



## **The Great Scrubs Bag Project**

With the Village Lunch, Open Gardens and numerous other village activities sadly cancelled because of lockdown, many kind local people have taken on new jobs to help support the NHS and the villages during this time of global pandemic.

Prompted by a post on Spotted Puckeridge in mid-April about the urgent need for face masks, head bands and scrubs bags for local NHS and care facilities, we decided to rise to the challenge and set to with the sewing machines.

The first project was face masks and head bands. The purpose of face masks is clear but we had to learn about the head bands – they have a button on each side, and the wearer hooks the elastic on the face mask round them; this stops the skin behind the wearer's ears from getting sore over long work shifts – ingenious!

Demand for both of those was quickly satisfied and, keen to continue to support, we moved on to scrubs bags – doctors and nurses, paramedics, carers and others use one for their scrubs/uniforms at the end of their shift so the scrubs can be put straight in the washing machine without being touched again. The scrubs bags reminded us of the plimsoll bags many of us had at school! They are a large version and can be

made from spare bed-linen - pillow cases, sheets and duvet covers - with tape/ribbon for the draw-strings. We asked lots of lovely people in Standon and Puckeridge and as far as Braughing and all the way to Hoddesdon to tidy out their airing cupboards, chests of drawers and sewing boxes to donate their pre-loved bedding and supplies; the response was fantastic and Brenda Howard kindly co-ordinated all the regular offers of supplies. Sue Pulham, with energy and commitment, spent long days over several weeks at her sewing machine (until it broke – now mended, in case we need to start again!). Along with those beautifully sewn by Stephne Whittle and Margaret Reeves, we were able to give an outstanding total of 330 bags, as well as the face masks and head bands, first to the NHS offices in Welwyn Garden City for the Lister, the Herts and Essex and other local care facilities, and then to Addenbrookes hospital in Cambridge.

Our thanks to all the following for their help and support, in sewing, giving bedlinen/tape/ribbon, getting the word out and generally in encouraging us – including with home-made cake, Earl Grey tea and pasta so we didn't run out of energy!

Judi Smith, Pearl Wou, Stephne Whittle, Stephanie Beeston, Diana Dale, Sarah Baker, Helena Spencer, Gwen Duckett and friends, Joan Elliston, Caroline Franks, Carol Finlay, Pam Cakebread, Cath Warden, Barbara Norris and sewing and embroidery friends, Fiona

Butterfield, Doreen Suckling, Lorraine Howard, Iris Manning, Colin and Rosemary Jenkins, Rosemary Boa and Anne Styles, both from Braughing, Jan Spelman, Caroline Tarry, Margaret Reeves, Ivy Reynolds, Sue Cooke, Vanessa Calladine, Denis Olliver and friends, Violet Beazley, Lesley Kelly, Yvonne Richer, Sue Geddes

Apologies to anyone whose name we overlooked. Also a big well done to other people in the villages whom we heard were doing similar work. THANK YOU, ALL!

## **PS News - A Unique Coronavirus Edition!**

This edition of PS News is the first ever with a colour section and with no Village Diary - there is little point because no meetings are able to be held because of the lock-down.

Nevertheless, we hope you find the articles interesting and we will be back with (hopefully) a full edition as normal in September.

Many thanks to Toby for the Rainbow photographs (it is a great idea) and to all the people who write for PS News - it would be nothing without you!

Thanks too to our fantastic delivery team (numbering more than 60 now) for the many years of posting PS News through the nearly 3,000 letterboxes in our area.

John Harris

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## ***These are the Hands*** ***For the 60th anniversary of the NHS***

These are the hands  
That touch us first  
Feel your head  
Find the pulse  
And make your bed.

These are the hands  
That tap your back  
Test the skin  
Hold your arm  
Wheel the bin  
Change the bulb  
Fix the drip  
Pour the jug  
Replace your hip.

These are the hands  
That fill the bath  
Mop the floor  
Click the switch  
Soothe the sore  
Burn the swabs  
Give us the jab  
Throw out sharps  
Design the lab.

And these are the hands  
That stop the leaks  
Empty the pan  
Wipe the pipes  
Carry the can  
Clamp the veins  
Make the cast  
Log the dose  
And touch us last.

Michael Rosen

From "These are the Hands – Poems from the heart of the NHS"

Reprinted with the kind permission of Fair Acre Press –  
[www.fairacrepress.co.uk](http://www.fairacrepress.co.uk)

Sales of this book, as at end of April 2020, have raised over £7,500 in donations to NHS Charities Covid 19 Emergency Fund.

## ***Driving through Puckeridge High Street .....***

Over the forty-three years we have lived on the High Street, I have witnessed many of our parked cars being hit, indeed, some being written-off, some embedded in house fronts - and on rare occasions, motorists have actually stopped - or been forced to do so due to the extent of the damage, whereby their details have been obtained for legal or insurance purposes. Once we had two enormous agricultural machines take the side of the car off - they knew they wouldn't make it through the High Street, but had been told it was a shortcut, between Colliers End and the Braughing road - and would save them from going up the by-pass.

Not so on Thursday, 24th May this year, when our car was hit by a driver who had to pull into a gap between parked cars to allow a vehicle go in the opposite direction - and in doing so, damaged the front offside wing ...

Yet again, we are put in a situation where the cost of repair is down to us - and were it a minor scratch or a broken wing-mirror, that would be par for the course - but this time the wing has been dented, paintwork scratched back to bare metal, a parking camera mount has been affected, and the front valance ripped. To add to this, the car has a special protective coating - which means that the whole car will have to be stripped and re-coated - all-in, a really expensive repair.

So, to the driver of the vehicle involved - who will have damage to their front nearside wing - and who must have known they hit our car by the noise alone - would like to do the decent thing and make contact, exchange details - or just put an envelope full of cash through our letterbox - an estimated £500 should help towards the cost - as I have no wish to make another insurance claim in view of ever increasing premiums.

Perhaps next time you hit someone else's property, you might consider doing the 'right' and decent thing, rather than just driving away - a simple note under the wiper-blade would have sufficed - just imagine how you would feel if this was done to your car - or perhaps you are one of those who doesn't care, is totally lacking in good manners, and thinks they are above the Law.

I may be contacted via  
[alex6144@yahoo.co.uk](mailto:alex6144@yahoo.co.uk) - thank-you.

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## **Standon & Puckeridge Community Cafe**

Our last Community Cafe was held in March. Who knew then what was to follow?

I do hope that everyone kept well and safe since then. We had plans for our June cafe to support the MS Society Cake Break and the July Cafe to support the Alzheimer's Society Cupcake Day.

Many charities have missed out on a lot of fundraising opportunities in the past few months and their funds for carrying out their amazing work will be much lower than usual.

If you feel that you'd like to contribute to the Alzheimer's Society Cupcake Day fundraising, why not do some baking and have a cuppa and call a friend to have your own virtual Cupcake Day. You can donate online by using the following JustGiving address: <https://www.justgiving.com/fundraising/CommunityCafeCupcakeDay>

I look forward to a time when we can safely resume the Community Cafe, but until then, please stay safe and well.

Best wishes

Alison

## **Michael Stacey, R.I.P.**

Following the sudden and unexpected loss of my dear husband Michael, I would like to thank everyone for their kind sympathy and support.

This came in many ways. Flowers brought to me, prayers said, candles lit, cards sent, telephone messages left and in person by some who only knew Michael by seeing him on his walks about the village.

One person even left a small stone, decorated with little painted hearts on my doorstep. I am keeping this permanently on a shelf as a reminder of all your support which is greatly appreciated at this difficult time.

Thank you,

Jennifer Stacey

## **May Day 2020**

Sincere apologies from the Standon May Day Committee for the absence of our usual May Day celebrations but you all know the reason why.

We had a great day planned to include extra V E Day 75th Anniversary festivities on the High Street. It was

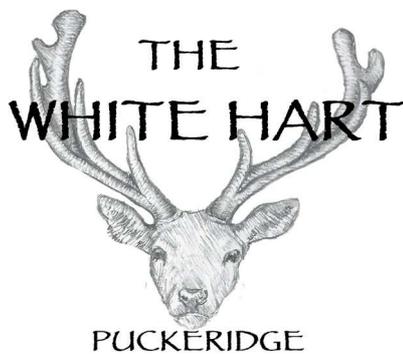
to be the 47th Anniversary of May Day and we planned to make a presentation to Rachel (Rae) Pinkney to honour the work she and her husband Fred had put into the organisation of May Day for very many years. Their children remember stalls being in the front gardens and dancing in 1973.

I would like to thank the Committee for the effort that had already been made towards May Day prior to cancellation this year. I must though make an impassioned plea for more help as we now only have 6 people involved in the organisation and we really need help specifically young strong men on the day!! I also have a couple of free posts on the Committee. We are determined to see May Day thrive but it's a heavy load on a few people. The work obviously is mainly on the day with 4 or 5 meetings in the pub over the winter – no hardship really.

I hope you all celebrated V E Day in style at home and we will be back next year !!!

Sue Spalding

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### Standon Open Gardens

*Plant Sale 2020 - Not quite what we expected.*

Having prepared seedlings and cuttings for the plant sale we were concerned about what would happen to them should Open Gardens be cancelled due to Covid 19. Fortunately our driveway is next to a walking and cycling thoroughfare, we put a table of plants there, and purchasers asked to put in an honesty box what they felt the plants were worth.

To our surprise and delight we raised £1174, for the work done by the Friends of St. Mary's Church.

A huge thanks goes to all customers and plant providers without whom we would not have had such a successful time. Preparations for next year will be underway soon with summer cuttings and autumn divisions. If you fancy getting involved with the plant sale in any way please contact me.

If you cannot wait till 2021 and would like to take a virtual tour of the gardens that would have welcomed you in June, please go to [www.standonopengardens.com](http://www.standonopengardens.com) and follow the link.

We look forward to seeing you in person next year (12 June) but in the meantime stay safe and well.

Thanks again  
Helena Spencer  
01920 822177

### Good News

OK at the moment we see thousands of plastic tubes and canes, (see right) but soon there will be miles of new mixed hedging around fields at Dowsetts and Standon Lodge Farms.

Plus with acres of new trees planted at Dowsetts Farm, it can only be good news.





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\* Be safe, be aware of your surroundings, and consider access rights while walking \*

Otter by C Robin Morrison    American Mink by Matt Binstead    Water Vole by Jenny Hibbert

## 1,000 mile ride for charity

My name is Matt Treherne. I am a healthcare professional and I have decided to lone cycle this 1000 mile challenge for 3 very important charities:

- MIND - Mental Health,
- CANCER RESEARCH,
- EAST & NORTH HERTS NHS TRUST CHARITY- For a much needed interventional Radiology recovery bay.

I have my own health issues so this epic charity ride is not as straightforward as it may seem.

Please look at my Just Giving charity page for the full story at <https://www.justgiving.com/crowdfunding/matt-jogle>

I am looking to start this ride in September (it has been put back from May because of Coronavirus, of course) and should take about 3 weeks.

I live locally in Puckeridge and would really appreciate it if you could advertise this to your readers so it would reach out to surrounding areas.



Please support me at:

<https://www.justgiving.com/crowdfunding/matt-jogle>

Please go to my Just Giving charity page if you would like to donate.

The photo above shows me ready for the challenge - it is daunting and exiting at the same time.

Thank you,  
Matt Treherne.

## Buntingford Town Twinning

Because of the Corona Virus epidemic the planned visit to Luynes in France and the visit from Olvega in Spain have both been cancelled. It is possible that we might be able to go to France later in the year but more probably we will have to suspend all visits until 2021.

Similarly any social of fund-raising activities are also on hold with members shielding or social distancing at present.

Steve and Mary Deeks

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## **Ralph Sadleir School** **Rotary Tech Competition by** **Lilly-Rose M**

In February selected year 8's went on a Design and Technology trip hosted by the Royston rotary club.

The challenge set for us when we arrived was to create a working circuit that made a bulb light up. Furthermore, we had to also ensure that the light switched on and off hands free.

The theme of our project was promoting the cause of Shelter Box, a charity that supports disaster struck families around the world. They provide emergency shelter and other essential items to support disaster struck families rebuild their lives.

6th place:

Team 1 - Luca P, Harry W, Jacob V and Jack G.

"It was fun and I got to work with my friends." – Luca

4th place:

Team 2 - Lilly-Rose Mc, Kitlyn M, Emma K and Mia Y.

"An enjoyable experience which improved my skills to work as a team." – Emma

3rd place: Received the prize for best decorated.

Team 3 - Liv M, Eden H, Sofia N and Louisa R.

"It was one of the best trips ever – I enjoyed getting stuck in and working as a team." – Louisa.

## **Spins Now Registering for** **September**

Spins Pre-School situated at The Community Centre on Station Road, Puckeridge; together with other Settings, were asked to lockdown on Friday 20th March in-line with Government Guidance in a bid to Save Lives and support the NHS, during this Pandemic.

What followed were uncertain times for everyone. Spins Pre-School have been able to 'Stay In Touch' with its families through Social Media.

Our Children have been busy updating our Facebook page with their progress and achievements they have made with their Home Learning Packs that we have distributed.

Standon & Puckeridge have been colourfully decorated with their interpretations of Rainbows, which has since become symbolic of our great health service Nationwide.

In addition, our outside daily exercise routes have been adorned with illustrated pebbles also gifted to you by our little residents. Such a resourceful idea on how to utilise natural items for artwork.

Moving forward, we have been extremely busy communicating with both new and existing families to see what our Social Distancing and Risk Assessments will look like on our return.

We have evaluated feedback from Parents/Carers and our Staff and in our

expert opinion we feel it will be sensible for our Setting to Re-open its doors on Monday 7 September.

At this time, the majority of families feel this is the right decision in terms of keeping their families safe, many of which are shielding and have members of their families on the vulnerable list.

It is a big task to deliver the concept of Social Distancing to 2/3 year olds and a requirement is to offer physical comfort to these children, which will also be challenging.

September is looking bright, with requirements increasing and we feel comfortable that by this time the Government will have eased social mixing and linked strategies.

Should you wish to discuss any concerns you may have, please do not hesitate to call/email either Sam Christie or Paula Smith on Tel: 07881 533339

email: spins.nursery@outlook.com

## **HMRC Scam**

Please be aware that of calls from people claiming to be from the HMRC and saying there is a warrant out for their arrest.

HMRC say: "You'll never get an email, text message or phone call from HM Revenue and Customs (HMRC) which tells you about a tax rebate or penalty or asks for your personal or payment information". So ignore any such calls.

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and Saturdays 8-4



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### **Historic Walk along Puckeridge High Street**

A new walk leaflet has been put together by Standon Parish Paths Partnership and is now available at

- TG's shop,
- Something Lovely Café,
- The White Hart,
- Crown and Falcon and
- outside No.52 Puckeridge High Street.

Thanks to Kathryn Shreeve for the text and Penny Wheadon for the map.

The walk, which lasts about half an hour highlights the historic buildings in the High Street.

Do you know where the Chequers Inn or the Anchor Inn used to be? Take a walk and find out.

## **Covid-19 The Upside**

> No rush to the train station hoping your parking space is free then the painful sight to see it's taken

> No more crammed Central Line where the stifling summer journeys, sweaty armpits holding safety rails

> At the office no more hot-desking, where the previous user has left smeared remains of their breakfast and lunch!

> No more bullying from egoist power hungry Team Leaders, who never quite make the next rung of the career ladder, but feed on your ideas instead. But now, it's your turn to shine

Real Prestige > is not the corner office on your floor of the building. No, it's the screen in your own home

Brainstorming > is in your own back garden in your lunchbreak

Doing your bit for the environment > Think how much less paper you now use not having to print off Agendas and Presentation notes

Those unavoidable mornings full of sycophantic fawning chat with 'The Management' now replaced with singing along to the radio

## **Puckeridge Karate Club**

Since the middle of March we've not been able to train as a club due to the Covid-19 virus, and as of 10 May we're still not sure when we'll be able to train together.

We had been planning to hold gradings in April which unfortunately have had to be postponed until we able to train at the club again.

But we are still encouraging our students to train, and we gave them a challenge during May of doing some type of training every day, whether it's Karate, fitness or flexibility.

We have had feedback from some of our students parents that they've been training for 30mins Mon-Fri, which is great, and we can't wait to get back in the dojo and see how well they've done.

Once we do get the ok from the Government that we can restart the club we will be back as strong as ever.

Puckeridge Karate Club has a great instructor : student ratio and a huge depth of knowledge that the black belts are keen to pass on to the other students. If you want to try something different and get fit at the same time, come and

give Karate a go. First lesson is free. (once the lockdown is lifted)

The club is a traditional Shotokan club and focuses heavily on discipline, fitness, and technique.

### **Training times are normally:**

Tuesday: 20.30-21.30 Seniors All grades

Thursdays: 19.00-20.00 Juniors All grades, 20.00-21.00 Seniors All grades

Email: [puckeridge.karate@ntlworld.com](mailto:puckeridge.karate@ntlworld.com)

Facebook: [www.facebook.com/PuckeridgeKC](http://www.facebook.com/PuckeridgeKC)

For further information, contact Clive Bowen on: 01763 231132

## **Please support local businesses**

Many local businesses are suffering because of the lock-down.

So, please, when they start up again support them!

It is to late to decry the lack of facilities in the village if you haven't used them when they were here!

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## Standon & Puckeridge Tennis Club

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COACHING we have a new Head Coach, Cliff Devonshire, who is an LTA level 4 performance coach. Cliff has introduced new coaching programs for all types of player from juniors to experienced Club members.

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ADULT TENNIS for all, Wednesday morning from 10am and Friday afternoon from 1.45pm. Contact Keith Bradshaw 01920 821152.

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

NEW MEMBERS WELCOME, special rates for parent/child/family membership, for details contact Sally Bradshaw 01920 821152.



Can anyone date this photo?  
Philip Greswell, Hill Farm, Old Hall Green.

### Help prevent fires during the dry weather

These conditions mean it's even easier for fires to spread quickly. That's why Herts Fire and Rescue Service are asking you NOT to light bonfires in your garden.

- Bonfires can cause a variety of problems. Not only can they quickly get out of control and pose a risk to you, your family, and your property,

but they can cause issues for people with respiratory illnesses.

- Fires can also spread easily from BBQs in dry conditions. Don't light barbecues near sheds, trees or shrubs.
- Always have a bucket of water or sand nearby in case of an emergency

If you are taking a drive into the country for a family walk, remember that dry grass is extremely flammable. Please do not throw cigarettes out of car windows and take your litter home.

**THE BEAUTY LOUNGE** NOW OPEN @  
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## **1st Standon and Puckeridge Guides and 2nd Standon and Puckeridge (Roger de Clare) Lunch Club Brownies**

Back in March, we could no longer have face to face meetings as we entered the COVID-19 lockdown with everyone else. This hasn't stopped the Guides and Brownies from meeting online though.

Every week, an email is sent to parents with badge suggestions, programme activities and other ideas. We also have weekly Zoom meetings to do badge work, play games, do cooking, quizzes, escape rooms and other activities, and try and keep everyone on track with their Guiding progress. So far we have heard three Guides make their promise and awarded 70 badges to the Guides and 25 to the Brownies, including 5 hard earned Guide Theme Awards, two Guide Bronze Awards, and one prestigious Guide Gold Award, the highest award a Guide can get. The Guides have also welcomed 3 new girls into the unit from Brownies, and are expecting lots more in September.

The highlight of the last few months has been our VE Weekend virtual camp in May. The Standon and Puckeridge Guides, Brownies and Rainbows joined together for a weekend of virtual camping. Each girl had to pack her bag, make somewhere to sleep in an indoor den or tent in the garden, do camp duties

including cooking a meal, doing a household chore and laying the table, as well as other challenges including making bunting, baking, constructing gadgets, colouring pages, knots, workout videos and lots more. We had a Zoom bedtime story, made s'mores and had a very competitive scavenger hunt. The end of camp was celebrated with cake and some surprise timed tasks to get dressed up as Winston Churchill or the Queen, and make a Union flag using items found at home. Considering the short time limit, we had an amazingly high quality of entries. Everyone who attended was awarded a specially designed badge.

Some Guides and leaders participated in the Girlguiding UK Adventures at Home Festival and learned to draw with Wallace and Gromit creator Nick Park, learned magic tricks, tried to make butter, watched training videos with professional basketball players and footballers, had a campfire singalong and heard from two Guiding Ambassadors - adventurer and endurance runner Anna McNuff, and Atlantic rower Sally Kettle. We are also looking forward to a Girlguiding Anglia Region virtual camp.

We are waiting on government advice as to when we can meet face to face again. Whatever happens, we will carry on Guiding. We are so proud of all our young members and how they are coping during these difficult times.

## **Attend2Health**



Attend2Health in Buntingford have a Podiatrist, Chiropractor and Osteopath treating urgent cases in full PPE, but please check our website and Facebook page for updates.

I am also very proud to announce that Attend2Health has been awarded a Service Award by WhatClinic. They reward the clinics who demonstrate a clear and measurable commitment to patient service. This award means a lot to us as only 5% of clinics in the country will get an award and it is great to see this our service recognised.



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## Stop Stansted Expansion Ten Year Anniversary

Sunday 24 May 2020 marked exactly ten years since BAA formally abandoned its plans for a second runway at Stansted Airport. This was the culmination of an eight-year campaign by Stop Stansted Expansion (SSE) challenging BAA at every turn.

A second Stansted runway lay at the heart of a 2003 Government White Paper, to make Stansted bigger than Heathrow. These proposals had shocked the local community, leading to the establishment of SSE in August 2002.

By the time BAA finally conceded defeat and withdrew its second runway plans for Stansted, it had spent some £200 million on consultants, design and other preparatory work, including buying up land and houses which would need to be demolished to make way for the expansion of the airport.

The £200 million wasted by BAA was just a fraction of the cost to local residents in terms of the property blight which had plagued the local area for eight years, significantly reducing the value of people's homes and disrupting long established communities.

Many assumed that when the second runway plans were abandoned, the local community could finally relax but within three years (November 2012) the Government set up the Airports Commission to look afresh at the issue of airport capacity in the South East. Again Stansted was in the firing line and again SSE was forced to work at full throttle, making 12 submissions, giving oral evidence and taking legal action to stave off the threat. The Commission's final report in July 2015 confirmed that it favoured expansion at Heathrow, with Gatwick as the alternative, and Stansted was spared the threat of a new runway.

But Stansted did not escape entirely. In June 2017, its new owners, the Manchester Airports Group (MAG), served notice of its intention to seek planning approval for major expansion based on the existing runway. If approved it would allow the airport to grow by 15 million passengers a year (a 54% increase compared to last year), and an additional 75,000 flights a year (a 38% increase).

Uttlesford District Council (UDC) refused MAG's application in January 2020 but MAG is allowed six months (until 24 July) to appeal and has indicated that it might do so.

another 18 months. Meanwhile UDC has considered it necessary to set aside £1.7 million to cover the potential costs, allowing for the risk of being forced to pay MAG's costs if its appeal were to be successful.

SSE has repeatedly called upon MAG to respect the UDC decision by announcing that it will not appeal and withdrawing its planning application. Ending the uncertainty would allow UDC to release the £1.7 million currently held in reserve and put these funds to better use during the current Covid-19 crisis.

### Air Travel Clampdown Produces a Silver Lining

The current clampdown on international air travel has produced a silver lining for the UK Balance of Payments in the form of a reduction in the country's trade deficit by an estimated £3 billion a month.

Figures published in May by the Office of National Statistics ('ONS') show that the UK posted a record trade deficit of £33.9 billion on international tourism in 2019. This is more than £2 billion above the 2018 figure which was itself a record tourism trade deficit.

UK residents made 93.1 million visits abroad last year, spending a total of £62.3 billion overseas whilst overseas residents made 40.9 million visits to the UK, spending £28.4 billion.

The net result was a £33.9 billion deficit in the UK Balance of Payments.

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Just 9.0 million of the 93.1 million overseas visits by UK residents in 2019 were for business purposes.

It remains unclear as to how long it will take before there is a meaningful resumption of international air travel and overseas tourism. Restoring consumer confidence will be particularly challenging.

New guidelines published in May by the European Aviation Safety Agency ('EASA') state that passengers will need particular reassurance that filtered air on airplanes is safe. However, there is still no guidance from EASA on the testing and certification of aircraft air conditioning to measure its effectiveness in filtering out particles as small as bacteria and viruses.

Brian Ross concluded: "The general expectation is that it will take several years to restore consumer confidence in international air travel and overseas tourism."

### Don't drive whilst phoning

Hertfordshire Constabulary's Road Policing Unit is reminding the public not to use their mobile phones while driving or face a minimum £200 fine and six points on their license.

The warning comes as the NPCC launched its mobile phone campaign, which will see officers targeting motorists using handheld devices while behind the wheel.

Chief Inspector Jon Roche, Head of Roads Policing for Bedfordshire, Cambridgeshire and Hertfordshire said: "Using a handheld device while driving means taking your concentration and your eyes off the road. That's incredibly dangerous and puts you and other road users at significant risk. Our message is don't do it. Wait until you reach your destination or make

sure you park safely first.

" Last year more than 1,100 people across Bedfordshire, Cambridgeshire and Hertfordshire were caught using their mobile phones while driving. The majority of offenders were men (80%) and over half (59%) were aged between 20 and 39.

534 of these offenders were caught in Hertfordshire.

People who have passed their driving test within the past two years and are caught using their phone will automatically be disqualified from driving and need a re-test with the DVLA.

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## **The Hundred Parishes Society**

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

On The Hundred Parishes website there is a short account of each of 21 past and present celebrities, from Dick Turpin to Jamie Oliver. Gustav Holst is one of these and I make no apology for repeating text from our website here:

GUSTAV HOLST (1874-1934)



While teaching and composing in London, Gustav Holst began a love affair with Thaxted after a walking holiday in the area led to his taking a weekend cottage nearby. A great attraction must have been its cathedral-sized church with spacious, white-painted interior, where he became involved with local music-making, encouraged by the town's socialist vicar, Conrad Noel. Holst himself was an active socialist.

In 1916, Holst invited some of his London pupils to spend four days of music-making in Thaxted in the town's first Whitsuntide festival. Sadly, this was repeated for only two more years before being moved to London to avoid Holst's pupils, especially those from St Paul's School, becoming associated with Noel's controversial extremist left-wing sermons. It was 1980 before the highly successful Thaxted Festival was re-established.

Holst stayed in Thaxted for several years working, amongst other things, on his acknowledged masterpiece, *The Planets*. He adapted the big melody from "Jupiter" to accompany the poem "I wove to thee, my country". This became a popular hymn and Holst named the tune "Thaxted". It has since been used for no

fewer than fourteen other hymns worldwide as well as the anthem of the Rugby World Cup. Holst also composed the music for a

popular Christmas carol, "In the Bleak Midwinter".

During these days of social distancing we are not able to travel and enjoy our beautiful area as much as before, but we can remind ourselves of what is out there and read about our rich local history on the Society's website.

Ken McDonald, Secretary

Photos:

Gustav Holst

Thaxted church

## **The Hundred Parishes Society**

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

Recently we have enjoyed above average hours of sunshine and walking or cycling along paths, bridleways and less busy roads has enabled us to admire the abundance of wildflowers and their insect visitors on field margins and wayside verges.

Many of these insects are the familiar pollinators such as butterflies, hoverflies and bees. For obvious reasons, observations of insect / plant interactions after dark are less well studied, especially pollination activities. Concerns about the impact of bright lights on the behaviour of night-flying moths assumed a greater importance when a report published in 2017 revealed that crop yields could be reduced by as much as 13% in well-lit



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areas as the pollinating moths became disorientated. Ongoing research is revealing the importance of various moths in pollinating flowers, including those of crops such as soft fruits, peas and beans.

Moths transport pollen on their tongues and undersides as they flit from flower to flower under the cover of darkness. Maintaining a wide variety of food plants for their caterpillars is a good reason for the retention of unmown verges, wildflower meadows or flower-rich gardens.

Darker nights also help our own appreciation of the wonders of the universe. Away from 'civilisation' there are many excellent locations for star gazing across the Hundred Parishes where there is little artificial light after dark. You can check the details for your own location on the online map of CPRE's 2020 star count on [www.cpre.org.uk/starcountresults](http://www.cpre.org.uk/starcountresults).

Bright lights can be intrusive and there are concerns about their impact on human health and wellbeing. Local councils can adopt policies to tackle light pollution and protect our dark skies. Minimising the use of bright lights can save money and will enable moths to keep busy with their valuable pollination services in unlit areas.

Tricia Moxey, Trustee

## Setting the prisoner free

Corrie ten Boom was a watchmaker in Holland. In World War II, her family helped many Jews escape the Holocaust by hiding them in a secret room in their home. Eventually, they were discovered and sent to a concentration camp.

Under the atrocious conditions, her aged father died. She and her sister, Betsie, were starved and endured dehumanizing abuse. Her sister died, but in a miraculous clerical error, Corrie was released.

Years later, while speaking at a church, a man approached her after the service. It was one of the cruel, vicious guards who had tortured her! He stood before her, hand outstretched, asking for forgiveness.

Coldness clutched her heart, but she later wrote: "Forgiveness is an act of the will, and the will can function regardless of the temperature of the heart." Out loud, she asked, "Jesus, help me."

Woodenly, she grasped his hand. She recounted that the "current of heaven" raced from her shoulder, down her arm, and into their clutched hands. Flooded with a feeling of warm reconciliation, she heard herself say, "I forgive you, brother." With clasped hands, the former guard and the former prisoner wept together.

She later said that she had never felt the love of God as intensely as she did in that moment: "To forgive is to set a prisoner free and to discover that the prisoner is you."

Revs Colin & Teresa Marks  
Pastors, A10  
Christian Mission

## Avoiding Test and Trace scams

### Warning as fraudsters impersonate Test and Tracers

NHS Test and Tracers will never ask for passwords or payments

For more info on Test and Trace visit: [www.gov.uk/guidance/nhs-test-and-trace-how-it-works](http://www.gov.uk/guidance/nhs-test-and-trace-how-it-works)

Hertfordshire Constabulary is warning residents to be aware that scammers are posing as NHS Test and Trace contact workers.

The new Test and Trace tracers are now getting in touch with those who have had recent close contact with people who have had a positive COVID-19 test. However, it is important that people are aware that fraudsters are posing as contact tracers and gathering personal information by deception.

The following information will help to identify if you are genuinely being contacted by the NHS

### Genuine contract tracers will:

- call you from 0300 013 5000
- send you text messages from 'NHS'
- ask you to sign into the NHS test and trace contact-tracing website
- ask for your full name and date of birth to confirm your identity, and postcode to offer support while self-isolating
- ask about the coronavirus symptoms you have been experiencing
- ask you to provide the name, telephone number and/or email address of anyone you have had close contact with from the two days before your symptoms started
- ask if anyone you have been in contact with is under 18 or lives outside of



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- Never disclose financial information, password information or further personal details to anyone over the phone. If you are concerned about the process, check the details of the scheme online here: [www.gov.uk/guidance/nhs-test-and-trace-how-it-works](http://www.gov.uk/guidance/nhs-test-and-trace-how-it-works).

**Contact tracers will never:**

- ask you to dial a premium rate number to speak to them (for example, those starting 09 or 087)
- ask you to make any form of payment
- ask for any details about your bank account
- ask for your social media identities or login details, or those of your contacts
- ask you for any passwords or PINs, or ask you to set up any passwords or PINs over the phone
- ask you to purchase a product
- ask you to download any software to your device or ask you to hand over control of your PC, smartphone or tablet
- ask you to access any website that does not belong to the Government or NHS.

Detective Inspector Rob Burns from Hertfordshire Constabulary's Serious Fraud and Cyber Unit said: "Whilst it is possible for criminals to fake official phone numbers, they cannot fake official website addresses. We would encourage anyone with concerns about a phone call, text message or email they have received, in relation to Test and Trace, to check the website address being provided to you carefully. If possible, type the official address, which will be <https://contact-tracing.phe.gov.uk> followed by the unique characters given to you, directly into your browser.

"We have not had any reported cases of this type of fraud in Hertfordshire so far, but if you have been a victim of fraud or cybercrime, report it to Action Fraud at [actionfraud.police.uk](http://actionfraud.police.uk)."

Alternatively, you can contact [herts.police.uk/report](http://herts.police.uk/report), speak to an operator in our Force Communications Room via online web chat at [herts.police.uk/contact](http://herts.police.uk/contact) or call our non-emergency number 101. If a crime is in progress or someone's life is in danger, call 999 immediately.

## **Health Shout Out Facts and Figures**

Looking beyond Covid-19 the experts say it will be hanging around for some years yet so to give ourselves the best chance of fending it off, or even surviving – that is down to us.

Age, sex, respiratory issues are immutable. But we can change our food intake, body maintenance and weight.

Summer is a good time to embark on this. Long days and decent weather make for fewer excuses not to be outside.

Of our 66million population One third is Overweight (one to two Stones). One third is Obese (two stone plus). We are the most overweight country in Europe.

You simply cannot exercise yourself slim. You MUST make lifestyle changes and mindfully so you don't feel you are missing out.

Changing an eating pattern may help 'Around one third of the population manage to go to midday with no more than coffee, which can be a great way to reduce calorie intake. There is no truth that eating breakfast improves your metabolism 'Professor Rod Taylor of Newcastle University.

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### Exercise

Even though I have a Fitness Instructor qualification I am still much like a majority of the population, the initial thought of jogging is full of resentment. I have learned how to best address it, and it works. Start the event with a brisk walk, arms swinging. Then, after 5 minutes, then slip into the odd jog. Increase the jogs and set with a good rhythmic breathing pattern. Set yourself various goalposts along the route: a tree, a letterbox, a house and increase these jog distances each time.

Once home stretch out the various muscles (knee to chest from standing position, calf stretches and full upper body rotation twists)

Three times a week (set it in your phone as an alarm to nag you). The plank: holding for a count of 30 on first week, 60 on second week and on third week 2 x 30 with a leg raise held 10in from the floor.

Using the stairs is a great way to do push ups which is slightly easier than floor level. So feet on the floor reach to shoulder level the best step and do 30 press ups. You can do this easily every day.

With Gyms not seemingly the best place to congregate and exercise at the moment I am looking to do Powerwalk & Limber Up walks around Standon in July/August. Sessions will be to accommodate different groups. If you are interested please email >: [kate.hooper1@btinternet.com](mailto:kate.hooper1@btinternet.com) £4 each which will go to MacMillan Nurses.

For joint pain sufferers seeking a more natural remedy I recommend [www.qtechscience.com](http://www.qtechscience.com) They really do work and after 30days, if you are not

convinced you can return them.

### Better Eating

First cook a medley of Roasted Vegetables which have been roasted using 1 Cal Fry-Light and lightly coated in Schwartz Paprika & Pepper Season.

The base: Using Watercress /Rocket / Babyleaf mix salad. Chop into a fairly fine leaf mix. Amounting to a double handful. In this mix a good sprinkle of Pumpkin seeds and Sunflower seeds and two dessert spoons on Honey and Mustard dressing. On-top add two tablespoons of Cottage Cheese then the Roasted Vegetables.

### Look out for unexpected packages

Hertfordshire Constabulary is warning residents to stay vigilant following reports of people receiving unexpected packages from couriers, over the last week.

Victims have received packages that were addressed to them but contained items that they had not ordered. A short while later a woman wearing a DPD courier uniform has arrived to collect the packages, claiming they had been delivered to the wrong address. In the reported instances the packages have contained either iPhones or laptops and have been despatched by AO.

If goods are delivered that you have not ordered and are marked with your address you should inform the company that sent it and wait for them to send a courier. Always check with them which courier company is making

the collection and when they will arrive. If someone knocks on the door claiming to have come to pick it up after it was delivered by mistake, think twice about handing it over.

If someone tries to deliver a parcel you've not ordered, refuse to accept it so that it goes back to the depot or the sender. If you have handed a parcel over please report it to Action Fraud. If someone is at your door claiming to have come to pick up a parcel you never ordered ring 999.

Hertfordshire Constabulary offers the following crime prevention advice:

- If possible, don't accept or sign for parcels you haven't ordered.
- If a parcel you have received is not something you have ordered, you should not hand the parcel over to someone calling at your door unless you have made a prior arrangement for its collection and you are able to check the identity of the caller.
- If you realize a parcel you have received is something you have not ordered, you should immediately contact the company to arrange for its collection. Remember to ask how to ensure the identity of the person collecting it.

If you have already handed over a package in the circumstances described contact Action Fraud on 0300 123 2040 or via [www.actionfraud.police.uk](http://www.actionfraud.police.uk).

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## Avoid Scams When Purchasing Items Online

Police are continuing to see high numbers of frauds and scams involving online shopping, particularly relating to auction sites (such as Gumtree, Depop and Ebay) and private sellers who have advertised items through sites such as Instagram, Facebook. These frauds involve to a wide range of goods, from technology and electrical items to cosmetics, fashion and even pets.

When buying new or second hand goods online, please take care about who you are buying from, and how you make your payment.

Advice includes:

- When making online purchases, NEVER PAY BY DIRECT BANK TRANSFER. Fraudsters often concoct stories to persuade you to transfer your money to a bank account instead of paying by a safer method – be suspicious of anyone asking you to do this.
- Payments made via bank transfer are not protected if you do not receive the item.
- Remember that credit card payments offer greater protection than many other

methods.

- Alternatively, use a secure payment site such as PayPal, but beware phoney PayPal emails and DO NOT use the “Friends and Family” option unless you know and trust the person, as this



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option does not provide fraud cover. Check the rules, as PayPal Buyer Protection does not cover some items.

- Stay within the auction guidelines stipulated on the website. Auction sites should have Help/Information pages with advice and guidance about payment methods.
- Before making any purchases, research unfamiliar retailers online. It is also a good idea to conduct a 'whois' search at <https://who.is/> to check when the site was created, be wary of newly formed domains.
- Before entering payment card details on a website, ensure that the page is secure. However, a secure page does not mean the retailer is reputable.

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10.30am Morning Worship	Little Munden	4.30pm The Centre Community Church	Comm. Centre
4.30pm The Centre Community Church	Comm. Centre		
Sunday 8th March		Sunday 19th April	
10.30am Morning Worship with Communion	Standon	8.00am Holy Communion	Standon
4.30pm The Centre Community Church	Comm. Centre	10.30am Morning Worship with Communion	Little Munden
		4.30pm The Centre Community Church	Comm. Centre
Sunday 15th March		Sunday 26th April	
8.00am Holy Communion	Standon	10.30am Morning Worship	Standon
10.30am Morning Worship with Communion	Little Munden	4.30pm The Centre Community Church	Comm. Centre
4.30pm The Centre Community Church	Comm. Centre	6.30pm Choral Evensong	Standon
Sunday 22nd March (Mothering Sunday)		Sunday 3rd May	
10.30am Morning Worship	Standon	8.00am Holy Communion	Standon
4.30pm The Centre Community Church	Comm. Centre	10.30am Morning Worship	Little Munden
6.30pm Taizé service	Little Munden	4.30pm The Centre Community Church	Comm. Centre
Sunday 29th March (Passion Sunday)		Sunday 10th May	
10.30am Morning Worship	Sacombe	10.30am Morning Worship with Communion	Standon
4.30pm The Centre Community Church	Comm. Centre	4.30pm The Centre Community Church	Comm. Centre
6.30pm The Crucifixion (Stainer)	Standon		
Sunday 5th April (Palm Sunday)		Sunday 17th May	
8.00am Holy Communion	Standon	8.00am Holy Communion	Standon
10.30am Morning Worship	Little Munden	10.30am Morning Worship with Communion	Little Munden
4.30pm The Centre Community Church	Comm. Centre	4.30pm The Centre Community Church	Comm. Centre
Thursday 9th April (Maundy Thursday)		Sunday 24th May	
7.30pm Holy Communion	Sacombe	10.30am Morning Worship	Standon
		4.30pm The Centre Community Church	Comm. Centre
		6.30pm Choral Evensong	Standon
Friday 10th April (Good Friday)		Sunday 31st May	
11.00am Service at the Cross	Little Munden	10.30am Morning Worship	Sacombe
2pm Service of reflection	Standon	4.30pm The Centre Community Church	Comm. Centre

There is a service of Holy Communion on Tuesdays at 9.30am at St Catherine's Sacombe and Wednesdays, 9.30am at St Mary's Standon (not on 14th or 15th April)

Please see our website for up to date information [www.ubsms.org.uk](http://www.ubsms.org.uk)

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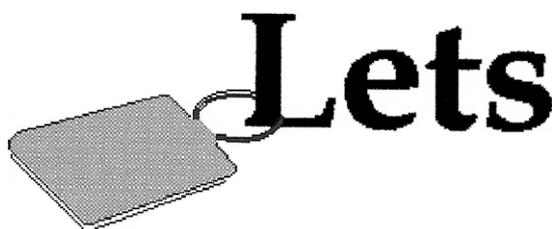
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at the.....  
**Standon & Puckeridge  
 Community Centre**

I have been missing our monthly  
 Wednesday morning gatherings.

I do hope that everyone is keeping well  
 and safe and that we will all see each  
 other soon.

Please keep an eye on local notice  
 boards for details of when we will be  
 able to resume the Community Café.



For more details contact Alison on 01920 822 872



*Making a positive difference to those  
 living with epilepsy and other complex  
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We are a large charity employing over 650 people from the local  
 area and there are a number of ways you can be involved with  
 the St Elizabeth's Centre.

We are currently looking for dedicated, compassionate  
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Care & Support Worker  
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 Residential Learning Support Assistant

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

### Have you thought about Volunteering?

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

For further information, please call 01279 843451

or visit our website:

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



St Elizabeth's Centre



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## ***This is a great time to add value to your property.***

In the current slight dip in the housing market people are looking to improve what they have in preparation for the next market rise.

When considering major improvements to your home there are Golden Rules:

- Obtain advice from your local Planning Office. This initial advice for what is possible or likely to be seen favourably is always the best approach. Call Us for a free visit and outline advice.
- Quotes and advice. Check credentials and previous work and ideally previous clients for recommendations.
- If it is your 'forever home' think about the longevity of what work is being carried out not of the fashion, think more classically or it will look dated in a short time.
- Use funds wisely. A roof is a fundamental part of the building. For example, a new roof using base roofing tile may cost £15,000 but add £40/£50,000 to your property.
- Adapting an integral garage. Creating an extension of open plan living with lots of glass as an extension of the kitchen area can make a real impact on your home Depending on the size and structure (ideally a garage that has room to be extended out. Also spending £20,000 can add an overall value of £40,£50,000.
- Create that much needed Office with working from home being the future Smartworking. The whole lockdown pandemic has shown how we really should utilise our homes/gardens as much as possible.

The Garden is effectively 'The Other Room'. Now is the opportunity to extend your outdoor living space. Don't just add some cheap slabs, think about new slabs, much like you would a new carpet. It can really make a huge difference to your garden. Even replacing Decking with composite Decking can really be such a positive change. The latest Composite Decking, with real wood effect, needs no maintenance. Enhance it to soften the vista with new planting schemes and combined soft garden lighting can create that special place of solace. With creative low maintenance/minimum watering planting schemes means it isn't daunting either.

We are happy to give outline advice, undertake Design and Drawing of Plans as well as liaison with Planning Department

Also think about your existing space

and how it is used. A survey by the Door and Hardware federation showed that 75% of garages in new builds simply won't accommodate most modern cars. So instead people house Fridge Freezers/Washing & Drying Machines and surround it with bikes, mowers, DIY equipment. Try to think of a better use of space. A good secure shed can house most of the items that don't need plumbing/power. Then redesign the garage space as a true living space with integrated white goods freeing up your existing kitchen.

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#### **The Ultimate Services**

If you require assistance with any of these services please contact our team who are waiting to help

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**Email :**

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**Upcoming Events in Hertfordshire** - please come along and show your support

- 7 June Open Garden - Dassels Bury SG11 2RW, 2 – 5 pm £5.00
- 14 June Open Garden - Thundridge Hill House SG12 0UE 2 – 5 pm £4.00
- 14 June Open Garden - Manor Farmhouse SG3 6QB 2 – 5pm £4.00
- 28 June Open Garden – Letchworth 11am – 5pm £7.00

If you're unable to attend any events, and wish to support us for this special year, please visit our just giving page online <https://www.justgiving.com/fundraising/hertfordshireredcross>, or send a cheque made payable to British Red Cross to Cathy Curtis, British Red Cross, Baker Street, Hertford SG13 7HT. Thank you. If you would like to do a fundraiser for us, that would be amazing. Please contact Cathy [ccurtis@redcross.org.uk](mailto:ccurtis@redcross.org.uk) 01992 585969



St Elizabeth's provides positive living and learning to children and adults with severe epilepsy and other complex needs.

## Urgent Fundraising Appeal

In these unprecedented times, St Elizabeth's estimates that the impact of the Coronavirus pandemic could cost us over £1.2million both from lost fundraising revenue and increased expenditure on staffing and protective equipment.

We are working hard to provide the best possible care and protection but to do this we need your help. St Elizabeth's has always relied on the generosity of the wonderful people in our community, and we need it now more than ever.

There are many ways you can still fundraise for us, many of which you can do from the comfort of your own home.

**Donate to us directly**  
Donate to us at [www.stelizabths.org.uk](http://www.stelizabths.org.uk)



**Shop on our ebay page**  
Search for St Elizabeth's at [charity.ebay.co.uk](http://charity.ebay.co.uk) and have a browse for some of our bargains

**Donate to us while you shop**  
Register to support the centre on [smile.amazon.co.uk](http://smile.amazon.co.uk) and The Giving Machine to raise money for us at no extra cost to you while you are shopping online



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