Elmsted with Hastingleigh

Community News

St. James the Great

Elmsted





St. Mary The Virgin Hastingleigh

October 2013

40p

THE UNITED WYE BENEFICE

Priest-in-charge Revd. Ravi Holy

The Vicarage, Wye

01233 812450

Ravi.Holy@wyebenefice.org.uk

Associate Priest Revd. Madi Strong

(with special responsibility The Vicarage, Hastingleigh

For the parishes of Hastingleigh, 01233 750260

Elmsted, Petham & Waltham) Madi.Strong@wyebenefice.org.uk

ST. JAMES THE GREAT, ELMSTED

Churchwarden: Mr Chris Jeffery 01233 750223

Hon. Secretary PCC: Mrs Ann Burton 01233 750430

ST. MARY THE VIRGIN, HASTINGLEIGH

Churchwarden: Mrs Roz Bacon 01233 750327

Hon. Secretary PCC: Mrs Selina Farnfield 01233 750450

PARISH WEBSITES

www.elmstedpc.kentparishes.gov.uk

www.hastingleighpc.kentparishes.gov.uk

COMMUNITY NEWS

Editor Mrs Sheila Burrage 01233 750375

4, The Bowl Field, Hastingleigh

Advertising Manager Mrs Alison Shepherd 01233 750072

Little Gains Cottage, TN25 5JU

Closing date for material: 15th of the month prior to publishing via

elmstedwithhastingleighnews@yahoo.co.uk

General Builders and Property Maintenance

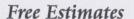








All aspects covered



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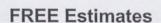
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WI OPEN MEETING

Come and join us for a talk by Ms Alison Ruyter on the

"Kent Wildlife Trust"

Thursday, 3rd October 2013 8.00 pm in the Evington Hall

Everyone welcome

Just £2.00 per person (including light refreshments)



W.I. REPORT

Eleven members met on Thursday 5th of September at Evington Hall.

The President dealt with the business of the meeting including more discussion about the proposed reorganisation of the Group meeting.

Our speaker this month was Mrs Kristina Boulden. Her husband is the sixth generation of farmers who have farmed on Romney Marsh, and in 2008 they established 'Romney Marsh Wools'. She gave us an entertaining talk about their life. March and April are very busy months for them as they have one thousand ewes lambing. They also have crops and cattle on the farm. Did you know that 80 % of British wool ends up in carpets? She showed us a selection of the products her company makes from their wool - throws, toys, slippers and lots of lotions and potions made with the lanolin extracted from the wool.

The competition was won by Mrs. Nancollas and the flower of the month was won by Mrs. Bowes.

Our next meeting will be on Thursday October the 3rd, which will be an open meeting. Our speaker will be Ms Alison Ruyter who is from the Kent Wildlife Trust. You are all welcome to join us - the meeting will start at 7.30 p.m. There will be a small admission charge of £2.

Fiona Steward

A sunny afternoon with a threat of showers saw eight of us set off for a "lowland" walk from Bulltown. A short walk down Bulltown lane and then off to the right skirting Cadman's Wood. We were very pleased to see one of the new style kissing gates that are appearing on our footpaths — an excellent development. Then we passed by Beddlestone Farm and across Hampton Lane where a Horse Show was in full swing — it was great to see the Pony Club races, always fun.

Turning south we passed the ancient "moat" - does anyone know what used to be there? Along the edge of Hampton Wood and turned north to follow the edge of Brook Wood with views of Brook village, including the cricket match, in the distance. At Troy Town we avoided the footpath through the back gardens and kept to the edge of the field instead and then turned south again back towards Hampton.

At the top of the rise we just had to stop and turn round to look at the beautiful view of the North Downs towards Wye, barely a house in sight. On reaching Hampton Lane a left turn soon took us to the path that goes right across the fields to BullItown. Here the paddock system for dairy cows can be experienced with some six or seven mini fields. I am sure it's very efficient but the sight of nearly 500 cows in such a small space looks very odd!

Once back there was a very welcome cup of tea, with lots of cake!

Next month Stan & Sheila will be leading us, which with the French returnees should bring us back to a full compliment.

See you then,

Derek Harris

Evington Community Project presents

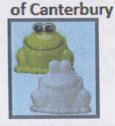
on Tuesday 29th October. Two sessions:

10.30 am - 12:30 pm and 1.30 pm - 3.30 pm
at Evington Hall. Hastingleigh

Workshop run by







Come along and choose an item to paint. When finished, Espression staff will glaze and fire it at their centre in Canterbury and return it to you shortly afterwards.

Prices:

£4 for egg cups, tiles, small decorations £5 for a children's character or small mug £7.50 for jugs, large mugs, picture frames, plates, bowls and salad plates. Larger items and/or more than one item per person cost more.

To book your place(s) and for more details, please email Robin.Helmer@btinternet.com or phone 01233 750236. Numbers are limited, so please book early to secure your place(s). Refreshments provided free of charge.

The Bowl Inn Beer Festival 2013

It was a wonderful day!

We would like to say a big **THANK YOU** to those who helped and a big **THANK YOU** to everyone who supported the event by joining us on the day.

£1300 was raised for Macmillan Cancer Support from the sale of the Hog

Roast and from the collection buckets.

A special thanks to George Jessel, Tony Pratt and Andrew Shepherd for supplying the pigs, to Harry, Luke and Andrew for cooking them and to the others who helped out on the day.

Many thanks

Ron, Annie and family



A SUMMARY OF THE MEETING OF ELMSTED PARISH COUNCIL ON 3rd SEPTEMBER 2013

Cllr Burge declared an interest in Holt Lodge's planning application.

Minutes of the last meeting were approved as a true record.

New signatories have been added to the bank account. Roads continue to be an issue.

Website - The Councillors have all seen the website and they are all happy with the content. A summary of the minutes is to be placed on notice boards as well as in the magazine and once ratified a full set of minutes is available on the website.

Planning - The Council had received two applications that will be circulated. The Clerk is to send the link to the applications as well as the letter so that it can be forwarded to all Councillors.

Pot holes in Bodsham and Whatsole Street are an issue. The Clerk is to contact Susan Carey about this matter.

Hedges are covering the signs for Thorn Lane and Misling Lane. The verges in Spong Lane have not been cut for 2 years. The Clerk is to report this.

The next meeting was confirmed as Tuesday, 3rd December 2013.



ON 10th SEPTEMBER 2013

The minutes of the last meeting were agreed and signed.

The Dance Theatre plans seem to be progressing.

The responses to the Plan It Ashford questionnaire were presented and considered. Copies of the response results are to be sent to Ashford Borough Council and placed on the notice board/magazine.

The fireworks are planned for the 2nd November, however, in order to avoid a conflict of interest any final decision on the fireworks will be delayed until the October meeting.

A letter had been received from a resident of the Parish expressing concerns over the barn at Cold Blow. It was agreed that some investigation over the situation was required, the Parish Council will consider the situation at the next meeting.

The Parish Council considered whether the Parish would benefit from a Handy man. It was considered that, as a Parish, we would not have enough work for a handyman to undertake.

A letter has been received from Mr Pell requesting signatories for the War Memorial account. 2 Councillors agreed to be signatories for this account in the first instance.

The next meeting will be held on Tuesday October 8th 2013.

The meeting closed at 9.20 pm

CHURCH SERVICES FOR ELMSTED & HASTINGLEIGH

6th October	9.30 Elmsted	4.00 Hastingleigh			
	Family Communion	Harvest Festival			
13 th October	10.00 Family Service at Bodsham School				
20 th October	11.00 Hastingleigh: Family Communion (BCP)	6.00 Elmsted: Evensong			
27 th October	9.30 Elmsted (CW)	11.00 Hastingleigh: Holy Communion (BCP)			
	get belver intres dad, lye significan på på de kallinger i dad, lye significan på gyld kallinger i dalling lib anne S da	4.00 Sunday Teatime at Evington Hall, Hastingleigh			

Sunday Teatime: At Sunday Teatime we have fun, do new things, create, chat and worship. Great food! Great people! And open to ALL AGES!

Give it a try – even if it's just for the tea!

	St. Mary's Hastingleigh	St. James' Elmsted
Oct 5th	Mrs Hewes	Mrs Fox
Oct 12th	Mrs Healy	Mrs Leutner
	Mrs Perez	
Oct 19th	Mrs Bowes	Mrs Green
Oct 26th	Mrs Helmer	Mrs Calcutt



DATES FOR YOUR DIARY

Wed 2nd	Coffee Morning	10.30am
Thurs 3rd	WI Meeting	7.30pm
	(Pages13 & 14)	
Sun 6th	The Bowl Inn Antiques Fair	midday
	(Page 17)	
Tues 8th	Hastingleigh Parish Council Meeting	7.45pm
	(Page 19)	
Wed 9th	WI Group Meeting	
Fri 11th	Whist Drive	7.00pm
	(Page 18)	
Sun 13th	Footpath Walk	2.00pm
	(Page 15)	
Tues 15th	Gardeners Society	7.30pm
Sat 19th	Bodsham School Wine & Wisdom	7.30pm
Wed 23rd	Evington Village Hall Committee Meeting	7.30pm
Sun 27th	Sunday Teatime	4.00pm
	(Page 20)	
Tues 29th	ECP Ceramics Workshop (Page 16)	

Note: All events at Evington Hall unless otherwise stated.

Parent & Toddler Group meet every Tuesday - 9.30am

Mobile Library every Wednesday 10.55am - 11.20am

Art Group meet on Thursdays 9.30am - 12.30pm

BODSHAM CHRISTMAS CRAFT FAIR THURSDAY 28TH NOVEMBER 2 - 4:30 £1 ENTRY TO INCLUDE COFFEE/TEA



PLEASE COME AND JOIN US AT BODSHAM SCHOOL FOR OUR ANNUAL CHRISTMAS FAIR.

It's the perfect place to start your Christmas shopping or to just come for a browse and soak up the atmosphere and get in the Christmas spirit.

There will be plenty of homemade crafts, wreaths, pickles and chutneys alongside some local craft tables and phoenix cards, not to mention the Xmas Café which will be full of delicious cakes and mince pies.

Bodsham School is situated at the top of School Hill, Bodsham TN25 5JQ





OPEN MORNING/AFTERNOON FOR YEAR R 2014

We will be holding an open morning on Thursday 14th November at 10.45am and an open afternoon on

Wednesday 27th November at 2pm.

Please notify the office if you would like to come and visit us!

Telephone 01233 750374

Executive Head teacher - Mrs Elizabeth Pettersen

WE'VE TAKEN OUR EYE OFF RICKETS

This week I want to talk about vitamin D. In the 'olden' days rickets was almost the norm in children. As a result foods were supplemented with vitamin D and the problem fell away. It was beaten. Except now we have forgotten about vitamin D and foods are rarely supplemented. As a result up to half of the population are deficient to some degree, particularly in the winter.

Vitamin D has several important functions. For example, it helps regulate the amount of calcium and phosphate in the body. These nutrients are needed to keep bones and teeth healthy. A lack of vitamin D can lead to bone deformities such as rickets in children, and bone pain tenderness and fractures as a result of a condition called osteomalacia in adults.

We get most of our vitamin D from sunlight on our skin. The vitamin is made by our body under the skin in reaction to summer sunlight. Vitamin D is also found in a small number of foods. Good food sources are: oily fish, such as salmon, sardines and mackerel, eggs, fortified fat spreads, fortified breakfast cereals, powdered milk.

Most people should be able to get all the vitamin D they need by eating a healthy balanced diet and by getting some summer sun. Groups of the population at risk of not getting enough vitamin D are: all pregnant and breastfeeding women, babies and young children under the age of five older people aged 65 years and over, people who are not exposed to much sun, such as people who cover up their skin when outdoors, or those who are housebound or confined indoors for long periods, people who have darker skin.

The Department of Health recommends: all pregnant and breastfeeding women should take a daily supplement containing 10 micrograms (400iu) of vitamin D, all babies and young children aged six months to five years should take a daily supplement containing vitamin D in the form of vitamin drops to to help them meet the requirement set for this age group of 7-8.5 micrograms of vitamin D a day (Abidec or Dalavit). Babies fed infant formula will not need vitamin drops until they are receiving less than 500ml (about a pint) of infant formula a day, as these products are fortified with vitamin D. Breastfed infants may need to receive drops containing vitamin D from one month of age if their mother has not taken vitamin D

supplements throughout pregnancy. People aged 65 years and over and people not exposed to much sun should also take a daily supplement containing 10 micrograms of vitamin D.

You can buy single vitamin D supplements or vitamin drops containing vitamin D (for use by under-fives) at most pharmacies and supermarkets. Women and children who qualify for and already participate in Healthy Start can get free supplements containing vitamin D.

If you take vitamin D supplements, do not take more than 25 micrograms (0.025mg) a day, as it could be harmful. It is fine to take 25ug alternate days and a six month course from Sainsburys is less than a fiver.

One plea DO NOT rush to be tested for vitamin D, if you are in the risk groups, just take it, if you are worried you might be deficient, just take it. Those already on calcium and D3 tablets are already covered.

Further news, those who do not take their blood pressure medication regularly are up to four times more likely to have a stroke a Swedish study has found. So try and find a way to remember, if you are not taking them because of side effects, come back and let us know.

The local CCG are heading for a million pound overspend on drugs. Many are wasted by pharmacies ordering drugs on your behalf that you do not need or even take. Please let us know if this happens. If you are not taking drugs, don't order them to keep us happy!

We have taken a delivery of the new nasal flu vaccine for 2-3 year olds, part of a drive to protect tinies and to prevent them disseminating flu with their endless streams of green snot (where does that all come from!)

Finally, the Daily Mail (hail, hate, fail) call it what you will, has come up with a couple of blinders. First we are taking the wrong sort of blood pressure and should be taking central blood pressure. This involves admission to hospital to have a tube inserted into your neck and passed down to your heart. Let me know if you'd like this and I will apply to the Mail for funding. Second beetroot protects you from aortic aneurysms. I would personally treat my blood pressure and stop smoking but each to their own, just do not hang your hat on the beetroot is my advice.

Happy days, Allan Fox

OLD, NEW AND INTERESTING PHOTOGRAPHS WANTED of Waltham and surrounding villages.

Waltham Village Hall Committee would like to collate a pictorial record of our lovely village and its people.

Photographs can be carefully copied and returned, so if you have anything that you would be able to share please let us know so that future generations can see what village life was like from years ago up to the present day.

Please contact:

Lynn Saxby - 01227 700071 / Lynn@saxby4.orangehome.co.uk

Waltham Village Hall

A lot of work's been going on – repairs to the roof, new fire doors and renovation of the floor.

The time has come for painting and decorating, so to raise funds the committee are planning to host a series of events. Please come along to an:

Afternoon Tea and Table Top Sale on

Sunday 20 October from 2-4pm

<u>Please help by donating:</u> cakes, confectionery, homemade bakes, unwanted gifts, plants, crafts or anything we could sell or raffle.

Alternatively: <u>Book your own table to sell your crafts or goods</u> - £5 for a table which will go to the Hall funds – you can keep the rest!

Or just come along for a cup of tea and a cake and spend some money.

Phone or email for further details:

Chris Paice 01227 700606 / christine_paice@hotmail.com
Lynn Saxby 01227 700071 / lynn@saxby4.orangehomeco.uk

Celebrating the launch of Wye School

Wednesday 4th September was a very special day for me and for many other people in this community. After months – and indeed years – of preparation and much hard work by lots of people (especially Margaret Williams) Wye School (formerly known as The Free School) finally opened for business. And I was absolutely delighted that pretty much the first thing they did on that first day was process over to the church for a service of celebration. This is an edited version of what I said to them (after 'Hello and welcome'!)

Obviously, this is an exciting day for all of you but it's also exciting for me and a lot of people in this village because, as you probably know, Wye college was completely empty for just over four years and we're all absolutely delighted that it's being used again. I know the school's only in the most modern part of the old college (at the moment) but the fact is there's been an educational establishment of some sort next to this church for over 500 years.

The original Wye College was built in 1447 (so nearly 600 years ago) by Cardinal Kempe (who was Archbishop of Canterbury at the time) as a theological college; so, a place where people like me learnt how to be vicars. And then later it became an agricultural college which is what it remained until four years ago when it was closed down. And when I first moved to Wye, just before Christmas 2009, everyone was really sad about that. They missed having all those young people in the village. And at the church, they were all praying that something good would replace it; something that would bring new life into the community; and ideally another place of education – and here you are! So, how does it feel to be an answer to prayer?

But this church is even older than the college. We know that the current church building was built in 1290, so over *seven* hundred years ago, but it's possible that there'd been a church here for some time before that. And it's astonishing to think how much the world has changed in that time. For example, what do you think someone from the 13th century would think if they suddenly appeared here and now and saw things like cars and mobile phones? And what would we think of them? Well, they'd probably be quite smelly for a start because even rich people only had a bath once a year in those days.

[We then watched a clip from a French film called Les Visiteurs in which precisely that happened: a twelfth-century knight and his servant wake up in modern-day France after an incompetent wizard's spell goes wrong and much hilarity ensues. The children seemed to enjoy it and the clip ended with the knight seeking asylum in the church — which obviously hadn't changed much since his time so I then had to explain what seeking asylum meant... 27

26

In the olden days, you could turn up at a church and ask for asylum which meant they had to protect you from anyone who was trying to get you whether that was bandits or even the police. But we don't do that anymore. We don't often have horses in church anymore. Apart from when we do pet services. But in a way we do. Churches are still public buildings which anyone can come to any time and not just on Sunday. So lots of people in the village pop in here during the week, to pray, to think or just to sit quietly and I want you all to know that you're welcome here any time, pupils and teachers. I want you to think of this as your church and I hope that we'll have lots more services here over the years...

We then had a time of prayer led by two of the students and I would encourage all our readers to likewise pray for the success of Wye school and for all its teachers and pupils.

God bless. Ravi

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Forthcoming Events:

Dog Law Seminar at The Lord Whisky Tea Rooms Saturday 5th October, 4pm - 7pm £20 per person to include refreshments Booking essential. Ring 01303 862622 Birchington Indoor Fair at The Village Centre, Birchington Saturday 5th October, 9am - 12noon Swalecliffe & Chestfield Autumn Bazaar at The Community Centre, St. John's Road. Swalecliffe Saturday 2nd November, 9.30am - 12.30pm Autumn Bazaar at Lyminge Village Hall Saturday 16th November, 10am - 1pm Christmas Bazaar at St. Peter's Methodist Church Hall, Canterbury

Saturday 7th December, 11am - 3pm



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Autumn 2013

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Charlton Park Christmas Fair Fri 29th Nov 11am-6pm
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LOCAL ORGANISATIONS					
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Hastingleigh Parish Council	Clerk	Tracey Block 01233 750415			
Evington Hall (caretaker & bookin (Treestumps, Elmsted)	Mrs Avis Ball 01233 750231				
Evington Hall Committee	Hon Sec	Mrs S Lawson 01233 750288			
Evington Community Project	Hon Sec	Mr D Farnfield 01233 750450			
Evington Gardeners' Society	Hon Sec	Mrs J Pearce 01233 750382			
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			
Women's Institute	Contact	Mrs J Bowes 01233 811875			
Parent & Toddler Group	Contact	Mrs H Wade 01233 750032			
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