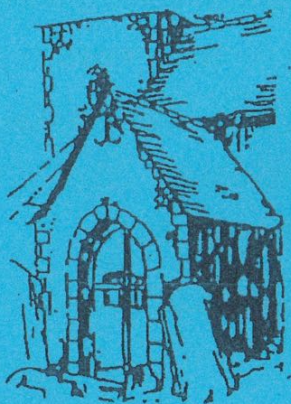


Elmsted with Hastingleigh
Community News

*St. James the Great
Elmsted*



*St. Mary The Virgin
Hastingleigh*

March 2014 *40p*

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PARISH WEBSITES

www.elmstedpc.kentparishes.gov.uk

www.hastingleighpc.kentparishes.gov.uk

COMMUNITY NEWS

Editor Mrs Sue Boxall 01233 750206

Quackers, The Street, Hastingleigh

Advertising Manager Mrs Alison Shepherd 01233 750072

Little Gains Cottage, TN25 5JU

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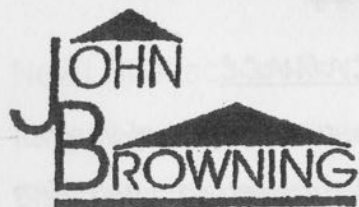
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SATURDAY 29th MARCH 2014

EVINGTON VILLAGE HALL

8.00 pm - An Award Winning Modern British Drama

Entry Free

Due to restrictions imposed by our licence we are not allowed to advertise the name of the film in the Community News.

Our usual Fish & Chip van will be serving Fish & Chips, Sausage & Chips, etc. from 6.00 pm. Coffee and Tea will be provided but please bring your own drinks.

To find out more and / or to make a reservation, please contact Robin Helmer on 01233 750236
or email: robin.helmer@btinternet.com



CRAFTS AT MISTLETOE COTTAGE

Introduction to needle felting

After a 5 year sabbatical, "Crafts at Mistletoe Cottage" has returned with a few differences! A renovated home, children in full-time school and with a new working partnership - Mistletoe Cottage in Maxted Street has re-opened its doors, put on the kettle, baked a few batches of biscuits and welcomed its first merry bunch of crafters to the warmth of the aga.

Dianne Leutner's experience in creative therapy and Jacqueline Smallwood's teaching background has proven to be a natural and productive partnership in the first of the planned workshops: an introduction to needle felting held at the beginning of February. The groups on both days had absolutely no prior experience in this medium but the quality and variety of products were impressive and pleasing. The buzz in the room generated by general bonhomie and the thrill at how quickly the fluffy skeins of roving wool fibres began to fuse together and take on a completely different form with the careful use of a barbed needle. The brooches produced were so delightful but in addition, many of the group went home with their goodie bag and immediately made more, some even enjoying sharing the process with teenage children!

Having enjoyed the company and wanting to learn more, many of our lovely ladies have already booked for our next workshops, Friday 21st March and Friday 28th March, where we will be exploring 3-D felting with a Spring Theme.

Our aim at Mistletoe is to support people, especially those who may be a little craft-phobic or "craft rusty", in the joy of learning alongside others whilst acquiring new skills which we hope and believe will

enhance their lives: re-awakening the creativity that we all instinctively harbour within through accessible crafts in an inspiring and relaxed. Why not give it a go? Treat yourself or someone else to a morning of coffee, cake and craft:

Contact Dianne on 07860361040 or Jacqueline on 07941419811 for more information or to book a place.

Take a look at our blog for more information on upcoming workshops or just to have a peek at snapshots of our previous workshops.

www.craftsatmistletoecottage.blogspot.co.uk



Crafts at Mistletoe Cottage was featured in Kent Life in December 2008.

EVINGTON HALL COMMITTEE

With the level crossing closed all weekend and the prospect of wet weather there were fears that there might be a very low turnout for the Jumble sale at the end of January. However, our fears were unfounded there was a very good attendance and a sum of £443 was raised for hall funds. Thank you to everyone who provided jumble and who helped by manning the stalls on the day.

Bricks and brickwork was the subject of a fascinating and excellent talk given by Richard Filmer at the meeting in January. It may be wondered what connection this subject had with gardening but the Chairman, in his introduction, noted appositely how the Tudor brick buildings and walls at Sissinghurst gave the garden its structure and set off the plants. Mr Filmer explained how bricks were the one item which had been in production for 8,000 years, and how they give us an understanding of the environment. Brickmaking features in Egyptian tomb paintings with the same techniques being employed over the last 3,000 years and worldwide. The audience saw pictures of brick buildings in Bolivia and Peru, Libya, Romania, beehive huts of brick along the banks of the Euphrates in Syria, and brick buildings in Sicily and Rome. After the departure of the Romans it was about 1,000 years before bricks were used extensively again in Britain (the Saxons and Normans did not make bricks) with the skill of brickmaking being reintroduced in the early medieval period. Bricks were often used as an infill for timber-framed buildings in a herringbone pattern. Pictures shown included Broome Park (1685), Hurstmonceaux in Sussex, Manwood House in Sandwich, and Chilham Castle. The colour of bricks varied with the terrain and the iron oxide content in the clay and red and yellow bricks tended to go in and out of fashion. The Victorians used polychromatic detail extensively in brickwork and the last age of quality brickwork was during the inter-war years. The audience also learnt about various bonds such as English, Flemish and Header, and mathematical tiles. The slides throughout were of a high standard. The evening was well attended and much enjoyed by all.

The talk on 18 March is "Interesting Plants on my Travels", and is to be given by Gillian Ellis. Everyone is welcome. J.P.

Avoiding the floods!

Jean was down to take us to pastures new starting in Wye – what a challenge, with most fields waterlogged and many paths just running streams. Undaunted she managed to find a mainly lane/track route without too many puddles or squelching mud to negotiate, and it wasn't raining.

In fact there was an aim in view to go and visit St. Eustace's well. So after passing through the churchyard to the Olantigh road we soon turned off right by the new school and onto the track past the now sadly unused rows of poly greenhouses. Seeing a tall structure Stan was able to tell us that's was where they used to collect insects for analysis, another useful tool no longer working.

On reaching Coldharbour Lane it was a short step to Amage Road and the track leading to the well. The extended house alongside gave those of us who had been to the "brick" talk at Gardeners recently the chance to study the different bondings for the brickwork and try to remember what they were called!

We returned to the village past the back of Withersdane Hall and then Jean very kindly invited us back for a cup of tea AND cake & scones. While we were all together it gave us a chance to read the account of St Eustace from Charles Igglesden book "A Saunter through Kent"

According to tradition, St. Eustace's Well was blessed by the monk Eustace giving it such miraculous power that by merely tasting it all diseases were cured. This included a sick woman who drank of the waters vomited two black toads, which became dogs and then asses, who after being sprinkled with the water immediately vanished into thin air. Not sure what happened to the woman!

A very pleasant afternoon in the dry – thank you Jean.

MEMORIES OF A SCHOOL BOY IN WWII

Ron Marsh was 10 when war started (1939) and has vivid memories of planes and V1s (Doodlebugs) and gliders coming down in our parishes; apart from watching the skies overhead as planes came over.

A vivid memory was when two Hurricanes which were making trails at 30,000 feet were attacked by German planes and came down very slowly - their vapour trails making a spiral. The pilot of the first plane, which nearly landed on Ittinge House, bailed out. He was later to become Air Marshal Christopher Foxley-Norris (Ron has part of the joystick of this plane). The second plane came high over Smeed Farm (the Marsh's farm) very fast and landed, embedding itself 10 feet deep. Sadly, although the Australian Wing Commander Holmwood had bailed out, smoke was coming from his body and he was dead when he landed in Warden Hall (He is buried at Kenley, Surrey where there is a WWII cemetery). Ron and others dug the plane up in 1976 and Stan Burrage took photos.

On another occasion a German Messerschmitt crashed in Weekes lane and the pilot "Sigi Voss" came down at the crossroads in Hastingleigh. Mr 'Brusher' Pilcher the air raid warden took him prisoner. Another Messerschmitt on its way back from Maidstone, was shot down (This shoot-ing was claimed by two people later) - having destroyed the telephone wire landed in the valley south of Robertsane. The young pilot having been ap-prehended by the Home Guard and police was a POW until the end of the war. Ron has a petrol cap of this plane).

Towards the end of the war June 1944 - March 1945 the German's weapon of the air was the pilotless flying bomb, V1 or Doodlebug. These made a terrific noise like a motorbike without a silencer and of course, initially, people didn't know what they were, when the noise would stop or where they were going to land. Ron recalls hearing one and as instructed lay

flat down in the road hoping it would not land on him. The holes they made were not wide but were quite deep and there is a doodlebug hole still near Lyddendane. Ron has a Gyroscope the automatic pilot from a V1.

The field in Hastingleigh named Fortress Field is so called as a large American plane The Flying Fortress crashed here (were Americans going out from England to bomb the V1 sites?) The plane came over St Mary's church from Kingsmill Down, caught its wing on an oak tree as it tried to climb up the field and crashed with a massive explosion as there was a lot of ammunition on board.

Two landmines fell in Shrubs Wood and one exploded but the other fell with its parachute but did not explode. (Later Ron dug up part of the rip cord). Inquisitive children were strictly told not to go to Shrubs until the bomb disposal man from Southampton had dealt with it. These mines were 8 feet long and 3 feet across and were meant to explode in the air. No wonder the man from Southampton said to Jack Link "You might be the last person to see me alive."!

One day, just after D Day when our army were going over the Rhine Ron went out at about 8am and saw large 'Horsa' gliders going over between Ashenfield and Sole Street. These large gliders held twenty men going to supplement our armies in Germany. One got loose and Ron watched as it banked over Shrubs and it ended in Bodsham Farm fields. Someone must have had a rollicking for that.

EVINGTON VILLAGE HALL COMMITTEE

AGM

WEDNESDAY 19TH MARCH 7.30PM

AT EVINGTON VILLAGE HALL

ALL WELCOME

CHURCH SERVICES IN ELMSTED AND HASTINGLEIGH - MARCH

2 nd February	9.30 Holy Communion at Waltham (CW)	
9 th January	10.00 Bodsham Family Service	
16 th January	11.00 Hastingleigh Family Communion (BCP)	5.00 Elmsted Evensong
23 rd January	9.30 Elmsted Holy Communion (CW)	11.00 Hastingleigh Holy Communion (BCP) 4.00 Sunday Teatime at St Mary the Virgin, Hastingleigh

Bodsham Family Service: a less formal family service for everyone. Do come and try it!

Sunday Teatime: At Sunday Teatime, we have fun, chat and explore our faith. Come for the company, the activities, the tea or the worship, or all three! Everyone is welcome: this month in the church at Hastingleigh at 4pm.

CHURCH FLOWER & CLEANING ROTA

	St. Mary's Hastingleigh	St. James' Elmsted
Mar 1st	Mrs Young Mrs Courtney Mrs Jerrom	Mrs Fox Mrs Leutner
Mar 8th	Mrs Ball	Mrs Green
Mar 15th	Mrs Pell Mrs Homer	Mrs Calcutt
Mar 22nd	Mrs Hewes, Mrs Healy	Mrs Wood
Mar 29th	Mrs Perez Mrs French	Ms Flitney



DATES FOR YOUR DIARY

Thurs 27th	Evington Players	7.30pm
Fri 28th	Evington Players	7.30pm
Sat 1st March	Evington Players	7.30pm
Mon 3rd	Evington Community Project AGM (Page 23)	7.30pm
Tues 4th	Elmsted Parish Council Meeting	7.30pm
Wed 5th	Coffee Morning	10.30am
Thurs 6th	WI Meeting (Page 23)	7.30pm
Sun 9th	Footpath Walk (Page 17)	2.00pm
Tues 11th	Hastingleigh Parish Council Meeting Supper Talk, Bulltown House	7.45pm 7.30pm
Fri 14th	Whist Drive	7.00pm
Tues 18th	Gardeners Society (Page 16)	7.30pm
Wed 19th	Evington Village Hall AGM	7.30pm
Sat 29th	Film Night	8.00pm

Note: All events in Evington Village Hall unless otherwise stated.

Parent & Todler Group meet every Tuesday - 9.30am

Mobile Library every Wednesday 10.55am - 11.20am

Art Group meet on Thursdays 9.30am - 12.30pm

IN THE GARDEN

This time of year when much of the garden is static is a good time to clear up and to assess what is needed for the coming year.

The bulbs have emerged but most plants are still in a dormant state making access to the borders easier.

The recent months of wet and windy weather have left their mark. It is time to cut back any broken branches on the trees and shrubs and to remove any dead material. It is a good time to shape some plants by trimming or removing dead branches. Pruning now will stimulate new growth in the coming season. This is particularly true of the roses where you should remove all weak stems leaving a few strong shoots. Cut back to just above an outward facing bud. This is recommended because in this part of the stem the plant is most active and a cut here will heal quickly and effectively. If you cut an inch or so above the bud the stem may die back to the bud leaving a section of stem just ripe for infection by fungi.

On some plants, for example Hydrangeas, where flowers occur on the second year wood, thinning out branches to control the growth is preferred otherwise you will get biennial flowering.

Wisteria and Buddleia are due for their second cutting back. The first was in October/November. In the case of Wisteria the side shoots should be reduced to 2-3 buds. This enables the flowers to emerge uncluttered by leaves. Similarly in the Buddleia the shortened shoots should be cut back to 4-5 buds and all weak shoots removed.

Pruning is about control and it is important you look closely at the plants and see how they respond. The more experience you have the simpler it becomes. You should not be afraid of cutting the plants as they are very resilient and will generally grow back even with very harsh pruning. Cutting back in the winter generally stimulates extension growth. Cutting back in the summer reduces growth which is particularly useful for fruit trees where tight control is needed as in cordon and espalier trees where summer pruning is preferable.

On a dry day when the grass is dry and not frosty cutting the lawn with the mower set at maximum height will make subsequent mowing easier more beneficial to the lawn. Feeding and weeding the lawn can wait until April when the grass moves into active growth.

S.B.

HASTINGLEIGH WITH ELSTED W.I.

Hastingleigh with Elmsted W.I. met on Thursday 6th February at Evington Hall.

Eleven members attended. Unfortunately our speaker's car had broken down so she was unable to talk to us. This was a shame as we'd had several talks from her in the past and they had all been enjoyable. We had a few visitors, and our Treasurer's husband, Robin Helmer, came to the rescue for our evening's entertainment. He brought along three DVDs to show us. The main one was produced from old colour cine film from 1952 showing the people of Lydd raising funds at their village fair to repair their bomb damaged church. It was very interesting to see the fashions of the day, and that so many of the stalls can still be seen in fairs today, more than sixty years later.

Our next meeting will be held on Thursday 6th of March at 7.30 p.m., and our speaker will be talking on the subject of Godinton House. New members will be made very welcome.

Fiona Steward

Evington Community Project

NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of the Evington Community Project will be held in the Evington Hall on Monday 3rd March at 7.30 pm

Mental Health

There is concern about the increasing shortage of beds for mental health patients. In 1993 Saint Augustine's, Chatham, closed, followed by the withdrawal of mental health beds in the Scarborough Ward and the Arundel Unit in the William Harvey Hospital. Recently it was reported that the lack of beds in Kent had led to some patients having to be sent to Sussex. The closures were considered advisable because improvements in medication and advances in therapies would enable patients to live in Care Units in the wider community. For those capable of coping, and who were allocated appropriate housing and help, care in the community has provided a better way of life. Unfortunately the Care in the Community programme has not been universally successful, and there exist too few alternatives, especially since so few hospital beds are now available for mental health patients. Help for carers, too, is often inadequate. And the number of mental health patients appearing in law courts has increased to such an extent that psychiatric nurses are seconded to assist the police.

So what can be done to help Mental Patients?

With inadequate resources, the Ashford Clinical Commissioning Group has inherited the challenging task of assisting patients to gain access to **Mental Health Teams**.

Valuable assistance should first be sought from the **Patients' GPs**. When surgeries are closed, '**Out of Hours Help**' is accessed by **telephoning 111**.

Help is also available from the following organisations:

The Samaritans; 0845 7909090 www.samaritans.org.uk offer guidance 24 hours a day, 7 days a week

Sane Line; support; 0845 7678000 www.sane.org.uk

Mind provides information - web site www.info@mind.org.uk

Rethink Mental Illness 0300 5000927 www.rethink.org

Admiral Nursing Direct : 0845 2579406 e-mail direct@dementia.uk.org offers help for Dementia patients Mondays to Fridays 9.15 a.m. – 4.45 p.m.

Alzheimers Society 0845 2579406 help for patients and carers, with a forum for discussion with fellow sufferers.

Wye Patient Participation Group

J.T. Fletcher(Chairman) 01233 813148

Leonie Saint (Secretary)01233 812084

ELMSTED CHURCH

Lunches & Teas

Sunday 25th May, 2014

Remember to put the date in your diary

There will be delicious home cooked lunches and an array of home baked cakes and deserts.

We will have a plant stall with strong, healthy plants for sale to cheer your garden up.

PHOTOGRAPHIC COMPETITION

with the themes

"The Living Countryside" and

"Animals in the Countryside"

All entries welcome

For further details please contact Vanessa 01233 750427

ATRIAL FIBRILLATION

Have I done something on this before? Memory fading!

Well it's a fancy old name isn't it? It actually describes a specific type of heart rhythm characterised by being irregular, that is not regular, not steady. Now there are other causes of an irregular heart rhythm, young peoples heart speed up and slow down with breathing, dogs more so, but I digress. Occasional extra beats, ectopic beats we call them (to sound clever when we are not), are quite normal in most cases, if you get lots, have it checked out. If you've had it checked out, don't worry, you've been checked out.

Back to atrial fibrillation (AF, fingers getting tired), it has two effects; it makes your heart pump less effectively so you might get more tired or breathless, but worse it increases risk of stroke. The good news is, if it is detected, that risk can be reduced by about 75%, 3 in 4 fewer people will have strokes if treated with warfarin or one of the newer NOACs (don't ask, the name is too long!).

So how can we detect it? Check your pulse, under the chin at the angle of the jaw is a good place, don't press too hard oldies or you might keel over. Or the front of the elbow, prod around, you should feel a pulse if you press hard. Is it regular, lub dup, lub dup or higgledepigledy lubdup lubdup lubdup lubdup lubdup. (what am I writing here!)

If it is chaotic rather than regular, get yourselves along here. If you know you have atrial fibrillation and have more than one of the following, are over 65, female, have had a stroke, diabetes, high blood pressure or heart failure, vascular disease, then you ought to be on a preventative drug, warfarin or one of the NOACs. We can also improve symptoms by treating the abnormality with medication.

Now fat. Transfats found in fast foods, some bakery products and margarines increase risk of heart attack. Remember how we all switched to margarine as it was healthier, well olive oil based ones are (sorry about the typo last month which said no olive oil when it meant not olive oil, olive oil is good, it can go to the top of the class) but the others are not. Saturated fats were demonised in my childhood but the evidence for saturated fats being harmful doesn't show a link to heart disease. It seems indeed one study showed fatty acids derived from dairy products were associated with higher levels of HDL, the cholesterol that actually protects against heart disease and

reduced insulin resistance which can lead to diabetes. Processed foods though are bad, no arguments, bad, got that? Another study compared three groups eating 90% fat, 90% protein and 90% carbohydrate. You guessed it the fat eating group lost most weight. In fact a low fat diet led to less energy expenditure, unhealthy fats in the blood and increased resistance to insulin. Evidence is mounting that sugar is an independent risk factor for metabolic syndrome (high blood pressure, fat belly and bad fats) a risk factor for heart disease. A Mediterranean diet is nearly three times more effective at reducing risk of a heart attack than a statin. So lots of lovely olive oil.

Where does that leave us? Well cut out processed foods, quick meals for one, pizzas, processed meats, margarine unless its olive oil based. Eat fresh vegetables and fruit, olive oil, and don't pack in the carbohydrates, bread, rice, potatoes as these gain weight, make you sluggish and upset your body fats.

If you have, keep on, keeping on and be healthy, oh and viruses don't respond to antibiotics remember, they live within our cells and use our cell structures to reproduce before infecting your neighbour at work. Antibiotics work on those cell structures but cannot hit the virus sadly.

Dr Allan Fox

EXCELLENT LOCAL BOOKS

Two well written and researched, fascinating books have come out recently.

Brook a Village in Kent by Graham Bradley.

Brabourne, Archives & Anecdotes by Christine Gurr and Kathy Embleton-Smith (available from the Brabourne PO).

Both superb reads.

Roz Bacon



CANTERBURY CHORAL SOCIETY
CANTERBURY CATHEDRAL
Saturday 22nd March 2014 7.30pm
BACH ST JOHN PASSION

Canterbury Choral Society's and its Youth Choir will perform Bach *St John Passion* on Saturday 22nd March at Canterbury Cathedral. This concert will be sponsored by Pharon Independent Financial Advisers.

A true masterpiece by J S Bach, the St John Passion features drama and tenderness, exploring the anger and the delicate sorrow of this most famous of stories. The St John Passion is a dramatic piece with a rich array of recitatives, arias, chorales and choruses, nearly every phrase affords examples of Bach's genius for merging pictorial musical figures with expressive effect.

When Christians across the world attend Good Friday services they will hear the reading of portions of the Bible which depict The Passion of Jesus Christ (the story of his capture, trial, crucifixion and death.) At Ascension and all Episcopal churches, the portion read is the backbone of this work, it is the entire 18th and 19th chapters of the Gospel of St. John. The story line is told by a tenor soloists known as the Evangelist who in this performance will be Benjamin Hulett a regular performer with the Choral Society.

The central story theme of this great work is declared right at the beginning and repeated over and over again, straight through to the end of the work. It is what is called the "Victory of the Cross." This means that because Jesus went through his suffering and death, we are given the ultimate victory of everlasting life. In movement after movement, Bach shows us this victory in very clear poetic and musical ways.

As well as Benjamin Hulett there are six other soloists, Alexander Robin Baker, Julia Doyle, David Allsopp, Nicholas Sharratt and Dominic Sedgwick. The Orchestra will be the London Handel Orchestra.

Tickets can be purchased from the Marlowe Theatre Box Office on 01227 787787 or on line at marlowetheatre.com. Visit www.canterbury.co.uk for information on the Choral Society.

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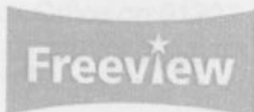
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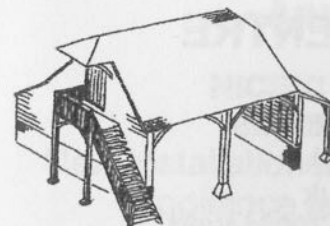
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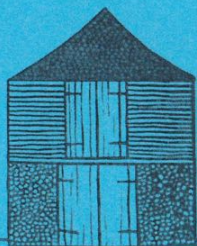
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Evington Community Project	Hon Sec	Mr D Farnfield 01233 750450
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Evington Players	Hon Sec	Mrs C Batcheller 01233 637955
Art Group	Contact	Mrs V Kerry 01227 700843
Footpath Walks	Contact	Mr D Harris 01233 813711
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