

The independent journal for Buntingford & Villages
published by Buntingford Civic Society

Buntingford Journal



50 years of the Buntingford Cougars

Inside this month: A history of The Cougars, marking their half-centenary of football fun with Buntingford's kids; the story of three of Buntingford's lost mansions; introducing a new Direct Response Travel scheme centred on Buntingford; the St Peter's Church clock needs our help to get it working again; and what can we do to help slow down climate change.

70p

September 2021
Volume 46, No.6



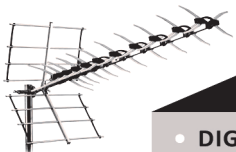
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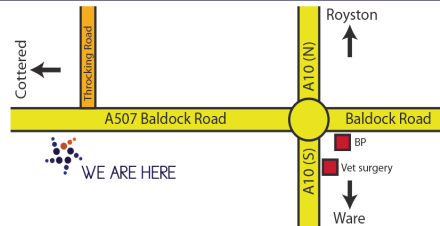
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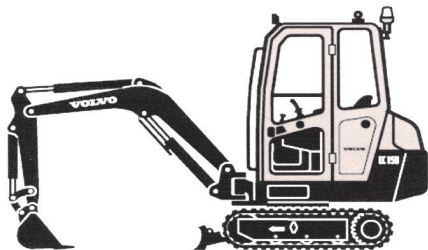
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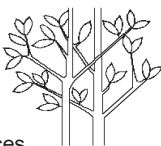
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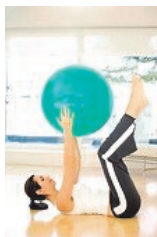
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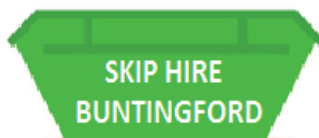
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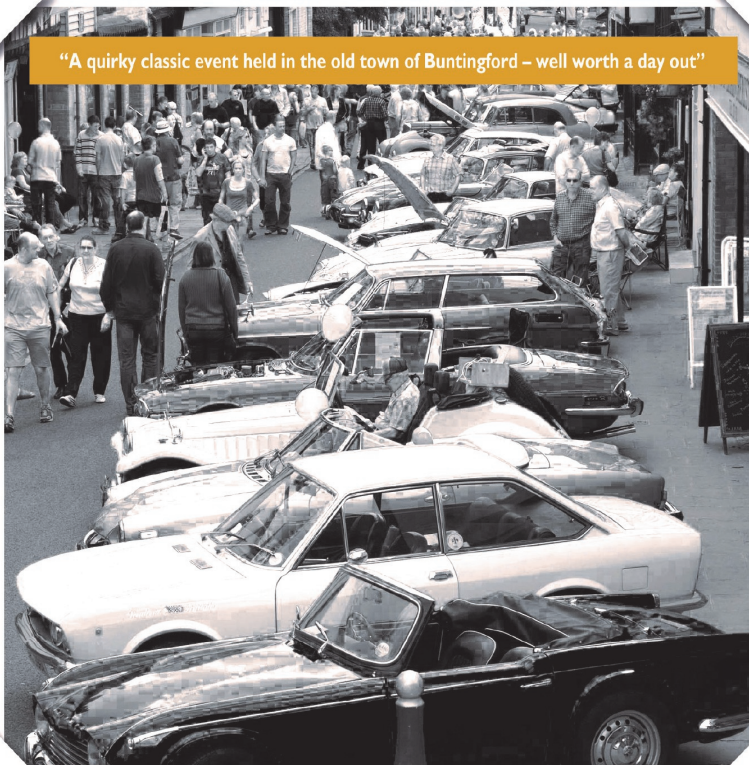
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Buntingford Swimming Club is a coaching club and is now looking for new members of all age groups from September 2021.

With things hopefully settling following long periods of closure due to covid restrictions, we are looking to recruit new members of all ages (8 and over) to our small, friendly & competitive swimming club (currently we have 45 junior members) based at the Ward Freman pool in Buntingford, and we are affiliated with Swim England Hertfordshire.

The aims of our coaching club are to develop swimmers' skills and strokes, participate in competitive events at other clubs and impart good practice and safety in the water. We meet weekly with training split into 3 sessions for either 45 mins or 1 hour on Thursday evenings between 6.30pm and 9.15pm, in term time only.

The club enters a number of local galas each year, and the club hosts its own annual internal club championship each autumn. Coaching is provided by trained volunteers and older club swimmers help out with the younger ones.

New swimmers who would like to join us need to be at least Swim England Learn to Swim stage 7 or equivalent. For further information or to arrange a trial, please visit our website at www.buntingfordsc.co.uk and on the home page please click on the link "register for a trial" and we will be in touch.

We look forward to hearing from you soon.

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USEFUL LOCAL INFORMATION

POLICE STATION: Baldock Road, Buntingford	Non-emergency telephone: 101 In emergencies dial 999
GAS:	Emergency (gas leaks) – Freephone 0800 111 999
ELECTRICITY:	Emergency (power loss) – Freephone 0800 7838 838
WATER (Veolia):	Emergency – Freephone 0800 376 5325
SEWERAGE (Thames Water):	Emergency – Telephone 0800 316 9800
FLOODLINE:	Emergency – 0345 988 1188 or 0845 988 1188 Environment Agency Incident Line: 0800 80 70 60
DOCTORS:	Buntingford Medical Centre – White Hart Close Tel: 01763 271362 (24 hours)
B A S H (Buntingford Action For Social Help):	Providing transport for hospital and doctors appointments. Tel: Colin Horgan 07733 091731
DOMESTIC VIOLENCE, RAPE, RACE or HATE CRIME:	Confidential Information Helpline: 01992 554440 (in emergency, dial 999)
LOCAL COUNCILS:	Buntingford Town Council – 01763 272222 East Herts District Council – 01279 655261 Housing – 01279 714714 Benefits – Freephone 0800 373852 For emergencies out of office hours: 01279 655261 Adult Care Services – 0300 123 4042 Children’s Services – 0300 123 4043 Hertfordshire Highways – 0300 123 4047, or report faults online: www.hertsdirect.org/highwayfaults
BUNTINGFORD LIBRARY: High Street, Buntingford	Opening times: Mon, Tue, Thur 10:00–17:30 Fri 14:00–17:30 Sat 9:00–13:00 Telephone enquiries – 0300 123 4049 Option 1 – Renewals 03:00–23:45 every day Option 2 – All other enquiries Mon–Fri 08:00–20:00, Sat 09:00–18:00 More info at: www.hertfordshire.gov.uk
CITIZENS ADVICE BUREAU: The Manor House Market Hill, Buntingford	Offices are currently closed due to Covid. For telephone advice call 0800 144 8848 (Mon to Fri 10am–4pm) or call the local Messageline on 01920 459 944 for a call back
HOUSEHOLD WASTE & RECYCLING SITE: Watermill Industrial Estate Aspenden Road	Currently closed due to Covid. Our nearest open recycling site is in Royston.

The Buntingford Journal is published by, but is editorially independent of, the Buntingford Civic Society. For information on how to join the Society and have the Journal delivered to your door, please email: membership@buntingfordcivic.org.uk

EDITOR'S LETTER

A few days after the editorial deadline this month, I was deep into putting the Journal together when I heard the very sad news that Bob Jackson has died. Bob was doing good work with the Civic Society long before I had even heard of Buntingford, and it was an involvement that he kept up to the end – he had only just given up his Journal delivery round! I last talked to Bob almost exactly a year ago to ask him if he would write an 'In Memory' article about his wife Joyce. We had both lost our partners during (but not due to) the Covid pandemic and we had a long chat that I found most comforting. Bob was that sort of man – thoughtful, patient, intelligent and kind. My sincere condolences to his family and close friends, and I hope to publish a tribute to him next month.

One sign that life is getting back to something like normal after Covid is that we have some *events* coming up this month. You remember those don't you? Where you go along to something, meet up with other people and have fun! The main event, of course, is the **Buntingford Classic on Saturday 4th September**, the first major celebration in the town for almost 2 years. It gets a mention in several articles and somewhere in the advertising section you'll find the poster. It's not the only show that day – the **Braughing Fair and Wheelbarrow Race**, usually in July, is also on the 4th and CrossFit are holding the inaugural **Watermill Games** raising money for charity. Local clubs and societies are all opening up and many of them are in these pages, from the W I and u3a to the Swimming Club and Film Club. So I thought it was time to reintroduce a 'Dates for Your Diary' feature, listing events mentioned in these pages; you will find it on page 48.

Before we get too carried away with life getting back to normal, it's worth remembering that we are facing a global crisis that could make the Covid pandemic look like a walk in the park: Climate Change. An international panel of scientists have finally stated unequivocally that climate change caused by global warming is down to us, the human race, and if we don't tackle the problem in this decade it will be too late. Indeed, some think it already is too late. On page 24-25 Buntingford's very own action group on Climate Change, BACCS, looks at some of the issues and what could be done to save the day.

We have an article from **Buntingford Cougars** marking their 50th Anniversary. Jeff Jones introduces Herts Lynx, a new 'demand response' public transport scheme aimed at improving local connections. Our MP Sir Oliver Heald returns to the Manor House for his first MP's surgery since before the pandemic. And Ashley Cantor reveals how 'no-mow' May led to a summer of beautiful flowers in his front garden.

Christine Noble

**Editorial copy deadline for the October 2021 Journal
is Saturday 11th September 2021**

Editorial submissions: Christine Noble – 01763 273095
68 Hare Street Road, Buntingford SG9 9HN
email: Journal@buntingfordcivic.org.uk

Advertising enquiries: Keith Edwards – 01763 272032
email: Advertising@buntingfordcivic.org.uk

**The views expressed in the letters, emails and articles in the
Buntingford Journal are not necessarily those of the editor.**



Buntingford Civic Society

(Reg. Charity No. 1014873)

www.buntingfordcivic.org.uk

Member of



I wonder where the Summer went? We seem to have had one week of sunshine (when it was too hot to do anything) and then a succession of rainy/windy days. Perhaps we can look forward to an Indian Summer!

Many of you will have seen the consultation document issued by Hertfordshire County Council regarding improvements to London Road/Station Road. I hope you had time to look at it and make your comments. Personally I feel that the scheme is mainly positive, but the proposed felling of 25 mature trees in order to carry out the works is an act of vandalism that must not be allowed. The Town Council have urged Hertfordshire Highways to find ways to complete the project without removing trees.

The Recycling Centre off Aspenden Road remains closed and I have been informed that it will not re-open due to issues with the landowner. It is also felt unlikely that a replacement site will be commissioned due to budgetary constraints. Personally I find this totally unacceptable. I have written to the leader of Herts County Council urging him to find a solution. I have also made our MP, Sir Oliver Heald, aware of the situation.

We experienced some printing issues with the last Journal run. I think we caught most of the faulty copies but my apologies if you received one of the offending ones.

Walking through Layston Court Gardens recently it struck me how lucky we are to have such an asset in the middle of our Town. It really does look superb at the moment – our new gardener, Alex, must take much credit for its current condition.

Finally, I have just received the very sad news that Bob Jackson has died. Bob was a stalwart supporter of the Civic Society for many decades and as nice a man as you could wish to meet. He will be sadly missed.

Graham Bonner, BCS Chairman,
graham_bonner123@yahoo.co.uk



Buntingford Civic Society was established in 1972 with the aim of improving the fabric of the Town. It has led or been involved in many restoration and enhancement projects and in planning, communication and financial support to improve aspects of life in Buntingford. **Annual household membership is just £10** and includes delivery of the Buntingford Journal (10 issues a year) to your door. If you would like to join the Buntingford Civic Society, you can download an application form from the website www.buntingfordcivic.org.uk or you can email the Membership Secretary, Peter Hay, at membership@buntingfordcivic.org.uk

It is hard to believe that a whole year has passed since, feeling increasingly concerned and powerless about the worrying amounts of speeding traffic on Baldock Road and the impact that it was having on our community, I discovered an organisation that was advocating lower speed limits and how important they are where people mix with motor vehicles and that 20mph is plenty! The more I researched into the devastating affects of speeding and the damage that is done to the human body when hit by a car at 30mph (7% fatality rate) or 40mph (31% fatality rate), it became increasingly evident that 20mph speed limits are the answer (2% fatality rates). Slower speed means drivers have more time to react, brake and avoid a collision and travelling at lower speeds means that your field of vision is wider, making it easier to spot pedestrians and other vulnerable road users in good time.

We swiftly formed our **20's Plenty for Buntingford** campaign and joined forces with 4 other local groups across the county to form **20's Plenty for Herts**. Over the space of just a year, we have grown to 19 active local groups. This clearly demonstrates how speeding is growing concern in so many communities with same issues are echoed time and time again. People are really worried about road safety and the increasing amount of speeding traffic on their roads. They don't feel safe accessing local shops and amenities on foot and worry about their children walking to and from school on roads full of aggressive drivers. These are not unreasonable fears, as recent government statistics show that over 50% of drivers now speed on 30mph roads.

It is also not unreasonable to want safer, quieter, less polluted communities where people feel more connected to their neighbours and able to leave their cars at home for local journeys. At the moment, **38% of all car journeys are under 2 miles**, a distance easily cycled in ten minutes. Surely, in order to tackle poor health, obesity and the undeniable climate emergency, the answer is to enable as many people as possible to leave their cars at home and make it safe for them to walk and cycle whenever possible? At the centre of any Active Travel policy should be wide-area 20mph speed limits and so many places in the UK (**21 million people** already have 20mph speed limits here) and across the world now have default 20mph speed limits. In Europe, Spain and the Netherlands now have national 20mph (30kmh) urban speed limits and **Wales** is leading the way in the UK with the roll out of trials for a national default 20mph speed limit. **Scotland** is set to follow suit, with trials in the Scottish Borders showing promising results in casualty reductions. Every inner **London Borough** now has 20mph speed limits and this is soon set to extend to all outer London Boroughs. National Attitude surveys repeatedly show that over **70% of people** desire 20mph speed limits where they live, but so many local authorities (including Hertfordshire) still lag behind and simply refuse to adopt a default 20mph speed limit on roads under their control. Instead they still insist on small-scale zones, often including speed bumps that are rolled out on a road-by-road basis which is very costly, less effective, very time consuming to implement and unpopular with motorists.

Surely, the mass of evidence that exists showing the links between implementing 20mph speed limits and reductions in road casualties, together with the fact that road traffic contributes to **90% of transport emissions** in the UK, should be enough for a swift move to a national 20mph default speed limit on all urban and residential roads? Making it possible for as many people as possible to leave their cars (including electric ones) at home and switch to walking and cycling for local journeys is most effective and cheapest solution to tackling so many road safety and environmental issues facing communities today.



JOIN OUR CAMPAIGN

Mailing List, Campaign Stickers & Enquiries
buntingford@20splentyforus.org.uk

FACEBOOK: 20's Plenty for Buntingford
INSTAGRAM: 20splentybuntingford
TWITTER: @20Buntingford

www.20splentyforherts.org

Long Gone but the Names Live On

The story of three of Buntingford's vanished mansions

Over the last 100 years Buntingford has undergone a big programme of new developments which has doubled the size of the town. Many new estates have been built and some are still being built, but older residents of Buntingford will remember the old houses and their residents. Life then was very different: there was a large class divide with the occupiers of these large properties living a comfortable lifestyle with servants and the money to afford a very decent standard of living compared with the majority of the townsfolk, who worked on the land and led a far more frugal existence.



Longmead, in a photo taken from local historian Philip Plumb's book on Buntingford.

I am not sure exactly when **Longmead House** was built but possibly during the Edwardian period which spanned 1901 to 1910. Also, I don't know if it was built specifically for Mr Herbert Marshall and his wife Kate, but they were certainly living there from about 1910. Mr Marshall was chairman of the department store chain Marshall and Snelgrove who had stores in several major cities in the UK. The chain was eventually sold to Debenhams, now also gone. Both Mr and Mrs Marshall took an active part in life in the town. Mr Marshall was a member of Herts County Council, he was a Justice of the Peace, chairman of Buntingford Rural District Council and many other local bodies. Mrs Marshall was chairman of Buntingford Women's Institute for many years.

Mrs Marshall died in August 1934 whilst Mr Marshall was in a nursing home. She was buried in Aspenden Churchyard. On leaving the nursing home Mr Marshall took a cruise to Cape Town, but on the voyage he fell and hurt himself. He was admitted to a nursing home on arrival in Cape Town but did not recover from his fall and he died on the 9th October 1934. The Marshalls had no children so their estate was sold, and the contents of the house were auctioned.

By Order of the Administrators of the late
Marshall & Marshall, Esq.

“LONGMEAD,”

BUNTINGFORD

MAPLE & Co.

WILL SELL BY AUCTION on the Premises,

On MONDAY AND TUESDAY,

DECEMBER 17th and 18th, 1934,

At 11 o'clock each day.

The Old English and French Furniture

Persian and Turkish Carpets and Rugs,
Curtains, Fire Suits, Screens, Mirrors,
OLD FRENCH COMMODE, ESCRIT-
TOIRE and VITRINE, Chippendale and
Satinwood Chairs, Lounge Chairs, Settees.
OLD SATINWOOD CABINET with
lacquer panels. Refectory, Writing, Card
and Quartette Tables. SET OF 8 HEP-
PLEWHITE SHIELD-BACK CHAIRS,
Old Barber's Chair, Gate-leg Table, Coffin,
Empire Corner Cupboard. OLD OAK
DRESSER, GRANDFATHER AND LAN-
TERN CLOCKS, Old English Mahogany
Tallboy Secretaire and other Chests,
Wardrobes, Mahogany and brass Bed-
steads and good Bedding. OLD CHINESE
AND OTHER PORCELAIN, 18th CENT-
URY DRINKING GLASSES, BRONZES,
ORNAMENTAL OBJECTS, JAPANESE
IVORIES, Pictures, Books, Linen,
1,200 OZS. SILVER, Sheffield and Electro
Plate, Wine, China and Glass Table Ser-
vices, Kitchen Requisites. AUSTIN
LIMOUSINE (24 h.p.) Garden Effects,
Chicken Houses, Poultry.

Private View, Friday, December 14th,
Public View, Saturday, December 15th,
from 9 to 4 o'clock each day.

Catalogues of the Auctioneers, MAPLE &
Co., Ltd., Tottenham Court Road, W.1.

Nancy Mayes, a long-standing resident of Buntingford, remembers the Marshalls as her father, E J Totman, worked for them. She recalls being taken as a small child to Longmead House by her father whilst the Marshalls were away; she remembers falling asleep in one of the ground floor rooms. The Marshalls must have thought a lot of Mr Totman as in their will they left him several pieces of furniture, shares in Marshall & Snelgrove, and an Armstrong-Siddeley car, which Mr Totman later used in his car hire service – it's mentioned in the advert below. I wonder if he bought the Austin Limousine at the auction as one was listed as being for sale?

HIRE SERVICE.

SIX-SEATER

AUSTIN LIMOUSINE CAR.

And 4-Seater Armstrong-Siddeley.

Satisfaction and Promptitude
Guaranteed.

Moderate Charges.

ANYWHERE — ANY TIME.

E. J. TOTMAN,

HIGH STREET, BUNTINGFORD.

Telephone—Buntingford 100.

An advert for the auction of the contents of Longmead House which appeared in the Herts and Essex Advertiser in December 1934.

The next resident of Longmead House was a Commander Swinley and his family. I have struggled to find out much about them, but the Commander was possibly Roland Frith Balfour Swinley who was a commander in the Royal Navy

during the Second World War. Again, Nancy can remember the family as her father often ferried them around in his car. Nancy recalls once seeing a box of oranges in the car and thinks Commander Swinley must have brought these back from one of his voyages. She remembers looking longingly at the oranges, which were not generally available during the war – these ones were obviously destined for the Swinley family.

The house was up for sale again in 1945 when it was possibly bought by Joan Westrope Bowman. Many people will remember her as she was quite a character in the town. Born in 1904, Joan was the daughter of a farmer from Sandon. In the 1930s she raced at Brooklands Race Track and a 1932 newspaper article talks about her taking part as a

co-driver in a 1000-mile rally to Torquay. Joan worked first for the local auctioneer Scarborough Taylor, then she moved to W H Lee and Company, the local estate agents. When war broke out all of the Lee sons went to serve in the forces, so Joan was left in charge of the business. She purchased many properties in and around Buntingford, renting them out to different tenants.

In 1954 Joan married a 77-year-old widower called John Bailey. John moved into Longmead where he lived with Joan until he died in 1961. Robin and Pat Webb remember meeting Joan in W H Lee in the 1960s when they were house-hunting in and around Buntingford. She sold them Pigs Nose, where they still live today.

Joan sold Longmead and its extensive grounds to Budge Brothers, property developers, who built the houses up to No.22 Monks Walk and the older houses in Longmead. They also built Joan a new house called Longmead, which is actually No.5 Longmead (where Aliya Chowdrey, former editor of The Journal, used to live with her husband Nigel). Joan retired in 1965 and another Buntingford resident, Robin Southgate, took over her job at W H Lee. Joan died in 2004 and is buried in Sandon Churchyard.



Layston House, in another photo from Philip Plumb's book on Buntingford.

My next property is **Layston House**, which according to Philip Plumb was originally known as Watts House, as recorded on a sketch of 1839. In the 1841 tithe map the house is shown as owned and occupied by William Henry Watt and the 1851 census records William Watt living there with his wife Emilia and sister-in-law Elizabeth Bowra. William died in 1854 and his wife must have pre-deceased him, as in his will he left Layston House (known then as Layston Villa) to his sister-in-law. Elizabeth continued living there, with her servants, until around 1871 when she moved to the High Street.

The house was advertised for sale in 1873 and again in 1879. In the 1879 advert it is described as a nine-bedroomed house, with extensive grounds and stables and other outbuildings. It is possible that the Larking family bought it then as a country retreat. Colonel Cuthbert Larking acted as equerry to His Royal Highness the Duke of Connaught, one of Queen Victoria's sons, while the Colonel's wife Lady Adela was lady-

in-waiting to the Duchess. On 13th May 1882 the Duke and Duchess travelled by train to Buntingford and walked with the Larkings from the station to Layston House. More than 500 residents of Buntingford and Aspenden lined the street to greet them. They stayed for the weekend, attending Aspenden Church on the Sunday.

Lady Adela was a keen horse-woman and kept a fine stable at the house. They often opened up their garden for local events. The Colonel died in 1910 and Lady Adela died in 1912, but they must have moved out of the house before then because Kelly's 1899 directory shows Layston House as occupied by Captain Anastasius Eugene Tollemache.

Captain Tollemache was married with 8 children, but the censuses of 1901 and 1911 record him as living at Layston House with just his servants. I found a newspaper report in the Royston Crow that sheds some light on this situation. It recounts a court case in which a Mr Feasey, a local grocer in Buntingford, sued Mrs Tollemache for non-payment of a bill for £28. The case was heard at Royston County Court where Mr Feasey testified that he had supplied goods to the Tollemaches for many years, but in 1891 both the Captain and Mrs Tollemache had advised him that they wanted separate accounts. Captain Tollemache would send a written list of goods which Mr Feasey would deliver to the house. Mrs Tollemache would often pop into the shop with her children and order other goods, which went onto her account. Mr Feasey said he often had to remind her to pay her account, but she had refused to pay this bill of £28. It must have included a sum for wine as the judge asked if Captain Tollemache ordered wine. Mr Feasey said the captain ordered spirits but he couldn't remember him ordering wine. He went on to say that, to his knowledge, whilst the Tollemaches both lived at Layston House they had kept separate households since at least 1891. Mrs Tollemache moved out of the house in March 1900 when she moved to Aspenden, but the judge still ruled that she should pay Mr Feasey's bill. The Captain died in 1912 and was buried in Layston Churchyard.

I can't discover who the next occupants were but in the 1930s it appears that the Cornes family moved in. Mr Julian Cornes had been in the Indian Civil Service and had retired in 1919. Back in England, both he and his wife immersed themselves in local events. He became a JP for Hertfordshire and his wife was chairman of the WI. He died in 1953. Mrs Cornes remained at the house on her own for some years until eventually moving to the Gatehouse next to Layston Court. In the 1960s Layston House was demolished making way for Snells Mead to be built on the land.

The final property I have investigated for this article was **The Vicarage**, again the photo (overleaf) comes from Philip Plumb's book. Originally the Vicarage for Buntingford was a hall house on Hare Street Road, dating back to the late 16th century or early 17th century. It was occupied for many years by successive vicars of Layston, then later it was rented out until eventually it fell into disrepair. In recent years it was bought by a developer and converted into the three attractive small dwellings that stand in the shadow of the Co-op, opposite what was once the Union workhouse.

A new vicarage was built on land belonging to William Butt who was the owner of the Corneybury Estate at the north end of town. His son John Henry became vicar of Layston in 1853 and by 1861 he was shown as living in the new vicarage with his family. I would expect the new vicarage was built so that he and his family could live in more comfortable surroundings, away from the workhouse and the smell of the tannery. The entrance was in the High Street with the house being down a long drive nearer the River Rib.

After John Butt retired the house continued to be used by the vicars of the parish; both house and gardens were often used for parish events. One of Layston's most popular vicars, Reverend Alfred Howard, left in July 1933 after 40 years' service. Unfortunately, he hadn't taken very good care of the place and 12 prospective applicants for the post of vicar turned the living down because the property was in such a poor state of repair.



The old Vicarage that once stood at the northern end of town.

Eventually a successor was found and the house was once again lived in by the local vicar – for a while. In the 1960s it was decided to sell the house and land to a developer. A new vicarage was built and both the new road and the development around it became known as Vicarage Road. The town houses were finished in 1968, with the vicarage completed around the same time.

Some of the other large houses have survived in Buntingford, but others have been demolished and redeveloped changing the face of the old town forever.

Carol Emery, Buntingford Local History Group



After eighteen months of Zoom meetings and half a dozen outdoor get-togethers, we are now actively looking at how we can resume our regular indoor rehearsals. There are still Government guidelines and restrictions that need to be adhered to before we can

proceed. Plus, of course, we will do everything we can do to protect our members.

Hopefully we can get something in place very soon and be able to meet up with our friends to sing together again. It may be that we need to change our location, and possibly the time and day that we meet. As soon as we have options in place, we will consult all our current members. Once plans are in place we can start being a Community Choir once more. All details will be published on our website.

www.buntingfordchoir.co.uk

If you are thinking of joining the Choir please e-mail: **info@buntingfordchoir.co.uk**



SIR OLIVER HEALD QC MP

**MEMBER OF PARLIAMENT FOR NORTH EAST HERTFORDSHIRE
will be holding his next MP's surgery in Buntingford on**

Friday 10th September, 4–5.30pm

At The Manor House, High Street, Buntingford SG9 9AB

For an appointment please ring: 01462 486074

Email: oliver.heald.mp@parliament.uk

Or look online at: www.oliverhealdmp.com



SANDON FETE

Saturday 18th September 1– 4pm

**Wacky Races, Human Fruit Machine,
High Striker, Homemade Produce, Art Show
and so much more**

Roll up, roll up, for all the fun of the fair at the Sandon Fete, with the High Striker, Tin Can Alley and Splat the Rat, just some of the fairground stalls at which to try your luck. This popular annual event has contemporary activities but also many time-honoured traditions that make the village fete such a special community occasion, and the organisers are delighted to be able to hold it once again. Following

one of those time-honoured traditions, the fete will be opened by Sandon's most recent bride, followed by entertainment from the Sandon JMI children. Along with the back-to-front bike race and space hopper races, there will be a range of traditional and more unusual stalls: quizzes, guess the weight of the cake, bouncy castle, human fruit machine, football wall, coconut shy, tombola, bric-a-brac, bottle stall, and the Grand Draw offers a first prize of £150 cash, with bountiful hampers also to be won.

Villagers contribute scrummy home-made marmalades, chutneys, jellies and jams for the produce stall, plus plants and cuttings, and other culinary delights made with the abundance of summer produce. Visitors can enjoy fun-fair food of toffee apples, candy floss and a chocolate fountain, a BBQ, homemade cakes & puddings, and cream teas. There is a licensed bar for those who enjoy a pint, or perhaps a glass of prosecco. The church will be decorated with stunning flower arrangements continuing the fun-fair theme and there will also be an Art Show, all created by our talented villagers.

The fete is held on Sandon's village green and in the village hall, SG9 0QX, and there is free parking. All monies raised at the fete will go towards Sandon's All Saints' Church. We hope you can come along and join in the fun!



The
United
Reformed
Church

Christ Church

Baldock Road, Buntingford SG9 9AA

Minister: Rev. Sue Fender
revsuefender@gmail.com
Tel: 01223 375588

Secretary: Peter Godbert
buntingford.urc@talktalk.net
Tel: 01763 281359

The Church is now open

September	5	Holy Communion	Rev Sue Fender
	12	Morning Worship	Rev Janet Tollington
	19	Morning Worship	Rev Allen Morton
	26	Morning Worship	Keith Cakebread
October	3	Holy Communion	Rev Sue Fender

People attending will be directed to seats to maintain social distancing.
Masks must be worn at all times. Singing has now been authorised by the
National body of the URC as long as masks are worn.

REGULAR EVENTS

COFFEE AND COMPANY will be re-commencing in the URC Hall on **Thursdays, 10.30am to 12noon**, from **Thursday 23rd September**. If you're elderly, living alone, new to the area, perhaps working from home, and would like some company, come along to share Coffee, Cake, Company and Chat. **All welcome**. Just turn up and give a small donation for the refreshments.

Dates for re-starting Junior Church and the Bright Hour have not yet been announced.

Website: www.buntingfordurc.org.uk
Facebook: www.facebook.com/URCBuntingford



What's the time?

Many residents of, and visitors to, Buntingford have noticed that the St Peter's Church clock has stopped.

Your help is needed!

It will cost £5,000 to get the clock working again, half of which has already been raised by grant, fund-raising and donations. If you feel that you can help in any way by making a contribution, or have any suggestions for further fund-raising, please contact:

Clive Lawrence, Churchwarden

T: 01763 273583 E: CliveALawrence@waitrose.com

Thanking you in grateful anticipation, St. Peter's Parochial Church Council
(PS: The next big project is to restore the bricks on the roadside wall!)



United Benefice of Aspenden, Buntingford and Westmill

Website: unitedbenefice.org.uk

Email: admin@unitedbenefice.org.uk

Telephone: 07484 345027 Postal address: C/O
St Peter's Church, Chapel End, Buntingford SG9 9AL

September 2021

Sunday 5 th	9.30am 11.00am	Sung Eucharist Family Worship	St Mary the Virgin, Westmill St Peter's, Buntingford
Sunday 12 th	9.30am 11.00am	Morning Service Holy Communion	St Mary's, Aspenden St Peter's, Buntingford
Sunday 19 th	9.30am 9.30am	Sung Eucharist Holy Communion	St Mary the Virgin, Westmill St Mary's, Aspenden
Sunday 26 th	10.00am	Benefice Wide Harvest Holy Communion & Lunch	St Peter's, Buntingford <i>Please join us at Buntingford</i>

St Peter's Church



Tea Room

Buntingford Classic Car Show
Saturday 4th September
10am to 4pm



*Serving Tea, Coffee,
Sandwiches and Homemade Cakes*

Harvest Invitation



*We invite you to our **Benefice-Wide Harvest Communion Service and Lunch on Sunday 26th September at St Peter's Church, Buntingford.***

This year we are supporting the Food Bank for Buntingford & Villages. Donations of dried and tinned food and toiletries gratefully received.

10am Service / 12noon Harvest Lunch

Collectively we all bring buffet foods to share for lunch. Please RSVP to Nina at rectorspa@unitedbenefice.org.uk to let us know if you will be attending.

The Buntingford Branch of the Royal British Legion

are re-commencing their monthly Meetings at 8pm in The Crown on the second Wednesday of each month, starting from **8th September 2021**.

New members welcome: you do not need to have served in the armed forces to come and join us.

24-Hour Marathon Effort for Church Organ

Paul Harrison, Organist at St Mary's Church in Reed, recently took on the arduous task of playing the church's dilapidated organ for 24 hours to raise funds for a new organ for the village church. The Marathon, which took place from 9am on 19th June until 9am on 20th June, enabled donors to dedicate a special hymn or piece of music for a minimum donation of £20. These dedications were played in hourly slots, to allow donors to enter the church safely (within Covid-19 guidelines) to listen to their special piece of music, chosen perhaps to celebrate a wedding anniversary, in memory of a loved one, or just because it is a favourite.

The Organ Fund Committee (which comprises Paul, Liz Jakeman and Liz Kershaw) is very grateful to everyone who donated or supported Paul in any way. We also want to pass on our gratitude to our guest organists: Robin Pegna, Louise Atkins, Ros Holbrow and John Kershaw, who enabled Paul to take a short break every few hours during the 24-hour period.



Paul at the organ during the marathon, bearing more than a passing resemblance to a young Elton John! Below: taking a well-earned break. Below left: how the new organ will look.



The Organ Marathon is the culmination of 2 years of fundraising, with an amazing £14,000 being raised from the Marathon alone. The success of this event means that the church is now on the cusp of signing a contract with bespoke organ-builder, FH Browne and Sons. The Parochial Church Council is optimistic that work on the new organ might begin in early 2022. We look forward to bringing news of the project's progress in the next few months. Thank you, once again, to everyone for their kind support.



AN ORGAN FOR ST. MARY'S CHURCH, REED

F.H. BROWNE & SONS, ORGAN BUILDERS

Furneux Pelham Church Roof Appeal

The PCC of Furneux Pelham would like to express their thanks to all who have donated to the Church Roof Fund during July and August.

The Open Gardens in July and HYMNFEEST in August have helped towards the £12,000 raised in these two months.

Work on the replacement roof is just starting, but further funds are still needed to cover the full cost. Donations may be made to:

PCC of Furneux Pelham Church Restoration Fund
Sort code: 30-90-84 / Account number 00041298.

Braughing Sing Community Choir is re-opening on 7th September at 7.30pm till 9pm in Jenyn's School, Braughing

We are delighted to announce that we will be singing again from 7th September. We are recruiting new singers as well as welcoming back our established choir members. If you have a song in your heart and would like to sing it, please come along and give us a try! We are a long-established community choir, rehearsing in Braughing's Jenyn's School Hall and drawing singers from many local towns and villages. Our choir leader is David Ranford, our pianist is Pete Eaglesfield. There are no auditions, we welcome all comers. The first 2 sessions are free – thereafter we charge £5 per session, payable termly, £75 for the 2021 Autumn Term.

This term we will be singing Sea Shanties, Show Music, Spirituals, and Christmas repertoire, ancient and modern. We will be singing at a social gathering in the village of Braughing and at various Christmas events locally. Given the very odd times we have been living through, we have no immediate plans for an Autumn Term concert, just singing and building up our repertoire again – and having fun!

For more information contact David Ranford: ranfordd@gmail.com

Covid Safety

There will be hand sanitisers at the entrance. The seating will be set out to allow as much social distancing as possible. Windows and doors will allow for maximum ventilation, and we will ask choir members to wear their masks when not singing. A weekly register will be kept so we can notify choir members of any positive Covid tests. We ask that all choir members show respect and kindness to each other as we return to singing and mixing together again.

<https://www.facebook.com/thebraughingsing/>

New Look Reed Garden Club

will meet on Wednesday 8th September at 2pm in Reed village hall

No annual fee, just £2pp each visit, which includes tea/coffee and biscuits.

Bring and exchange any surplus veg / Book stall / Chat about the club's format e.g. speakers, outings and Christmas lunch.



BUNTINGFORD TOWN COUNCIL

A QUALITY TOWN COUNCIL

The Town Council continues to hold socially distanced meetings at the Seth Ward Community Centre. Although restrictions have been lifted, the Council has a duty of care to its members, its staff and the public; we will continue to review the situation and resume meetings back at The Manor House as soon as it's considered safe to do so.

In the meantime, members of the public are welcome to attend the meetings at the Community Centre.

We are now able to hold parties at the Community Centre; please call the Centre Manager on 07827 817997 for further details. Hirers will be asked to sign to agree they will adhere to any COVID related restrictions in place at the time of the event.

The Council is pleased to confirm that Jacky Danagher has been co-opted to the Council. We all look forward to working with Jacky in the coming months.

A small working group is looking at the provision of new outdoor sports facilities in the town. This will be funded from developer contributions and decisions will be based on the survey undertaken with the public some months ago.

Providing no further restrictions are introduced, a small Service of Remembrance will be held at the War Memorial in November with a similar format to 2020.

Jill Jones MILCM Cert HE, Town Clerk

In line with GDPR Regulations, the Town Council has published a number of Privacy Notices. These can be viewed on the Town Council website.

Office hours: Monday–Thursday 9am–5pm; closed Friday.

The Manor House, High Street, Buntingford SG9 9AB

Tel: 01763 272222 Email: clerk@buntingford-tc.gov.uk

Twitter: [@buntingfordtc](https://twitter.com/buntingfordtc) Facebook.com/BuntingfordTC

Website: www.buntingford-tc.gov.uk

Town Council meetings for September 2021

Thurs 2 nd September	7:00pm – Amenities Committee
Thurs 9 th September	7:00pm – Resources Committee
Thurs 30 th September	7:00pm – Full Council

Meetings to be held at the Seth Ward Community Centre unless advised differently on the Agenda. Members of the public are welcome to attend.

The Buntingford Journal is delivered FREE to members of the Buntingford Civic Society, or it can be purchased from:

**THE CO-OP • LOCKS, STOCK & MORE • MARK DOEL BUTCHERS
McCOLL'S (The Post Office) • RILEY'S FAMILY BUTCHERS**

News from Your District and County Councillor



Demand Response Travel

A new Demand Response Travel (DRT) scheme called **Herts Lynx** is to be launched in September and will be centred on Buntingford. The DRT scheme will serve North and East Herts, focusing primarily on Buntingford and surrounding areas. Travel will be allowed anywhere within this zone, and passengers will also be able to travel to key points (such as hospitals and high streets) within the six main

towns bordering the area: Royston, Letchworth, Hitchin, Stevenage, Bishop's Stortford and Baldock. The funding for this scheme comes from the Department for Transport (DfT) and is for £1,472,000 over 4 years.

To begin with, the service will operate primarily with 3 minibuses, with a further 2 vehicles being purchased for next year. The DRT will use IT technology and mobile apps for passengers and drivers similar to an Uber system. There will also

be a conventional phone number for bookings for those without the availability of mobile technology.

Herts Lynx will be publicising the service with a roadshow, visiting towns with a vehicle on display. By the time you read this, the roadshow will have been to Buntingford, with a vehicle parked in one of the bays on the high street on Monday 23rd August. There will also be a vehicle on display at the Classic Car Show on **Saturday 4th September**. And the leaflet shown here will be widely distributed to publicise the service.

There are over 200 stops within the DRT Free-Floating zone and the full list of villages that are included is as follows: Puckeridge • Ashwell • Standon • Walkern • Weston • Braughing • Barkway • Dane End • Barley • Benington • Cottered • Furneux Pelham • Little Hadham • Graveley • Reed • Great Hormead • Hadham Ford • Hare Street • Therfield • Westmill • Hebing End • Hinxworth • Gravesend • Aspenden • Bygrave • Sandon • Clappgate • Brent Pelham • Buckland • Bury Green • Hay Green • Anstey • Ardeley • Chipping • Kelshall • Wallington • Hadham Hall • Roe Green • Wyddial • Haultwick • Sunny Mead • Jacks Hill • Rushden • Stocking Pelham • East End • Little Hormead • Newnham • Meesden • Nuthampstead • Wellpond Green • Albury • Cromer • Hamels Park • Old Hall Green • Wood End • Dassels • Hay Street • Clothall • Redhill • Great Munden • Snow End • Southern Green • Green End (East Herts) • Cradle End • The Willows • Herringworth Hall • Nasty • Throcking • Shaftenoe End • Whempstead • Levens Green • Mill End (Sandon CP) • Pigs Green • Clay End • Green End (North Herts) • Green Street • Halls Green • Bromley • Parkside • Patient End • Westland Green • Mill End (Rushden CP) • Albury End • Braughing Friars • Church End (Little Hadham CP) • Cherry Green • Church End (Stocking Pelham CP) • Moor Green • Weston Park • Braughing Green End Cottages • Newsells • Reed End • Luffenhall • Hillside

Councillor Advice and Councillor Surgeries

I receive many requests for advice and help on District or County Council matters. If you have any concerns that you need assistance with, I am always available on the contact details below. I am also keen to hold face-to-face meetings with residents who have concerns, with monthly Councillor Surgeries at the Manor House and with a Town Councillor present to give residents the opportunity to discuss any concerns they have in the town. These Surgeries will be by appointment and are available by calling the Town Council on 01763 272222 where full details will be given.

Cllr Jeff Jones

East Herts District and Hertfordshire County Councillor
Buntingford Ward / 07836 232963 / Jeff.jones@hertfordshire.gov.uk



Could your idea benefit the community?

East Herts Council welcomes applications for **small grants** of up to £300 from individuals and informal groups, as well as charities, with an idea that could make a difference to their community – especially to people who are vulnerable. We are looking for creative projects that bring people together after Covid. Apply online at any time at **Funding for Community Organisations**. Past projects include a community garden,

photography exhibits, a dance project, sports equipment, and improvements to a hall.

The next funding round for **large grants** opens in mid-October. Contact Claire at claire.pullen@eastherts.gov.uk if you want to discuss an idea. **We are especially interested in applications to support individuals and communities who may have been disproportionately affected by the pandemic.** For example, the impact of Covid-19 on health shows disparities according to characteristics such as disability and ethnicity. Also, while much of rural East Herts is lovely and green, residents can often feel isolated and struggle to access services, transport and broadband.

Local good causes are also encouraged to register on the East Herts Community Benefit Lottery <https://www.easthertslottery.co.uk/> More than 120 charities and groups are already raising a steady monthly income by selling tickets from this platform: 50p of each ticket sold goes to good causes and supporters have an opportunity to win up to £25,000!



Help shape the housing strategy for East Herts

East Hertfordshire faces a wide and diverse range of housing challenges, both familiar and newly arising. Homelessness, poor housing conditions and an insufficient supply of affordable homes continue to pose challenges. We also see new challenges emerging due to demographic and population trends and changes brought by the Covid-19 pandemic. We live in rapidly changing times, and East Herts Council (EHC) want to respond to the housing needs and aspirations brought about by all these changes.

A new housing strategy for the East Herts district gives EHC an opportunity to set out the overall context and aspirations for housing in the district, the vision for the communities and homes we want, and the types of actions which EHC can undertake and the priorities for these actions. EHC intends to use its resources to bring solutions to housing challenges, from increasing the supply of high quality and affordable homes, to improving levels of energy efficiency and ensuring homes are accessible and adaptable. We also want to ensure that residents have easy access to information on housing options. The aim is to enable EHC to direct its resources to the housing-related interventions that will have the biggest beneficial impact.

EHC is currently involved in a consultation exercise to engage with individuals and organisations across the district on the new East Herts Housing Strategy for 2021-2026. Feedback gathered from the consultation will be used to update the housing strategy so it further reflects the views of residents, communities and stakeholder organisations in East Herts. The Housing Strategy will then be presented to Full Council in December 2021.

Councillor Peter Boylan, Executive Member for Neighbourhoods, said: "We would encourage everyone to take part in the consultation and help shape the future of housing ... East Herts is a beautiful district where many would like to live and we would like to work with residents to ensure the standard of the housing is at its best."

The consultation is open to Sunday 5th September. More information is on the EHC website at: <https://www.eastherts.gov.uk/housingconsultation>

Grants to encourage businesses into vacant premises

As restrictions on social distancing are lifted, East Herts Council wants to encourage the use of vacant commercial space in the district – shops, offices and industrial units – and is offering a one-off grant of £5,000 to any new or existing business that plans to open new premises. If you have seen a vacant shop and thought it would be a great venue to launch a new business or pop-up shop, or an empty office or industrial unit that you thought could help you expand your existing business, this could be for you.

Jan Goodeve, Executive Member for Planning and Growth, said: "I'm really keen that we support our businesses to expand and encourage any entrepreneurial residents to try out new business ideas. A one-off grant of £5,000 should make this easier ... We have been fortunate in East Herts as the number of business closures due to the pandemic has been low. However, even before Covid hit there were a number of vacant commercial premises across the district and I want to do everything we can to encourage investment, employment and growth in these areas." More details on eligibility and how to apply are at: <https://www.eastherts.gov.uk/premises-grant>

MY FAIRFIELD WILDFLOWER GARDEN

Like the good little gardener that I am, this year I followed the recommended guidelines and did not mow my lawns during NO-MOW May. In June, I decided to carry on NOT MOWING my front lawn and left it to become a wildflower garden. What a delight it turned out to be – it was the talk of the town and went viral on social media! So I thought Journal readers might like to see some photos of the abundance of flowers that bloomed and see how many you can name. There were so many, with such a range of colours, the garden was truly magnificent.



Ashley Cantor

FORQ member Peter Sinclair, who surveyed the River Quin last winter and early spring, has now completed the first part of his survey of the River Rib from Therfield to where the Quin joins the Rib just outside Braughing. His report is on the website (each report appears separately under the 'sections' header). The FORQ executive are very grateful to Peter for all his hard work. It is hoped Peter will be able to survey the lower Rib later this year to complete the picture.



If you missed it, FORQ would recommend catching up with what was probably the first live online investigative documentary, by George Monbiot, called 'Rivercide', exploring what is happening to British rivers. Originally broadcast in the middle of July, it is now available on YouTube; there is a link to the recording on the FORQ website. It is interesting to see the wider publicity that has been generated since Rivercide was first aired, including articles in major newspapers and news websites.

Also on the FORQ website are details of a press release, issued about the same time as the Rivercide broadcast, from Salmon and Trout Conservation highlighting the failure of the Environment Agency to protect and enhance English rivers. It is not just a matter of a bit more money – transformational change is urgently required. Government directives have hobbled the environment regulator, favouring economic growth over environmental protection. The Environment Agency is woefully underfunded and must be given back the freedom to protect our rivers. This was also the subject of the Chalk Aquifer Alliance (CAA) talk in June; if you missed it there is a recording on the CAA website, along with recordings of all the CAA talks. The series has taken a break for the summer and they are now preparing a new season of talks on water and planning development.

Riverfly monitoring has continued locally, fitting in around holidays and 'Balsam Bashing'. Some new sites for both activities have been identified, but before we can access the chosen locations we need landowner permission, which has been requested.

FORQ will be at the Braughing Wheelbarrow Race and Fair on September 4th. We hope to do a Riverfly monitoring demonstration and catch up with members. Useful Links:

- <https://friendsoftherib.wordpress.com/blog/>
- <https://chalkaquiferalliance.wordpress.com/events/>

Pauline Ayres, Communications FORQ

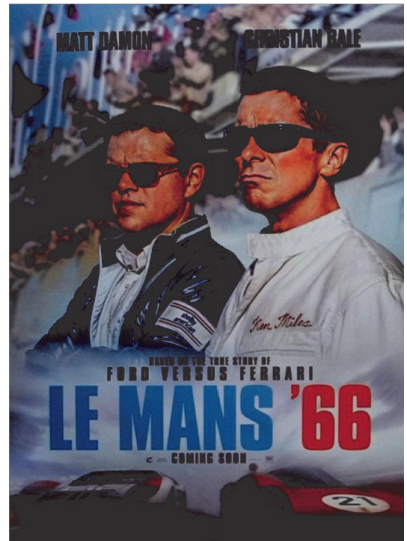
Buntingford Film Club

It's great to be able to report that the Buntingford Film Club is back and showing films again. Our sold-out screenings at The Woodman and The Sword Inn Hand confirm that our audience can cope with paperless booking. Perhaps that is one benefit of learning to survive during lockdown: we have all become adept at on-line shopping! So with that encouraging sign behind us we now look forward to resuming our **screenings at the Seth Ward Community Centre**. We have been very successful in strengthening our team, so you will see some new faces when you arrive at our 'cinema', but we have not changed our policy of giving you a glass of wine (or your preference) with your ticket and there will still be nibbles available.

Friday 3rd September @ 19.30

With the Classic Car Show featuring on the High Street on Saturday 4th September, we are showing **Le Mans '66**, a stellar character drama driven by amazing performances from Matt Damon and Christian Bale, with stunning white-knuckle racing sequences. It's an adrenaline-charged period piece about actual events leading up to the Le Mans 24-hour race of 1966.

After a proposed merger with Ferrari goes south, Henry Ford II vows to make a racing car that will defeat Ferrari at Le Mans. He enlists the help of former racing driver and automobile designer Carroll Shelby (Matt Damon). In turn Shelby asks hot-headed driver Ken Miles (Christian Bale) to be a test driver. Shelby and Miles face many challenges: corporate interference from Ford, technical issues such as malfunctioning brakes and engines, and Miles's own volcanic temper.



Where the film really kicks into gear is in its racing sequences, much of which takes place during Le Mans 1966. The director makes you feel as though you are in the driver's seat with Miles and the other drivers: every crash, every turn, every engine roaring to life has an impact that keeps audiences on the edge of their seats. But what sets **Le Mans '66**

apart is the friendship between Shelby and Miles, thanks to the work of screenwriters Jez and John-Henry Butterworth and Jason Keller, and brought to life in an effortlessly charming performance from Damon as the perfect foil to Bale's ill-tempered maverick Miles. The film received four Oscar nominations in 2020 and won three.

Saturday 2nd October @ 19.30

We have another Oscar-winning film for you in October: **Nomadland**, which took the awards for best director, best actor and best film. Released in 2020, the film is based on a 2017 non-fiction book, 'Nomadland: Surviving America in the Twenty-First Century' by Jessica Bruder. The screen version was written, produced, directed and edited by Chloé Zhao and stars Francis McDormand (also a producer on the film) as Fern,



BUNTINGFORD ACTION ON CLIMATE CHANGE & SUSTAINABILITY (BACCS)



WHAT DO YOU WANT
BUNTINGFORD
TO LOOK LIKE IN
2050?

Whilst summer has been a time of relaxation for some, BACCS have been busy behind the scenes setting up our website <https://www.BACCS.uk>, which we will continually develop to support local businesses, community groups and individuals on their path to becoming more sustainable.



More visible was our film showing of **2040** in August, courtesy of the Buntingford Film Club. Made by Australian film-maker Damon Gameau for his 4-year old daughter, who will be 25 in 2040, it uses an actress to play his daughter as a 25-year old to show the clean, green world we could create by 2040 if we had the political will to use technologies already available to us today.

This was a timely event as the IPCC (the International Panel on Climate Change) had just released its Sixth Assessment Report, prompting a flurry of alarming newspaper headlines ranging from 'Code Red for Humanity', to 'We're killing Earth – Climate Change Shock Report', to simply 'World likely to be 1.5° warmer by 2040,

UN's science panel warn.' The full report can be found at (https://www.ipcc.ch/report/ar6/wg1/downloads/report/IPCC_AR6_WGI_SPM.pdf)

The report and the headlines it generated are a warning to the world that our greenhouse gas emissions are still growing rather than shrinking and we need to act *now* if we are to avoid the very worst effects that global warming will bring. When you consider the fact that global surface temperature today is *only* 1.1°C higher than at the beginning of last century yet this is causing the catastrophic effects we are already seeing – flooding in Germany and China; devastating wildfires in Europe, western North America and Siberia; melting ice sheets; and record temperatures year on year – it is hard to imagine how much worse it will get *even if* we achieve our aim of keeping warming down to 1.5°C.

We need to halve our carbon emissions by the end of this decade and reach net zero by 2050 at the very latest. Many institutions have committed to carbon net zero by 2030, which means that carbon dioxide emitted is counter-balanced by action to remove CO2 from the atmosphere, such as planting trees or other carbon offset activities.

The film enlightened our audience with an array of innovative solutions which are already happening right now around the world, but in order for them to make a significant impact

they need to be on a much, much larger scale. Everyone needs to get on board, from governments, local authorities and businesses, right down to individuals – every bit of warming matters. We should all be thinking of our own actions and whether they are good or bad for the planet. Every step we take in the right direction will help us to meet our target of keeping below 1.5°C global warming. Many actions cost nothing and any time taken has got to be good investment for us now and for future generations.

The **world economy** is doubling in size every 20 years. In the film, environmentalist Paul Hawken (of Project Drawdown) describes the current economic model of 'Take, make, use, lose' as not being a sustainable way to live. Have you heard of **Earth Overshoot Day**? (<https://www.overshootday.org/>) This marks the date each year when humanity's demand for resources and services exceeds what Earth can regenerate in that year – and it's getting earlier. In 2020 it arrived on 22nd August, which was actually later than in previous years because of the Covid-19 pandemic, but this year it was 29th July!

Two main topics surprised our audience. One was that the number one solution to reversing global warming is the **empowerment of girls and women**. If girls are allowed to reach their education potential and provided with family planning, this can have a significant impact on population growth. Currently, 65 million girls do not have the opportunity to finish their education and on average will go on to have 5 or more children. It has been proven that if girls are able to finish their education, this not only gives them more opportunities in life, but delays their child-bearing years and they tend to have few children given the choice. The other was the incredible value of a humble seaweed, which not only captures carbon and promotes healthier waters so that sea life can thrive, but is also a nutritious food for humans – and it grows infinitely faster than trees.

The film featured comments by children who were asked what they wanted their future to look like; some insightful, some amusing, but I liked this simple one: "I would like it for it to be human instinct to look after the world, to care for the world." And here are some ways (not in any particular order) that you can do your bit:

1. Eat less fish, meat and dairy products
2. Switch to a 100% renewable electricity tariff – <https://bigcleanswitch.org/>
3. Turn your heating down by 1 or 2 degrees
4. Instead of using Google, plant trees by internet searching with *Ecosia* <https://www.ecosia.org/>
5. Volunteer with an environment/conservation group
6. Support a charity which supports and educates girls, e.g. Camfed/Peacechild International/Plan
7. Switch to an ethical bank: check how ethical your bank is at <https://switchit.money> – then it's easy to switch with <https://www.currentaccountswitch.co.uk/>
8. Reduce – Reuse – Recycle – in that order!
9. Plant bee-friendly flowers and/or grow your own veg
10. Walk or cycle instead of driving less than a mile

Amazing fact! If food waste was a country, it would be third largest on the planet after China and the USA, so: **buy what you need, eat what you buy and compost the rest.**

In the words of Paul Hawken: "Our lives are going to be a little bit awkward if we are going to conserve the planet for our children." But it has to be worth it, hasn't it?

Madela and the BACCS team

Find us on Facebook: [@BACCSBuntingford](#) Email us: BACCS@tutanota.com
Website: <https://BACCS.uk>

Rhyme Time with One YMCA

One YMCA believes that every family should have the support they need to develop and lead more fulfilling lives. Their **Children's Activity Programmes** are designed to deliver a range of activities both during term time and school holidays.

The programme is split into three groups: for children aged under 5; aged 5-11; and over 11. The sessions are designed to promote child development and school readiness, enhance parenting skills and aspirations, and improve child and family health and life chances. By being part of a group and engaging in many activities, young people develop a physical and emotional sense of belonging. It also helps them to learn key skills, whilst having fun and improving their physical, mental and emotional health and wellbeing.

In Buntingford, One YMCA has been successfully running **Rhyme Time** for the under 5s since May. The sessions are designed to enrich early communication, language and literacy skills, and the member of One YMCA's team who runs them was recently recognised as 'Early Years Worker of the Year' for her achievements in supporting children within local communities. During a session, children will sing familiar songs, use instruments to make new sounds, learn simple 'parachute' activities and so much more! For more information on all our sessions and to book, please visit:



mini Discoverers

Mini Discoverers sessions are aimed at supporting babies and children under 5 with all stages of their learning and development.

Sessions include:
Rhyme Time
Infant Massage
Come and Play
Music and Action
Baby Social and Play

Come and discover our sessions in your area today!

Scan me!

oneymca.org/discoverers
oneymca.eventbrite.co.uk
activity.holiday@oneymca.org

YMCA
Herts • Beds • Bucks
OneYMCA.org

www.oneymca.org/discoverers



HERTS
Visual Arts
PROMOTING
CREATIVITY
WWW.HVAF.ORG.UK

Herts Open
STUDIOS

#HertsOpenStudios

Herts Open Studios is back for 2021

Herts Visual Arts is bringing artists, artisans and art-lovers together again for inspiration and discovery right in the heart of local communities. Running now for more than 30 years, Herts Open Studios is a popular feature in the art calendar and this year it runs from **18th September to 10th October**.

It is the largest county-wide art event of the year, delivering 3 weeks of live, in-person art, with every venue free-to-enter. Visitors can enjoy everything from classical to contemporary, decorative to functional, figurative to abstract, wall-hung to 3D art.

The original In-Person Open Studios format is now backed by Virtual Open Studios features developed in 2020, allowing access to the art 24 hours a day, wherever you might be. To find out how you can experience and enjoy local art and get to know more about local artists, visit the Herts Visual Arts website at: www.hvaf.org.uk



HARE STREET ROAD GARDENERS' ASSOCIATION

Beaver Visit in aid of Bugs

On Saturday 10th July, we welcomed 26 Beavers from the Buntingford Beaver Group to our allotments to help us create bug friendly habitats. Plot holders had collected materials and placed them close to the allotment site entrance. The group was split into teams, which rotated to cover the different activities such as carrying the materials to where the habitats would be constructed, making individual bug houses and bug hotels, and a walk round a plot where they were invited to identify vegetables being grown.



It was most impressive to see the children working as teams carrying logs which were too heavy for individuals. They then produced two bug hotels – one a large log pile and the other a stack of pallets that they filled with rotting wood, canes, pine cones and straw. Everyone produced an individual bug house to take away, by filling a clay pot with teasels, pine cones and straw or moss. The Beavers were keen to see what was being grown, they all worked well together, and rewarded us with their tremendous enthusiasm and good manners. And the finished results were most impressive!

Roy Ellard, Chairman

Barkway Park Golf Club

The season is now in full swing and golf is gradually returning to normal. The course is looking great and the improvement works introduced by Head Greenkeeper Joe Graves have made a terrific difference. The increased interest in golf which occurred during the lockdowns has been sustained and the course has been busy most days, with a number of new members joining the club. The club welcomes people of all ages and abilities. For enquiries about membership please call BPGC on **01763 848215**.

In the club championship, held over the weekend of 17-18th July, Club Captain Rob Dunderdale won the scratch competition with a score of 172 over 36 holes. The handicap was won by Gerry Eady with a net score of 149. The Ladies Champion is Maggie Luetchford. The previous weekend saw Laurence Westrip win the Senior Club Championship with a gross of 88 and Paul Ryman won the handicap with a net 71.

The seniors section (the Barkers) have played several friendlies against local clubs and notched up a number of wins including over Cambridge Meridian. The Barkers also held an enjoyable 'away day' at Wyboston Lakes where Richard Appleby was the winner. This was followed by the annual 'Chief Barker Day' which raised over £400 for the British Heart Foundation. Malcolm McKimmie was the successful golfer with a stableford score of 40 points. August promises to be equally action packed!

BALFF (Buntingford Adult Learning For Fun)

**OUR NEW 10-WEEK COURSE STARTS ON
WEDNESDAY 22nd SEPTEMBER AT 10.30am**

Sadly, due to the restrictions we would have to put in place at the Community Centre, we shall again have to ZOOM this Course. If you would like to join, please contact Tony Phillips at a.phillips500@btinternet.com and after payment of the course fee of £15 he will send you the Zoom link. For those who can't do a transfer, please send a cheque, payable to BALFF, to Tony Phillips at 15 Campbell Close, Buntingford, SG9 9BY. Tony will then send the Zoom link for the course.

**Our Tutor is the popular lecturer Honor Ridout
'Working Lives'**

What is work? In this course we'll take the broad view, to include unpaid and voluntary work, and how occupations in Britain have changed over the last 500 years. In some ways this is a tough course, reflecting on the hard grind, the incessant toil, endured by many of our ancestors, whether in the field, the mines, the factories or on the streets. We'll look at these areas, but also at domestic work (often just as tough) both paid and unpaid, and the area of caring, voluntary and professional.

For much of working history most workers could not read or write. How far can we believe what was written down by others or the pictures they produced? That's another aspect we'll consider, with pictures and reports and writers of fiction. Finally we'll look at peoples' own accounts of their working lives. Have you recorded yours?

'HARVEST HOME' at St Mary's Church, Reed Sunday, 26th September 2021, at 3pm

We are delighted to welcome Ros Holbrow, John Withchell, Robin Pegna and our very own Ken Jones **IN CONCERT** with words and music on a theme of Harvest and Autumn. The programme will include poems by John Betjeman, John Keats and others, plus music by Purcell, Britten, Mancini and others

Admission £15 – to include a Cream Tea

**To book please contact Liz Jakeman on 01763 848398 or
elizabethjakeman@live.co.uk *Booking is essential***

Ware & District Photographic Society

The Society's new season will commence on **Wednesday 8th September at 8pm** in Thundridge Village Hall. We have an interesting programme planned for 2021/2022 including lectures, competitions and workshops to help the less experienced with their photography. Details are on our website: www.wareps.org.uk. We are always looking for new members and hope that some of you might join us. Remember, to entice you we offer the first three weeks' membership free! If interested, give me a ring on **01920 822104** or contact our President, Mark Sims, on **01920 411458** (mob: **07712 898 525**)

Barbara Norris, Secretary to Ware & District Photographic Society

BRAUGHING FAIR AND WHEELBARROW RACE



Saturday 4th September, 2021

We have made the decision to go ahead with the Braughing Fair and Wheelbarrow Race on **Saturday 4th September, 12-6pm**. Please come along on the day – and bring your dogs, including new puppies, for the dog show. It should be a fun day as we have loads of stalls and activities organised for both adults and children! The **WHEELBARROW RACE** is due to take place between 3.45 and 5pm. Other attractions on the day include:

FOR CHILDREN

- Rides and bouncy castle
- Face painting
- Toy & Treat stalls
- Football darts
- Radio control car racing
- Beach near the Ford
- Aqua donuts
- Coconut shy
- Circus workshop

FOR ADULTS

- Food stalls including barbecue, pizza, paella and vegetarian/vegan

- Bar
- Stalls, including jewellery, gin, jams, art, cards, clothes, books, gifts
- Tea and cakes in the church hall

FOR EVERYONE

- Dog Show (1.15–2.45pm), including: Beautiful bitches; Handsome hounds; Cutest puppy; Musical sits; Waggiest tail; and Dog the judge would most like to take home!
- Falconry Display (3–3.30pm)
- Wheelbarrow Race (3.45–5pm)

We are still looking for volunteers to help before, during and after the event – please email us at info@braughingwheelbarrowrace.com if you would be able to help. But most of all, we hope to see you there!

Braughing Fair and Wheelbarrow Race Team

Buntingford WI

It's been a long time coming but at last we are able to get back to our usual monthly meetings and we can't wait!

During the summer we were able to get together in Pat's lovely garden and luckily restrictions were lifted in time for our August lunch at the Three Tuns pub in Hormead.

We'll be back in the United Reformed Church Hall in Baldock Road (opposite McColls) on **Thursday 9th September** when we'll be 'Exploring Rural Hertfordshire' with our speaker Elizabeth Hamilton from the CPRE.

We meet at 7.15pm and if you are new to Buntingford you are most welcome to come along. We have picked up some new members this summer but there's plenty of room for more. You can just turn up on the night or, if you prefer, you can telephone our secretary, Pat, on 01763 271305 for more information. Hope to see you soon!

Val Hume

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Recipe for September

Lemony Almond & Apricot Cake

It makes a nice change to cook with apricots and cardamom pods for this Greek dessert. Serves 12.

Ingredients

150g semolina	100g ground almonds
40g plain flour	2 tsp baking powder
225g unsalted butter, softened	Pinch salt
225g golden caster sugar	3 large eggs
1 lemon	6 ripe apricots

Syrup

3 lemons	75g caster sugar
4 cardamom pods	

Method

1. Preheat oven to 180°C/350°F/Gas 4. Line the base and sides of a rectangular cake tin, measuring 20cm x 25cm, with baking parchment.
2. Put the semolina, ground almonds, flour, baking powder and salt in a bowl, stir to combine.
3. Beat together the butter and sugar until fluffy and light. Lightly whisk the eggs, add grated lemon zest, then gradually add this to the butter and sugar mixture.
4. Using a metal spoon, fold in the dry ingredients and lemon juice.
5. Pour the batter into the tin and arrange the apricots on top. Bake in the centre of the oven for 45 mins, until risen, firm and golden (check cake after 30 mins).
6. **For the syrup:** Squeeze the lemons and add enough water to the juice to make 175ml of liquid. Put into a small saucepan with the sugar and cardamoms. Heat to dissolve the sugar, stirring, and bring to the boil for 4 mins. Allow to cool for 10 mins then strain to remove the cardamoms. Pour over the cooked cake and leave to cool for 20 mins. Transfer to a wire rack, to cool.
7. Serve with Greek yogurt or crème fraîche.

Elaine – Vintage Cakes and Sumptuous Soups

Tel: 01763 289 738 / m. 07501 495 940

Facebook – Sumptuous Soups and Country Cakes

Citizens Advice East Herts' offices are currently closed to drop-ins due to Covid, but you can contact them by phone – call the local Message Line for a call back on **01920 459 944** or the Herts Advice Line on **0800 144 8848** (10am-4pm, Mon to Fri). Or see the online options at:

citizensadviceeastherts.org.uk



Universal Credit

I've heard that Universal Credit is going to be cut from September. I struggle to get by as it is and I'm worried that if I lose £20 a week, I'll get into serious debt. I'm already behind on some of my bills. What can I do to avoid things getting worse?

If this describes your situation, you're not alone – but there is support available.

Firstly, depending on your situation, you might be able to ask to have your Universal Credit paid differently – these are called 'alternative payment arrangements'. This might be an option if you're in debt or rent arrears, among other reasons. To apply for an alternative payment arrangement, call the **Universal Credit helpline** on **0800 328 5644**.

If you're behind on some of your bills, the first step is to make a list of how much you owe and add up how much you need to pay each month.

You now need to prioritise your debts. We have **advice on our website** to help you do this. Some bills can cause you more problems than others if you don't pay them. Rent or mortgage arrears, energy bills and council tax are your priority debts as there can be serious consequences if you don't pay them.

Be sure to get in touch with the organisations you owe money to. Not everyone feels confident to do this, but they might be able to help by letting you pay smaller amounts or taking a break from payments. Many organisations have put in place protections for people who've struggled to pay their bills during the pandemic.

The government-backed **Breathing Space** scheme could also give you extra time. If you're eligible, you could get 60 days where your creditors can't contact you, take action to make you pay, or add interest and charges to your debt. You'll need to get advice from a debt adviser first – they'll check all your debts to see if they're covered by the scheme.

Finally, it's always a good idea to have a budget – take a look at the **budgeting tool** on our website and make sure you're getting all the **income** you're entitled to.

Everyone's circumstances are different, particularly when it comes to managing personal finances. If you need more specific support or don't feel able to manage your situation alone, call our **debt helpline** on **0800 240 4420**

Citizens Advice East Herts is a local registered charity that offers free advice on all issues. You can contact us on **01920 459 944** or via our website.

www.citizensadviceeastherts.org.uk

If you would like to **advertise** in the *Buntingford Journal*, please contact **Keith Edwards** on **01763 272032** or email **Advertising@buntingfordcivic.org.uk**



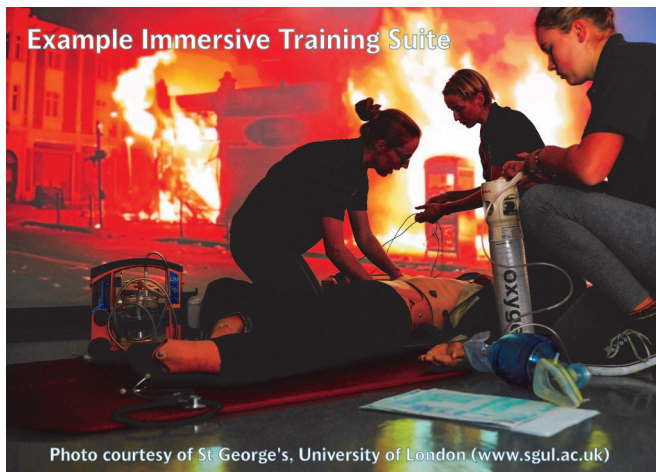
Essex & Herts Air Ambulance

Your local life-saving charity

Training Suite Crowdfunding Appeal

Essex & Herts Air Ambulance (EHAAT) are hoping the people and businesses of Essex and Hertfordshire will support the

charity in their first ever Crowdfunding Appeal to raise money to build a new state-of-the-art training simulation suite at their North Weald Airbase for their critical care team.



Example Immersive Training Suite

Photo courtesy of St George's, University of London (www.sgul.ac.uk)

EHAATs team work 24/7 and are dispatched up to 6 times a day. They aim to save lives and prevent disability and suffering by providing a first-class pre-hospital emergency service. Treating patients at the scene, away from immediate hospital support, they could be performing open-heart surgery on a road one minute and managing a blood transfusion mid-air the next. When work is this tough, there is no substitute for training.

Dr Naomi Pritchard, one of EHAATs Pre-Hospital Care Consultants, said: "We are asking the local community to help us raise money to build an intensive and realistic training environment for our critical care team ... This immersive training will help our team to train and prepare for the various real-world scenarios they face every day ... and will also enable us to collaborate and share experiences with partners across the emergency services and the NHS ..." To find out more and to support this appeal please visit [www.globalgiving.org/projects/essexhertsairambulance.](http://www.globalgiving.org/projects/essexhertsairambulance)"

EHAAT unveil unique Supporter Sculpture

A new sculpture entitled 'Supporting Us, Supporting You' was unveiled on Thursday 22nd July at EHAAT'S Earls Colne Airbase, taking pride of place at the airbase entrance.

The sculpture is the result of a design project run in collaboration with Harlow College: 27 Art & Design students submitted their designs, which were whittled down to 10 by a panel of judges who then shortlisted five for a vote by staff and volunteers from all areas of the charity. The winner was Kiera Harkett (centre in photo) with a design representing the local community who support EHAAT.



Kiera said of her design: "I had a lot of different ideas ... linked to community and how the EHAAT crew are like a family. I researched the charity's history which helped me see how ... the community has played a huge role in helping EHAAT assist people since the very beginning. When visitors see 'Supporting Us, Supporting You' I would like them to think about the life-saving work the charity does ... [and] all the diverse people who play their part ..." The unveiling marked the official opening of the newly extended and refurbished airbase. For more information about EHAAT and its work, visit ehaat.org

BUNTINGFORD UNSUNG HERO AWARDS 2021

Do you know someone who goes above and beyond to help others? Then why not nominate them for the Unsung Hero Awards? Now in their third year, these awards are sponsored by the Town Council, the Chamber of Commerce and Buntingford Civic Society. Two awards are made, each of a cash prize and trophy, to two local people who have made a significant, positive, voluntary contribution to the community in the past year. One award goes to a person aged 20 or over, the other to someone aged 19 or under.

So come on and tell us who deserves to win! Nomination forms are available from the Manor House, the Cheese Plate and various other outlets around the town, or an online version is available at www.b-hero.co.uk. Completed forms can be handed in at the Manor House or emailed to unsung@buntingfordchamberofcommerce.co.uk. The closing date for nominations is 1st November, and the winners will be announced at the Lights of Love ceremony on Friday 26th November.



www.u3asites.org.uk/buntingford

To Our New Residents and New Retirees

If you are newly retired and/or new to Buntingford, this is an open invitation to come and find out about your local u3a.

The u3a (aka the University of the Third Age) is an International Movement for people who are no longer in full-time employment – there is no specific age

limit. It is a self-help organisation for people to socialise and maybe attempt to learn something new. It helps to fight loneliness and keep body and mind active.

Buntingford u3a currently has 32 wide-ranging interest groups run by fellow members, with a monthly talk and get-together for all members held in the Seth Ward Community Centre, Luynes Rise. During Lockdown our monthly meetings had to move onto Zoom but on **Monday 13th September** we will return to the SWCC when our Speaker will be Clare Mulley who will tell us about '**Eglantine Jebb – The Woman Who Saved the Children**'. Doors open at 1.30pm.

Don't be afraid of stepping into a hall full of people you won't know – there will be a Greeter to welcome you and show you around. Lots of people have told me how very friendly and welcoming they have found the people and shops in Buntingford. That goes for the u3a as well! If you would like to read more about the u3a right now, turn to page 38 to see our regular article in the Buntingford Journal.

Neither – and that’s OK too

A short story

I felt myself physically cringe at the overheard mistake but then, I reasoned, I was partly to blame. Lingered on the precipice of the staff room, I was summoning up the courage to enter and inadvertently eavesdropping on a conversation inside. I adjusted my tie, took a deep breath and stepped over the threshold. As I had anticipated, the two teachers halted their conversation and looked directly at me. *Was that a guilty gaze or am I being paranoid?* I managed a wobbly smile in greeting but anxiety had grabbed at my throat, constricting my voice box. I opened my mouth and shut it again. Colouring, I opted for a half-wave instead.

“Elaine,” John started towards me then froze. The maths teacher of ten years at Harwood Secondary clapped his hand over his mouth in horror at his unintended use of my deadname. “Oh, I am so sorry Harley! I don’t know what I was thinking.”

There was something endearing about seeing John genuinely upset for my feelings that made me relax. After all, he had known me as Elaine for five years and habits are hard to break, I thought generously. I smiled at him again and this time it was genuine and confident.

“John, it’s okay,” I reassured him, “it was an honest mistake. The fact that you’re trying is huge. It shows how much you care and the fact that you are supporting me means more to me than you will ever know. It takes time to transition into something new.”

John relaxed at my words, visually relieved, and Francine, I noted with interest, followed suit. The Head of Pastoral Care had not met me face to face since my revolutionary email and she now stepped forward, hand held out in old-fashioned greeting.

“Harley, it is so nice to meet you.”

Touched, I shook her offered hand appreciating the gesture. We both smiled widely. She, with slight self-consciousness, and I, with the warm embrace of acceptance.

“Francine, a pleasure.” I hammed it up slightly but held myself back from a mock bow.

John cleared his throat and proceeded through the next conversation carefully.

“Harley, I’m glad you are here. I was just talking to Francine about one of my 11s and I was hoping that you and Francine could have an off-line chat about it?”

“Oh really? Well, any help I can offer. What’s it in connection with?” I fished, but already knew the answer.

Since I had come out as nonbinary to the faculty at large two weeks ago, I had already become the ‘go-to’ person for teachers whose students were struggling with their identity. My heart was constricted with pain. It had taken years for me to accept my identity after many a late-night soul-searching and online trawling, before finally stumbling across my lifeline in the shape of Rowan and Jessie. These two generous people had helped me in so many ways and were so gracious and giving with their listening and gentle advice. The relief in finally understanding and being understood was liberating and I felt lighter, less encumbered with weighing doubt. The fact that I had never felt comfortable with either gender had been confusing and even frightening at times, especially in my teenage years. I shook my head slightly to clear it and focus back on the conversation at hand.

Francine addressed me: “It’s a personal matter that we should follow up in my office. Would 2.30 this afternoon be okay for you Harley?”

“Sure, no problem. I’m team-teaching but I’m sure Ms Wood will be fine if I step out for 10 minutes.” I checked my watch and raised my eyebrows, “Ah, better run. Got 8C for Spanish and they’ll turn feral if I’m late.”

“Oh lucky you, 8C! I’m around for the next half hour if you need some backup,” John offered jokingly.

“I might just take you up on that.” I smiled and nodded goodbye to Francine as I left.

As I had anticipated, 8C had cranked up the volume to shouting level by the time I arrived. The TA, Mr Todd, was standing ineffectively at the back of the room, clueless without direction from me. A relieved smile spread across his face as he noticed me entering the loud boisterous space. Inwardly I groaned. Mr Todd had been a thorn in my side since he started working with me two months ago. He had made a few inappropriate remarks outside lessons and initially I had forgiven his slip-ups, but his narrow-minded view of the world hadn’t changed and he was the one that I had been mentally preparing myself for.

“Ah, Miss Crawford, thank goodness you are here.” Then he prattled on, not noticing my physical flinch, and addressed one of the pupils trying to get my attention: “Jude, wait a moment. Miss has just got in. She’ll come back to you in a minute. Isn’t that right Miss Crawford?”

Taking a deep breath against his prejudice I strode forward, speaking loudly to the class to settle down and get on with their lesson starter. Once the troublemakers of the group had calmed down and were occupied, I summoned Mr Todd and he came shuffling over.

“Miss Crawford,” he started, and then stopped as I abruptly raised my hand.

“Mr Todd, I am not sure if you are on the all-staff email? I sent one out a couple of weeks ago letting everyone know that I identify as being nonbinary and therefore would prefer it if you call me Harley.” My voice was authoritative and assertive. A deep red flush grew up Mr Todd’s neck as he looked confused and then recognition highlighted his features.

“Oh yes! I’m so sorry, totally forgot.” He cleared his throat and began again, his eyes darting to the students nearest to him and then back on me. “Erm, do the students know?”

“Yes, they were informed in class assembly. But thank you, you’ve just reminded me of something.”

I stood and walked to the whiteboard. Taking a black marker I wrote “Teacher Crawford” up on the board. Before I could explain myself Karl Stewart, sitting at his newly designated spot right in front of my desk, piped up. “What’s that about? I think we all know who you are after all this time!”

The rest of the class looked up, some with nervousness, others with anticipatory delight at a forthcoming conflict. Anything to take them away from their Spanish studies.

“Thank you, Karl, for bringing the class to my attention and noticing the board before anyone else did. Great observation skills!” A few titters rippled through the classroom; Karl looked pleased and embarrassed at the same time. “Moving forward, please refer to me by this name. I’d appreciate it. Any questions?”

I smiled to myself as I heard Kieran mutter, “Why would anyone have any questions about it? You must be stupid if you don’t understand.”

I looked around the room, a sea of shaking heads, until I was satisfied. “Right then, I assume that you have all finished your starters? Let’s move on to our topic – shopping. The Spanish for ‘bread’ is ... anyone?”

Emma Christou, Buntingford Writers Group



CrossFit does 'Murph'

So what's Murph?

Every year in early May, the whole worldwide CrossFit community does a memorial workout called MURPH.

MURPH is named after American Soldier Michael Murphy, who was killed in action in Afghanistan. He sacrificed himself to save his platoon when, out on patrol, they were ambushed by enemy forces. With no signal to call for back-up he had to put himself in the line of fire in order to get the help needed to save the platoon. Sadly,

Murph was killed in the process, but back-up arrived and his platoon survived.

The workout we do is a 1-mile run followed by 100 Pull Ups, 200 Press Ups and 300 Air Squats, followed by another mile run. To go the full effort, you would put on a 10kg vest.

In order to make this workout accessible to everyone, we scale in several ways. Not able to run? You can row, ski or bike. Don't have a pull up yet? You can use ring rows or bent-over rows with dumbbells, for instance, or band-assisted pull ups. This way everyone can pay respect for service men and women lost in action around the world. There are many other memorial workouts in CrossFit, but this one is probably the best known.

We all chip in for charity when we do it. We have now done it twice in Buntingford and from our fledgling membership we've raised over £250 for the Royal British Legion. So far, it's only been CrossFit Buntingford members who have taken part, but we would welcome anyone from the wider community to join us next year. Its one of the highlights of our calendar and you would be joining millions of people worldwide doing the same workout whilst raising money for the British Legion and ex-service men and women.

Our next Charity event is on 4th September when we will be holding our inaugural **Watermill Games**. Teams of two men or two women will compete in some tough, simple, but high-fitness demand challenges for bragging rights and a lot of fun, with a BBQ at the end. We will be raising money for a charity called SOFT UK which supports families who have babies and children with trisomy13 and 18 (also known as Patau's and Edwards Syndromes) who have an extra copy of the 13th and 18th chromosomes. This can lead to severe health problems such as a hole in the heart or scoliosis and kidney problems, as well as profound learning disabilities. As well as the games (well worth a watch) there will be a raffle stall to help raise money for this excellent charity.

If you'd like to take part, email mick@crossfitbuntingford.co.uk. It costs just £20 to enter. Grab a partner, make up a funky team name and perhaps wear a team T shirt? It promises to be a lot of fun! We will be joined by members of **Corps Fitness** and **Buntingford Runners** too. If you would like your group/organisation represented, you would be very welcome. The Games will be held on the Watermill Industrial Estate, close by CrossFit Buntingford (inside and out) and proceedings will start at 10am. Wish us luck!

If you would like to find out more about us, or see if CrossFit can help you get fit, strong and maintain your independence, drop us an email or ring 07912 653164.

CrossFit Buntingford – helping busy people get fit in a welcoming environment.

Mick Nolan / mick@crossfitbuntingford.co.uk
www.crossfitbuntingford.co.uk / 07912 653164



The Hundred Parishes Society

www.hundredparishes.org.uk

Hedges have long been a significant feature of our landscapes. They reduce soil erosion and offer shelter and forage for livestock and wildlife. Over the centuries, nuts, berries and herbs from the hedgerows have provided food and natural remedies for humans too. Woody material – pollarded hedgerow ash, elm and oak trees – was used as fuel or turned into useful objects.

Hedges go back a long way: Roman farmers favoured a living hedge to mark out boundaries. Their value was recognised in 1567 guidance from a Court in Felsted which warned: “Any persons breaking any hedge or stealing wood be put next Sunday or holiday in the stocks for 2 hours at the least.”



Sadly 50% of our hedges have been lost since the late 1940s as landowners enlarged their fields so bigger machines could operate. The occasional forlorn oak tree is often the only faint reminder of a lost hedge. The former layout of hedges in any parish can be seen in 19th-century tithe maps;

comparison with current aerial maps will demonstrate what has been lost. The consequent loss of habitat is often blamed for reduction in species and biodiversity.



Today, hedges are again valued as wildlife corridors and as a way to lock up carbon. Encouraging signs of new hedgerow planting can be seen in many places in the Hundred Parishes area, including alongside roads and fields in and around Buntingford.

This summer, blackberry blossom has been much in evidence in hedgerows so autumn walkers may be in for a tasty treat. Look out also for sloes (left) that can be used to make delicious sloe gin. Many of our footpaths follow field edges beside hedgerows. If you are not yet familiar with the Society's walk routes, please go to our website – there are many walks to choose from and download, with distances ranging from 1 mile upwards.

Tricia Moxey, Trustee

u3a learn, laugh, live Buntingford

www.u3asites.org.uk/buntingford

'They Matter', wondered what they did with the old cloth and immediately sent an email to the company asking the question and outlining what her group did.

June didn't really expect a reply but one arrived, from Stuart, who explained that the used material was sold to sports clubs and pubs to put on their tables so they were able to play on championship cloth, albeit used. He added that they also made the yellow felt used for championship tennis balls. June replied giving him more details of the group, that they had made some 220 mats, donating them to 18 Care Homes as well as individuals, and that if he had any off-cuts they could certainly use them for pockets, etc.

The next email from Stuart said that he was sending them a roll of each material, as it was a cause dear to his heart. Two days later a delivery man arrived and asked if they were expecting a delivery, to which they replied yes. The man then said that the rolls were too heavy for him to lift, so he dragged them into their garage. Each roll was 6ft wide and an unknown number of metres in length. The

'They Matter' (Group Leader Hilary Curtis) is our u3a group that makes Twiddle Mats and Teddy Bear bags for people with dementia. They are always on the look-out for suitable materials to use.

Whilst watching the World Snooker Championships on TV back in April, June & Eric Fairbrother heard the commentator say that there was most probably going to be a change of cloth on one of the tables as the players didn't think it was running properly. June, a member of



The giant rolls of donated material (above). The baize is a perfect base for the mats, while teddy sits snugly in a bag of tennis ball felt.



yellow roll weighed 63kgs and the green one 45. The yellow cloth was thicker – Eric couldn't get his arms round it! And June couldn't get to her fridge-freezer for some time! She sent a thank you email to Stuart, followed by a parcel containing a mat and bag with a 'Thank You' card with the names of the whole group, plus some photos of mats and bags that they have made. (As a PS to this story, I asked Hilary & June if I could have a piece of the green cloth for my Bridge Table – some of the Bridge Group have been meeting weekly at my house since the first relaxation of lockdown – and they kindly agreed. Sadly, it hasn't improved my Bridge!)

During Lockdown our monthly meetings were held via Zoom but on **Monday 13th September** we will return to the Seth Ward Community Centre when our Speaker will be Clare Mulley on 'Eglantine Jebb – The Woman Who Saved the Children'. One hundred years ago, Eglantyne Jebb was arrested in Trafalgar Square for campaigning to help the children of Britain's former enemies. In 1919 few in London were sympathetic to her cause. Nevertheless, within weeks Jebb had secured the first donation to her 'Save the Children' fund from the public prosecutor at her trial! Doors open 1.30pm.

Jean Cook

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Summer 2021 has seen excellent class attendance, both for our online and venue classes. The Attend to Health Studio Pilates Classes that I teach are very popular; they are adding another matwork class at 1pm on Wednesdays.

In the last edition of the Journal I talked about my brown ankles from teaching all the classes outside. Now I have a white right knee from an injury I acquired (from gardening, not from teaching!) and having to wear a brace for several weeks. It did not stop me teaching, as my lovely mum chauffeured me around until I could drive again

Many of my Personal Training Clients who have been preparing for charity events are having fantastic event days. September sees a couple I have been training for their wedding come around! I am very proud of what they have all achieved and it is excellent to see some of them wanting to continue with classes to keep up their new-found fitness.

Buntingford U3A Exercise Classes are now all up and running. We still have a few spaces available in the Monday 10.30am session at Seth Ward Community Centre. It was lovely to see all my seated class participants return after a break of over 16 months. Classes are now at Seth Ward so I can keep the classes as safe as possible.

And lastly, if anyone wants some help with getting into fitness (whatever your age), with mental health assistance, or just to join a class, please contact me.

Jacqui Smith, Personal Trainer
theteam@jacqui-smith.net / 07956 647806

Birds of a Feather

There we were, Foto Foggy, Chicken Clegg and myself taking tiffin on the veranda of Clegg Towers with the usual high-quality fare provided by the fragrant Memsahib Clegg. The conversation drifted to and fro, between the gauge of strings on a 58 Fender Strat and the focal lengths of a Nikon. Meanwhile, whilst demolishing a slice of lemon drizzle cake, I observed one of Clegg's chickens pecking at the crumbs that had escaped from my last mouthful. I further observed that a feral pigeon was waiting in line.

It was at this point that I reached some sort of epiphany as to the meaning of life. Had the inhabitants of this planet as yet not learned that there are some indisputable truths that, despite every effort by the intelligentsia, what will be will be, and will continue into the future. There is a definite 'pecking order' amongst species on this planet and there is a probability beyond dispute that no matter what we believe as individuals we are all consigned to continue in the same manner until this lump of spinning rock becomes a bare uninhabited speck of grit in the vast expanse of the universe.

Like all other life forms, there exists a preset programme that most if not all will follow forever. Some might call it fate, or kismet, indeed even the will of some deity. We may challenge this by protesting that our 'rights' and freedoms must be secured, yet all we do is make a lot of noise, even to destroying the very places in which we live and work. However, the very things we need are controlled by faceless individuals manipulating our every thought and movement.

No? You don't agree? Then why do we continue to move with the masses, manipulated by people we have never met? To seek some solace we return to our basic instincts and fears by gathering unto us those whom we recognise as being like ourselves and build fortresses against others who would threaten our existence and way of life. Currently our town is becoming one such fortress and those who want to be identified with our tribe flock to seek refuge herein. Many who once lived close to the great metropolis to the south have sold up their homes to incomers from other lands and cultures and travelled north to what has been described as a jewel in the county's crown. Here they can set up home, gathering around themselves the accoutrements and uniforms that assure them that they have arrived home. This behaviour can be traced back to pre-Roman times when the Catuvellauni ruled the local area. Every devotee still strives to conform within the community. One need look no further than those 'wannabe' locals who cover their flesh with inked pictures, demonstrating that we haven't changed much in 2000 years. We are all immigrants, even though many have lived here for many generations, and we have slowly made ourselves comfortable within the walls of our fortress, even if those walls are invisible.

By now Foto Foggy was waxing lyrical about current computer printers, in between tucking into a rather toothsome lemon tartlet. But I digress. Returning to my hypothesis, this is just the way those in power want us to react and by doing so we are becoming more and more manipulated. First they want to control us by appearing to give us progress and many benefits, like schools for our children, green spaces, medical care and the ability to rent vehicles that will make us feel more akin to those around us. To keep us safe we have CCTV cameras dotted around, which are supposed to stop any ne'er-do-well attacking the shops etc. But when the time is right, those things that we have enjoyed for a short period are then slowly withdrawn. Where once we had the ability to keep our fortress clean and tidy, they now take away our recycling depot (once one of the tenets of the gospel according to the green ideal), and they charge for one aspect of recycling (the brown bin) while the food waste that was composted as part of the brown bin schedule is now put into landfill via the black bins, contrary to the former mantra.

Next closure, one of the town's two surgeries, and where once we could get an appointment within days we now have to wait two weeks or more. Of course Covid (it could not have been planned better, could it?) separated the doctors from the patients which put more pressure on the surgeries and it is now reported in the news that GPs are leaving the profession in their droves all around the country. Meanwhile we build more and more houses on green-field sites and in the saucer dish that is the base substrata of our fortress. So we now have less food-producing land and twice as many houses.

Covid has brought more working from home and as such less ability for employees to organise themselves to respond to employers' decisions to dispense with their labour at will. Trade unions are nothing more than an adjunct to power. By using the mantra "our customers prefer to bank online", the powers-that-be have closed our bank in a trend that continues in all the towns around. It is only a short step now to a cashless society (more power and control to those who would rule us). We then wait for a new currency, a new money, 'Brit-coin' as our esteemed chancellor recommends (not to be confused with Bit-coin which is like pyramid selling on steroids and greedily devours computer time and energy). Those who want to direct our every waking moment know every move we make, where we spend our money and the taxes that we pay and what credit we have racked up. Of course this information can be given to anybody who will pay the price for it.

If something causes a glitch in the system (not that that ever happens!) then all goes dark computer-wise and cyber-attacks from who knows where affect every moment of our lives. The surveillance systems installed on the pretext "it's to protect us" become the all-seeing eye and it is a short step to state control. George Orwell had it right.

Of course we are distracted by media-inspired trends such as Woke (whatever that means) and various campaigns to make people suffer for perceived historical crimes which no living person lived through. History and the statutes of limitations are blurred to suit. Meanwhile it's not affecting us, so what are you worried about?

"This is exceedingly good cake Cleggy. More tea? Thank you so much."

Vyse

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Royston, Buntingford & South Cambridgeshire

What's an 'Escape Game'?

Escape Games (also known as Escape Rooms) have been around since 2004, when the first video game version was released. Since then, the phenomenon has grown into hundreds of online escape games, in varying degrees of complexity, and around 3000 'real-life' escape rooms in cities around the world. They all share a similar concept: you are locked in a room and need to solve the puzzles to escape.

What is Home-Start's game all about?

'Escape from St Margaret's Island' tells the story of a group of travellers stranded on a remote island. They need to follow the clues to puzzles hidden all over the island, solve the puzzles, work out the secret code and get off the island before the tide comes in! This escape adventure has it all, from maths and music to word games and ciphers. The game works just as brilliantly around a table as with people joining remotely from around the country (or the world). Get together with friends and family to see if you can solve it. All you need is a laptop and an internet connection (it's not suitable for tablets and other mobile devices).

Sounds fun! Where do I sign up?

'Escape from St Margaret's Island' was written and created by Home-Start staff and is available online. Visit www.hsrc.org.uk/events to find out more. 100% of proceeds go to supporting our work in the community, helping parents with young children through tough times.

WHAT'S HAPPENING NEXT?

We have an action-packed autumn lined up, starting with our stall at the **Buntingford Car Show** on 4th September (right). We are also relaunching our **Literary Lunches** in Royston on 30th September. See the HSRSC website for details.

Escape Room

Imagine you're stranded on a remote island ... the floodwaters are rising ... your only chance of escape is to solve the clues. If you're a fan of puzzles and code games why not try Home-Start's brand-new, exclusive, online game – 'Escape from St Margaret's Island'.



Royston, Buntingford & South Cambridgeshire

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4TH SEPTEMBER 2021

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GUESS THE NUMBER OF TOYS IN THE LANDROVER

Buntingford Cougars 50th Anniversary 1971–2021



Back in 1996, as part of the club's 25th anniversary celebrations, Eric Addicott (then club President) wrote an article for the Journal chronicling the history of the Cougars. He signed off with a few simple words: "It makes one wonder what the next 25 years will bring." It's time we found out!

I'll start by saying it can't be going too badly! There is currently no organisation bigger in Buntingford, business or recreational. From humble origins in the early 70s, Cougars now boast 350+ members across 14 age groups, from our 4-year-olds taking their first kicks with our Cubs group through to our U18s. To keep the club operating there are well in excess of 60 coaches and a committee of 20+.

If you were to walk the ginnels of Buntingford (of which there are many) it would be a stretch to find many in the community untouched by the club. So what's truly changed? A lot. But in some ways, not so much. The beauty of what the early pioneers put in place is that the foundations are strong. But let's run through some specifics to bring us up to date ...

Buntingford Cougars achieved FA Charter Standard in 2003, a true recognition of a well-run and sustainable football club. This was achieved under the stewardship of Mick Nolan. The award showed how Cougars prioritised qualified coaching and safeguarding, as well as the values of the FA's Respect programme. And the club works incredibly hard to ensure we retain the accreditation each year.

One common theme from the early days to the present has been availability of training and playing space. The Cougars have always used numerous community facilities for pitches. From the 70s, when the club secured access to their London Road pitches from Buntingford Relief In Need on a peppercorn rent, to today when we spread to ever more venues – off the top of my head The Bury, London Road, Community Centre, Cottered, Barkway, Norfolk Road, Muga, plus some use of school playing fields and local parks! In 2005 the club were delighted to secure a lease from Sainsburys for the clubhouse and sports field as the supermarket vacated their distribution depot. The lease was a joint venture between Buntingford Cougars Youth FC and the adult club Buntingford Town FC. The facility was re-named The Bury and is now firmly established as Buntingford's home of football – as well as possibly the finest party and social venue in the town!

For many years now the Cougars have organised and hosted the Buntingford Schools Tournament, which welcomes local first schools in a fun-based contest where every child is recognised and rewarded at the medal presentation. The tournament often inspires children to join the Cougars following their first taste of an organised football match. In the spring of 2011 Buntingford Cougars organised its first half-term holiday soccer school, welcoming children from 4 to 12 years old to enjoy football in a safe and enjoyable environment. The soccer schools were a quick success and nearly always sold out in advance. Now badged as 'Football Fun', they remain incredibly popular, still sell out rapidly and act as a great intro to the club for many youngsters.

In 2012 the Cougars committee really applied some focus and re-positioned the Cougars 5-a-Side tournament. They grew the event from a one-weekend competition for just a few age groups to a multi-weekend tournament accommodating U6s up to U15s (and later girls and adults in partnership with Buntingford Town). The Cougars 5-a-Side tournament is now one of the biggest in the county, held over four weekends with as many as 300

teams entering. It is the club's biggest fundraising event and in 2016 it was fantastic to be recognised as winners of the East Herts Service to Sport Award, primarily for the efforts around this tournament.

Prior to 2014 the youngest Cougars were 5 or 6 years old, but that year the Cougars Cubs was born, offering football in a relaxed format to children as young as 4. There is now a well-trodden path from Cubs to U6s (the age groups that train only) and on into the first match-playing age group as the U7s.

In 2015 Buntingford Cougars reviewed and developed the club's constitution and rules to better align to modern youth football and also introduced a Cougars Club Handbook. The handbook was and still is the document that sets out the standards and expectations in the club for all families and volunteers. In 2017 the club was honoured to be named by Herts County FA as The Herts FA Charter Standard Club of The Year. This prestigious award was presented to Chairman Richard Daly and recognised the club's efforts in developing a club framework that encourages children of all abilities, supported by volunteers who recognise the FA's safeguarding and youth coaching principles.

In 2019, the club came to the realisation that the organisation had become too big and complex for a single Chairman and switched to a model of an Exec Committee of 5 to spread the workload, ably supported by a great committee all fully committed to the club. I should mention that this is about as sociable a committee as you are likely to meet – they love a drink accompanied with a scotch egg!

Since Eric wrote his 25 year history, the club has gone from strength to strength, responding to the growth of the town itself. The FA has standardised their approach to youth football and Cougars have embraced that approach. Player demographics have changed considerably: there was no mention of girls in the 1996 article – fast forward to 2021 and we have a huge number of girls playing across a wide range of age groups.

What hasn't changed at the club? The kit. The ethos. The structure. Still staffed top to bottom with volunteers. The ambition to provide opportunity to players of all abilities. And the fundraising. In the early days there was actually no annual membership fee – can you imagine? This meant huge efforts were undertaken to raise funds for kit and equipment. So what did the club do? Well, you might be able to mark your age by seeing how many of these you can fondly recall!

Sponsored walks for a start – regularly getting the squads to walk 10 miles in and around Buntingford. A 100 Club with dances – 3 or 4 a year, often at Millfield School; the only modern equivalent might be the Club Nights at The Bury! Jumble sales – apparently these were legendary with a queue of 'professionals' ready to go as the doors opened. A tombola stall at every local village fete. Carnival floats in the Buntingford Carnival. The 5-a-Side tournament started as a fundraiser, albeit more rustic than today with scaffold poles for uprights! And possibly my favourite story from the days of yore – the 80s All-star games involving local (and not so local) celebs such as Tony Galvin of Spurs fame and, incredibly, Johnny Rotten of the Sex Pistols who, rumour has it, is quite the player.



So it is with immense pride as a club that the fundraising spirit lives on. Our 50th anniversary celebrations this September are centred around a sponsored walk for all of our members – resurrecting a classic Cougars' tradition. This year it is in aid of the Lynsey Ivison Trust, dedicated to providing special holidays for children living with life-threatening illness and their families.

And so that brings us about up to date. I need to thank every last one of the volunteers, the coaches, the committee, the dedicated parents who turn up in winter (and other seasons) to watch their kids. And the players – tough to know just how many players have been a Cougar over the past 50 years, but it is many thousands. Just think about that for a second That's quite a legacy in itself.

For those of us who have the privilege of looking after the club, custodians if you will for the next generation, we know we're part of something special. Barcelona have as their motto – “Més que un club”, which translates as “more than a club”. I can't think of anything that better fits the Cougars. We live in a fast-paced, modern world, and to see a true grassroots, community football club, dedicated to developing every one of their players regardless of ability, brings a little tear to my eye.

As for my own small part in the history of Cougars? Moving to Buntingford from the wild lands of the north (Lancashire), the Cougars provided me with a family. I was rapidly sucked in from simple parent to match reporter to committee member to vice chair to Exec Committee member. This club has a habit of making a "lifer" of you. In fact, the club is carried by a small hardy group of volunteers. Quite a few of them fit the bill of lifers; all of them dedicated to their community club.

And for the final few words.... “What will the next 25 years bring?” Come on you Cougars! *A huge thank you to past Chairmen Alan Freeman, Rich Daly and Barry Tokely for their time and contributions to this Cougars history as well as the part they've played in the club over the last 50 years.*

David Deane, Buntingford Cougars



Looking back through the decades: left: a team in the early 80s; and below in 1972. The photos on the Journal cover show the exuberant U8s in 2017; a squad from the late 1980s; and a Cougars team on a playing trip to Germany in the late 1970s.





BUNTINGFORD TOWN FC

www.buntingfordtownfc.com

A Quick Recap!

It feels like a lot has happened since I last sat down to write an article for The Journal, back in April when football had finally resumed after the long disruption of Lockdown 3.

The Firsts, having failed to reach their final, played out two post-season friendlies in May, drawing 1-1 with Lemsford and winning 2-0 at home to Walthamstow before drawing a line under the season. **The Reserves** had just qualified for the semi-final of their 'covid cup' competition against Stevenage Community FC, a fixture that was to prove a bridge too far for our lads who finished their disrupted season with a loss away from home. **The Vets** won three of their final four games and finished second in the Premier Division of the East Herts Vets League – no mean achievement when you consider the strength of some of the other teams in the table! **The Ladies** started May well with a 1-0 victory over Sherrardswood Ladies, but two mid-week losses against Watton Ladies and Sherrardswood, gaining their revenge on the last day of the season, somewhat stalled the team's momentum.

All four sides can be rightly proud of how they dealt with the disrupted 2020/21 season and the progress they have made despite the constant stop-start nature of the year.

Pre-Season

Given the lack of contact time that our coaches have had with their players, the decision was taken to start pre-season training for the County League Squad as soon as the final game of the season was played. Whilst some players wanted to take a short break from training, a significant number of players jumped at the chance to keep going and a few fresh faces joined the squad during this period.

A key element of a successful pre-season is a decent slate of friendly fixtures against quality opposition who allow you to assess the squad. This year we have been fortunate to play some excellent teams and whilst The Reserves failed to register any wins, The Firsts beat Walthamstow Reserves, Royston Reserves and Welwyn Garden City U23s, all of whom play in higher divisions.

The Season Starts!

Of course, pre-season is only the preamble and the 2021/22 season started on Saturday 14th August with The Firsts hosting Bovingdon and The Reserves travelling to Oxhey Jets Vets for their opening games.

First Team! The Firsts got off to the best possible start with a terrific 6-1 home win. Despite a wobbly first 20 minutes, going 1-0 down very early on, the team showed commendable spirit throughout the game and the Buntingford scoring machine got up and running when Dan Apostolos was awarded a penalty which was converted by skipper Charlie Owen. As the team upped the tempo Harry Watson scored to give us the lead, which was doubled shortly after by Jack Bishop with a great header. 3-1 half time! Within two minutes of the restart Harry Watson scored his second with a great strike, followed by two more terrific goals by Antonio Fusco and Max Reid. Full time 6-1!

Reserves! The Reserves were looking to put their uninspiring pre-season behind them when a largely familiar squad from last season travelled to Oxhey Jets. They started the game brightly, with good build-up play resulting in several chances, none of which were taken. Without a breakthrough in the first 15 minutes The Reserves struggled to maintain

their dominance as Oxhey grew into the game without posing too much of a threat. Half time 0-0. The breakthrough that our Reserves deserved came on 69 minutes when Chas Bailey was awarded a penalty after being brought down by the Oxhey goalkeeper. Chas stepped up confidently and put the ball in the back of the net! Two minutes later he was on the scoresheet again, turning in a low cross from 5 yards out, and his hat-trick was completed on 80 minutes when he converted from the spot having been brought down again by the keeper. Full time 3-1!



Buntingford Town FC is back in action for the 2021/22 Season.

Vets! The Vets started their pre-season on 15th August with a creditable 3-2 win against Allenburys who are always a tough side. The Vets started brightly but it was the visitors who took the lead, against the run of play, midway through the first half. Within minutes, the Vets drew level when Chris Saynor pounced on a loose ball in the box and steered it home. Half time 1-1. The second half was an even affair until Nathan Searle curled a 25-yard free kick into the corner of the opposition net, but Allenburys were on equal terms again not long after when a long-range looping shot caught our keeper out! The winner came in the last five minutes when Wayne Marden nodded in from close range. Full time 3-2. It's good to be up and running and even better to record three wins from three!



opposite net, but Allenburys were on equal terms again not long after when a long-range looping shot caught our keeper out! The winner came in the last five minutes when Wayne Marden nodded in from close range. Full time 3-2. It's good to be up and running and even better to record three wins from three!

Players, Sponsors and Volunteers wanted!

We have a plan and a vision of offering high-quality, exciting football at a higher level, but we can only do so much and go so far without the support of the local community whom we serve. We are blessed with a small, dedicated group of volunteers and enthusiastic players within the club, without whom there would be no Buntingford Town FC, but we would love to see that dedicated group increase in size. If you would like to join us on the next stage of our adventure, either as a player, sponsor or supporter, please contact me on chair@buntingfordtownfc.com or **07976 869 532**. You can follow us on facebook [@BuntingfordTownFC](https://www.facebook.com/BuntingfordTownFC), Twitter [@BuntTownFC](https://twitter.com/BuntTownFC) or Instagram [@buntingford_town_fc](https://www.instagram.com/buntingford_town_fc) for details of upcoming games.

Mark Cotton, Chairman, Buntingford Town FC

It has been six months since Attend2Health moved into its new premises at the bank and it's great to have so much space and so many more treatments on offer – from Hypnotherapy, Acupuncture and Nutrition to hair loss treatment – from our private GP and other new practitioners.



Classes in the studio have been well attended. We currently have a **Yoga** class on Tuesday evening which is fully booked, so we are looking to add another on Friday evening. We have seated **Pilates** on Thursday afternoon and a mat-based Pilates class on Friday morning; we are looking to add another mat-based session on Wednesday lunchtime as the Friday class is full. **Tai Chi** on Monday morning will start up again in September; there are currently two spaces available. Keeping classes limited to six people allows everyone to get the attention they need to get the most out of the class.

For more information on our classes or any of the treatments we offer please give us a call on **01763 87 80 87**. We are now open seven days a week.

Louise Hampton

Dates for Your Diary this September

- Fri 3rd** at 7.30pm: *Le Mans '66* with **Buntingford Film Club** at Seth Ward CC
- Sat 4th** 11am–4pm: **Buntingford Classic Car Show** on Buntingford High Street
- Sat 4th** at 10am: The inaugural **Watermill Games** at CrossFit Gym, Buntingford
- Sat 4th** 12–6pm: **Braughing Fair & Wheelbarrow Race**
- Tues 7th** 7.30–9pm: **Braughing Sing Community Choir** in Jenyn's School Hall
- Wed 8th** at 2pm: **Reed Garden Club** in Reed Village Hall
- Wed 8th** at 8pm: **Ware & District Photographic Society** in Thundridge Village Hall
- Wed 8th** at 8pm: **Buntingford Branch of the Royal British Legion** in The Crown
- Thur 9th** 7.15pm: **Buntingford WI** in URC Hall
- Fri 10th** 4–5.30pm: **MPs Surgery with Sir Oliver Heald QC** at the Manor House
- Mon 13th** doors open 1.30pm: **u3a monthly meeting** at Seth Ward CC
- Sat 18th to 10th Oct:** **Herts Open Studios**
- Sat 18th** 1–4pm: **Sandon Village Fete**
- Wed 22nd** at 10.30am: **New BALFF 10-week Course** at Seth Ward CC
- Thur 23rd** 10.30–12noon: **Coffee & Company** at the URC Hall
- Sun 26th** at 3pm: **'Harvest Home' Concert** at St Mary's Church, Reed
- Thur 30th** 12.15–2pm: **Home-Start Literary Lunch** in the Old Bull Inn, Royston

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BUNTINGFORD

FOOD BANK

The Foodbank is run by a group of volunteers, with collection boxes in the Buntingford Coop and the Wine bar, so people can donate food.

The food bank is run by a voucher system. These can be obtained from GP surgeries, schools, children centre, CAB and churches. Further advice can be found by emailing buntingford.foodbank@gmail.com

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Carers in Hertfordshire Online



Due to the situation with the coronavirus most of Carers Support Hub groups are meeting online via Zoom. The main purpose of the groups is to bring carers together so they can offer each other practical and emotional support.

If you would like to join in a group online we request that you book a place. If the group for the area where you live is at a time you can't make, or is not yet running online, you are welcome to book a place at another meeting. Please note the meetings may be subject to change so contact us to check details.

To book email contact@carersinherts.org.uk or phone **01992 58 69 69** and let us know which group you are interested in. Once you've booked a place we will send you confirmation and the meeting login details. If you're booking by phone it would be useful if you could confirm your email address. **Please do let us know if you have any other technical issues or requirements, as we may be able to help.**



Carers in Hertfordshire Hub groups meeting online via Zoom

Name of Group	When Meeting
Berkhamsted (a joint meeting with Hemel Hempstead)	Second Tuesday of the month, 10.30am – 11.30am.
Bishop's Stortford	First Wednesday of the month 10.30am – 11.30am.
Borehamwood	Second Thursday of the month, 10.30am – 11.30am.
Buntingford	Last Tuesday of the month, 10.30am – 11.30am.
Chorleywood & Rickmansworth	Third Monday of the month 10.30am–11.30am
Harpenden	Third Thursday of the month 10.30am – 11.30am.
Letchworth Garden City	Third Wednesday of the month 10.30am – 11.30am.
Potters Bar	Last Wednesday of the month 10.30am – 11.30am
Royston	First Thursday of the month 10.30am – 11.30am.
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Ware	Third Friday of the month, 11am – 12pm noon.
Watford	Second Monday of the month, 10.30am - 11.30pm.

Our **Men's Carers' Group** is also meeting online on the **last Tuesday of the month, 1.30pm – 2.30pm** and twice a week we have some informal meet ups on Zoom for any carers to join in with so they can have a chat. Please contact us for more details or if you'd like to join any of these meetings.

Our Carer Support Advisors should also be able to advise you of other groups for carers that are meeting online during the coronavirus pandemic. You can contact them 9.30am – 5pm Monday to Thursday and 9am – 4pm on Fridays for advice or support related to your caring role.

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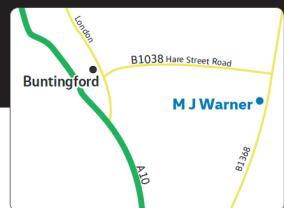
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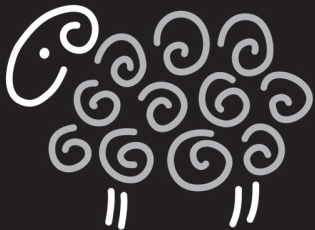
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