



The Mundens with Sacombe  
Church and Parish  
Newsletter  
May 2010



**Church Services**

**Sunday May 2<sup>nd</sup>**

*8.00am	Holy Communion	St Mary's, Standon
10.30am	United Morning Worship	All Saints, Little Munden
*6.00pm	Choral Evensong	Standon

**Sunday May 9<sup>th</sup>**

10.30am	Holy Communion	Standon
*10.30am	Morning Prayer	Little Munden
*6.00pm	Holy Communion	St Catherine's, Sacombe

**Thursday May 13<sup>th</sup> Ascension Day**

8.00pm	United Holy Communion	Standon
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**Sunday May 16<sup>th</sup>**

*8.00am	Holy Communion	Standon
10.30am	United Morning Worship	Standon
6.00pm	Evening Prayer	Sacombe

**Sunday May 23<sup>rd</sup> Pentecost**

10.30am	Morning Worship	Standon
10.30am	Holy Communion	Little Munden
6.00pm	Healing Service	Sacombe

**Sunday May 30<sup>th</sup>**

10.30am	United Holy Communion	Standon
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**Sunday June 6<sup>th</sup>**

*8.00am	Holy Communion	Standon
10.30am	United Morning Worship	Little Munden

\*service from Book of Common Prayer

**Rector: Revd David Payne, The Vicarage, Standon. Tel 01920 821390**

**Curate: Revd Lindsey Moss. Tel 01920 822077**

**Churchwardens:**

The Mundens		Sacombe	
Barbara Springate	438277	Diane Gale	438493
Jenny MacIntosh	438286	Carole Hudson	438379

Websites:

[www.achurchnearyou.com/littlemunden](http://www.achurchnearyou.com/littlemunden)

[www.achurchnearyou.com/sacombe](http://www.achurchnearyou.com/sacombe)

**Bible Readings for May**

May 2 <sup>nd</sup>	5 <sup>th</sup> Sunday of Easter	(morning) Acts 11: 1-18, John 13: 31-35
May 9 <sup>th</sup>	6 <sup>th</sup> Sunday of Easter	Acts 16: 9-15, John 5: 1-9
May 13 <sup>th</sup>	Ascension Day	Acts 1: 1-11, Luke 24: 44-53
May 16 <sup>th</sup>	7 <sup>th</sup> Sunday of Easter	Acts 16: 16-34, John 17: 20-26
May 23 <sup>rd</sup>	Pentecost	(Lt Munden) Acts 2: 1-21, John 14: 8-17
		(Sacombe) Romans 8: 14-17, Acts 2: 1-21
May 30 <sup>th</sup>	Trinity Sunday	Romans 5: 1-5, John 16: 12-15
June 6 <sup>th</sup>	1 <sup>st</sup> Sunday after Trinity	Galatians 1: 11-24, Luke 7: 11-17

### **The Cross That Counts**

*There was once a vicar who met with his organist to discuss the hymns for the Sunday following the general election. 'If the Tories have won,' said the Vicar, 'we'll start with number 379 – Now Thank We All our God.'*

*'If Labour have been returned we'll have number 165 – O God our Help in Ages Past.'*

*'And what about if the Liberal Democrats get in?' asked the organist.*

*'In that case,' replied the vicar, 'we'll have number 373 – God Moves in a Mysterious Way His Wonders to Perform.'*

*Which political party most closely represents the will of God? I'm not sure I can answer that question, and even if I knew which way I'd be voting on May 6<sup>th</sup> I wouldn't tell you. Suffice to say that I hope you will vote, that you'll vote after careful reflection, and that you will vote for others' good as much as your own.*

*For whilst in many respects this election campaign looks the same as any other, with the usual jostling for position amongst the various parties to reassure us that we will be richer with them in power, there seems another strand to the campaign that goes beyond the usual appeal to self-interest and financial security.*

*It is there in the rhetoric of both major parties, namely that people need to assume responsibility for their own communities and the issue they face. It is an appeal to sacrifice and selflessness which whilst laudable enough in itself, seems completely out of keeping with the dominant values of our age – consumerism, individual rights and personal entitlement.*

*An appeal to altruism is all well and good, but it needs something to fuel it. Like a Christian belief in the truth that when we act in the service of others we act in the service of Christ. If you're looking for a symbol of sacrifice and selflessness, the cross is a hard one to beat.*

*And for all who allow the shape of the cross to be the shape of their lives there is an essential call to the needs of others that is based upon God's passion for truth and justice, and his care for the poor and the marginalised. It is that vocation which has fuelled all sorts of movements for social justice and care in the life of our country, introduced by politicians and inspired by faith.*

*It may be that all we require to bring about a more caring and responsible society is clearer political vision. That would be great. But on May 6<sup>th</sup> it may also be worth asking not in which box you put the cross, but where you put the cross in your life.*

**David Payne**

### **From the Registers:**

*We welcome into the Church through baptism: Daisy Florence Michaela Brown, baptised on March 28<sup>th</sup>*

*We offer love and sympathy to those who mourn for: Anne Bradley*

### **More for the Kids**

Our annual benefice holiday club in the Easter holidays was a great success. Since then, we have settled into our regular programme for children of all ages – including Sunday Club, SMILE and Y Sunday. We are always happy to welcome people into these activities which are fun, thought-provoking and very friendly.

### **LITTLE MUNDEN CRICKET CLUB**

The league season is now underway; after relegation last season we are playing in Division 7 of the Herts & Essex Cricket League. It should be an interesting season with teams evenly matched. Spectators are always welcome: games are on Saturdays at 1.30pm, dates and venues will be published in this newsletter.

### **FORTHCOMING GAMES**

8<sup>th</sup> May v. Rickling Ramblers II at  
Rickling Green, nr Saffron Walden  
15<sup>th</sup> May v. Little Bardfield at Home – Green End  
22<sup>nd</sup> May v. Potter Street II at Church Langley  
Country Park, Chamberlain Close, Harlow  
29<sup>th</sup> May v. Hockerill III at Beldams Lane,  
Bishops Stortford, CM23 5LG  
5<sup>th</sup> June v. Nazeing Common II at Home – Green End

### **PLAYERS WANTED**

Come and play for your local team - home games are at Green End and away games along the Herts/Essex border. If you are interested in playing contact Dan Ward for details on 01920 413288 or come to Green End on a Wednesday practice evening.

### **LITTLE MUNDEN PARISH COUNCIL The MUNDENS and SACOMBE VILLAGE APPRAISAL QUESTIONNAIRE**

***IT'S NOT TOO LATE, particularly for the younger (11 - 17 years old) villagers. If you haven't yet filled in the form, we need your views. You can download a blank questionnaire from the website ([www.mundens.net](http://www.mundens.net)) or pick up a copy from the Dane End village shop. Drop off the completed questionnaire - it'll only take you a few minutes - at the shop.***

***For all you others (adults), the same applies. We need the household view of what you think are the priorities in our villages.***

### **Spring clear-up at Sacombe**

Members of St Catherine's will be up at the churchyard on Monday morning **10<sup>th</sup> May** from 10am tidying things up, or if it's wet we'll be doing the same inside.

Anyone who felt like coming along to help would receive a warm welcome and, after a decent interval, a cuppa and a biscuit.

## **SACOMBE RELIC ON SHOW AT THE SCIENCE MUSEUM**

An ancient item from Sacombe's past is presently on display at the Science Museum in London. It is a very early lock and key, probably from the church's original main south door.

St Catherine's Church was considerably restored in 1855-56 by its then patron Abel Smith. One of the men employed on this work was a journeyman carpenter named James Hughes. Almost 50 years later, this Mr Hughes wrote to the Museum "As I was passing through South Kensington Museum the other day, I noticed an old clock from Hertfordshire, which reminded me of a very old lock that I had taken off of Sacombe Church door, when partly rebuilding in 1855. The church was then about 400 years old, the lock being about the same age. I also have a small piece of one of the pew ends carved out of a solid oak tree."

The minutes of their Department of Science and Art, dated 15<sup>th</sup> March 1894, show that he "offers to M. an old lock and part of an old carved oak pew end". A secretary was requested to "acknowledge and inform Mr Hughes that if he will kindly send the two objects for inspection we will inform him as to their being considered suitable objects for the Museum". An internal memorandum dated 10<sup>th</sup> April says that "this is a large and elementary lock and is now in my office. We have a collection of locks and I consider that this one is quite worth adding." Another asks the Secretary to the Department, Major General Sir John Donnelly, "Will you please allow a letter of thanks to be sent for the lock. The pew end is of no use and may be returned". (What a pity that is!) At that time James Hughes was living in Hendon; he continued working well into his 70s, and died in Croydon in 1905.

From its design, it seems very probable that the lock, and its key, date from the 14<sup>th</sup> century, and this would tie in with the presumed age of the church building; the internal window reveals and the chancel arch wave moulding are thought to date from the period c.1310-1350. The lock's various component parts are separately fitted into a block of wood, unlike a stock lock where the parts are mounted on a metal plate which is then let into a block of wood. The timber on which the lock in the Science Museum is mounted is about 20" wide x 7" deep and 3" thick, and the bolt is over 13" long.

If you want to see this very early lock, it is on display in the Science Museum's "Secret Life of the Home" Gallery – normal opening hours 10am to 6pm Monday to Sunday (except 24<sup>th</sup> to 26<sup>th</sup> December). The replacement lock may be seen *in situ* at St Catherine's Church – normal opening hours 10am to 4pm Monday to Sunday (especially 24<sup>th</sup> December). Admission free.

## **ISABEL HOSPICE**

### **MAY**

#### **Sat 1 & Sun 2**

#### **Harlow Tye Rotary Club, Abseil for Charity 12:30 - 17:30**

Details: Mary Bunyard on 01279 734211

#### **Tue 4**

#### **Glorious Gardens - The Cricket Club Ground Furneux Pelham 10:30 - 17:00**

Special Guest: Christine Walkden  
Plantswoman & Horticulturalist  
Resident gardening Expert on The One Show  
BBC1 TV. This day is a must for all garden  
lovers. Gardening stalls ~ plants, shrubs,  
baskets, pots.

Lunch Time Tickets :

10.30am ~ 2.30pm ~ £40 each

To include Coffee, Lunch & Wine

Speaker Christine Walkden "The Life of the  
Gardener"

Afternoon Tickets:

1.30pm ~ 5.00pm ~ £10 each

To include Cream Tea & Gardeners Question  
Time with Christine Walkden at 3.00pm

All Tickets Tel: 01438 717406

#### **Tue 11th Coffee Morning 10:30a.m**

Held the second Tuesday of the month at  
Markwell Pavilion in Bishop's Stortford.

#### **Thu 13th 19.00 – 23.00**

#### **Gourmet Evening - around the world in 80 minutes!**

Around the World in 80 minutes at Host Bar, Corn  
Exchange, Bishop's Stortford  
Passports £27.50 each.

Further details: Renée Friend-01279 755320

#### **Sun 23**

#### **On Your Bike - Sponsored Cycle Ride 09:00**

Circular route around the Bishop's Stortford  
countryside Details: 01707 382500

#### **Sat 29 Jumble Sale - Thundridge 14:30 - 16:30**

Thundridge Village Hall. Time: 2.30pm.

Details 01920 462992

#### **Sun 30 - 10:30**

#### **Mary Gethins Walk**

Furneux Pelham. 10.30am.

Details: 01279 777610

### **JUNE**

#### **Care 4 A Cuppa with Isabel**

During the month of June Isabel Hospice is  
running a Care 4 A Cuppa campaign. We are  
encouraging you to hold your own tea or coffee  
parties to help us raise funds. As part of this  
campaign, Simmons the bakers will be selling a  
gingerbread biscuit called Isabel. A % from each  
biscuit sold will go to the Hospice.  
Information: 01707 382500.

#### **Tue 1<sup>st</sup> 17:00 - 20:00**

#### **Isabel Hospice Cup 2020 Cricket Match**

Cricket Clubs from the Isabel Hospice area are  
invited to play in a new 2020 Evening Knockout

Competition for the ISABEL HOSPICE CUP.

Information: 01920 411288.

**Sat 5th 19:00 - 23:00**

**Sunset & Stars Walk**

The route is approximately 9 miles and starts from St Margaretsbury Sports & Social Club.

Details: 01707 382500

**Sun 6th**

**Care 4 A Cuppa - Launch at Fanhams Hall**

Fanhams Hall. Entry £10 per person; includes afternoon tea and a garden tour.

Details: [maria.alexander@isabelhospice.org.uk](mailto:maria.alexander@isabelhospice.org.uk)

**Sun 6th**

**Sunflower Horse Ride**

Starting at the Polo Club and riding around Bishop's Stortford.

Information: 07747 563129

**Sun 20th 14:00 - 18:00**

**Teas in Gardens - The Hall & Old Vicarage - Furneaux Pelham**

### WHO NEEDS FREINDS

It was December 1965 when we moved to Easington Road from Hythe, Hampshire leaving behind friends and family.

In those early days of the expansion of the village, Easington Road ended at "The Baulk" and was a soggy orange mass of hoggin. Through which the residents of the new houses made a daily struggle. We were mainly young families and community spirit was strong both in the village and area.

Within a few months of moving I had joined the Ware and District Round Table <http://www.roundtable.co.uk> an organisation in which I had so much fun and fulfillment in giving service to the community and in doing so made so many friends.

Organising the Ware fireworks display, collecting for and delivering Christmas parcels to the needy, digging a sandpit for a children's home, delivering coal in a deep freeze to pensioners, fitting security chains for pensioners, organising the Donkey Derby and hog roast and many other activities.

The fortnightly dinner meeting was a chance to get to know men from other professions and to build lasting friendships.

Round table is a Club for younger men and had a retirement age of 41 (recently extended) retiring members go on to 41 Club a largely social association of like minded men.

Sadly, as work pressures and affluence have increased it is apparent that people are less inclined or have less time to devote to community activities and the Ware and Hertford Round Tables no longer exist however the Ware 41 Club continues to thrive.

We meet on the third Wednesday of each month for a dinner and chat. (Usually about 15/20 of us aged between 50 and 70's). We, together with our partners, undertake a local walk or two, probably an excursions to an open air concert, possibly visit a show in London, perhaps a week-end away, arrange an annual golf tournament etc.

So, if you are an ex Round Table or 41 Club member who has moved into our area and you would like to

make some new friends and expand your social horizons, why not come along and meet us!!

You can reach me by e-mail at

[david.tomlin@talktalk.net](mailto:david.tomlin@talktalk.net) or on 01920- 438205

David Tomlin, 22, Easington Road. Dane End.

### POSTCARDS

Last year **£13, 600** was raised for the

Sudan Church Association for work in the Sudan.

Please save your postcards and take them to:

Barbara Springate, Little Munden School,

All Saints Church, St. Catherines Church or give them

to me: Jackie Morris. Thank you, keep them coming in!

### KATS PRESENT

(Knebworth Amateur Theatrical Society)

**We Happy Few by Imogen Stubbs**

**Thurs 13 – Sat 15 May 7.45pm**

**Knebworth Village Hall**

**Tickets £6 (concessions £5)**

**Box Office: Colin Macleod 01438 235375**

It's the start of World War II and Miss Hetty Oak is so 'damned bored and restless' she is inspired to put together an all-women acting company - the Artemis Players - 'to take Shakespeare to people throughout Britain who, now that the theatres are dark, have no access whatsoever to our great culture.' She has just four weeks to prove to the Ministry that this is a war effort worth ploughing money into. It's unfortunate that the Minister turns out to be Leonard. He of the appalling toupée with whom Hetty has already crossed very blunt swords. So begins an adventure which is in turns hilarious, heart-breaking and heartwarming.

**Foster Care Fortnight (17<sup>th</sup> - 30<sup>th</sup> May)**

**Do you have the skills to foster?**

Kind, encouraging, great listener, a sense of humour, patient, enthusiastic.....

If you think you have these skills, then you could have just what it takes to be a foster carer for Hertfordshire. During Foster Care Fortnight, which takes place between the 17<sup>th</sup> and 30<sup>th</sup> May, Hertfordshire County Council is encouraging people to consider whether they could become a foster carer for children and young people who are going through tough times.

As a foster carer you would help to provide a stable and caring home for a child or young person at a time when they need it most. This may be for an overnight stay, a few weeks, or until they are a young adult, depending on what type of fostering you're approved for. By doing ordinary everyday things for them, you will be making an extraordinary difference to their lives.

As a foster carer, you will have a dedicated social worker, receive full training and support and an allowance of up to £400 per child per week.

If you think you have the skills to foster and have a spare room in your home, please call our dedicated recruitment team on 0800 917 0925 or visit

[www.hertsdirect.org/fostering](http://www.hertsdirect.org/fostering)

You can also find out more about adoption, shared care or supported lodgings by visiting our website at [www.hertsdirect.org](http://www.hertsdirect.org) or call our recruitment team on 0800 9170925.

### Charity Barn Dance 2010

The Barn Dance will be held at Lordship Farm, Dane End on Saturday 5<sup>th</sup> June from 7pm until Midnight.

This is a ticket event which includes a live band with caller, licensed bar, hot food and promise auction. All proceeds will go to Cancer Research UK.

Tickets are £16.50 each.

To buy, speak to Chris Campbell, Green End 01920 438994 or

Margaret Stanley 01920 830641

### Little Munden cafe

Come and join us  
for fresh coffee, tea, juice,  
homemade cakes  
and a warm welcome  
at the church

on

**Thursday 13th, 20th & 27th May  
2-4pm.**

We serve fairly traded products  
whenever possible.

There is no charge for refreshments  
but if you would like to make a donation it  
will be used to cover our costs.

Please contact Gaby Jenkinson on  
01920 438379 if you would like a lift.

### **Playdays Toddler Group (Dane End)**

Contacts: Jo Willis and Isabel Teare

**Phone:** 01920 438633

**email:** [jo.willishome@googlemail.com](mailto:jo.willishome@googlemail.com),

[isabel.teare@virgin.net](mailto:isabel.teare@virgin.net)

Venue: Little Munden Memorial Hall, Dane End

Times: Mondays during term time from 9.45 to 11.45am.

Cost: £2 for an adult and first child, plus 50p for each subsequent child.

Playdays provides a friendly and stimulating environment for babies and pre-schoolers and an opportunity for carers to meet and chat. There is a range of toys and activities for free play, often including an art or craft option. Drinks and biscuits are provided for the children, with tea and coffee for the adults. Music and singing usually rounds off each session. The hall has an outside play area for use in fine weather.

All are welcome: parents, grandparents, nannies and other carers.

### **1<sup>ST</sup> LITTLE MUNDEN BROWNIES**

EVERYONE WELCOME come and join

1ST Little Munden Guides were

going to **CADBURYS WORLD**

**8th May**, leaving at 9am from Little Munden School, Dane End.

includes coach travel, on sit tour, entry to the factory and free samples!

seats £19 per person for further details

contact Katie on 07792712563 or email:

[xx\\_katie\\_gentryxx@hotmail.co.uk](mailto:xx_katie_gentryxx@hotmail.co.uk)

### **SPRING FAYRE 2010**

Busy Bees Pre-school (Little Munden)

**Saturday 22<sup>nd</sup> May**

*The Annual Busy Bees Spring Fayre will be taking place on **Saturday 22<sup>nd</sup> May from 1.30-4pm** at Little Munden School, Church Lane, Dane End Programme at the gate*

*50p per adult, children free.*

*All the fun of a traditional family fayre, from Tombolas to Coconut Shy; Grand Prize Raffle; Army style assault course; Cake Stalls; Popular children's stalls; Bouncy Castles; Refreshments; BBQ ;external stall holders and much more!*

*Come along... have fun...*

*& help to support our pre-school!*

### **12HRS SPONSORED DARTS MARATHON THANK YOU**

A huge thank you to Rob at The Rest & Welcome who allowed us to use his premises all who came and supported us on the day sponsored us gave donations to the raffle bought tickets Matt and Dave for running the Barbeque the people who donated the meat and rolls and everyone else who contributed in any way we were able to raise a wonderful £1880 for The Herts Air Ambulance roll on next year! **Tracey Albrecht**

### **BRAUGHING MUSIC SOCIETY**

**The Alberni String Quartet**

Three Beethoven Quartets **Saturday 8th May 7:30 pm**

**St Mary's Church, Braughing**

TICKETS: 01763 289073

### **LITTLE MUNDEN MEMORIAL HALL**

Children's parties : £9 per hour (up to 6.30pm)

Other functions : £12 per hour

For further information: Clio Bromley at

5, Kingfield Road, Dane End - **01920 438902**

### **Sponsored Ride & Barbecue**

**Sunday 16<sup>th</sup> May**

In aid of the

Herts & Essex Border Group of  
Riding for the Disabled Association  
At Woodhall Park, Watton at Stone.

Rides of 3, 6 and 9 miles

For more information :

contact Alex Cater : 01763 289808

[alex.cater@btopenworld.com](mailto:alex.cater@btopenworld.com)

**DANE END STORES  
AND POST OFFICE**

01920 438984

Monday to Friday 7am to 6pm

Closed Wednesday afternoons

Saturday 8am to 6pm

Sunday 8.30am to 12.30pm

Bank Holidays 9am – 12pm

Magazines and newspapers can be ordered.

Local products including bread, cakes,

honey, free range eggs, pies etc.

Munden cakes and biscuits.

Farmers Market produce and

We stock Euros!

**Beane Valley Children's Centre**

Saturday Stay and Play. This will be held on the 2<sup>nd</sup> Saturday of each month at Watton at Stone School Hall 10 – 12 noon starting 8<sup>th</sup> May.

**THE MUNDENS WEBSITES**

[www.mundens.net](http://www.mundens.net)

This is the community website for the parishes of Little Munden, Great Munden and Sacombe. If you have any updates, comments or suggestions for the website please contact Carol Bartels ([webmaster@mundens.net](mailto:webmaster@mundens.net)). We would especially like to hear from young people in the parish – what would you like to see on this site?

[www.themundenssource.myfreeforum.org](http://www.themundenssource.myfreeforum.org)

A place for the residents of The Mundens and surrounding area to find a friend, sell some stuff or skills. Post forthcoming events or just gossip and news.

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

Take a look at this most interesting website.

**POLICE CONTACT DETAILS**

**EMERGENCY/CRIME**

**OCCURRING NOW 999**

Non-emergency number 0845 33 00 222

Inspector 913 Damien Kennedy 01992 533127

Sergeant 1714 Duncan Wallace 01992 533328

Rural PCSO 6577 Jo Alston 01992 533330

Rural PC 669 Kevin Gibbs 01992 533329

Schools PCSO 6673 Janet Geach 01992 533329

Anti-Social Behaviour Co-ordinator 01992 531423

**CRIMESTOPPERS 0800 555 111**

**Call anonymously with information about crime.**

**DEAF, HARD OF HEARING?**

**If you or someone you know is deaf or hard of hearing, there is an emergency text messaging service that is now in use to allow you to contact the Emergency Services. Please text 07786 207 091 including who is needed - Police, Fire or Ambulance, where they are needed and what the problem is.**

**DAME ENDERS**

**LADIES MEETING:**

Please contact Barbara for details:  
438277



**1st Little Munden Guides**

For girls aged 10 and a half to 14

**Wednesday nights 7:30pm-9pm**

Little Munden School, Dane End

For all girls looking for fun and adventure!!!

For details contact Katie on 07792712563

or email: [xx\\_katie\\_gentryxx@hotmail.co.uk](mailto:xx_katie_gentryxx@hotmail.co.uk)

**Little Munden Gardening Club**

**10th May at 7.45 p.m.**

**in the Memorial Hall**

**Chickens in your Garden**

**"Little Chickens" from Hare Street  
will explain how you can become self-  
sufficient in eggs!**

**Please note that, if you haven't already  
paid, subs are due - £12 per person please  
Visitors welcome - £3 each visit for a  
maximum of 3 visits.**

**Quotes from FOOTBALLERS....**

*My parents have always been there for me, ever since I was about 7. " David Beckham*

*"I've had 14 bookings this season - 8 of which were my fault, but 7 of which were disputable." Paul Gascoigne*

*"I'd like to play for an Italian club, like Barcelona "*  
Mark Draper

**AND FINALLY  
A WORD FROM THE EDITOR!**

Its coming up to that time of year when the summer clothes are brought out of hibernation and it feels good to step out of doors not weighed down with layers of clothing however, having spent some considerable time trying to squeeze myself into an outfit for a wedding I hadn't even worn before which had fitted me perfectly when I bought it and now doesn't, I didn't hold up much hope my summer clothes would fit me either....and they don't!

I recall my mum talking about her 'middle age spread' and watching her contortions as she tried to pull up her 'roll-ons' (for the benefit of you youngsters out there, they were an elastic girdle contraption with suspenders). It was quite alarming watching the effort that was needed and hearing the groaning and grunting as they were pulled into place. I absolutely refuse to go to those lengths to keep my flab under control!

I put the blame firmly on it being 'that time of life' when everything goes saggy but also, I am awaiting a new knee. My theory is that once I have had my surgery, I shall be able to walk for miles again along the wonderful Gower coastline thus shedding the flab and returning to the shape I once was albeit a dim and distant memory now.  
Roll on the new knee and not roll on the roll-ons!

Any views or opinions presented are solely those of the author and do not necessarily represent those of the Editor.

Please take your news to Barbara Springate at  
Horseshoe Villa, Munden Road or  
Give me a ring, or drop me a line  
Jackie Morris,  
Chauffeurs Cottage,  
Green End,  
Dane End. Phone: 438551

June Deadline  
28th May

