

The Link



QR code for
The Link

Quendon & Rickling Parish and Church

NEWS

November 2025

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Priest in Charge of the parish of Quendon and Rickling, Coordinating Chaplain Stansted Airport (2 days per week)

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

Telephone: L: 01799 732059; M: 07878176551 **Day off:** Friday

Churchwardens -

Quendon: Mrs Christine Osbourn 01799 543367

Rickling: contact church.jo@yahoo.com

Treasurer -

Quendon and Rickling: Mrs Sandra Arnold 01799 543075

From the Vicarage Study

Rev. Peter Allen,

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

What Would We Lose If We Didn't Have Our Village Church?

It's a question worth asking from time to time: what would we lose if our village church were no longer here?

Some might say, "We'd lose a beautiful old building," and that's true. Many of our churches have stood for centuries, their stones holding the prayers and stories of generations. They are landmarks of faith and continuity, places where the people gather in moments of joy and of sorrow. To lose the church would be to lose a part of our shared history and identity.

But we'd lose more than a building. We'd lose a place of belonging — somewhere that welcomes everyone, whether they come regularly or only once in a while. The church holds communities together in subtle ways: at Christmas and Easter, at Harvest and Remembrance, when we celebrate baptisms, weddings, and say goodbye to loved ones. These are the moments that knit community life together, and the church stands quietly at their centre.

We'd also lose a source of care and compassion. Much of what the church does goes unseen — visiting the lonely, comforting the bereaved, supporting families, collecting for the food bank, opening its doors for a cup of tea and a chat. Without it, there would be fewer places where people can simply come as they are and find a listening ear or a word of hope.

And we'd lose a spiritual heart — a place to pray, to be still, to bring our worries and hopes before God. In a noisy and restless world, the church offers something precious: a space of peace, where anyone can step inside and know they are not alone.

Of course, the church is not just a building; it's people — living stones, as the Bible says — who seek to follow Christ and serve others. Yet the building stands as a sign of that faith, a reminder that God's love has a home in this community.

In no way am I suggesting that your local churches are in danger of disappearing but I just thought I'd pose the question by way of trying to highlight what the church offers us all by its presence and all that it stands for. Rickling and Quendon are your local churches and you can play a part in ensuring their presence remains long into the

future by attending when possible, and supporting as possible, whether that be an offering of time, a skill or financial support.

So as we look to the future, it's worth asking not only what would we lose without our church, but also what can we do to help it live and flourish? Because a living church enriches us all — in faith, in friendship, and in hope.

Revd Peter

Church Services in the Benefice

Sunday 2nd November

9.30am Newport All Age

11.15am Widdington Shoebox Service Widdington village hall

7pm Newport All Saints Day Service

Sunday 9th November

10.50am Newport Ceremony by the war memorial followed by Remembrance Sunday service in church

6.30pm Quendon Names of the Fallen service

Sunday 16th November

9.30am Newport Communion

11.15am Widdington Communion

Sunday 23rd November

9.30am Newport Morning Worship

11.15am Quendon Communion

Sunday 30th November

10am Quendon Benefice Communion

Quickling Village Pumpkin Growing Competition

Well done and thank you to everyone who took part in this year's pumpkin growing competition. It was a great success and we had a fabulous display of entries of all shapes and sizes but the out right winner this year was a whopping 34.5kgs! A village record!

Congratulations Jo Kitkat! You are this year's winner for 2025 and get to take home the village cup.

In second place with a mighty 19.9kgs was the Braddy family, third was Phil Sowter with an impressive 14kgs and fourth was youngest entrant at 4 years old, Lara Ballantyne with 7.1kgs

If you're interested in taking part in next year's Village Pumpkin Competition, please contact the parish council with your name & address. Seeds will be available from March/April 2026.

The apple press had plenty of use with lots of apple juice being taken home at the end of the afternoon.



For Crimes and suspicious activity NOW phone	999
You can report non-urgent incidents or suspicious activity and crimes that have already happened online at https://www.essex.police.uk/ and click on the appropriate button ("Chat" feature is bottom right of screen). Alternatively phone 101 but online contact is preferred.	
Action Fraud is the UK's national reporting centre for fraud and cybercrime where you should report fraud if you have been scammed, defrauded or experienced cyber-crime in England, Wales and Northern Ireland. If you have been defrauded i.e. lost money phone or report online at https://www.actionfraud.police.uk/reporting-fraud-and-cyber-crime If someone has tried to defraud you but you have <u>not</u> lost money, phone or report online at https://www.actionfraud.police.uk/report-phishing	0300 123 2040
CRIMESTOPPERS To give information anonymously phone or report it online at www.crimestoppers-uk.org	0800 555 111
<i>The information you provide is very important to us, so please make sure that we can use it effectively, by reporting it correctly through the proper channels. Thank you.</i>	

Parish Information

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 provided. If an e-mail address is provided the pack can be sent digitally.

Allotments (Quendon Hall Estate):

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

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.

Contact our Parish Council

Details of Parish Council meetings may be found on the village web-site:
<https://www.quendonandrickling.co.uk>
and on village notice boards. All are welcome to attend.

The Parish Clerk is Keith Williams

Email:

quendonandrickling.clerk@hotmail.com

Telephone: **01279 814473**

Contact our District Councillors

Email: cllremanuel@uttlesford.gov.uk

Telephone: **01799 543487**

Mobile Telephone: **07801 039550**

Email: cllrhargreaves@uttlesford.gov.uk

Telephone: **01799 540411**

Mobile Telephone: **07854 687748**

See also DCs' regular reports in *The Link*.

Contact our County Councillor

Cllr Raymond Gooding

Essex County Council

County Hall, Duke Street

Chelmsford, CM1 1LX

Email: cllr.ray.gooding@essex.gov.uk

Telephone: **01279 813103**

Mobile Telephone: **07778 643759**

Contact our Member of Parliament

Kemi Badenoch, MP

House of Commons,

London, SW1A 0AA

Email: kemi.badenoch.mp@parliament.uk

Telephone: **02072 191943**

From the Parish Council Chair

This month has been about ‘follow-ups!’

The continued saga of issues along the B1383 have been raised with ECC (Ray Gooding) and copying our MP. The following text is a response from ECC to the local MP who has shown interest in the problems.

“The clearance of the footpath (B1383) is generally not regarded by the Highway Authority as a priority because the estimated cost of the works is anticipated to be excessive. I continue to try to establish a means to fund this work but that is proving to be extremely difficult. (GS: This has been going on for years with no action).

The repair of the VAS Sign at the northern end of the village is now included in my Members scheme and is likely to be completed within the next five weeks.

The island in the road was installed as a part of a traffic calming scheme requested by the Parish. This island was installed as the second phase of that work. It has proved to be impractical and the fixed reflective bollards were knocked down four times in as many weeks. I have therefore requested that this installation be reviewed because it is proving to be an unacceptable maintenance requirement. That review will be completed shortly and it is likely that the island will be removed and replaced with a painted solution that will imply an island but will not be a hazard if it is driven over.”

The statement about the traffic calming island is not strictly correct and will be followed up on. Also, there was no mention of the removed/replaced/removed again cat’s eyes!

As mentioned in last month’s Link, the Christmas tree lights are now planned for 28th of November. Full details of the activities will be posted on village Social media. We may have to be flexible with timings on the day as it is a long way for our special guest to get from the North Pole.

Gari Spearpoint

District Councillors' Report

Neighbourhood Plan ‘Regulation 14’ consultation

The start of this was delayed because a key document, the Sustainability Assessment, needed updating and was awaited from an external consultant. It is now in progress and will run until 26th November. Full details were in the last edition of the Link.

The Plan and supporting maps, appendices and independent reports are on the steering group website <https://www.nqrplan.org/>. A paper copy is also available at the Newport Parish Council office at Waterloo House, High Street, Newport, CB11 3PG

Responses are welcomed from residents, businesses and all interested parties, and can be by email to steering.group@nqrplan.org or by post to the Newport Parish Council office.

Non-statutory functions

Councils provide many statutory services, such as Licensing, social housing, planning

applications, refuse collection, running elections and a long list of others. But much work in supporting our communities is non-statutory. Things which need doing or supporting but are not compulsory. We seek best value and outcomes from limited funding by working with other agencies and external funding sources. Here are examples taken from a recent report to a full Council meeting (Newport Pharmacy gets a mention):

Communities Team Update - Cllr Maggie Sutton, Portfolio Holder for Communities

Report to Full Council – 14 October 2025

Manager: Carla Claydon. Officers: Angie Greneski (AG), Kerry Vinton (KV), Fleur Brookes (FB), Sue Hayden (SH), John Starr (JS) Tanveer Dhillon (TD)

Youth projects

The second Youth Partnerships meeting took place on the 29th of September 2025. This multi-agency meeting brings statutory and voluntary organisations together to explore where they can collaborate on youth provisions, identify local needs and gaps, and opportunities.

School engagement

We are working closely with secondary schools from across the district at the ASB Forum (youth) and John and Cllr Sutton are speaking to schools about better engagement and working more closely with together.

Health and Wellbeing Board

The Health and Wellbeing Board (HWB) is next meeting on the 30th of October and it will review the progress of the nine projects it has funded against the set objectives. The HWB has been engaging with staff this year, offering health checks, and looking to introduce wellbeing champions to support the workforce.

Ukraine and Refugee/Asylum seekers update

Ukrainian update Lead Officer (SH)

Projects are going well. The group is meeting every month to review current projects and identify challenges in delivery. We are in regular contact with the service providers and those eligible for the scheme and our overseas arrivals residents to ensure that we are supporting them.

The Community Safety Partnership – Lead Officer AG

The CSP booklet was recently sent to over 9,000 properties across the district offering crime prevention, advice, safety advice and advice on scams. This booklet is also available on our website, in reception and in accessible formats upon request.

The new SOS meetings are going well when combined with the Community Supermarket. This space enables residents to conduct face to face meetings with a variety of agencies for support with mental health, housing needs, substance dependence and cost of living.

In September the CSP is attending Scrutiny to discharge its duties from the year.

The Cllr drop-ins were not utilised, and we are looking at alternative methods and venues to engage with Cllr's.

Safeguarding update – Lead Officer FB

Safeguarding training attendance KPI data has been submitted to the relevant department and is being monitored by SMT.

Recent themes emerging from safeguarding concerns raised include dementia and mental health issues. We continue to support tenants alongside the housing team.

Fleur and Carla Claydon have been visiting all the team meetings across the Council to talk to teams about the safeguarding procedure and answer any questions.

Domestic Abuse

We obtained DA Navigator funding from Essex, circa £22,000 which has been provided to the Housing Options Team for dedicated domestic abuse officer who will support homeless applicants.

The j9 training is continuing across the district. It is being delivered by Alfa Vesta and facilitated by the Police and Council. We recently saw Newport Pharmacy obtain accreditation, and they are the first Pharmacy to do this in Essex.

Anti-social behaviour – Lead Officer TD

Tanveer has implemented the new ASB Forums (Youth and Adult) and he is working closely with John to set up the Youth Partnerships Group and the Youth Voice Group. He has a busy caseload, having dealt with over 80 new cases since he started in April.

Councillor Surgeries

These are in Dorringtons every Friday from 10.30 to 11.30. If we have to cancel these, we will post on the village facebook.

Our contact details are:



cllremanuel@uttlesford.gov.uk
01799 543487 or 07801 039550

cllrhargreaves@uttlesford.gov.uk
01799 540411 or 07854 687748



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.

Quendon & Rickling 100 Club

Congratulations to the latest winners
October 2025

1st Prize	L Chandler	£28
2nd Prize	J Tissot	£18
3rd Prize	M Michaelides	£8

Quendon & Rickling 100 Club generates a source of funds for the Village Hall and both our two churches, All Saints, Rickling and St Simon & St Jude, Quendon.



THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

On a fine September day, I caught an early train to Ware before tackling the longest walk on the Society's website. Station Walk number 18 covers 17 miles (28 kilometres) between Ware Station and Stansted Mountfitchet Station. Although I walk regularly, it was some years since I last covered that distance in a day so I carried a mobile phone just in case.

An advantage of this route is that it heads north for several miles and then turns east, so for much of the way the sun is behind to give the best views.

After leaving Ware, the route is all in lovely countryside, passing through eight of our hundred parishes: Wareside, Standon,



Knights Court Standon

Thundridge, Braughing and Albury in Hertfordshire and then Farnham, Manuden and Stansted Mountfitchet in Essex. Through these parishes, only Standon and Stansted contributed much more than the occasional farmhouse. They, along with Gravesend in Albury, also offered opportunities for refreshment.

The route follows a series of good paths and tracks, rising and falling between river valleys. It passes over

the River Lea just after the start, spends several miles along the Rib valley, and crosses the Ash and the Stort.

The journey crosses the Greenwich Meridian, the original route of Roman Stane Street and the former Buntingford railway line. It passes beside Barwick Ford, Standon Lordship, Patmore Heath and Stansted Windmill and there are sightings of distant churches, water towers and much more. But the best views are of unspoilt, rolling countryside and occasional wildlife.

I completed the walk, accompanied for the last 6 miles by my wife Janice after lunch in Gravesend. Altogether, a most enjoyable day – and the legs only ached a bit for the next few days! Having completed this challenge, I can return to the many shorter routes on our website.

Ken McDonald, Secretary



Thundridge Ford and footbridge over the Rib



Patmore Heath, Albury

Stansted Mountfitchet U3A**Plenty to Look Forward to with Stansted u3a**

There's so much happening at Stansted u3a this November, with something to interest everyone.

Our brand-new Understanding IT group continues with a particularly timely session: "Scams — Spotting the Digital Con Artists" on 18 November. Together we'll examine phishing emails, fake websites, and those too-good-to-be-true online offers. With real examples to review, members will learn how to spot the red flags and share personal experiences. It promises to be a lively, practical session that could save us all from costly mistakes.

Meanwhile, the Poetry Group meets in its usual slot on Thursday 6 November, turning its attention to the life and work of poet and comedian Henry Normal. On Monday 10 November, the Garden Group will take time out over tea and cake to reflect on the past season and plan a fresh programme of visits and activities for the year ahead.

A highlight of the month will undoubtedly be our Saturday Seminar on 15 November. We are delighted to welcome back Jo Brooks, one of our own members and a much-appreciated art historian. Jo is well known for her beautifully illustrated talks and her deep knowledge of art. This time she will focus on her favourite painter, Titian, bringing alive his genius, influence, and dramatic style. This seminar is one not to miss.

Finally, our monthly meeting on Thursday 20 November at St Theresa's Parish Centre (1.30 for 2.00pm) will feature speaker Pamela Holmes, who will uncover the fascinating life of the Huntingfield Heroine — a Suffolk woman of extraordinary vision, now largely forgotten.

This is just a glimpse of all that's happening. With groups ranging from art to walking and new activities always starting up, Stansted u3a offers something for everyone. Visitors are always welcome — come along and see for yourself!

Quendon Bowling Club News**Bowling**

As the outdoor season has ended and with work progressing on the maintenance of the bowling green, surrounds and the gardens we turn our focus to indoor bowling. On a Thursday afternoon we have a team bowling at the Turpin's indoor rinks in Saffron Walden as part of a league competition. This is a very different from outdoor bowling and, with the assistance of some coaching, improvement is evident, and we are now mid table. For those who prefer something a little more light-hearted on a Wednesday afternoon from 2-4pm, in the clubhouse, we play short mat carpet bowls, a fun game played on a mat appx. 10m x 2m with a wooden obstacle in the middle to negotiate

before you get to the jack. £2 per person including tea and biscuits. If you are interested in joining us for this contact John 07724 071959.

We are a very friendly welcoming and social club with members of varying abilities, come and meet us and see what we offer.

Social Members / Evenings

As the nights draw in our social evenings will be continuing on the second and fourth Fridays of the month with games, music, banter and of course drinks at club prices with our Saturday events in between. Our Music Quiz, set by Mandy and Lee, was a great success with 8 teams competing the eventual winners being “The Quintet”, in case you haven’t guessed, a team of 5 of our village people. Future events we have planned for are a Race Night on Saturday 22nd November with recorded races shown on the big screen with tote betting on the results. We also will be holding an Xmas themed quiz with seasonal fancy dress on Saturday 20th December. Our plans for our January Saturday evening event are for the return of our pub games Olympics featuring pub skills past and present, a bit of post Xmas fun and chill. Further details of these will be posted on the Parish Notice boards and various WhatsApp pages or call Ray Hart (number below). Why not follow us on Facebook? You can visit our social club 3 times as guests before having to sign as a social member, the cost of which is very reasonable, and our bar prices are generally at least 40% cheaper than local alternatives.



Remember you don’t need to bowl to be a social member to come and join in the fun.

Looking for a venue

Our Clubhouse is also available for hire by the hour, half day and full day at very reasonable rates and has recently been hired for an afternoon baby shower and for a milestone birthday party, both of which were a great success. If you need a venue for your club, meeting, party celebration please contact Ray Hart on 07973 632923 by either text or WhatsApp for further details.

Maces Farms – November Update

Although the year isn’t quite over, it’s already shaping up to be one of the driest I can remember—and likely one of the driest for many years before that too, judging by conversations with my father about seasons past. It seems we are regularly breaking records, whether for the wettest or the driest conditions. As an arable food producer, one thing has become clear: being prepared for the unexpected



and building resilience into everything we do is more important than ever.

We completed our autumn drilling in mid-October, and the conditions were excellent. The surface was dry, but there was just enough moisture to ensure excellent seed-to-soil contact, leading to rapid emergence. Thanks to the firm ground from such a dry year, compaction wasn't a concern. If you think of soil like a sponge, it needs to absorb water until it reaches saturation—the point at which it can't hold any more. This year, the ground never came close to that point.

Our sugar beet was successfully lifted. Aside from a few factory intake issues due to excessive green tops, both the lifting and the subsequent wheat planting went



smoothly. The sugar content came in at 18%, a direct reflection of the amount of sunshine we've had. To put that in perspective, 18% of our 2,874 tonnes is pure sugar—about 517 tonnes in total, which is quite something! Most of this is stored in liquid form and sold to companies like Nestlé here in the UK.

Crop protection work will continue throughout November. The longer the mild weather lasts, the more care we need to take with our growing crops.

This month, we also say goodbye to Ryan, who has been a great help on the farm since May. We wish him all the best for the future. At the same time, we're pleased to welcome Ollie, who has joined the farm and estate team full-time.



November is also when we tidy up and clearly mark public rights of way (PROW) before winter sets in. We want to ensure all footpaths are as clear and accessible as possible, helping everyone stay on the correct route.

Wishing you a safe and enjoyable Halloween and Guy Fawkes Night.

Mark Gemmill

Mgemmill@pegasi.co.uk



Newport and District Flower Club

The glorious weather has continued and our club members and visitors were treated to a wonderful evening in September with a demonstration by Violeta Veikniene, a floral demonstrator new to NAFAS – the National Association of Flower Arrangement Societies. Violeta is no stranger to the world of flowers however and holds the title of Master Florist having worked in the industry for several years. We particularly thank her for travelling all the way from north of Norwich to be with us. Looking forward, our last meeting of the year will be on 19th November 2025 when the much loved and talented Barbara Collins will be setting the Christmas scene with her festive displays. This really is an evening not to be missed with light refreshments included.



Visitors will be warmly welcomed, £15. The following meeting will be in February 2026. If you would like to find out more about these events or our club, please contact Shirley Wilcock at shirley.wilcock@hotmail.co.uk or myself.

7pm for 7.30pm start – third Wednesday of the month

Ugley Village Hall

Cambridge Road

CM22 6HR

Sandra Honour Email: sandra@thewesleys.net

From The ICO

Energy firms fined half a million pounds for unlawful marketing calls

We are warning the public to be on their guard against unlawful robo calls.

It comes as we have fined two energy companies a total of £550,000 for making automated marketing calls.

Both firms used an avatar software, which gave the call recipients the impression they were talking to ‘Jo, Helen or Ian’ from the UK - but were in fact scripted lines recorded by voice actors and played by call agents abroad.

We’ve heard disturbing reports of how unscrupulous companies are using robo technology to fool elderly and vulnerable people. We understand how distressing these calls can be and urge the public to take note of our tips to spot these robo calls so they can tell us when they’ve received one. This will help us investigate and take enforcement action.”

To stop live and automated marketing calls you can:

Register your landline or mobile number with the Telephone Preference Service (TPS)



The poster features a yellow background with a black and white image of an elderly man on the right, looking thoughtful while holding a mobile phone. On the left, the word 'ROBO' is written vertically in large, stylized letters with a red and blue glitch effect. To the right of each letter is a short text tip. In the top right corner is the 'ico.' logo, and in the bottom right of the man's image is the text 'think ROBO'.

ROBO

Are there REPEATED REPLIES? Ask yourself, does the conversation always come back to a fixed marketing script?

ODD PAUSES. Are there noticeable delays between what you say and the responses you hear as clips are selected?

BACKGROUND SILENCE. Unlike real call centres, avatar calls often sound overly polished, with no background chatter or noise.

ONE VOICE, MANY NAMES. You may receive multiple calls where 'different agents' sound the same or use the same name.

ico.

think **ROBO**

free of charge. The TPS is a register of people who have said they don't want to receive marketing calls;

Report any nuisance calls that you continue to receive to us using our online reporting tool; and

Refer complaints about fraud and scams to Action Fraud or Police Scotland, complaints about a business's practices to Trading Standards through Citizens Advice and complaints about silent or abandoned calls to Ofcom.

Other news

You may have seen reports about Meta's upcoming changes to its advertising model – here's what you need to know.

Teams at the ICO have been speaking with Meta about how they use personal information to target ads. Following this work, Meta have agreed to make a change. Instead of assuming consent through the terms and conditions, it will now ask users directly. This matters because UK law requires people to have real transparency and choice over how organisations use their data.

What does this mean in practice?

Meta is introducing a "consent or pay" model. You'll be able to choose between personalised ads or paying a monthly subscription for an ad-free service. Importantly, Meta lowered its subscription price for UK users to make this a fair choice, which is roughly half the cost offered in the EU.

The ICO will be monitoring how this and other consent or pay models roll out. Our goal is simple: to ensure you're empowered to make choices and are able to give consent freely and to ensure businesses operate in a way that respects UK law.



Saffron Walden Museum

Visiting the Museum

Our standard opening hours are:

Tuesday, Thursday-Saturday 10-4.30pm; Sundays & Bank Holidays 2-4.30pm

Closed Mondays (apart from bank holidays)

Wednesdays are currently reserved for pre-booked group visits by schools and other parties in term time.

Please note that during the Winter months, November-February, the museum closes earlier at 4.30pm, rather than at 5pm

www.saffronwaldenmuseum.org



We have been venturing further afield, collecting items for our upcoming exhibition 'Pooch', which opens on 25 October. Our Collections Assistant and Learning and Outreach Officer drove a large van to Bungay in Suffolk to gather a special little dog. The Black Shuck puppet, featured every year at the Black Shuck Festival, will be one of the centrepieces of this fascinating exhibition. 'Pooch' will explore the relationship between humans and their dogs, the evolution and breeding of modern breeds, and celebrate the wonderful bond across species. From Gundogs to Guide Dogs, from speedy Greyhounds to mythological beasts, 'Pooch' promises a fun fact-filled journey into the world of our four-legged friends.

Object of the Month

The Object of the month for October was a wax model of a beefsteak fungus. This wax model of the beefsteak or ox tongue fungus illustrates how it occurs naturally, with several bracket-shaped fruiting bodies growing close together on a tree trunk. In life, the fungus has a glossy red top surface and a creamy white underside. The colours in the original wax have faded since it was made, some time between 1880 and 1904.



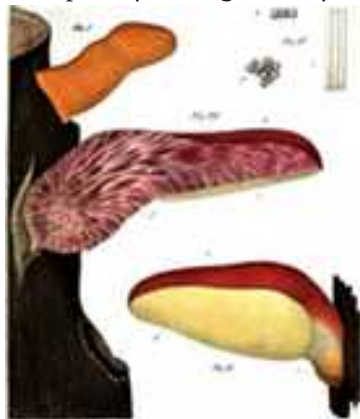


The beefsteak fungus is an edible fungus and is named after its similarity when sliced to a cut of raw meat. It is also described as a good substitute for a cut of beef in a meal, when prepared in the right way. The historic label shown with the model describes the best way of cooking the fungus to replace steak.

"... cut it into slices about an inch thick, then scald them by placing them in a pan of boiling water for

a few seconds, dry them with a cloth. Smear each steak with oil or butter and sprinkle each with pepper salt. Dust them with flour then give ten minutes grilling. Garnish with fried onion."

The scientific name for the fungus, *Fistulina hepatica*, also alludes to its resemblance to meat – *hepatica* is a Latin word meaning liver. This botanical illustration depicts the beefsteak fungus from the side when sliced (top) and when whole (bottom), emphasising its similarity to fibrous or veined meat. The drawing originates from an Italian manuscript from 1835 titled "Description of the most common edible mushrooms in Italy and the poisonous ones that can be confused with them", featuring 44 coloured images.



This model is part of a collection of over 30 wax models of fungi created by George Nathan Maynard during his tenure as curator of Saffron Walden Museum between 1880 and 1904.

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
Saffron Searchers	1st Monday/month	20.00-22.00	Q&R Village Hall	
Taste Buds Cookery School	Mondays	10.00-11.15	Q&R Village Hall	07833 290083
Dance Exercise	Tuesdays	10.30-11.30	Q&R Village Hall	Christine Alexander
Community Café	3rd Weds/month	10.00-12.00	Q&R Village Hall	Angela 01799 218061
U3A Choir	2nd/4th Wednesdays	11.15-13.15	Q&R Village Hall	
Pilates	Tuesdays	19.00-20.00	Q&R Village Hall	Vikki 07810 826465
Pilates	Thursdays	09.30-10.30	Q&R Village Hall	Vikki 07810 826465
Pilates	Thursdays	18.30-20.30	Q&R Village Hall	Vikki 07810 826465
Carpet Bowls	Wednesdays	14.00-16.00	Quendon Bowling Club	John Pampling 07724071959
Social Evening	2nd & 4th Fridays	19.00-23.00	Quendon Bowling Club	
Names of the Fallen	9th November	18.30	Quendon Church	

What's On (cont.)

Race Night	22nd November	Quendon Bowling Club
Communion	23rd November 11.15	Quendon Church
Christmas Lights	28th November	Further details to follow
Benefice communion	30th November 10.00	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. Another is sited outside Reception at the front of Rickling School. Anyone can save a life by using one of them until an ambulance arrives. In addition you can seek help from any of the volunteers listed below.



Name	Home Telephone	Locality
Robert Arnold	01799 543075	Northern end - Cambridge Road
Sandra Arnold	01799 543075	Northern end - Cambridge Road
Chris Phillips	01799 542351	Middle - Cambridge Road
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Wendy Stannard	01799 541869	Middle - Cambridge Road
Paul Carrol	07889 344869	Southern end - Cambridge Road
Joanne Hales	07903 596011	Rickling Green
Janice Hart	01799 541196	Rickling Green/Brick Kiln Lane/Rickling
Ann Merrit	01799 542110	Rickling Green/Brick Kiln Lane
Sue Joannou	07805 037586	Rickling Green
Jacolin Lampon	07710 281382	Southern End - Cambridge Road

For further information see www.communityheartbeat.org.uk/

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All correspondence for *The Link* should be addressed to the editor, Sandra Arnold, by e-mail: thelink@arnold-q.uk, or at Talbots, Cambridge Road, Quendon, CB11 3XJ; otherwise telephone 01799 543075

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