

# Elmsted with Hastingleigh Community News

*St James the Great  
Elmsted*



*St Mary the Virgin  
Hastingleigh*

October 2018

40p



# Elmsted and Hastingleigh Community Contacts

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Hastingleigh Parish Council

**Tracey Block** 01233 750415

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**Mrs H French** 01233 750483

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**Mrs S Boxall** 01233 750206

Evington Gardeners Hon Sec

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Evington Community Choir

**Mrs C Jeffery** 01233 750585

Art Group

**Mrs V Kerry** 01227 700843

Footpath Walks

**Mr D Harris** 01233 813711

Women's Institute

**Mrs J Bowes** 01233 811875

Parent and Toddler Group

**Mrs L Lawrence** 01233 750987

Neighbourhood Watch Hastingleigh

**Mr G Block** 01233 750415

Neighbourhood Watch Elmsted

**Mr J Argar** 01233 750311



# October

## in Elmsted with Hastingleigh

**A**s we reach the beginning of October, Autumn is in full force, the leaves changing colour and dropping from the trees, and mushrooms popping up in the garden. The Beer Festival was a great success, and raised a large amount for the charity Mind. The Hastingleigh footpath walks will recommence this month on the 14th and every second Sunday after, so if you fancy an enjoyable walk check out page 15. On the 5th October, what promises to be an interesting talk on the lead up to the end of WWI, and the fine balance trod as to who would win, will be taking place at Evington Hall, see page 9 for details. The whist drive season will be starting up again every second Friday of the month, from the 12th October, in Evington Hall. As always letters, articles and comments are very welcome.

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### Submissions

The *Community News* takes no responsibility for misleading advertising or incorrect editorial supplied to us in good faith.

Please provide any promotional or editorial content in Word format rather than pdf. For length, grammar and style issues the Editor reserves the right to edit it.

Editorial: [elmstedwithhastingleighnews@yahoo.co.uk](mailto:elmstedwithhastingleighnews@yahoo.co.uk)

Advertising: [shepandali@hotmail.com](mailto:shepandali@hotmail.com)

Secretary: [secretary.communitynews@gmail.com](mailto:secretary.communitynews@gmail.com)

Or write to: The Secretary, 1 Bowl Field, Hastingleigh, TN25 5HT.

## General Builders and Property Maintenance



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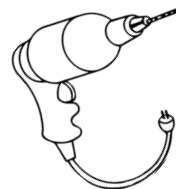
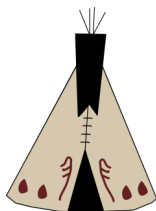
Most aspects of Household and Garden Maintenance

*References available*

*Also*

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# Hastingleigh with Elmsted Women's Institute

## A time for stories

**H**astingleigh with Elmsted W.I. met on Thursday the 6th of September 2018 at the Evington Hall.

18 members attended, and we also welcomed 1 guest.

We discussed various items of business before having a talk entitled *The Lip and the Eye*, by Mr Tony Cooper. Mr Cooper is a professional story teller and explained that story tellers take a story, leave in the 'roughage' and adapt the story to the audience, the time and place, as they go along. He told a few stories and informed us of the origins of some of them, and of other versions he had heard from audiences. We then had a go in groups at adapting a story about two men pulling a moose through a wood by its antlers. The antlers were

getting clogged with leaves and debris. They came across an old woman who told them they should pull it by the back legs so the antlers didn't catch in everything. One of the groups adapted the story to be 2 young boys pulling a Christmas tree along, only to be told by their younger sister to turn it around and pull it from the other end.

On the 21st September members of the WI met for a craft workshop on Iris Folding. A member of the group, Marie Wenham, demonstrated the technique and then all attendees had a go at making Christmas cards using the technique. Everyone did a wonderful job and there were a couple of members who found a new hobby to take up.

The Flower of the Month winner for September was Mrs Marie Wenham with a beautiful blue hydrangea. The Competition of the Month winner for September was Mrs Jean Bowes with a beautiful flower arrangement for a table.

Our next meeting will be on Thursday the 4th October at 7.30 p.m., in the Evington Hall, where we will be having a talk on *Wrinkles don't matter* by Ms Helen Kendall-Tobias. Any new members will be made most welcome.

Marie Wenham

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# Dr Fox

## Staying healthy

**A**s mentioned in another blog, I love Dave Brailsford, now Sir DB's, idea of marginal gains.

With British Cycling he took every aspect of cycling from bio-mechanics to diet to helmets and broke them down to their component parts.

He then worked on each to develop a marginal improvement. It might only be a fraction of a percent in improvement of times achieved. But when all of these marginal gains were amalgamated the whole was improved to a remarkable degree.

I thought it was time to look at marginal gains that can be made in our health prospects.

If we look at the major causes of illness there are several things we can do that, when added together can make a significant difference.

I did a previous blog on the benefits of exercise (<http://www.privategphealthcare.com/23-half-hours-wonder-drug/>). This discussed the marked reduction in heart attacks, depression, dementia, arthritis and blood pressure with even small amounts

of exercise. Even 10-30 minutes of walking a day (the more the better result) markedly reduced blood pressure and a daily exercise programme with a once weekly group exercise session was more effective than inserting a coronary stent, in reducing cardiac events (angina or heart attack).

**Stopping smoking** has a marked impact on a whole range of illnesses including heart disease, stroke, vascular disease including leg ulcers, respiratory disease and a whole range of cancers. Your life expectancy will be greater, and you'll notice an improvement in the symptoms of smoking related diseases such as Chronic Obstructive Pulmonary Disease (COPD). In addition, you will be financially better off and get a return of taste and smell.

**Drinking less alcohol** will reduce your risk of developing serious health issues such as cancer, liver or heart disease and can contribute to lowering your blood pressure. Significant alcohol consumption has a marked impact on mental health, causing depression and anxiety. Alcohol also affects sleep significantly, reducing sleep quality.

**Reducing cholesterol levels**, either with lifestyle or statins has a marked impact on reducing heart attacks. Here are some thoughts on how to reduce cholesterol naturally;

**Eat heart-healthy foods**

A few changes in your diet can



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# Dr Fox

## Cont.

reduce cholesterol and improve your heart health:

**Reduce saturated fats.** Saturated fats, found primarily in red meat and full-fat dairy products, raise your total cholesterol. Decreasing your consumption of saturated fats can reduce your low-density lipoprotein (LDL) cholesterol — the "bad" cholesterol.

**Eliminate trans fats.** Trans fats, sometimes listed on food labels as "partially hydrogenated vegetable oil," are often used in margarines and store-bought cookies, crackers and cakes. Trans fats raise overall cholesterol levels. The Food and Drug Administration has banned the use of partially hydrogenated vegetable oils by Jan. 1, 2021.

**Eat foods rich in omega-3 fatty acids.** Omega-3 fatty acids don't affect LDL cholesterol. But they have other heart-healthy benefits, including reducing blood pressure. Foods with omega-3 fatty acids include salmon, mackerel, herring, walnuts and flaxseeds.

**Increase soluble fibre.** Soluble fibre can reduce the absorption of cholesterol into your bloodstream. Soluble fibre is found in such foods as oatmeal, kidney beans, Brussels sprouts, apples and pears.

Add whey protein. Whey protein, which is found in dairy products, may account for many of the health benefits attributed to dairy. Studies have shown that whey protein given as a supplement lowers both LDL cholesterol and total cholesterol as well as blood pressure.

**Eat fruit and vegetables.** Eating 900grams of vegetables and or fruit was shown in a large trial, to reduce the risk of heart attack by over 20% relative to a matched group who did not eat fruit or vegetables. That is an effect equivalent to statins!

**Lose weight.** Carrying even a few extra pounds contributes to high cholesterol. Small changes add up.. Weight reduction has been shown to reverse diabetes in some case of type 2 diabetes, the form related to weight gain, and it markedly reduces the need for diabetes medication in most diabetics.

Look for ways to incorporate more activity into your daily routine, such as using the stairs instead of taking the lift or parking farther from your office. Take walks during breaks at work.

So, if we add together these benefits, we get an accumulation of marginal and not so marginal gains, leading to a significant improvement in health and longevity.

Dr Allan Fox

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A Special Talk on the Centenary of the **End of WW1**

## **WHO WILL WIN THE DREADFUL WAR?**

by David Reece

at

Evington Hall, Hastingsleigh

**Friday, 5th October at 7.30pm**

David is a retired Brigadier, who served in the Intelligence Corps, working to identify and counter the threat to British interests in the UK and places as far afield as Hong Kong, Berlin and Cyprus. The talk concerns the critical balance of the First World War in its last few months: it was desperately close. An intelligence operation conceived in Folkestone, involving no more than a score of strangely-assorted individuals may have tipped the balance...

Donations in aid of **St. Mary the Virgin**, Hastingsleigh and **The Royal British Legion**.



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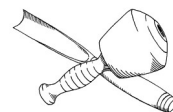
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## A BIG Thank you from The Guild of St. John of Beverley for the Deaf in 2018

**D**id you know that this registered Charity is run by residents in the villages of Hastingleigh and Elmsted? It is a village charity that fundraises locally and aims to support people who are deaf or hearing impaired in East Kent.

Our biggest fundraising event is the annual BBQ held in June at Evington Hall, you may have attended or bought raffle tickets in support.

Because of your generous support in 2017/18 we have been able to help the following:

- a secondary school pupil to attend two levels of British Sign Language (BSL)
- a Speech and Language Therapist working with Children and Young People to attend a BSL course and a 'Working with Deaf People' course
- a primary school pupil to travel to a unit for hearing impaired children to enable her to communicate with other deaf children on a weekly basis
- "Festability" by funding two BSL interpreters to sign for people with disabilities at their festival in Quex Park, Birchington-on-sea.
- Kent Deaf Children's Society by funding an Award for their Awards Ceremony
- a unit for Hearing Impaired Children at a secondary school by funding the purchase of a much needed Interactive White Board
- a primary school for deaf children by providing three iPads plus interactive apps".

I think you will agree this is an amazing achievement for a small village charity and it's all because of your wonderful support and donations. If you would like to find out more about the charity or would like to volunteer or make a donation please visit our website <http://www.stjohnofbeverleyforthedeaf.co.uk> Thank you.



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# ‘So they do say...!’

**F**rom the architects inspection of St Mary’s Church in 1878:  
*"I cannot find any trace of the original upper stage of the Tower which has been rebuilt of brick of the commonest type".*

He goes on to comment that the curious wrought iron structure built in to the North West angle has a base which might have been let into the centre part of a spire, and covered in shingle, *"a usual finish to towers of this date"*.

The suggestion he made is that the tower formerly had a spire, probably a short one, of wood, which was later removed.

TW

---

## Quiz Corner (London)

1. What colour will you get if you mix the Circle Line with the Piccadilly Line?
2. How many lions guard Nelson’s Column?
3. Where in London were the first escalators installed in 1898?
4. Who said “When a man is tired of London, he is tired of life: for there is in London all that life can afford”?
5. Which London Underground station has the greatest number of escalators?
6. Fenchurch Street, Liverpool Street, Kings Cross,....what completes this set?
7. What starts at 21:53 every night?
8. Which author gave the copyright of the Peter Pan works to Great Ormond Street Hospital?
9. Who did Michael Fagan famously wake up in London in July 1982?
10. The London skyscraper called 30 St Mary Axe is also known by which nickname?

*Answers on page 21.*

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# Hastingleigh Footpath Walks

Well that was a sunshine summer to remember, so it's now time to look forward to the monthly walks. They all take place on the **second Sunday in the month**, beginning at **2.00 pm** normally starting from **Evington Hall**.

Details will be posted each month in the Community News including any change in the start point.

The following have kindly agreed to lead the walks

## 2018

- 14<sup>th</sup> October - Robin & Yvonne Helmer
- 11<sup>th</sup> November - Jean Bowes
- 9<sup>th</sup> December - Derek & Janet Harris

## 2019

- 1<sup>st</sup> January - Mince Pie Walk!
- 10<sup>th</sup> February - Hilary Pittock
- 10<sup>th</sup> March - Stan & Sheila Burrage
- 14<sup>th</sup> April - Helen Ransley
- 12<sup>th</sup> May - Val Kerry

If you have not been before, they usually last about two hours and provide a really convivial way to spend a Sunday afternoon, and help to keep you fit!

Please come and join us

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# **Beer Festival 2018**

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from the raffle and donations



Mind is a registered charity in England (no. 219830) and a registered company (no. 424348) in England and Wales.

### Church services in the Parish Upon The Hills

07/10	First Sunday	09.30 - Elmsted - Group service for Elmsted, Hastingleigh, Petham & Waltham
14/10	Second Sunday	08.00 - Waltham - BCP Communion 10.00 - Bodsham School - Messy Church 11.00 - Petham - Communion
21/10	Third Sunday	09.30 - Waltham - Communion 11.00 - Hastingleigh - Communion 11.00 - Petham - Family Service (no communion) 18.00 - Elmsted - Choral Evensong
28/10	Fourth Sunday	09.30 - Petham - New Family Communion 11.00 - Hastingleigh - Communion

**Priest-in-charge:** The Rev Ravi Holy: The Vicarage, Wye 01233 812450 ravi.holy@wyebenefice.org.uk **Associate priest:** The Rev Lorraine Lawrence (with special responsibility for Hastingleigh, Elmsted, Petham, Waltham): The Vicarage, Hastingleigh, 01233 750987 or 07894 034409 lorraine\_lawrence@btinternet.com. **Churchwardens:** Mrs Bacon 01233 750327, Mrs R Doyle 01227 700296. **United Wye Benefice** 01233 813793 www.wyebenefice.org.uk

### This month's church flowers and cleaning volunteers:

	St Mary's	St James'
Sept 29th Oct 6th	Mrs Bowes, Mrs Helmer Mrs Green	Mrs Wright Mrs Trupp
Oct 13th Oct 20th	Mrs Bacon, Mrs Geering Mrs Sharp, Mrs Hill	Mrs Jeffery
Oct 27th Nov 3rd	Dr & Mrs Lawson Mrs Day	Mrs Healy, Mrs Denny Mrs Pearce

# Diary Dates - October

Tues	2nd	Toddlers	09.30 - 12.00
		Library Van	09.45 - 10.15
		Evington Hall Trustees Meeting	19.30 - 21.30
Wed	3rd	Coffee Morning	10.30 - 11.30
		Evington Community Choir	19.00 - 21.00
Thurs	4th	W.I. Meeting	19.30 - 22.00
Fri	5th	WW1 talk	19.00 - 21.00
Tues	9th	Toddlers	09.30 - 12.00
		Hastingleigh Parish Council	19.45
Weds	10th	Evington Community Choir	19.00 - 21.00
Fri	12th	Whist Drive	19.00 - 22.00
Sun	14th	Footpath Group	14.00
Tues	16th	Toddlers	09.30 - 12.00
		Library Van	09.45 - 10.15
Weds	17th	Evington Community Choir	19.00 - 21.00
Tues	30th	Toddlers	09.30 - 12.00
		Library Van	09.45 - 10.15
Weds	31st	Evington Community Choir	19.00 - 21.00

The above dates are taken from the Evington Hall website calendar  
([www.evingtonhall.org.uk](http://www.evingtonhall.org.uk))

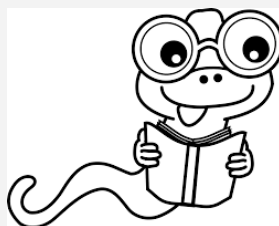
***All events at the village hall unless otherwise stated***



## Club Draw

**T**he latest winning numbers  
for the Evington  
Community Project 100 club  
September draw are:

1st Prize: No. 50  
2nd Prize: No: 90  
3rd Prize: No: 2



## Library Van

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## WHIST DRIVE

*The first whist drive of this season will be held at the hall on Friday 12th Oct starting at 7pm, and subsequently on the second Friday of each month. These are run jointly by the hall committee and WI and make a small profit for both.*

*It is an informal evening with light refreshments (tea/coffee, sandwiches and cakes) during the interval and a raffle and small prizes for winners and losers. If you enjoy a game of cards why not give it a try.*

---

## Quiz Answers

1. Green (yellow and blue)
2. Four
3. Harrods (1898)
4. Samuel Johnson
5. Waterloo (23)
6. Marylebone (monopoly stations)
7. The Ceremony of the keys at the Tower of London
8. J M Barrie
9. The Queen (he broke into her bedroom)
10. The Gherkin



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# Terry's Chocolate Cheesecake

(Serves 10-12)

**Biscuit Base:**

300g chocolate orange digestive biscuits

140g unsalted butter, melted and cooled slightly

**Cheesecake Filling:**

500g full-fat cream cheese, softened at room temperature

2 x 175g Terry's chocolate orange

300ml double cream

85g icing sugar, sifted

1 teaspoon vanilla extract

**Decoration:**

Terry's chocolate orange segments

**Method:**

*To prepare the base:* Melt the butter in a small saucepan. Blitz the biscuits in a food processor to a fine crumb.

Add the melted butter and mix until well combined. Tip the biscuit crumbs into a 23cm springform cake tin and press down until firm.

Use the back of a spoon or glass to smooth over, place in the refrigerator to chill whilst you make the filling.

*To make the cheesecake filling:* Melt the chocolate over a bain-marie.

Leave to cool only for a few minutes - chocolate stills needs to be slightly

warm before adding the remaining cheesecake ingredients later to avoid lumps forming.

In a medium mixing bowl beat together the cream cheese with the icing sugar and vanilla until softened.

In another mixing bowl whisk the cream until soft peaks form.

Fold the cream into the cream cheese mix. Finally, fold through the melted chocolate.

Spoon the cheesecake mixture over the biscuit base and smooth over with a spatula or palette knife. Cover and leave to chill for at least 6 hours, or preferably overnight.

When ready to serve, remove the cheesecake from the tin and decorate. Best served chilled.

The cheesecake can be made ahead of time, leave it in the tin, covered with cling film for up to 2 days.

Leftover slices (if any!) can be stored in an airtight container in a refrigerator.

Recipe taken from  
*What Jessica Baked Next*

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Announcing a new service at a new time for

## Petham Church.

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family communion service.

This service will be for all ages,  
not just children,  
will include communion,  
but be in a more accessible style,  
with easy to engage with language  
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# Farming Notebook

## Potato harvest begins

**W**e have just managed a few days away in St Ives. Lovely beaches, long walks, and some refreshing swims in the sparkling sea. As one of our number quite aptly put it, for us it was an oasis between harvests. Very true.

The combine has, at last, been put away for another season. There was a time in July when we thought all would have been safely gathered in by mid August, but it was not to be. The spring oats and spring beans were delayed by the very welcome rain and both crops needed drying!! We also helped out a neighbour with some combining as he was trying to beat the weather, and between us we almost succeeded.

The potato harvest has just begun. A couple of weeks later than usual because the crop was so slow to develop during the heat and drought. Once the rain arrived they got a new lease of life, literally, and grew like stink.

The rain has caused an unex-

pected problem in the potatoes. Secondary tuberisation. The daughter tubers have been fooled by the heat into thinking they have reached the end of their growth and gone into premature dormancy. The rains have woken them up and they have started to produce long thin shoots at the end of which is a newly forming tuber. The only way to control this is to lift the crops as quickly as possible and get them into cold store.

To this end we have tried to kill off the plants with a combination of flailing off the canopy above ground followed by the application of a desiccant. Usually this is very successful, but this year new shoots begin to appear after a few days. The vigour of the plants is astonishing. They are making up for lost time, and causing us a real headache. We cannot lift the crop until the skins are "set" and this only happens once the foliage is dead.

For the first time ever we are putting the whole crop into store and not grading for size. The speeds up the grading process and will allow us to clear the fields more quickly. Once the tubers have been cooled we will have to re-grade the whole lot to split the seed from the over-size. Potatoes in general, and seed in particular are in very short supply this year, and as a result we may be able to sell seed that is outside the

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# Farming

## Notebook cont.

usual parameters of 35-55mm diameter. So the delay caused by cooling the crop may be helpful as we will better know the market once we start to re-grade.

Our Oilseed Rape has been planted and now has true leaves, which is a relief. It is such a vulnerable crop until well established. After such a hot and dry summer it would have been assumed that slugs would not feature as a major pest this year. A very dangerous assumption! The little blighters are there and in numbers. Liking nothing better than a meal of newly emerged rape. The cabbage stem flea beetles are also having a go at the new seedlings. We are no longer allowed to treat the seed to protect against the pest so it is becoming a real problem as other control methods are far less effective.

The cattle are enjoying the late flush of grass. All the cows and their calves look very well. Cattle seem to do well in hot dry summers... The herd are all close to home as we are preparing for our compulsory TB (Tuberculosis) test. We are in an area of low risk and have a four year interval between tests. It is a nervous time. Any animal that reacts to the test has to be slaughtered, even

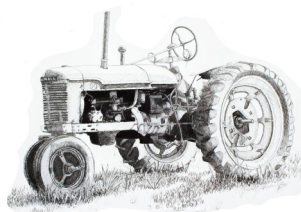
if it is heavily in calf. We have so many badgers on the farm, and deer are not far away. Both species can transmit TB and aid in its spread across the country. We are a closed herd, and buy no cattle in. This means that TB can only be introduced by a third party vector. Why is it OK to slaughter a cow but not a badger?

Having had a reactor in the past, which was proved in post mortem not to have TB (A bit late for the cow and unborn calf in question!) it really is a time to keep fingers firmly crossed...

On a brighter note, it is nearly time for the annual ploughing match. A great day out for the farming community. Fierce competition to see who can turn the best furrow, bake the best cake, or show the best sample of wheat and a chance to catch up with friends and colleagues whilst enjoying the hospitality of our suppliers. A good day out.

An oasis between one farming year and the next...

W Wilson-Haffenden



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