

# The Link

You can find *The Link*  
and much more at

[www.quendonandrickling.co.uk](http://www.quendonandrickling.co.uk)

Quendon & Rickling  
Parish  
and Church

# NEWS

## December 2019

*Early traffic over the old Severn Bridge M48*  
*Horst Bienemann*



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Visits: If you would like the Vicar to visit you at home or in hospital, or know of anyone who would like him to visit them, please let the Vicar know.

**The Rev'd. Neil McLeod**, The Vicarage, 5, Meadowford, Newport, Saffron Walden, Essex, CB11 3QL

**Telephone:** 01799 540339 **E-mail:** [vicar4nqrwchurches@gmail.com](mailto:vicar4nqrwchurches@gmail.com)

## From the Vicarage Study Rev. Neil McLeod, Priest-in-Charge of Newport with Widdington, Quendon and Rickling.

**I**n early September I went on a Christian photography retreat. It was brilliant! Several things will stay with me but I wanted to share with you one of the things that the retreat leader shared with us. He spoke about two words for time *kronos* and *kairos*. *Kronos* defines time itself as a journey, and it is the word from which the word chronology can be derived. *Kairos* speaks of a moment in time, as special moment.

We live in both of these moments of time, but predominantly we tend to think more about *kronos* – about the journey of our lives. Whether that be thinking about our plans for the day or the week, or even making plans for events further ahead. Or it could be about looking back to see where our journey of life has taken us in the past. The point the retreat leader made, is that we are so busy with the journey of life that actually we miss many of the amazing *kairos* moments that occur.

On the photographic retreat each of us were encouraged to stay with a subject, and to photograph it from different angles. We were told to wait to see if there were any changes in the light which reflected on the subject in a different way. On the Thursday evening we spent nearly an hour waiting for the sunset, and then waiting through the sunset as it happened. I would never have envisaged just standing waiting for so long, yet the sunset as it occurred was simply beautiful. This is one of the photos that I took. I waited for that *kairos* moment.



One of things that I like about the photograph is that there are small tears in the leaves through which the light of the sunset can be seen. To me it speaks of the light of Jesus breaking into our lives; a *kairos* moment that we may miss because we are too busy rushing from one thing to the other. The light of Jesus can fill our lives in so many different ways: healing, bringing peace into a difficult situation, the love expressed through family and friends, etc. The light of Jesus can also be seen in festivals such as Christmas, yet sometimes we just rush through it. Sometimes after all of the preparation, all of the cooking, all of the panic it seems like Christmas is over in the blink of an eye. Even in the media it is the case that at Christmas, holidays for next year are advertised and Cadbury's Crème Eggs adverts appear. *Kronos*. Let's move onto the next thing.

Yet Christmas is an amazing moment when we stop to remember the birth of our Saviour Jesus Christ. John 1:9-10 states, "The true light that gives light to everyone was coming into the world. He was in the world, and though the world was made through him, the world did not recognise him." If we stop and look; stop and see Jesus for who he truly is then, and let him speak into our lives, then I believe that our lives will be richer for it. They may not always be easier, but I believe that Jesus helps us to cope. As John's gospel says of Jesus, "In him was life, and that life was the light of all mankind." There are many services in the church over Christmas to which you are invited. So I encourage you to step out of the busy *kronos* journey through life, to stop and experience a *kairos* moment in which you see the light of the world; Jesus Christ.

I wish you all a very peaceful and happy Christmas.

*Rev'd Neil McLeod*

### **Priest in Charge of Newport with Widdington and Quendon and Rickling.**

The Rev'd. Neil McLeod, The Vicarage, 5, Meadowford, Newport, Saffron Walden, Essex, CB11 3QL

Telephone: 01799 540339 E-mail: [vicar4nqrwchurches@gmail.com](mailto:vicar4nqrwchurches@gmail.com)

**Churchwardens -** **Quendon:** Mrs Christine Osbourn 01799 543367 and Mrs Maureen Hawkins  
**Rickling:** Lisa Huxtable 07771 541944

**Treasurer -** **Quendon and Rickling:** Mrs Sandra Arnold 01799 543075

## Church Services in the Benefice

### Sunday 8th December

8.30am Widdington BCP Communion  
 9.30am Newport Morning Worship  
**11.00am Quendon BCP Communion**  
 3.30pm Newport Messy Christingle

### Sunday 15th December

9.30am Newport All-Age Service  
 3.00pm Widdington Carol Service  
**6.00pm Quendon Carol Service**

### Sunday 22nd December

**11.00am Rickling Holy Communion**  
 6.00pm Newport Carol Service

### Christmas Eve

3.00pm Widdington Crib Service  
**4.30pm Rickling Crib Service**  
 5.00pm Newport Crib Service  
 11.30pm Newport Midnight Communion

### Christmas Day

**9.00am Quendon Family Communion**  
 10.00am Widdington Family Communion  
 11.00am Newport Family Communion  
 Sunday 29th December  
 10.00am Newport Benefice Holy Communion

#### In addition to these services, prayer meetings are held as follow:

Quendon, Mondays 4 30 pm  
 Rickling, Thursdays 9 00am  
 Widdington, Tuesday 9 00am  
 Newport, Wednesday 4 30 pm.

## Police contact information

For crimes and suspicious activity <b>NOW</b> phone	<b>999</b>
For non-urgent incidents and reporting a crime that has already happened	<b>101</b>
Alternatively you can report non-urgent incidents or suspicious activity and crimes on-line at <a href="https://www.essex.police.uk/do-it-on-line/">https://www.essex.police.uk/do-it-on-line/</a>	
To give information <b>anonymously</b> phone CRIMESTOPPERS or report it on-line at <a href="http://www.crimestoppers-uk.org">www.crimestoppers-uk.org</a>	<b>0800 555 111</b>

### Quendon Bowling Club

#### Whist Drives

**SATURDAYS 7.30pm.**

<u>2019:</u>	<u>2020</u>
30th November	4th January
14th December	1st, 15th & 29th February
	14th & 28th March
	4th & 18th April

**Admission. £2.50 (Includes Refreshments & Raffle)**



### Saffron Walden Dementia Café.

Are you living with or caring for someone affected by Dementia / Alzheimer's?

Would you like to get out and talk about it with others? Then why not pop along to our Dementia Café and enjoy companionship, support, information and advice, activities and of course refreshments.

We meet every Friday morning at The Garden Room, Hill Street, Saffron Walden, 10am - 12pm.

Why not drop in and see us or if you'd like to find out more call 01799 510525 where Volunteer Uttlesford will be able to help.

#### Advertising in *The Link*

reaches every household in Quendon and Rickling

**Contact:**

**Advertising on telephone  
01799 543297 or**

**The Editor preferably by e-mail at  
[robert@arnold-q.uk](mailto:robert@arnold-q.uk), or telephone 01799 543075**

### Our Member of Parliament

Surgeries are an email as it's often possible opportunity for you to meet sooner or speak with me, your Member of Parliament, over the phone. Should you wish to attend a surgery, please contact me and seek advice or assistance on confidential issues. For all other enquiries please send an Street surgeries do not require an appointment.

[kemi.badenoch.mp@parliament.uk](mailto:kemi.badenoch.mp@parliament.uk)

## From the Chairman of the Parish Council

Dear Fellow Villagers!

Can you believe that Christmas is nearly upon us, where has this year gone!!

There has been a lot happening during the last month, changes in membership of the Parish Council, a big planning application, missing minutes..... these are described in more detail in the Clerk's Council News.

We would like to say a big thank you to Paul Wilsher, who stepped down at last month's meeting. He has been a very large part of the PC, especially on the planning front and has been our very own eco warrior and we would like to offer a big welcome to Tom Duncan, who has just joined our "team"!

2019 has been a busy year and 2020 will prove to be an even busier year on the Village Events calendar! All these events will be published on the noticeboards around the village, on Facebook - for those of you who are technologically minded - and in the monthly issues of *The Link*! It is a great opportunity to meet your fellow

villagers and welcome new people to the village, have a chat and a cup of tea or glass of fizz, possibly from the Tiddly Tuk, which now appears to be a regular fixture at our events! If anyone would like to help out at any of these events, please let us know, as volunteers are always very welcome!

Just a gentle reminder that we are still looking for Speedwatch volunteers! You will be trained on the "gun" and need only help out when it fits in with your schedule. Even a couple of times a month would be helpful, just to let drivers know that we care greatly about the safety in our villages and are determined to slow people down.

There will be a couple of Christmas trees in the villages this year, one by the Village Hall and one by the Pavilion, so I hope you enjoy the sight of twinkling lights during the darkening nights and on that note, The Parish Council would like to wish everyone a very Happy Christmas!

*Sally Kitcat*

## Quendon & Rickling Parish Council News

### Meet your new parish councillor

Following the decision by Paul Wilsher to stand down from the parish council after many years of fine service to the parish, the vacancy was advertised. If ten or more residents had made a request, then it would have been necessary to call an election. In the event this did not happen which means the parish council is entitled to co-opt a suitable person to the council. Please therefore welcome Tom Duncan as your new parish councillor. I suspect Tom is already well known to many residents and he will bring great strengths to the council. He also knows all about broadband which puts him in about 1% of the population.

### The Mystery of the Missing Minutes

No, not an Agatha Christie crime thriller or a time-lapse sci-fi film. It seems, as was pointed out by a member of the public at the recent monthly meeting, that I had omitted to post the draft minutes of October's meeting to the website. My apologies for this oversight. Indeed, I will do my best to ensure this doesn't happen again, but if anybody spots a future lapse please feel free to let me know rightaway. No need to wait for a monthly parish council meeting.

### Other news from the parish council meeting

There will no doubt be reference elsewhere to the proposed so-called "Foxley 2" development, which is officially designated as Land East of Foxley House. Following negotiations between the developer and the parish council, and once the council was satisfied that the proposed development would make a positive

contribution to the village, the parish council was able to support the application.

The skip will be arriving on 29th November to be collected on 2nd December.

There has been an offer from a generous resident who has a trailer which is available for village use. Here are the contact details; **John Watkinson 01799 543350**.

There is a bit of a grey area with regard to grant requests made to the parish council relating to religious institutions and buildings. The parish council has decided to take the view that until further clarification is provided by Government, the parish council accepts the generally recognised understanding that grants and donations cannot be made to religious bodies or institutions. The Grants and Donations policy is being reviewed and the amendment document will be on the website, assuming it is adopted at the next monthly meeting.

### Welcome Packs

The Parish Council provides a Welcome Pack of information for new residents to the Village. If any newcomers to the village have not received a copy of the pack, do please let the Clerk know on the contact details below and a welcome pack will be dropped off to them.

### Allotments (part of the Quendon Hall Estate):

- Peter Warwick, No.5 Thistley Crescent, Green Road, Rickling
- Telephone: **01799 543526**

### Next Parish Council Meeting

Will be on 11th December at 7.30pm.

## Quendon & Rickling Parish Council News (cont.)

### Highway Problems

The Essex Highways website is available for anyone noticing a problem to report it: <http://www.essexhighways.org/Report-a-problem.aspx>  
A tracking facility for all reported faults is available.

### Police/Crime

The Essex Community Messaging Service provides useful information to the public about policing and safety issues. It is free to register and information is given relative to your postcode, thus providing accurate and up-

to-date community safety information and crime prevention advice. Users can choose to receive information via e-mail, text or voice-recording and can select what information to receive – based on where they live and work and on issues of interest. For further details and to sign up, visit [www.essex.police.uk/ecm](http://www.essex.police.uk/ecm)

### Contact the Parish Council

The Clerk, Keith Williams can be contacted by e-mail [quendonandrickling.clerk@hotmail.com](mailto:quendonandrickling.clerk@hotmail.com) or by telephone **01279 814473**



### **Have something tricky to move?**

**A small trailer is available to borrow; get in touch with John Watkinson on (01799) 543350 to discuss availability (you'll need your own vehicle with fitted tow hitch).**

### **Rickling/Quendon Community Café**

**Quendon & Rickling Village Hall,  
Quendon, CB11 3XQ**

**Refreshments and Fun Bingo**



**Wednesday 18th December 2019  
10.00 am - 12.00 pm**

All welcome

..and next year

Jan 15th 2020	July 15th 2020
Feb 19th 2020	Aug 19th 2020
Mar 18th 2020	Sept 16th 2020
April 15th 2020	Oct 15th 2020
May 20th 2020	Nov 18th 2020
June 17th 2020	Dec 16th 2020

**Please contact: Angie and Carole  
01799 543807/218061**

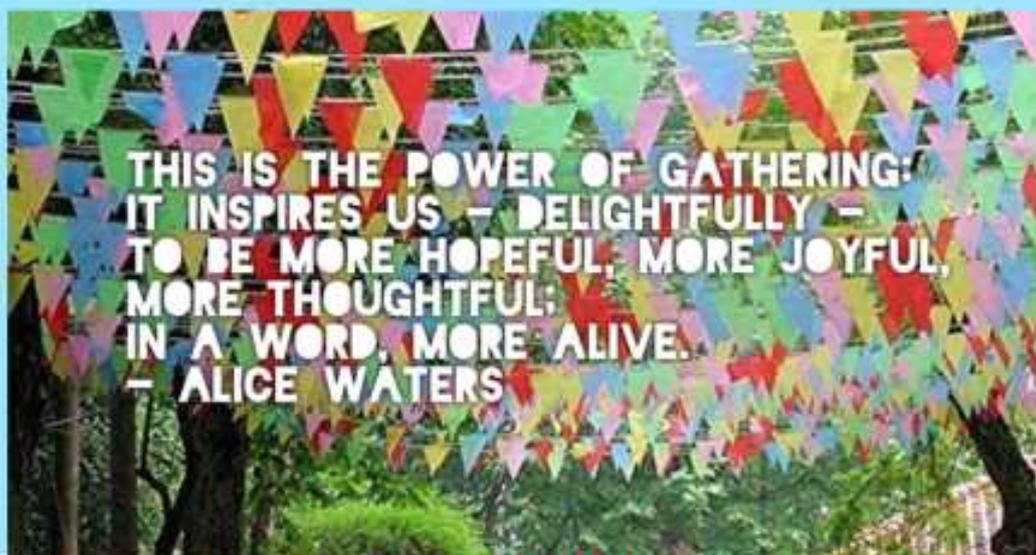
### **Q&R Community Updates**

A Neighbourhood Watch WhatsApp group ('Q&R Community Updates') has being set up to provide LIVE updates to villagers in a secure manner. This is not a "chat" or advertising forum, rather will be strictly limited (and Admin-enforced) to communications where real-time alerts are useful - for instance: emergencies / road closures / police incidents or possible criminal activities / missing pets, etc. in and around our area. This has been a successful forum to share information in other villages around us.

If you have a smart phone and the "Whatsapp" app, and would like to be added to this group, villagers should contact Carrie Williams on 07908 844056 who will verify that you are part of the Q&R community, provide a code of conduct and add you to the group. Accepted outsiders will be agreed as an exception, for example the police, but essentially only villagers will have access.

If villagers are concerned by anything they see or hear in and around our community, they are encouraged to either put a comment out through the WhatsApp group (if you have already joined) or report it to Carrie who will post it on your behalf to ensure the rest of the village is aware.

**Let's look out for one another.**



## Quendon and Rickling Events

(sponsored or supported\* by the Parish Council)



For more information and for regular updates join the "Quendon and Rickling Events" Facebook group.

### Dates for your diary:

<p><b>Sunday 24<sup>th</sup> November 2019</b>  <b>Christmas Fair*</b>  <b>Quendon and Rickling Village Hall</b>  <b>2-5pm</b>            Beautiful gifts, decorations, seasonal food and drink for sale, and more. Plus:  <b>The Q&amp;R Christmas Tree Lights Switch-On</b>  <b>Quendon and Rickling Village Hall</b>  <b>4:30pm</b>            Join us around the village Christmas tree for carols by lantern-light (bring your own battery-operated ones).</p>	<p><b>Sunday 8<sup>th</sup> December 2019</b>  <b>Winstanley Celebration*</b>  <b>Quendon Church</b>  <b>2-4pm</b>            Celebrate the man who saved Christmas, and made our dragon famous (and festive)! Quickling Festival's "Fireddie" is reappearing along with all the children's dragon artwork submitted. Carol singing, poetry, children's dragon procession, hand bell-ringing, and handmade goodies, mulled wine, mince pies and savoury treats for sale.</p>
<p><b>Friday 28<sup>th</sup> February 2020</b>  <b>Wine &amp; Waffles</b>  <b>Details to be announced</b>            Waffle &amp; Co. are coming back for a wine tasting evening with gourmet savoury and sweet waffle pairings (but not as you know them...)</p>	<p><b>Saturday 28<sup>th</sup> March 2020</b>  <b>Saffron Screen Pop-Up</b>  <b>Quendon and Rickling Village Hall</b>  <b>7:30pm</b>            Details and how to book to be announced - movie screening with themed dinner.</p>
<p><b>Early April 2020</b>  <b>Easter/Spring Wreath or Table Arrangement Workshop</b>  <b>Details to be announced</b>            An award-winning local florist will guide us to make something to keep or gift to celebrate Easter and the start of spring.</p>	<p><b>July 2020</b>  <b>England Cricket Day*</b>  <b>Rickling Green</b>            Further details to be announced - local cricket teams captained by ex-England players will be out on the green.</p>
<p><b>August 2020</b>  <b>Quickling Festival</b>  <b>Details to be announced</b>            Back for the second year, only bigger and better! More details to follow including what's on and sponsorship opportunities.</p>	<p><b>Early October 2020</b>  <b>Autumn Daze</b>  <b>Details to be announced</b>            Toasting the new season and all things "apple". The village apple press will once again be in action.</p>
<p><b>Late October 2020</b>  <b>Halloween Movie Pop-Up</b>  <b>Details to be announced</b>            A child-friendly Halloween movie screening plus fancy-dress competition. Ghoulish drinks and food on sale.</p>	<p><b>If you have an event organised that you'd like featured get in touch: 07908844056 or through the "Quendon and Rickling Events" Facebook group!</b></p>

**We need YOU!** These village events take a lot to put on, from the organisation in advance to help on the day. If you have a spare couple of hours on any of these days please get in touch, we're always grateful for any offers of help (and it's good fun too!).



Join us for a  
**Winstanley style**  
Christmas at  
**Quendon**

**Sunday 8th December 2-4pm**  
**Quendon Church**

Beautifully decorated  
with the Winstanley Pantry, Poetry and a  
performance by the children of Rickling School  
Refreshments served including mulled wine.

*Forget mass commercialism for an afternoon  
- indulge in a more 17th century atmosphere with  
'the Man who saved Christmas!'*

Donations to Quendon Church  
**Look out for the dragon too!**

## Report from District Councillor Neil Hargreaves

### Foxley 2

The application for 9 three- and four-bedroom houses filling in the space to the south of Hallfield was approved by the Planning Committee. The benefits agreed for the village include £10,000 to pay for a professional assessment of the road safety issues through the village (speeding and crossing the road) and the parking issues at Waterbutt Row.

Although looking at Waterbutt Row has been a project which Essex agreed some time ago to do as a 'Feasibility study to look at ways of improving the parking situation outside the Cottages', nothing has been done. So it was considered wise to sort out the review by other means. Terms of reference for the review have been agreed with the Parish Council and during the negotiation were shared with Essex Highways. This was in support of policies in the Neighbourhood Plan. Highways declined to request this as a s106 requirement from the application, so the developer has done a unilateral agreement to provide it anyway. They have also done an agreement to provide £15,000 towards outdoor sports provision.

Of the very large number of planning permissions in the ward over the last few years, this is the first time I have seen any reasonable negotiation between the parties to obtain benefits. At the committee meeting I requested that officers note this and involve parish councils at an early stage.

There was a concern that the site was allocated for 19 houses but only nine are to be built, which takes it below the threshold at which affordable houses are required. However UDC have assured that if a further application is made on the same site then the affordable housing contribution will be required. At the same committee meeting an application in Newport was presented for

refusal on grounds of subdivision of the site and the developer had declined to pay the affordable housing contribution due. So there is evidence that enforcement is applied.

### Neighbourhood Plan

We have now received the consultation comments, and also some questions from the examiner, which the Steering Group are working on. The examiner has carried out a visit to the villages. After six weeks while there was nothing to do on the Neighbourhood Plan, the Steering Group now has a rush of work to coordinate with UDC and send detailed responses to the examiner. This is the reason this report is shorter than usual.

### Local Plan

We are told that the letter from the Inspectors from the hearings has been written. It should have been with UDC in October but is now on hold until after the election. Election 'purdah' requires that all announcement with potentially political impact are on hold. This delay is somewhat annoying as the Local Plan is not a parliamentary matter (and MPs can side step all questions on planning by saying it is a district council matter). However, it is out of our hands.

### Councillors Surgeries

We are available every Thursday morning from 10.30 to 11.30 in Dorrington's in Newport and we take turns to attend the Parish Council meetings in the Village Hall. We are also active on the village Facebook group.

*Neil Hargreaves*

### Other News from Uttlesford District Council

You can get email newsletters and alerts on a whole range of topics via Keep me posted – sign up and find out more at [www.uttlesford.gov.uk/keepmeposted](http://www.uttlesford.gov.uk/keepmeposted).



# TOM'S TREES

PREMIUM QUALITY NORDMANN FIR CHRISTMAS TREES

At  
**TERRACE & GARDEN**  
**RICKLING GREEN**  
**CB11 3YG**



**EVERY DAY 11-4 from 29<sup>th</sup> November**  
**WHILE STOCKS LAST**

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**[info@terraceandgarden.com](mailto:info@terraceandgarden.com)**

Free delivery to local area

Pots, planters and Christmas gifts for sale in the shop





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[www.u3asites.org.uk/stansted](http://www.u3asites.org.uk/stansted)

### The Tenth Anniversary Showcase and Christmas Celebrations at U3A

We started our Tenth Anniversary Celebrations on October 17th with a fantastic Showcase at St John's Church in Stansted. Almost 150 people attended and there was a wonderful busy, friendly atmosphere. The singers sang, the strummers strummed, tea and cakes were served and all the groups showcased their activities.

The Showcase was an opportunity to join U3A and/or sign up to join any of the groups. If you missed that chance our contact details are at the top of this page.

On November 2nd Roger Gibbons from Butterfly Conservation presented a very informative Saturday Seminar on the Butterflies of UK and Europe. He showed many beautiful photographs and provided extensive information on their life history and habitats. A most interesting and enjoyable talk.

The Stansted Mountfitchet U3A Strummers will be appearing at the Angels and Christmas Trees weekend at St Mary's Church on Sunday 8th December at 2pm and 3pm.

Please note the change of date of our monthly meeting in December. This will be on

#### *The Strummers at the Showcase.*

Thursday 12th when tea, mince pies and cakes will be served. Our entertainer, Paul Adams, will present Rock and Roll music from the 50's and 60's. He is expecting some lively audience participation!



Our annual Christmas Lunch at Bury Lodge is the following Thursday, December 19th. There are still some places left so if you still have not booked contact Stansted U3A and be prepared to make your menu choices. These can be viewed on the webpage at Christmas Lunch Menu.

We look forward to our first meeting of 2020 on January 16th when Linda Scoles talk about an American's view of a Suffolk village.

The U3A wish you a very Merry Christmas and a Happy New Year.



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07940 231964**

INFO@ALLASPECTSTREESERVICES.CO.UK

### Fly Fishing

Here in Quendon and Rickling we are a bit short of exciting trout streams and leaping salmon, but fly fishing is still possible nearby!

The Causeway Fly Fishers is a friendly non-profit fly fishing syndicate with a lease on a beautiful small lake near Debden and is very welcoming to new members, including beginners. We have rainbow, brown and tiger trout and something else rather special!

If you are intrigued either contact the Editor or look for <http://www.causewayflyfishers.co.uk/> for more information.



*The lake at sunset. You don't even need to catch anything for it to be fantastic!*



*Recent re-stocking. So we know they're in there somewhere!*

# *The* Cricketers Arms RICKLING GREEN

## *Breakfast* **SERVED DAILY**

FROM 8AM

## **COFFEE & CAKE £5**

50p per serving donated  
to Rickling Primary School

## **KIDS EAT FOR £1**

Monday - Friday  
6 - 7pm  
with every full  
paying adult

## **WEDNESDAY SUPPER CLUB**

EVERY WEDNESDAY EVENING  
FROM 6PM UNTIL 9PM

2 COURSE - \$14

3 COURSE - \$19

*Let's Celebrate!*

## **HAPPY NEW YEAR**

£20 ENTRY  
DJ - BUFFET - BUBBLES  
AT MIDNIGHT  
**TICKETS AVAILABLE  
AT THE BAR**

## **CONTACT US ...**

01799619260

[info@thecricketersarmsricklinggreen.co.uk](mailto:info@thecricketersarmsricklinggreen.co.uk)



**Armadillos**  
BUMPS, BABIES AND TODDLER GROUP

RICKLING SCHOOL HALL  
TUESDAYS 9AM - 11AM  
(TERM TIME ONLY)

COME AND JOIN US!  
£2 INCLUDES  
TEA & SNACKS

ARMADILLOS@GMAIL.COM

## 100 Club

### Congratulations to the November 2019 winners

1st	T Wilson	£35
2nd	J Evariste	£24
3rd	K Gray	£14

If anyone else would like to participate an application form can be downloaded from the Village Website ([www.quendonandrickling.co.uk](http://www.quendonandrickling.co.uk)). Remember this generates a good source of funds for the Village Hall and both our two churches, All Saints, Rickling and St Simon & St Jude, Quendon.

### Advertising in *The Link*

reaches every household in Quendon and Rickling at attractive rates.

It could be promoting YOUR business.

Contact:

Advertising on telephone 01799 543297 or

The Editor, preferably by e-mail with attachments as necessary at [robert@arnold-q.uk](mailto:robert@arnold-q.uk);

otherwise telephone 01799 543075.



## THE HUNDRED PARISHES SOCIETY

[www.hundredparishes.org.uk](http://www.hundredparishes.org.uk)

As Christmas approaches, we are more likely to hear the distinctive sound of church bells. Most of our church towers were erected with the specific purpose of housing bells high above the rooftops so their sound could be heard over a wide area, calling people to worship or, sometimes, to celebrate a special occasion.



5.5 cwt bell cast in 1705 in St Mary's, Stansted Mountfitchet

Church bells come in many different sizes, the larger giving a deeper tone. Of Hundred Parishes churches, Saffron Walden has most bells with 12, the largest weighing over a ton. Some bells are extremely old: Great Waltham, Little Hallingbury, Little Hornead, Strethall and Westmill each have one dating from the 14th century.

Each bell is rung by a separate person, pulling gently but firmly on a bell rope from below. A practised team of bell ringers can create a wonderful sound as the bells are swung in a predetermined sequence. The simplest sequence is to ring the lightest bell first and so on through to

Ringling chamber of St Mary's, Stansted Mountfitchet



### List of the 6 bells of St Mary's, Westmill

the heaviest, producing a round of descending notes.

The round may be repeated many times or, on the conductor's instruction, the

	Maker's Name	Year	Weight	Class	Height
1	Thomas Frye	1750	244	F	3 1 0
2	Thomas Frye	1750	201	E	4 0 0
3	Thomas Frye	1750	177	D	4 5 6
4	Thomas Frye	1750	151	C	5 1 0
5	Thomas Frye	1750	127	B	6 1 0
6	Thomas Frye	1750	101	A	6 2 0

sequence may be changed by swapping two bells. There are many possible sequences for ringing a given number of bells: for eight bells the number of different sequences is 40,320. An experienced team will sometimes attempt to ring a continuous set of changing sequences. Long ago it was decided that anything over 5,000 changes of

sequence would be termed a "peal".

A peal typically takes around 3 hours so requires



1894 peal board in St Mary's, Saffron Walden

organisation and great concentration and stamina. Peals are rarely attempted, but when successfully achieved they may be recorded in the church on a "peal board" giving the bell-ringers' names and the title of the change sequence or method that was used.

Ken McDonald, Secretary

## Security News and Advice from Stephen Armson-Smith, Braintree & Uttlesford Crime Prevention Officer - 090819

### Twelve tips for Christmas and after

1. If you must store Christmas food and drink, presents and other goodies within garages and outbuildings, ensure that they are out of sight and that it's securely locked with good quality well fitted locks. Treat your shed to a shed alarm.
2. Avoid tempting window shopping burglars; don't leave presents and valuables on full view in front of a window.
3. Ensure that your windows and doors are closed and locked before leaving the house. Don't attract burglars to your home by leaving it in darkness; leave lights on timers, perhaps treat yourself to a TV simulator too.
4. Lock gates to keep unwanted visitors from getting to the rear of your home.
5. Whether an evening out or Christmas shopping keep your bags, handbags, wallets and mobile safe. Busy places make it easier for the sneak thief, so be alert at all times.
6. Park safely; look for a Parkmark accredited car park [www.parkmark.co.uk/car-park-finder](http://www.parkmark.co.uk/car-park-finder). Check that your car is locked before you leave it and don't leave valuables and gifts on display in your car.
7. When you go to leave the house and find that your car is all iced up, don't leave it unattended with the engine running to de-ice it. It only takes a second to steal your car and it would invalidate any insurance claim.
8. Attending a Christmas party – make sure that you have considered how you are getting home in advance and avoid using unlicensed taxis. Ensure you drink responsibly and are aware of your surroundings, whilst keeping your drink and belongings safe. [www.suzylamplugh.org/Pages/FAQs/Category/personal-safety](http://www.suzylamplugh.org/Pages/FAQs/Category/personal-safety).
9. Watch what you put on social media; check your settings to ensure that you are not broadcasting when you are not at home and the lovely gifts you have received.
10. After Christmas don't advertise your nice gifts to the thieves by putting the empty boxes out for collection; disguise them, fold them up inside out or put them inside other non-descript box.
11. Record your new property free on [www.immobilise.com](http://www.immobilise.com), install tracking and security apps on relevant electrical and computer products.
12. Have a Great Christmas and New Year! For further crime prevention advice see: [www.essex.police.uk/cp/crime-prevention/](http://www.essex.police.uk/cp/crime-prevention/)

## What's On

Where no organiser is shown for any event in Q&R Village Hall, contact the Hall Manager, Christine Osbourn on 01799 543367 for details

Event	Date	Time	Place	Notes
EXTEND Exercises	<i>Mondays</i>	10.30	Q&R Village Hall	Pat Turner 01799 543314
Saffron Searchers	<i>1st Monday in month-</i>		Q&R Village Hall	-
Dog Training	<i>Mondays</i>	-	Q&R Village Hall	Pauline Everton
Rainbows	<i>Mondays</i>	16.00-17.00	Q&R Village Hall	(Pre-Brownies)
Prayer Meeting	<i>Mondays</i>	16.30	Quendon Church	
Pilates	<i>Tuesdays</i>	09.00-10.00	Q&R Village Hall	Jan Crawley 077421 82272
Dance Exercise	<i>Tuesdays</i>	Morning	Q&R Village Hall	Christine Alexander
Dance Exercise	<i>Tuesdays</i>	Afternoon	Q&R Village Hall	Christine Alexander
Armadillos	<i>Tuesdays (term-time)</i>	09.00	Rickling School	Stevie Green 01799 542734
Community Café	<i>3rd Weds in month</i>	10.00-12.00	Q&R Village Hall	Angela 01799 218061/Carol 543807
U3A Choir	<i>Wednesdays</i>	10.30	Q&R Village Hall	
Wednesday Club	<i>Wednesdays</i>	-	Q&R Village Hall	Christine Osbourn 01799 543367
Carpet Bowls	<i>Wednesdays</i>	19.00	Quendon Bowls Club	David Edwards 07804 954095
Prayer Meeting	<i>Thursdays</i>	09.00	Rickling Church	
Line Dancing	<i>Thursdays</i>	-	Q&R Village Hall	Dawn Bond 01787 460274
Rickling Runners	<i>Thursdays</i>	19.30	The Green	Stevie Green 01799 542734
Buffy Playbus	<i>Fridays</i>	09.15-10.30	Rickling Green	Term-time
Whist Drive	<i>Saturdays see panel</i>	19.30	Quendon Bowls Club	Tony Green 01799 218796
BCP Communion	8th December	11.00	Quendon Church	
Winstanley Day	8th December	14.00-16.00	Quendon Church	
Parish Council	11th December	19.30	Q&R Village Hall	
Whist Drive	14th December	19.30	Quendon Bowling Club	
Carol Service	15th December	18.00	Quendon Church	
Holy Communion	22nd December	11.00	Rickling Church	
Crib Service	24th December	16.30	Rickling Church	
Family Communion	25th December	09.00	Quendon Church	

## Emergency Life-saving

Should someone suffer a cardiac arrest or show symptoms of a heart attack e.g. pains in the chest, then your first action should always be to phone the ambulance service on 999. The service will refer you to our Automated External Defibrillator which is at the front entrance to Quendon & Rickling Village Hall. Anyone can save a life by using it until an ambulance arrives. In addition you can seek help from any of the volunteers listed below.

Name	Home Telephone	Locality
Alan Price	01799 542527	Northern end - Cambridge Road
Jane Price	01799 542527	Northern end - Cambridge Road
Robert Arnold	01799 543075	Northern end - Cambridge Road
Sandra Arnold	01799 543075	Northern end - Cambridge Road
Andrew Thomson	01799 543253	Northern end - Cambridge Road
Karen Thomson	01799 543253	Northern end - Cambridge Road
Thelma Wilson	01799 543313	Northern end - Cambridge Road
Chris Phillips	01799 542351	Middle - Cambridge Road
Sue Phillips	01799 542351	Middle - Cambridge Road
Nigel Ackerman	01799 540678	Middle - Cambridge Road
Wendy Stannard	01799 541869	Middle - Cambridge Road
Anne Howes	01799 543545	Southern end - Cambridge Road
Pat Turner	01799 543314	Rickling Green
Joanne Hales	07903 596011	Rickling Green
Janice Hart	01799 541196	Rickling Green/Brick Kiln Lane/Rickling
Clare Willoughby	01799 543637	Rickling Green/Brick Kiln Lane/Rickling



For further information see [www.communityheartbeat.org.uk/](http://www.communityheartbeat.org.uk/)

**Remember: Using the defibrillator can't cause injury. Doing nothing can.**

**On behalf of everyone involved in the production and delivery of *The Link*, I wish all of our advertisers and readers a very happy Christmas and prosperous New Year.**

*The Link* is produced on behalf of Quendon & Rickling PCC, who do not necessarily share or endorse any opinions expressed by contributors or advertisers.

*The Link* is delivered free of charge by volunteers to every household in the villages of Quendon and Rickling. It is also available by post and online at: <http://www.quendonandrickling.co.uk>

All correspondence for *The Link* should be addressed to the editor,

Robert Arnold: **preferably by e-mail with attachments if necessary: [robert@arnold-q.uk](mailto:robert@arnold-q.uk)**, or at Talbots, Cambridge Road, Quendon, CB11 3XJ; otherwise telephone 01799 543075

Copy for each month is normally required by the 19th of the preceding month to allow for assembly, printing and delivery.

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