

The Link

Quendon & Rickling
Parish
and Church

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and much more at
www.quendonandrickling.co.uk

NEWS

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November 2017

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Frozen in Time
By Suzanne Hawkins

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:** mcleod444@btinternet.com

From the Vicarage Study

Rev. Neil McLeod,

Priest-in-Charge of Newport with Widdington, Quendon and Rickling.

I am a big Star Trek fan! I have seen all of the movies, and have them all on DVD. I have also seen and own on DVD the TV series (Enterprise, the Original Series, Next Generation, Deep Space 0 and Voyager). I have also recently dipped into the new program Star Trek: Discovery. Now some of you may be thinking of switching off at this point or turning the page, but I urge you not to. For it is from Star Trek that I bring the quote from which this month's article will spring out of.

Star Trek 2: The Wrath of Khan is considered to be the best of the Star Trek movies. It is the one in which Spock sacrifices himself to save both the Enterprise and its crew. So you have the characters deal with the death of a close friend and colleague. Admiral Kirk asks, "How we deal with death is at least as important as how we deal with life, wouldn't you say?"

I think that it is sadly true that we will all at some point have to deal with death, whether it be the death of a family member, a close friend, a colleague at work or even the death of a public figure. This August saw the 30th anniversary of the death of Princess Diana and documentaries recalled the huge outpouring of public grief. Sometimes it seems that people 'get over' the death very quickly, and it is right that people have to find what I refer to as the new normality following the funeral. Yet how much of that is just on the surface? You may find that in the weeks, months and even years you will hear a piece of music, listen to a song, watch a movie that will take you back to the loss once more. I remember taking my mum and my aunt to a crematorium to lay flowers for my uncle (their brother) and my nan. Unfortunately after 10 years my uncle's plaque had been removed. Both my mum and aunt cried as they had done when he died because it was like they had lost him all over again.

On the 5th November at 6.00pm in Newport Church I shall be holding our annual Commemoration Service. It is there for everyone who still misses or grieves for a loved one – there is no time limit in bereavement. Within the service there will be the opportunity to write something about the person you are remembering, and you can also light a candle for them. It is a service in which to find some comfort and peace, and I know that people who attend value it greatly. You are welcome to join me for the service, and if you are struggling with loss and would like to talk then please contact me. My contact details are elsewhere within this magazine. God Bless.

Neil

Churchwardens News.

Thank you to all those who donated so many items at our **harvest festival**. These have been delivered to 'Streets to Homes' in Harlow, where they were very much appreciated. Other items are often requested, such as sleeping bags or clothing. I have put a list in the porch at Quendon Church. Items can be left at the church or contact Christine Osbourn 543367

Samaritan Boxes Thank you to those who have completed their boxes, please deliver to Quendon Church, Rickling Church, Maureen's doorstep or Christine Osbourn by Sunday 12th November, to enable me to get them to the collection point on time. Thank you.

Contact details for local Police



Essex Police operate through Local Policing Hubs, and it is not possible to contact individual members of that team for day-to-day activities.

The recommended procedure is to contact the police using the 101 service (if 999 is not appropriate, i.e. for non-emergency situations). Calls to the 101 Centre will determine how to respond and, where appropriate, this will be passed to either Response Officers or members of the Local Policing Hub.



Church Services in the Benefice

Sunday 5th November

9.30am Widdington Family Service
11.00am Newport Family Communion
6.00pm Newport Commemoration Service

Sunday 12th November

10.50am Newport Remembrance Sunday Service
**6.00pm Quendon BCP Communion with Reading
the Names of the Fallen**

Sunday 19th November

9.30am Widdington Holy Communion
11.00am Newport Holy Communion
6.00pm Rickling Evening Prayer

Sunday 26th November

8.00am Newport BCP Communion
9.30am Rickling Holy Communion
11.00am Newport Morning Worship
3.30pm Newport Messy Church

**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.

Sunday 3rd December

9.30am Widdington Christingle Service
11.00am Newport Family Communion

Sunday 10th December

8.30am Widdington BCP Communion
11.00am Newport Morning Worship
3.30pm Newport Messy Christingle
6.00pm Quendon Carol Service

Sunday 17th December

9.30am Rickling Holy Communion
11.00am Newport All-Age Service
3.00pm Widdington Carol Service
6.00pm Newport Carol Service

Christmas Eve

9.30am Quendon BCP Said Communion
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 31st December

10.00am Newport Morning Worship

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: mcleod444@btinternet.com

Churchwardens - **Quendon:** Mrs Maureen Hawkins 01799 543201 and Mrs Christine Osbourn 01799 543367
Rickling: Lisa Huxtable 01799 542995

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

Quendon & Rickling 100 Club

Congratulations to this months
winners!

No 1.....57.....Margaret Dallimore

No 2.....30.....Wendy Stannard

No 3.....80.....Roger Hackwell

Also welcome to our 2 new members.

If you would like to join us please
shout! xx

Clare. 543637

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Quendon and Rickling.**

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Contact:

**Advertising on telephone 01799
543297 or**

**The Editor preferably by e-mail
at robert@arnold-q.uk, or
telephone 01799 543075**

* * * * *

YOU ARE INVITED TO OUR

** WINTER FA YRE * **

SUNDAY 19TH NOV 2.00PM

QUENDON VILLAGE HALL

CHRISTMAS GIFTS & DECORATIONS

*CHILDREN'S ACTIVITIES * **

*GRAND RAFFLE * TOMBOLA*

** LOCAL CRAFTS * **

** REFRESHMENTS * **

CAKES & HOME MADE PRESERVES

Quendon & Rickling Parish Council News

Parish Council Meetings

The October meeting was cancelled due to unforeseen circumstances; there was still a lot of work undertaken by the Parish Council with attendance at various meetings and other duties.

The next meeting will take place on November 8th. The draft minutes are published on the Village website around ten days after the meeting which you may find of interest along with lots of other useful information. You may also find the information below helpful.

Street lighting

If you notice any street lights not working, please contact the Parish Clerk who will be happy to make the necessary arrangements to get them repaired.

Winter salt

As we approach the winter period, just a reminder that salt is available and located in three bins around the village. They can be found at CONEY ACRE, THISTLEY CRESCENT and THE CRICKETERS ARMS. The use of this salt is really to de-ice public footpaths in adverse weather but adding a little to the path to your front door is OK. Take care in these conditions and please be aware that the salt can be quite heavy and sometimes difficult to extract from the bins. Should you have any problems please contact Brandon Chapman, who may be able to help.

Shop

Just a reminder about the Village Shop and the Community aspects. Apart from a great facility to pop in for that much needed, but forgotten item, why not stop for a cup of coffee or meet up with some friends for a cup of tea. Remember, we need to support The Pub with this and if we don't use it, we may lose it!

Community skip

Many thanks to all of those who used the skip recently, in a responsible manner. The site in Coney Acre was kept very tidy and although the skip was full the notice not to overfill was adhered to. It is much appreciated and means we can keep this, obviously much needed, facility for next year.

Hedges and trees

The recent weather has caused a spurt of growth as we enter the Autumn. A gentle reminder therefore, that if you have a hedge, tree or indeed, any growth that overhangs a public area, please make sure it is cut back

so as to allow passers by a safe and easy passage. Thank you.

Welcome Packs

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

Notice boards

There are three notice boards in the village. They are sited at Coney Acre, Thistley Crescent and the Village Hall. If you would like anything posted on the notice boards please contact the Parish Clerk

Allotments

Anyone interested in taking up an allotment should contact Peter Warwick on **01799 543526**.

Dog Fouling

We are again having problems with dog owners not clearing up after their dogs. This is a popular area for dog walkers from surrounding villages. Perhaps all could be reminded of the importance of keeping the area clean for the benefit of everyone.

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

Contact the Parish Council

The Clerk, Anne Webb can be contacted by e-mail quendonandrickling.clerk@hotmail.com or by telephone **01799 543988**.

THE HUNDRED PARISHES SOCIETY



The Society held its annual general meeting in September, kindly hosted by Duxford Parish Council which is one of eighteen parish councils who are members of the Society. Before the meeting, we were guided by local historian Jim Longstaff on a short walk around the centre of Duxford, with visits to its two interesting Grade I churches.



**St John's Church,
Duxford**



**St Peter's
Church and
war memorial,
Duxford**

If you would like to explore this attractive village, please consider following Hundred Parishes Walk number 14 which can be downloaded from the Walks section of our website, www.hundredparishes.org.uk. The 5-mile route starts at Great Chesterford Station and passes through Ickleton, Hinxton and Duxford before finishing at Whittlesford Station. Until last month, I was under the impression that Whittlesford Station was in the parish of Duxford, but our guide informed us that the parish boundary was changed in 2010. Whittlesford parish, which lies outside the Hundred Parishes, also acquired the ancient Duxford Chapel. Duxford parish has retained most of its treasures including Imperial War Museum Duxford.

We have started to update the walk descriptions on the website by adding a map to each. So far, two have been completed. We hope the additional feature will encourage more folk to try either the 3 miles of Walk number 3 around Stansted Mountfitchet or even the 10 miles of Walk number 11 which starts at Newport Station and finishes at Audley End Station after passing through Wicken Bonhunt, Clavering, Arkesden and Wendens Ambo. I guarantee that you will find either route full of interest.

On Sunday 12 November, there will be a screening of "Littlebury" at Saffron Screen in Saffron Walden. This is a compilation by Lizzie Sanders who was a major player in the publication of the excellent Littlebury parish history. There is more information at <http://saffronscreen.com/littlebury/>

Ken McDonald, Secretary



**1917 aircraft hangar at IWM
Duxford**

This month's message from the Chairman of the Parish Council

I recently had a meeting with Annette regarding the progress of the Village Plan Action Group. If you don't already know, they are the group of volunteers doing their best to instigate the wishes and aspirations expressed in the Village Plan. Not all of these fall within the remit of the Parish Council but inevitably some do. Firstly, there is a desire to reduce the speed limit in Belchamps Lane. This is currently derestricted, meaning the national speed limit applies, which for this class of road is 60mph. A reduction to 30 or 40mph on the grounds of safety seems logical.

There are also a number of you who would like to see a cycle lane linking the villages and again, on the grounds of safety, as well as the modern policy on planning, this would be a logical step.

When the results of the recent traffic survey are made available to the PC I will be making my case to ECC regarding traffic speeds and volume through the village and I will include both the above in the discussion. I can't make any promises about the outcome but I'll do my best.

Parking outside the pub remains an issue, particularly during term time. The PC will contact the school to see what measures can be taken and to investigate the possibility of reinstating the 'Walking Bus'.

As we move further into autumn and the growing season ends, I would ask you to take a little time to ensure that, if you have a hedge or other planting which borders the footway, it doesn't obstruct pedestrians or cause them to have to walk in the road. This is an ideal time to give it a trim.

Finally, due to a number of Councillors being unavailable for the last meeting, I took a rather late decision to cancel it. We did our best to publicise the decision but if you went along to the hall and found it deserted, my apologies. Normal service is now resumed.

Alan.

Once you've seen one shopping centre, you've seen a mall.



The Essex Lottery is an exciting weekly lottery set up by Essex County Council to support local charities and good causes in communities across Essex with their fundraising efforts. Tickets cost £1, of which 60p will go directly to good causes.

The first draw takes place on Saturday 25 November with a jackpot of £25,000 and guaranteed weekly prizes. Plus, anyone who buys a ticket for the first draw will also be in with a chance to win an iPad.

Buy your tickets on the website www.essexlottery.co.uk, or call 0300 302 32 32 to be in with a chance of winning something for yourself and supporting local good causes with their fundraising.

Players can select from over 95 registered causes they wish to support and benefit from the proceeds. There's still time for good causes to register their interest with The Essex Lottery. You can do this via www.essexlottery.co.uk by emailing essex.lottery@essex.gov.uk or by calling 0300 302 32 32.

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This is adapted from October's issue as only one volunteer came forward.

A message from Jack Livings, our local Royal British Legion co-ordinator.

It is sad that the Legion has only the Pub and School selling poppies at remembrance time, and only one house-to-house seller in Quendon and Rickling.

If you are able to spare perhaps an hour a year doing this to help those who gave so much for us, please ring me on 01799 550539.

No reward, but you get a nice warm feeling of helping our servicemen, whose lives have been shattered for our country, and their dependants. "Greater love hath no man than this, that he lay down his life for his friends."

Jack Livings, WW2 Veteran (aged 95!)

Silent Auction

One of our very talented residents has donated this beautiful water colour painting of our very picturesque church in Quendon, we will be holding a silent auction to raise funds for the very vital underpinning of the village hall.

Anyone wishing to bid should do so by emailing their contact details and the amount they wish to bid to traceyhepting@hotmail.com or written bids can be posted at 1 Waterbutt Row, Cambridge Road, Quendon or handed to Christine Osborne.

Our thanks to The Art House in Bishop's Stortford who have very kindly offered to mount and frame the painting for us, it will be displayed at The Christmas Fair at the Village Hall on Sunday 19th November at 2.00pm and The Winstanley Celebration at Quendon Church on Sunday the 3rd of December.

The closing date for bids will be 5th December.



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Contact:

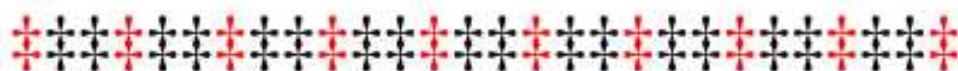
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The Editor,

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attachments as necessary

at robert@arnold-q.uk;

otherwise telephone 01799
543075.



Mr. William Winstanley.

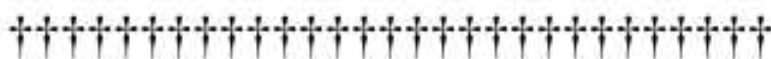
(late of Berries, Quendon 1628-1698)

welcomes you to Quendon Church,

Sunday 3 December. 2.00pm.

Hear the terrifying tale of the Flying Serpent as
told by children of Rickling School.

Start Advent with a glass of spiced apple drink
and a mince pie while we recreate the
17th century Quendon Christmas.



Report from District Councillors Anthony Gerard and Neil Hargreaves

Local Plan

Uttlesford District Council has now completed its consultation on sites and policies for the Local Plan. The results are being analysed and the intention is to have a final draft out by March 2018 for a further consultation before submitting to the Planning Inspectorate. Those who follow this will be aware that the focus of development is intended to move to three new settlements, instead of continuing to add on to villages and towns.

The areas affected are of course strongly opposing these plans. However, the previous draft plan was rejected by the Inspector partly because further 'cheap and cheerful' add ons to existing settlements are not viable. This of course means 'cheap' for developers as they can avoid all but the minimum compulsory financial contributions and piggy back on infrastructure installed decades and sometimes centuries ago. Supplying and upgrading the infrastructure, particularly roads, is difficult and in the case of road building, too expensive. No-one wants to trash the countryside with housing estates but councillors are being given no choice.

What never seems to be debated is whether countryside immediately surrounding our villages is more or less worthy of protection than open countryside which does not have an existing settlement at its centre. I think there is a case for saying that the immediate proximity and visibility of the first rate countryside that we are blessed with around here adds significantly to the amenity of our villages. Damage that and you damage the villages as well.

Watered down planning policies

In last month's *The Link* we covered the need to be precise in the wording of our Neighbourhood Plan policies. Here is an example of what is meant, from the draft UDC Local Plan.

Currently a developer wanting to build outside of the Plan boundary has to justify breaking 'Policy S7 - The Countryside', which says:

*'In the countryside, which will be protected for its own sake, planning permission will only be given for development that needs to take place there, or is appropriate to a rural area.... **There will be strict control on new building.** Development will only be permitted if its appearance protects or enhances the particular character of the part of the countryside within which it is set or there are special reasons why the development in the form proposed needs to be there.'*

There is no wriggle room here. Build in countryside and you break this policy. In recent planning appeals this has been the backstop, and would be the key policy if there was a planning application for further significant development around Quendon. Developers typically go for the special reasons condition and claim lack of housing supply.

This is what the new draft says, 'Policy SP10 – Protection of the Countryside':

The Countryside will be protected for its intrinsic character and beauty, for its value as productive agricultural land, recreational land and for biodiversity. The landscape character and local distinctiveness of the Countryside will be protected and enhanced. Proposals for development will need to take into account the landscape's key characteristics, features and sensitivities to change in accordance with Policy C1.

Within the Countryside... planning permission will be granted for development appropriate to a rural area in accordance with Policies C1 – C4. In considering proposals for development in the Countryside the Council will:

- *Protect the best and most versatile agricultural land and which support biodiversity;*
- *Support other options such as the use of land within development limits, re-use of existing rural buildings and previously developed land; and*
- *Focus development in locations with good access to services and facilities.*

(Policy C1 defines some aspects of what countryside is, but objectors would have to prove 'material harm', which the policy does not define, to bring it into play. C2, 3 and 4 are about other things)

Our view is that SP10 is too vague to be any use. Our agricultural land is classed grade 2, the same as most of the country, but that wipes the first defence as it says 'best', which the policy does not define. The second dot point would be irrelevant – officers look only at the site being applied for, not others. And the third one is easily fudged by just the existence of a skeleton bus service. This is a completely unenforceable policy. R4U councillor Petrina Lees from Elsenham is on the Plan Working Group and will be taking this up, and we will also be attending to bring our recent experiences on this to their attention.

Also being watered down are parking space requirements, and the policy on Sport Provision requires nothing other than playgrounds and a little space on larger sites. There is motherhood waffle about obesity, but not an enforceable policy that might provide facilities locally or in the district.

Update

The £70,000 bridge signage project to replace or upgrade signs at 27 locations to keep the big trucks away from Newport railway bridge should be complete by the time *The Link* is published. There are some issues to resolve, but it is good to see a project which Neil put so much work into now being delivered.

Councillors' Surgeries

Neil and I are available every Thursday morning from 10.30 to 11.30 in Dorrington's in Newport

Anthony Gerard

CLAVERING FAMILY FIREWORK NIGHT

SUNDAY 5th NOVEMBER

Jubilee Field, Clavering

Doors open @ 4.30pm for food and drink

No entry after 5.50pm

Fireworks start @ 6pm

A traditional bonfire night and family friendly firework display

Buy your tickets in advance from the Fox & Hounds, Clavering

Adults - £5 (£6 on the night)

U16's - £2.50 (£4 on the night)

Family (x4) - £13 (£15 on the night)

Quendon and Rickling Golf Society

A group of thirteen of us went off to Thetford Golf Club on Wednesday October 11th for a game of golf in the mellow autumn weather. This was a big improvement on our last meeting at the end of July when it rained and chilled us all. A good start already! We didn't meet until lunch time but after an hour or so's catch up and chat we went out onto the course as four teams of three with me as an extra just playing for the love of the game. Fun was the order of the day and we played a format which gave points on each hole for two out of the three players in the team. Thetford is a lovely breckland course and you really feel as though you are in the middle of the forest which indeed you are. Lots of heathland and trees, bracken, heather and the like to encourage us to keep to the fairways and some of us did but inevitably others didn't. Everyone enjoyed their round and returned to the clubhouse for the review and early supper of well deserved ham, egg and chips which went down a treat after all the exercise.



Prizes followed and the winning team was Mervyn Waite, Tony Jones and David Lockwood and here they are looking suitably victorious. There were two nearest the pin prizes and those were won by Ray Hart with a very close to the flag drive on the third hole, and by Alison Harrison Dees who was the closest to the pin on the 13th. Two of our players, Susie Hartley and Chris Howarth, had excellent birdies - one shot less than par which is the expected score on any given hole. Well done to everyone, especially the winners. We had a good day as we always do and we look forward to our next meeting which is our yearly return to Bishop's Stortford in November. Join us if you are a golfer and fancy a good day out, the details are in the Events Diary.

Jane Waite



A night with Elvis At Quendon Bowls Club

Sat 2nd December
1900 - 2300

Tickets £10 (light supper included)

No tickets available on the night

Contact Anne for further details
on 01799 543545



Rickling/Quendon Coffee Morning Club



Pub Quiz and Ahoy Bingo

Wednesday 15th November 2017
10.00 am – 12.00 pm



Please contact: Carole or Angela on
01799 543807/218061

Quendon & Rickling Village Hall,
Quendon CB11 3XQ

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**, or at Talbots, Cambridge Road, Quendon, CB11 3XJ; otherwise telephone 01799 543075

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The Link is assembled using Scribus software and is printed through the generosity of

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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
Coffee Group	<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
DiddiDance (2-4yrs)	<i>Fridays</i>	10.00	Q&R Village Hall	
Social Evening	<i>Fridays</i>	19.00	Quendon Bowls Club	David Edwards 07804 954095
Whist Drive	<i>1st & 3rd Sats</i>	19.30	Quendon Bowls Club	Tony Green 01799 218796
Golf Society	3rd November	10.00	Bishop's Stortford GC	Susie Hartley semhartley@aol.com
Commemoration	5th November	18.00	Newport Church	
Fireworks	5th November	16.30	Jubilee Field, Clavering	See p8
Parish Council	8th November	19.30	Q&R Village Hall	
Remembrance	12th November	10.50	Newport Church	
Remembrance	12th November	18.00	Quendon Church	
Coffee Morning	15th November	10.00-12.00	Q&R Village Hall	See p9
Christmas Market	17th November	13.00	Osca Hall, Henham	See advertismnt in October issue
Winter Fair	19th November	14.00	Q&R Village Hall	See p3
Evening Prayer	19th November	18.00	Rickling Church	
Holy Communion	26th November	09.30	Rickling Church	
Elvis Night	2nd December	19.00	Quendon Bowling Club	See p9

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
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