London Office, we
are perfectly placed to sell or let your
property.

**Call 01920 822999 for more information
and a free market appraisal.**

Independent Mortgage & Insurance Brokers

- 🌀 Friendly, professional service
- 🌀 Offices in Puckeridge
- 🌀 Whole of market with best rates available for all types of mortgage and insurance
- 🌀 Flexible for appointments



Contact Simon Muir on
01920 821 333

email
enquiries@mandmm.co.uk

website
www.mandmm.co.uk

**mortgage+money
management**

Mortgage & Money Management Ltd is directly authorised by the Financial Conduct Authority No. 452616.

Your home may be repossessed if you do not keep up repayments on your mortgage or any other debt secured on it.

**The United Benefice of St Mary's Standon
and All Saints Little Munden with St Catherine's Sacombe
Services at a glance December 2018 to February 2019**

Sunday 2nd December		Sunday 13th January	
8.00am	Holy Communion Standon	10.45am	United Holy Communion Standon
10.45am	United Worship Little Munden	4.45pm	St Mary's at the School RdeC School
4.45pm	St Mary's at the School RdeC School (with Messy Church)		(with Messy Church)
Sunday 9th December		Sunday 20th January	
6.30pm	Advent Service Standon	8.00am	Holy Communion Little Munden
10.45am	United Holy Communion Standon	10.45am	United Worship Standon
4.45pm	St Mary's at the School RdeC School (with Messy Church)	4.45pm	St Mary's at the School RdCSchool (with Messy Church)
Sunday 16th December		Sunday 27th January	
8.00am	Holy Communion Little Munden	9.15am	Holy Communion Little Munden
10.45am	United Worship Standon	10.45am	Family Worship Standon
4.45pm	St Mary's at the School RdeC School (with Messy Church)	8.00am	Holy Communion Standon
6.30pm	Candlelit Carol Service Little Munden	10.45am	United Worship Little Munden
Sunday 23rd December		Sunday 3rd February	
9.15am	Holy Communion Little Munden	8.00am	Holy Communion Standon
3.00pm	Nine lessons and Carols Standon	10.45am	United Worship Little Munden
Monday 24th December (Christmas Eve)		Sunday 10th February	
3.00pm	Christingle Service Little Munden	10.45am	United Holy Communion Standon
4.30pm	Christingle Service Standon	4.45pm	St Mary's at the School RdCSchool (with Messy Church)
7.30pm	Candlelit Carol Service Sacombe	Sunday 17th February	
11.30pm	Midnight Communion Standon	8.00am	Holy Communion Little Munden
Tuesday 25th December (Christmas Day)		10.45am	United Worship Standon
9.15am	Christmas Family Worship Little Munden (with Communion)	4.45pm	St Mary's at the School RdCSchool (with Messy Church)
Sunday 30th December		Sunday 24th February	
10.45am	United Holy Communion Sacombe	9.15am	Holy Communion Little Munden
8.00am	Holy Communion Standon	10.45am	Family Worship Standon
10.45am	United Worship Little Munden	6.30pm	Choral Evensong Standon
4.45pm	St Mary's at the School RdeC School (with Messy Church)		

RdeC School = Roger de Clare School, Station Road, Puckeridge

A short service of Holy Communion will take place on
Tuesdays, 9.30am at Sacombe (not 25th December, 1st January)
Wednesdays, 9.15am at Standon (not 26th December, 2nd January)
For up to date information see our website: www.ubsms.org.uk

Standon Village Hall



Your Local Centre for
Exercise and Keep Fit Classes



Vinyasa Flow Yoga	Sundays	9.15-10.30am	Saskia: 07590 964016
Barre Concept	Mondays	9.30-10.30am	Laura: 07970 489165
Adult Tap	Mondays	7.30-8.15pm	Julie: 07538 981408
Nifty Fifty	Tuesdays	10-11am	Denise: 01920 823072
Chair-Aside	Tuesdays	11.15-12.15pm	Denise: 01920 823072
Bounce	Tuesdays	8-9.15pm	Rebecca: 07904 125228
Bounce	Wednesdays	9.30-10.45am	Rebecca: 07904 125228
Pilates (U3A)	Wednesdays	11am-12noon	Judy: 01920 822812
Bounce	Wednesdays	7-8pm	Rebecca: 07904 125228
Smart Group Training	Thursdays	9.30-10.30am	Richard: 07980 910989
Iyengar Yoga	Thursdays	6.30-8.15pm (CLASS FULL)	Jen Harris
Vinyasa Flow Yoga	Saturdays	9.15-10.30am	Saskia: 07590 964016



Ralph Sadleir School
PROUD TO ACHIEVE
An Academy Trust for 9 - 13 year olds



THE SCHOOL IS A CALM AND ORDERLY COMMUNITY. PUPILS' BEHAVIOUR AND RELATIONSHIPS ARE EXCELLENT

Continued to be judged 'Good' by Ofsted, Ralph Sadleir School gives your child the opportunity to be part of a middle school community that offers specialist teaching facilities similar to that of a secondary school, but with smaller year groups, personalised learning and a supportive environment.



PUPILS ARE EXTREMELY WELL PREPARED FOR THEIR FUTURE STUDIES

We have spaces for 2017/18 in Year 5, 6 and 8.

THE PUPILS' PERSONAL DEVELOPMENT, INCLUDING THEIR SPIRITUAL, MORAL, SOCIAL AND CULTURAL DEVELOPMENT IS OUTSTANDING

www.ralphsadleir.herts.sch.uk

Roger de Clare C. of E. First School and Nursery



Come and arrange a tour of the school with our Headteacher.

"Maximum achievement for all in a happy, caring and Christian environment."

Roger de Clare C. of E. First School and Nursery prides itself on active and engaging learning for all in an inclusive environment where every child is valued.

Contact Information:

Station Road
Puckeridge
Hertfordshire
SG11 1TF
01920 821363
admin@rogerdeclare.herts.sch.uk
Website:
www.rogerdeclare.herts.sch.uk

RECYCLING INFORMATION

Bulky Waste, Unwanted / abandoned cars & Flytipping

Contact East Herts Council on www.eastherts.gov.uk or phone 01279 655261.

Bulky waste details: One household item - £23.50 (£10.00 per item thereafter (maximum 4.))

The Council will remove **flytipping**: use the on-line form.

Car batteries, engine oil, Fridges and Freezers

All are recycled at::

Bishops Stortford Household Waste Site, Woodside Road (off Dunmow Road).

Buntingford Household Waste Site, Aspenden Road.

Ware Household Waste Site, Westmill Road.

Cameras & Photography Books

The Disabled Photographers Society always welcome good serviceable cameras to adapt for disabled persons use, also photography books.

Disabled Photographers Society: www.the-dps.co.uk/

Domestic Batteries

Standon Post Office & supermarkets

Foreign Coins

Isabel Hospice collects foreign coins (and notes!) drop them in to their Charity Shop in Buntingford or Ware High Street.

Ink & toner cartridges

- Puller Memorial School - drop them in to the School.
- Isabel Hospice collects toner cartridges, drop them in to their Charity Shop in Ware High Street.

Computers

Only fully working PCs. Please telephone first. www.computeraid.org Tel: 020 7281 0091

Another site worth checking is www.donateapc.org.uk

Postcards

Please save your postcards and take them to St Mary's Church, Standon or All Saints Church, Little Munden. They are collected for Church work in Sudan.

Furniture

Furniture Recycling Scheme for Hertfordshire <http://www.fresch.org.uk/> or 01707 395635.

Knitting wool

Unused wool which will be turned into baby clothes etc., for children in Uganda can be left in the collection box at the back of St Mary's Church, Standon.

Stamps

- Gwen Duckett collects used stamps for the Leprosy Mission. Drop them in to 5 Vicarage Close, Standon.
- Puller Memorial School in High Cross collects used stamps to 'Save the Albatross'. Drop them into school or 32 Batchelors, Puckeridge.
- Standon Post Office collects stamps for Cancer Research UK.
- Isabel Hospice collects used stamps, drop them in to their Charity Shop in Ware High Street or post them to the Hospice at Great Barmingham Lane, Luton LU3 3NT.

Mobile phones

Loads of charities recycle old mobile phones. Just search 'donating mobile phones'.

Sunglasses & Spectacles

The large chains of opticians, e.g. Boots or Specsavers will recycle old glasses for the developing world. Drop them in to any branch.

Report a Water Leak

www.affinitywater.co.uk/report-a-leak.aspx

Environment Agency

For reporting all environmental incidents relating to air, land and water: 0800 80 70 60.

Waste Disposal

For further information, call WasteAware on 0300 1234 051
All Household Waste sites are closed on 25 & 26 Dec and 1 Jan.

St Thomas of Canterbury Catholic Primary School
High Street, Puckeridge, Herts, SG11 1RZ
Tel: 01920 821450 www.stcanterbury.herts.sch.uk

"We learn, love, respect and accept our responsibilities through our faith in Jesus Christ"

- "An outstanding, caring school offering an excellent education and outstanding opportunities for pupils' personal development" Ofsted 2007
- Welcomes girls and boys from Nursery to Year 6
- Achieved Herts Quality Standards Award for excellent Early Years practice
- Experienced and dedicated staff and governors
- Promotes strong values and discipline offering a secure and stimulating learning environment
- Extensive fields and playground area

Visits warmly welcome – please contact the office on: 01920 821450 and visit our website

SPINS PRE-SCHOOL

(Community Centre, Puckeridge, SG11 1TF)
SPINS is a safe and caring environment
where your child can learn, grow and develop.
Open Mon – Fri Term Time, 9.15am- 12.15pm (or 2.15pm lunch club)
Visits Welcome. Tel: 07881 533339



Would You like the best possible education for your child?

Village School - Excellent Nursery Facility
Smaller Classes - High academic achievement
Good results (SATS)

A caring, friendly, stimulating environment - Good parental support
The ethos of a church school

Puller Memorial C of E Primary School
High Cross, Ware, Hertfordshire, SG11 1AZ

Phone 01920 463178 for further information
www.puller.herts.sch.uk

Aspenden Road, Buntingford.

Open: Mon - Fri 5pm - 8pm,

Sat & Sun 10am - 1pm.

Westmill Road, Ware

Open: Monday, Tuesday, Wednesday, Saturday, Sunday

Oct 1 - Mar 31: 8am - 4pm,

Apr 1 - Sep 30: 10am - 6pm

Closed: Thursday and Friday

Stop junk mail, phone calls and faxes

Register and junk mail and phone calls will miraculously reduce!

Mailing Preference Service

0207 291 3310

www.mpsonline.org.uk/mpsr/

Telephone Preference Service

0845 070 0707

www.tpsonline.org.uk/tps/number_type.html

These services are free (apart from the cost of the call). Do not respond to anyone asking for money for these services.

COLLIERS END CLAY PIGEON SHOOTING CLUB

Membership is £20 per annum + £5 joining fee. Colliers End cover 2 grounds in Hertfordshire:

Hunsdon, Nr Harlow & Hillside Nr Thurfield.

We shoot each of these clubs once on a fixed Sunday per month.

We welcome new members with the appropriate Police licence. Chris Lynch 07836 711336

Private Tutor 11+, KS1/KS2

1:1 tuition for Key Stage 2 SATs, 11+ and/or extra help for children aged 4 - 11 from a qualified Primary Teacher.

Collette Olive 01920 823128 or 07709 431404

Email colletteolive@btinternet.com



Much Hadham Pre-School



We offer a fun, stimulating, supportive, safe and caring environment for every child. We're Ofsted registered.

We have limited places available from April 2016 and there is funding available.

It would be our pleasure to show you round. Please ring us on 01279 842614 between 8.45am and 12.15pm in term time and ask for Maria. Follow us on Facebook. Much Hadham Pre School, Oudle Lane, Much Hadham, SG10 6DQ

Westmill Nursery

Offering a secure family-friendly environment for children from 2 to 5 years old. Open Monday to Friday during term time.

Tel: Sarah or Sandra 01763 273005 or 07934 195812

Email: westmillnursery@btinternet.com

ALBURY SEEDLINGS

Within the beautiful small setting of Albury School we are now able to offer "Albury Seedlings", caring for children from the age of two, developing young minds through play.

We have flexible sessions, 9 am to 3 pm Monday to Friday.

We are registered for funding for children aged 2 to 4 years.

If you would like to come for a visit or to find out what places we have available, please call 01279 771253.

**citizens
advice**

East Herts

Free, confidential advice.
Whoever you are.

Drop-in Advice:

Hertford

Mon	10am - 2pm	Council Office
Tue	Closed	Wallfields, Pegs Lane
Wed	10am - 2pm	Hertford
Thu	10am - 2pm	SG13 8EQ
Fri	Closed	

Bishop's Stortford

Mon	10am - 2pm	74 South Street
Tue	10am - 2pm	Bishop's Stortford
Wed	10am - 2pm	CM23 3AZ
Thu	10am - 2pm	
Fri	Closed	

Ware

Tue	10am - 1pm	20 Tudor Square (near Prezzo)
		West Street, Ware
		SG12 9XF

Buntingford

Mon	10am - 4pm	The Manor House
Tue	10am - 1pm	21 High Street
Wed	10am - 1pm	Buntingford
Thu	Closed	SG9 9AB
Fri	Closed	

Sawbridgeworth

First Monday of the month	10am - 12pm	Town Council Offices
		Sayesbury Manor, Bell Street
		Sawbridgeworth
		CM21 9AN

Telephone Advice:

03444 111 444
Mon - Fri 10am - 4pm

Online & Email Advice:

www.ehcas.org.uk

One to One Tutor

(I come to you)

Friendly, patient, very experienced and local.

Help & support for Key Stage 1 to G.C.S.E.

Ages 6 to 16

(SATs, 11+, 13+, Entrance Exams & GCSE, etc)

References, Enhanced CRB

07835 193854



**Hares
Youth fc**

formerly Hornead
Hares
Registered Charity no.
1122647



unsung heroes

Now permanently relocated to Ralph Sadleir & Roger de Clare Schools, Puckeridge & Braughing Playing Fields.

Providing football for boys & girls of all abilities.

ACADEMY - for boys & girls age 3 to 6 years at Roger De Clare School, every Thursday 4pm - 5.15pm starting on March 5th 2015, cost £3 per session.

Appropriate clothing for the weather & shin pads must be worn. Sessions will be run by an FA Level 2 qualified coach. Further information please contact Rob Cavill on 07816 215378.

Mixed teams from U7-U13, Girls & Boys teams from U14-U18 email HHFC2000@gmail.com

VOLUNTEERS NEEDED

Isabel Hospice Shop

We would be pleased to hear from anyone who would be interested in helping to run our shops. Half a day a week is the usual volunteers' stint.

Please call the Shop Manager on the appropriate number: Buntingford 01763 274904, Hertford 01992 504401, Bishop's Stortford 01279 659551, Ware 01920 463959.

Our van driver also needs help with collections and deliveries 01707 395002.

Do you feel needed and valued?

Might you have some time to spare? Would you like to help other people maintain independence and dignity in their homes and communities, particularly in later life?

If so, call Pauline on 01992 552069 to find out about volunteering for the WRVS Good neighbours scheme locally."

Hospital Transport Scheme Age UK Volunteers needed needs Volunteer Drivers

- Do you drive your own car?
- Can you spare one morning/afternoon a month?
- Do you live in the area bounded by High Cross, Dane End, Dassels and Little Hadham?

Then please consider being a volunteer driver for the local Hospital Transport Scheme. (You are paid a mileage allowance)

Details: Wendy Smith 07922 519174

Riding for the Disabled

We need help now!

Sessions held weekly, term-time only, at The Contessa Riding Centre, Colliers End.

- Mondays 2pm – 3pm
- Tuesdays 9.45am – 10.45am
- Tuesdays 10.45am – 11.45am
- Fridays 10am – 11.30am

For more information contact: Boo Williams – 01279 842805

Registered as a Charity No 244108

Age UK Hertfordshire is always on the look out for Volunteers to help support its many projects. A variety of interesting roles are available so no matter how much time you have available or what your level of skills and knowledge are, then we probably have something just right for you.

For further information please contact 01707 323 272 or e-mail: info@ageukherts.org.uk

Talking Newspaper for the Visually Impaired

Hear all about it!

Do you know someone who would like to keep in touch with local events?

www.bstalkingnewspaper.co.uk
01279 651270 or 651313



**Something missing?
Fill the space in your home
and your heart.**

FOSTERWITHUS
www.hertfordshire.gov.uk/fostering

Hertfordshire

Do you want to play chess?

Hertford Chess Club is a small friendly club with players of all strengths and ages. We meet in the Hertford Club, Lombard House, Bull Plain, Hertford with oak beams and a private bar!

Contact Alan 01920 463698 or www.hertfordchessclub.com

Westmill Village Hall

Available to rent for functions

To enquire about costs and availability please contact:

Mike McRae on 01763 272147

or email mjismcrae@aol.com

Organising a Party?

Child's? (Up to 14 years), Anniversary? Xmas function? Retirement? Works get-together? Even a wedding?

Why not hire the lovely

Standon Village Hall for the event?

Very reasonable rates! (Maximum 80 persons)

Ring Denis on 01279-842625

For further details!

Standon Village Hall, Hadham Road, Standon SG11 1LE

www.standonvillagehall.org

Police Contacts:

Number for NON 999 calls: 101

Crimestoppers: 0800 555111.

Please remember: ALWAYS DIAL 999
IN AN EMERGENCY.

www.herts.police.uk

Hertfordshire Police Authority, Freepost
ANG 6281, Hertford SG13 8YS.
Telephone: 01992 556600.

Puckeridge Health Centre

Drs. Partington, Foster and Nicolson.
The Surgery, Station Road, Puckeridge
SG11 1TF

Tel: 01920 823860 (inc out of hours).

Surgery is open:

Mon – Fri 8.30am – 6pm

Minor Injuries Unit

Herts and Essex Hospital, Haymeads
Lane, Bishop's Stortford CM23 5JH

Staffed Mon - Fri, 9am - 4.30pm. Ring
01279 655191 ext. 4298 to ensure that
the unit can help.

**NHS Non-emergency
Number**

If it is not a 999 emergency but you need
medical help fast, Call 111.

**Domestic Violence/Abuse
Help Line**

08 088 088 088 (Freephone)

Confidential helpline open 9-9 Mon-Fri,
9-4 Sat & Sun.

Traveline

0871 200 2233

www.traveline.co.uk

Victim support

0300 303 0165

Abandoned Vehicles

01992 655261

**Herts Society for the Blind
Sight Line**

The Sight Line telephone number is:

01707 324680, Monday to Friday

between 9:00am and 4:00pm

**Age UK Hertfordshire
Information Line**

Offers you information on a wide range
of issues that are relevant to older
people. Our trained Information Workers
provide information you can trust that
will enable you to make the right choices
and decisions for you. We can also put
you in touch with other organisations
that can help you.

Information Line: 0300 345 3446

Trading Standards

03454 040506, 9am - 5pm Monday to
Friday .

Post Office Times**Braughing**

Mon - Fri 9.00 – 5.30

Thursday early closing 1.00pm.

Saturday closing 12.30pm

Standon

Monday - Friday 9.00 - 5.30

Saturday 9.00 - 1.00

Aircraft noise

Stansted Airport Noise Unit.

0800 243 788 email:

stanstednoiseline@stanstedairport.com

Animal Warden

To report incidents re: dog faeces, stray
dogs and an identichipping service.

01279 655261

Power cut helpline

Text POWER and your postcode to
80876

ukpowernetworks.co.uk/powercut

0800 31 63 105

0333 32 32 105 (if calling from a
mobile)

Local Library Times**Home Library Service:**

If you can't reach your local library
because you are housebound, have a
disability or care for someone at home
this service will deliver books free of
charge. Details 0300 123 4049

Bishop's Stortford Library:

Monday 10.00 - 19.00

Tuesday 10.00 - 18.00

Wednesday 10.00 - 18.00

Thursday 10.00 - 18.00

Friday 10.00 - 18.00

Saturday 10.00 - 17.00

Sunday 12.00 - 16.00

Buntingford Library:

Monday 10.00 - 17.30

Tuesday 10.00 - 17.30

Wednesday Closed

Thursday 10.00 - 17.30

Friday: 14.00 - 17.30

Saturday: 09.00-13.00

Ware Library:

Monday: 10.00 - 17.30

Tuesday: 10.00 - 17.30

Wednesday: 14.00 - 17.30

Thursday: Closed

Friday: 10.00 - 17.30

Saturday: 10.00 - 17.00

East Herts District Council

The Causeway, Bishop's Stortford or
Wallfields, Pegs Lane, Hertford. Both are
open 9.00am - 5.00pm, Monday to Friday.
Tel: 01279 655261.

www.eastherts.gov.uk.

Herts County Council**Contact details:**

Adult Care Services 0300 123 4042

Children, Schools & Families

0300 123 4043

Fire Safety 0300 123 4046

Highways Fault Reporting

0300 123 4047

www.hertsdirect.org/highwayfaults

Trading Standards 0345 404 0506

Waste Aware 0300 123 4051

**Standon & Puckeridge
Community Centre**

is now available for hire.

Meetings/Parties/Regular Bookings.

Call Sally on 07854 916404

Email: communitycentre@tesco.net

www.standonandpuckeridgecc.co.uk

GRANTS AVAILABLE

Standon Charities can offer grants (typically £50-100
for school trips, special equipment for a disabled
person, etc) to meet the needs of individuals or groups
in the ancient parish of Standon

(which includes Colliers End and Wadesmill).

If you think that you, or someone you know, could be
eligible for a grant, write to the Clerk (including a
phone number) John Harris on 01920 822887

General Enquiries 0300 123 4040
Textphone Users: 0300 123 4041

McRae on 01763 272147 or email
mjsmcrae@aol.com

benefice.administrator@ubsms.org.uk
www.ubsms.org.uk/

- St Mary's Church, Braughing: Rev. Julie Gawthrope 01920 823531
vicar@braughing.org.uk
www.achurchnearyou.com/braughing-st-mary-the-virgin/

Halls for hire

- Braughing Church Hall and Old Boys School, (up to 120 with kitchen facilities) – contact Phil Firmin 01920 823120, email phil.firmin@outlook.com
- Braughing Playing Field Association Community Hall - Contact Sue Fox - suefox1@hotmail.co.uk
- Colliers End Village Hall (40 people comfortably, with kitchen) - Contact Sandra Chadwick 07976 254379
- Dane End Memorial Hall
David Hart 01920 438976
dane-endhallbookings@Outlook.com
- Standon & Puckeridge Community Centre - Contact Sally Sperring 07854 916404 communitycentre@tesco.net
- Standon Village Hall, Hadham Road, Standon – Contact Denis or Beverly Olliver on 01279 842625
- Westmill Village Hall. Contact Mike

Local Churches:

- A10 Christian Mission: Contact Revs Colin & Teresa Marks 01920 821684
- Methodist Church, Braughing: Minister Reverend Gill Hulme 01279 504157
- Old Hall Green & Puckeridge Roman Catholic Churches: Fr. John White 01763 271471
- Puckeridge Chapel, Century Hall, Station Road. Pastor Bill Harrow 01920 821366
pastorbill@puckeridgecc.co.uk
www.puckeridgecc.co.uk/index.html
- St Mary's Church Standon: Michael Smith 01920 821281 or email





Leaders required: enthusiastic and reliable volunteers needed to keep the Standon and Puckeridge Brownie unit running. All training given, very rewarding. Tuesdays 6.15 – 7.30 pm term time



Braughing Sing Choir

Braughing Sing welcomes new members, especially tenor and bass to a community choir for all ages and abilities covering a range of musical styles!

Come along on **Tuesday evenings** during term time at the **Jenyns School**, Braughing. 7.30pm - 9.00pm. *No audition required!*

Contact: **Elaine on 01763 289 738** or see our website – www.braughingsing.com or Facebook - "The Braughing Sing".

Shotokan Karate

Come and give it a try. Self defence and physical benefits for everyone from age 6 years upwards.

6.30 - 7.30pm every Monday
Community Centre, Luynes Rise, Buntingford

Information: Mr P Deacon 01462 642922

New Bellringers Welcome

COME ALONG
AND LEARN THIS
ANCIENT TRADITION
With a very friendly group

Phone Trevor Chapman
on 01920 821341



Hummingbird



CANCER SUPPORT GROUP

SUPPORTING THE COMMUNITY WITH
COMPLEMENTARY THERAPIES

We meet on alternate Mondays 10:30am—1:30pm in the café area at the Rhodes Art Centre, Bishop's Stortford CM23 3JG.

For more information phone: 07510 178200

Email: hbirddropin@gmail.com

www.hummingbirdcancersupport.org

Disclaimer

PS News is written by many people from the villages who report for themselves or a club or society they represent.

The production team do not necessarily agree with the opinions aired in the articles printed here. We are always happy to print another point of view in the newsletter.

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LOCAL REPRESENTATIVES

MEP's

Patrick O'Flynn (UKIP) email:
patrick.oflynn@europarl.europa.eu
00 322 284 5337

Vicky Ford (Conservative)
office@vickyford.org
01954 211 722 www.vickyford.org

Alex Mayer (Labour)
01353 644045 email:
contact@alexmayer.eu
www.alexmayer.eu

MP

Sir Oliver Heald QC MP, House of
Commons,
London SW1A 0AA
Phone 01462 486074
E-mail:
oliver.heald.mp@parliament.uk
www.oliverhealdmp.com

County Councillors

**Braughing, including Puckeridge
and Standon up to the A120**

Rose Cheswright 823742
rose.cheswright@hertfordshire.gov.uk

**Ware North (Standon from the
A120 into Ware)**

David Andrews 823836
Fax: 821194
david.andrews@hertfordshire.gov.uk

District Councillors

Braughing

Cllr Ben Harris-Quinney 01920 821446
ben.harris-quinney@eastherts.gov.uk

Little Hadham

Cllr Geoffrey Williamson 01279
771272
geoffrey.williamson@eastherts.gov.uk

Puckeridge

Peter Boylan 01920 822026
peter.boylan@eastherts.gov.uk

Standon

Cllr David Andrew 01920 823836
david.andrew@eastherts.gov.uk

Parish Council Meetings

Members of the public are welcome
and encouraged to attend. *Please check
local notice boards to confirm details.*

Braughing

Meetings: The Old Boys' Schoolroom,
Braughing, 8pm, second Thursday of
the month (for planning applications,
contact the Clerk).

Little Hadham

Meetings: Lt. Hadham Village Hall,
8pm, first Monday every month except
January & August.

Standon

Meetings: Standon & Puckeridge
Community Centre, fourth Thursday of
the month (except August &
December). Meetings start at 8pm.

Parish Councils

Braughing

Clerk:
Belinda Irons, 14 Crawley End,
Chrishall, Royston, SG8 8QL Tel:
01763-838732 email:
clerk@braughing.org.uk

Chairman:
Peter Boylan 01920 822026
pboylan@braughing.org.uk
Web site: www.braughing.org.uk

Lt Hadham

Clerk:
Mr B M Evans 01279 842803
clerk.little.hadham@ntlworld.com

Standon

Clerk:
Belinda Irons 01763 838732
clerk@standonparishcouncil.gov.uk

Chairman:
Richard Boxall 01920 822335

Web site: [https://
www.standonparishcouncil.gov.uk/](https://www.standonparishcouncil.gov.uk/)

Westmill

Bernadette King 01763 273356.
Email:-
clerk@westmillparishcouncil.co.uk

Chairman:
Mike McRae 01763 272147
mjsmcr@aol.com



RDA It's what you can
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Riding for the Disabled Association
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WE NEED YOUR HELP!

- More volunteers are needed to work with a friendly group helping young children with special needs to enjoy the pleasure of riding.
- No experience with riding or horses is required.
- Sessions held at Contessa Riding School, Colliers End, on Mondays, Tuesdays, Wednesdays and Fridays during term time
- Even if you can't commit to every week we need a bank of volunteers to call on when necessary.
- What we do is a great help to the children we support and a very fulfilling experience.



For more details contact Gill Roberts on 01279 844032 or
gillian.roberts6@btinternet.com Charity Number 1074385



Your Scout Group needs You
Braughing Scout group is looking for
more adult helpers in all sections.

If you can help out please contact:
braughingscouts@tiscali.co.uk or one of the
Scout, Cub or Beaver contacts on page 51 for
more details

LOCAL DIRECTORY

All phone No's are 01920 and clubs in Puckeridge or Standon unless shown otherwise

- Albury Seedlings Preschool & Albury Primary School: 01279 771253
- Allotments:
Braughing:
Ruth Fleetwood
rfleetwood@braughing.org.uk
Puckeridge: Brian Durrant 822331
- Aviation Society:
Vic Flintham 01763 289636
- Baby-sitting Circle:
Sylvia Pinnington 822216
- Bat Helpline 01992 581442
- Beavers: 6-8 years old,
Angie Adamson 01763 849902
- Bell Ringing:
Braughing: Peter Glazebrook 821554, Standon: Stephen Coley 823886.
- Bishop's Stortford Railway Society:
Barry Bridges 438586
- Bowls Club: Jean Maslin, 01920 423273 or Fred Barnard, 01920 821214
- Braughing Cricket Club: Peter Hobson 01920 438361
- Braughing Cricket Club Colts: 438361 07774 961829
- Braughing Local History Society:
Mary Cockburn
mary.cockburn@btopenworld.com
- Braughing Playing Field Association Trust: Graham Frary 07855 834862
grahamfrary@tiscali.co.uk
- Braughing Society:
Sandra Lynch 823500
- Braughing WI: Kate Fish 822397
- Bridge Clubs:
Sue Dailly 823692
- Brownies: Register your daughter's interest at www.girlguiding.org.uk - general enquiries to: (Roger de Clare lunch club): Louise 07971 800443. (evening unit): firstsandpbrownies@gmail.com
- Budding Babes: Tracy 01920 824041
- Buntingford Bird Club: Tim Robinson, 01763 243143
- Buntingford Choir:
Mandy or Gareth 0781 491 2595
- Buntingford Heritage Centre:
Jenny Dingley 01763 273002
- Carols Round the Tree (Standon):
Caroline Franks 822723
- Carpet Bowls:
Mike Bennett
Mikebennett12@aol.com
- Church Choir Braughing: Church office 823832
- Church Choir, Standon with the Mundens and Sacombe: Michael Smith 821281
- Conservative Assn:
David Andrews 823836
- Cubs: Wednesday Cheetah pack Derek Goodall 01763 273149,
Tuesday Puma Pack: Jackie Andrews 01763 247675
- Dance Classes - Rhythm & Poise School of Dance: Ballet: Karen Howarth - 01279 651535 & Tap, Modern & Jazz: Kate Dutton - 07969 362224
- Dance JAM Academy:
Julie McPartland
01920 822488 or 07971699615
- Dog Training: Jan Mann 823475
- Dominoes: Axe & Compasses,
Braughing - Graham Frary 821715
- East Herts Aviation Society: Ray Hankin (rayhankin@hotmail.co.uk) or Vic Flintham (vf@flintham.org)
- Folk Music Club:
Stortfolk 01279 656664
- Veterans Football Club (Braughing):
Keith Mardell 822133,
- Friends of Braughing Church:
Ned Dailly 01920 823692 or email: neddailly@btinternet.com
- Golf Club (East Herts):
Secretary 821978
- Guides: Register your interest at www.girlguiding.org.uk - general enquiries to Louise 07971 800443.
- Health Centre: 823860
- Hertford & Ware Railway Society:
Stuart Moye 467132
- Hertfordshire Holly: Mixed Clog Morris: Mary Deeks 822905
- Herts & Essex Architectural Research society:
Kath Pollard 01708 473646
- Hormead Hares Football Club:
01763 848449
- Horticulture Society (Braughing):
Marion Saunders 821700
- Hospital Transport for the Elderly:
Wendy Smith 07922 519174
- Jenyns First School & Nursery: 821461
- Karate Club: Clive 01763 231132
- Kettlebell Exercise Classes: Sue Prior 07854 316628
- Labour Party:
Frederick Perkins 822454
- Liberal Democrats:
David Albinson 822640
- Lipreading classes:
Louise Reed 821401
- Little Hadham Primary School: 01279 771285
- Mayday Committee:
Sue Spalding 821624 or Rachel Law
rachelaw79@yahoo.co.uk
- Mercury Correspondent: Braughing:
Clive Marshall 822167
- NSPCC: Alex Lang 822209
- Pantomime Group, Braughing: Peter Walsingham 823265
- Parish Paths Partnership: Braughing - Sue Dailly neddailly@btinternet.com
Standon - John Harris 822887
- Pet Care: Mrs Harvey 822814
- Petanque: Brown Bear, Braughing - Steve Banfield landlord@brownbearbraughing.co.uk
- Pets TLC: 822705

Low Cost, One Bedroomed, Centrally Heated Almshouses for Local People.

Almshouses become available from time to time for people with a connection to the Parishes of Standon and Thundridge. Each almshouse is a self contained one-bedroomed unit with it's own kitchen, bathroom and living room.

Write for details and an application form to:
John Harris, Clerk to Standon Charities,
4 South Road, Puckeridge SG11 1TH.
www.standoncharities.org.uk

Braughing Housing Association

The Braughing Housing Association is responsible for seven flatlets at Orchard House, The Street, Braughing. Each property consists of kitchen, hallway, bathroom and bed/sitting room, suitable for singles tenancy only.

Enquiries concerning possible vacancies and tenancy should be directed, in writing, to The Chairman, Braughing Housing Association, East View, Hay Street, Braughing, Ware SG11 2RG

Should any become available, preference would be given to the elderly, most needy and those with a connection to Braughing.

- Photographic Society (Ware): Barbara Norris 822104
- Puckeridge WI: Louise 07971 800 443
info@puckeridgewi.org
- Railway & Local History Society (Buntingford): Stephen Ruff 01763 289516, (Bishop's Stortford) Barry Bridges 438586, (Hertford & Ware) Stuart Moye 467132
- Rainbows: Register your interest at www.girlguiding.org.uk - enquiries to sandprainbows1@outlook.com
- Ramblers (Royston & Dist): David Allard 01763 242677
- Red Yoga: 07590 964016
- R.N.L.I.: Paul Howitt 822342
- Royal British Legion:
Standon: Ron Edwards 464218
- Ralph Sadleir Assn:
sandie@sandibevents.co.uk
- Ranger Girl Guides (14+ years), Wednesday, Rosanne Kenealy 01920 821304
- Rib Valley Trampoline Club: Andrea Allen 07989 980038
- Roger de Clare School Association:
Sarah Gillingwater 823129 or Sam Risley 823477
- Sadleir Drama Club:
Liz Pickup 01763 289446
- Explorer Scouts: 14-18 year olds, Wednesday Buntingford Unit Christine Pestle 07711 506381, Friday Ware Unit: Jim Campbell 01920 461134
- Scout & Guide Band:
Garry Edwards 01920 823163
- Scout Troop: 10½-14 years old, Simon Smith 07773 016567
- SPNDP (Standon and Puckeridge Neighbourhood Development Plan) Belinda Irons 01763 838732
- S.P.I.N.S. Pre-School: 07881 533339
- St. Thomas of Canterbury Primary School PTA: C/o School 821450
- Standon Morris: Catherine Ward 07808 969379
- Standon & Puckeridge Health Centre: 823860
- Standon & Puckeridge Community Centre:
Sally Sperring 07854 916404
- Swimming Club (Buntingford): David Carr 07966 508156
- Tai Chi: Mrs A Manwaring 822041
- Tennis Club:
Braughing:
Karen Gore 07860 484878
Standon:
Keith Bradshaw 01920 821152
- Three Villages Eco Group:
Trish Street 01920 821069
- Trefoil Guild: Guiding for adults - Alex Chapman 01920 465 726
- Twinning Assn (Buntingford):
Mary Deeks 822905
- University of the 3rd Age:
Barbara Norris 822104
- Veterans Football Club:
Paul Mayne 822615
Craig Gardner 823805
- Ware and District 41 Club:
Peter Warren 01920 824099
- Ware Swimming Club:
Chris Buck 07947 322808
- Ware U3A:
Chris Beeton, Membership Secretary 07952 066748
- Wasps Out of School Club:
Nicola Re 07904 391133
- Women's Institute:
Braughing: Louise 07971 800443
Puckeridge: info@puckeridgewi.org
- Yoga in Pregnancy, Baby massage and Baby yoga: Penny Constantinou 07944 416572
- Young Countrysiders:
Linda Watts 821393

PS News - The idea

Everyone is welcome to write, there is no charge for articles on any subject of interest to our communities.

PS is written and delivered by volunteers, it is paid for by the advertisers.

3000+ copies are distributed to every house in:

Puckeridge	Standon	Braughing
Colliers End	Nasty	The Mundens
Old Hall Green	Wellpond Green	

and many of the houses in:

High Cross Little Hadham, etc.

Copies available from local Pubs, Vintage Service Station and Westwood's in Puckeridge, The Raj Villa Restaurant in High Cross plus Standon and Braughing Post Offices.

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Copy dates

Copy dates are as shown below. If you want to advertise, contact John Harris: 01920 822887 or email john@walkinginengland.co.uk

	<i>By email</i>
March Issue	10 Feb
June Issue	10 May
Sept Issue	10 Aug
Dec Issue	10 Nov

Please send your articles and photographs by these dates.

If you would like an email reminder a couple of weeks before you need to get the article to me, just email me the request and it will happen.

Emailed articles, deliveries & advertising:

John Harris, 4 South Road, Puckeridge SG11 1TH. Tel: 01920 822887

E-mail: psnews@walkinginherts.co.uk

Visit our website for the latest issue and advertising details: www.psnews.org.uk

Delivery query?

If you would like to volunteer to deliver PS or for some reason you get missed please contact John as above.

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