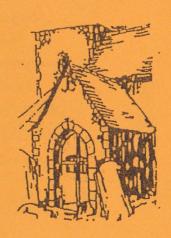
## Elmsted with Hastingleigh

## Community News

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St. Mary The Virgin

Hastingleigh

February 2013 40p





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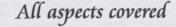














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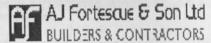
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PARISH WEBSITES

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 Sarah Pell 01233 750296

Little Coombe, Hastingleigh

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

elmstedwithhastingleighnews@yahoo.co.uk

Shrove Tuesday FEB 12<sup>th</sup> , 6 – 7.30pm

**EVINGTON HALL HASTINGLEIGH** 

There will be the usual pancake party (organised by the churches)
Savoury and sweet pancakes, juice and wine available.

Do come along.

Tickets at the door £2 for 2 pancakes.

All profits go to charity

ECP PRESENTS

1 Double Film Show

SATURDAY 23rd FEBRUARY 2013

EVINGTON VILLAGE HALL

4.30 pm - A Family Film

7.00 pm - A Modern Comedy / Drama

Cntry Free
Our usual Fish & Chip van will be serving
Fish & Chips, Sausage & Chips, etc. from 6.00 pm.

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

#### THE MINCE PIE WALK—NEW YEARS DAY

What a sigh of relief greeted this morning – a beautiful sunny day. It rained for most of December but 2013 started well.

With the change of start venue we weren't sure how that would affect the numbers and also with the ground so wet it was not going to be too attractive for the casual walkers. However over 30 people and 4 dogs set off all suitably booted, which was just as well because on leaving Evington Hall and turning right onto the track past the May Day field we were soon up to our ankles in mud. Undaunted we continued by crossing the Waltham Road and then onto Little Coombe, with the going much easier.

From here the path dropped downhill through the edge of Hurst Wood and then reaching close to "Big" Coombe we turned left along an easy path at the bottom of an open field. Then a gentle climb meeting for the first time two stiles, unfortunately not with very wide steps and of course pretty slippery too – OK for the walkers but hard for the dogs. A couple managed to jump at least one of the stiles the others being lifted by strong men.

From then on it was plain sailing past Staple Lees and back up to the track we started on – pity really as by now we all had clean boots, rapidly made dirty again! On reaching the hall we were welcomed with mulled wine and lots of mince pies, a lovely end to a very enjoyable morning.

Our thanks go to Janet & Jean who organised the refreshments and of course to everyone who brought along mince pies!

A great start to the year – don't forget the second Sunday monthly walks. February's will start from the Rose & Crown at Stelling Minnis at approximately 1.30pm. We plan to meet for a bite to eat first just before 1.00.

Derek Harris

#### HASTINGLEIGH with ELMSTED WI

Twelve members met on Thursday 3rd January and Vice President, Miss Steward chaired the meeting. She wished everyone a Happy New Year and mentioned correspondence and future events.

Mrs Verhoeven volunteered to be our Delegate at the ACM in March.

Flower of the month competition for 2012 was won by Mrs Bowes who took the trophy home and the Competition winner for 2012 was won by Mrs Crees who took the decanter home for display.

The speaker for the evening was Dr Richard Goodenough with a very interesting talk on "Researching the history of a country house"

He described how he and his wife bought a Wealden Hall House called Trimworth Manor at Crundale. Some parts of the house date to 1450 but there had been dwellings on the site since 824 when it was originally called Dreamwurth.

Dr Goodenough is a very entertaining, interesting speaker and was extremely informative on methods of research that can be carried out these days.

Mrs Helmer won the monthly competition with an old photo of Evington Manor.

Mrs George won the flower of the month.

Our next meeting will be on Thursday 7th February at Evington Hall when Mrs Amanda Cottrell will tell us about her family history.

Thank you

Cheryl Crees

#### **NEWS FROM WYE SURGERY**

Lub dup, lub dup, lubdup.....lubdup

Hearts were designed to beat in a regular fashion but some just do not. One of the concerns about an irregular heart beat is that it can represent a condition known as Atrial fibrillation. Many people are not aware of any symptoms from this condition; others can feel an irregular beat in their chest. If it doesn't cause symptoms, why worry you ask? The problem is that Atrial Fibrillation, let's calls it AF as I only type at 30 words a minute, is that it carries with it an increased risk of sudden stroke. Now, I don't know about you but a stroke is not on my Christmas list.

There are two ways of dealing with AF, the first is termed rate control, simply controlling the rate of the heart with medication. The second is called rhythm control and involves using drugs or an electric shock across the heart (don't do this DIY at home). Both have their benefits and the choice comes down to a number of factors which your doctor will discuss with you.

Which ever way it is treated you need to consider stroke risk reduction. If you fall into a high risk group, the sensible approach is to take warfarin, it reduces your risk of a stroke by 75%, three in four, that's a lot!

How do you know if you have AF? Some people can check their pulse in the wrist or under the angle of the jaw and feel if it is regular. Some cannot do this (and why should they be able to, it took me a while to work it out). We are doing a project on checking pulses of high risk patients, those over 65 years of age. If your pulse is irregular we will confirm the rhythm with an ECG. If you know your pulse is irregular and you are not known to have AF please book to see a doctor or nurse to have it checked. If you are seeing a nurse or doctor anyway, get them to feel your pulse and record that it is regular. Having saved you all from flu last month, we want to prevent as many strokes as possible!

News on the phone, we have met with our provider to improve the situation. As mentioned there is a line into the surgery which has a standard local tariff now, 01233 220699. It is best used at quieter times as it doesn't get priority. We are altering the way the 0844 number works to shorten waiting times and give you more information about waits. It is not currently possible to get rid of the number all together whilst we are under contract but those who feel strongly about the number have an alternative route into the surgery. This is the first step along the way of improving phone access and cost.

Happy New Year from all at Wye

Allan Fox

Thank you for all who supported our Christmas Carol service on Thursday 20<sup>th</sup> December 2012.

We raised a total of £75.00 which has been donated to feed the homeless charity in London via St Mary the Virgin Church, *Hastingleigh*.

Also thank you for all of our customers who continue to support us throughout the year.

Happy New Year! Ron, Annie & Family.

The Bowl Inn

**QUIZ NIGHT** 

Every Tuesday Night
8.30pm start
£3 per person
includes lovely sandwiches

#### **EVINGTON VILLAGE HALL COMMITTEE**

#### Christmas Bazaar

The Evington Village Hall committee would like to thank everyone for supporting the Christmas bazaar which took place in November. This year it raised £851.76 in total profit. All the money raised goes to the maintenance and running of the hall. The hall committee would also like to thank all the children from Bodsham School who entered the Design A Christmas Card Competition. A great effort was made by all the children who took part, producing some lovely cards which made it difficult to choose winners.

The competition was divided into 3 age groups and the winners were as follows:

In the youngest age group 1<sup>st</sup> prize went to Daniel Verhoeven, 2<sup>nd</sup> Wren Weyman and the 3rd Millie Tatten.

In the middle group  $\mathbf{1}^{\text{st}}$  was Isla Sledger,  $\mathbf{2}^{\text{nd}}$  Clemmie Johnson and 3rd Isaac Murphy .

There were two winners in the oldest group; these were  $1^{st}$  Dan Levett and  $2^{nd}$  Jennifer Howard.

Well done to everyone who entered the competition.

#### **Christmas Concert**

The committee would also like to thank Trevor Wye and The Flute Studio Players for a wonderful concert held in December. The money raised is divided between the church and the hall. Our share of the profits from the concert and supper came to £418.00.

SL

## EVINGTON COMMUNITY PROJECT NEED SOME HELP!!

Evington Community Project (ECP) is run by a small group of volunteers who meet four times per year to plan and organize the year's events.

The number of volunteers has dwindled and we are now seeking additional help. If you would like to join our group or, if you would prefer, to offer your services at specific events such as our annual Spring Fair, then please do contact me. We would love to hear from you.

Robin Helmer

Chairman

T: 01233 750236 Email: Robin.Helmer@btinternet.com

#### **CAROL SINGING and St MARY'S**

Many thanks to all who went carol singing at The Bowl and to Ron for laying on such great mulled wine. £75 was raised for church funds which we decided to send to help the homeless to help themselves in The Emmaus Trust.

The crib service at St Mary's was very well supported as always and thanks to the families who came to the church decoration day, helped to decorate the church and then led and dressed up for the service. Thanks to Richard, Larry and Peter for the music. Midnight Mass was also well supported and it was good to see Rev. Goodsell there and thanks to Ruth Goodsell for playing the Organ

#### CHURCH SERVICES FOR ELMSTED & HASTINGLEIGH

3rd February	9.30 am Elmsted:	11.00 am Hastingleigh:	
2 <sup>nd</sup> before Lent	Family Communion (CW)	Morning Worship (CW)	
10th February	10.00 am Family Service at Bodsham School		
Next before Lent			
13th February	8.00 am Hastingleigh:	10.30 am Wye:	
Ash Wednesday	Celtic Communion with Ashing	Holy Communion with Ashing	
17th February	11.00 am Hastingleigh:	5.00 pm Elmsted:	
Lent 1	Family Communion (CW)	Evensong	
24 <sup>th</sup> February	9.30 am Elmsted:	11.00 am Hastingleigh:	
Lent 2	Parish Communion (CW)	Holy Communion (BCP)	
		4.00pm Sunday Teatime	
	s lá le la die a met diss	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!

	CHURCH FLOWER AND	D CLEANING ROTA
	St. Mary's Hastingleigh	St. James' Elmsted
Feb 2nd	Mrs Bacon	Mrs Wood
	Mrs Geering	Ms Flitney
	Mrs Jerrom	
Feb 9th	Dr & Mrs Lawson	Mrs Healy
Feb 16th		Mrs Denny
Feb 23rd	Mrs Young	Mrs Gregory
Mar 2nd	Mrs Bracher	Mrs Pay
	Mrs Homer	

#### DATES FOR YOUR DIARY



Fri 1st	ECP Youth Club (Page 23)	7.00pm
Wed 6th	Coffee Morning	10.30am
Thurs 7th	Women's Institute (Page 15)	7.30pm
Fri 8th	Whist Drive	7.00pm
Sat 9th	Bodsham School Quiz Night (Page 25)	7.30pm
Sun 10th	Footpath Walk (Stelling Minnis) (Page 14)	1.30pm
Tues 12th	Pancake Party (Page 13)	6.00pm
Fri 15th	ECP Youth Club (Page 23)	7.00pm
Tues 19th	Gardeners Society Meeting (Page 24)	7.30pm
Sat 23rd	Film Night (Page 13)	4.30 & 7.00pm

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

#### FROM WYE VICARAGE

Well, I'm only just back from my Christmas holiday and already it's time to start thinking about Lent...

Of course, Easter is *particularly* early this year, falling at the end of March. I wonder if you know how the date of Easter is calculated? It's actually the first Sunday after the first full moon after the Spring Equinox (normally on or around the 22<sup>nd</sup> March). The diocese of Canterbury has produced a Lent course (in house-groups or specially convened Lent groups) during the 'forty days' of Lent. Its title is 'Guides not Guards' and this is derived from something that Saint Paul said in his letter to the church in Corinth (which appears in the Bible as '1 Corinthians' and the thirteenth chapter of which is familiar -: 'Love is patient, love is kind...')

John Leach, a vicar in Folkestone who helped produce the course used a helpful image. In his introduction to the material he talks about a friend of his who is a literal guide at the Cathedral:

His training was long and demanding, but now he is able to help pilgrims to discover some of the riches which our Cathedral has to offer us, and to begin to hear what it says about our faith and our Christian heritage. He would be the first to admit that he doesn't know every single thing there is to know about the Cathedral - that would take a lifetime's discovery, and even then there would be much still unknown. But he knows enough to be able to guide others as they begin to explore.

He goes on:

He didn't train by sitting and reading books about the Cathedral-he had to enter the building and spend time exploring it for himself, and with other more experienced guides. If we are to be better guides into the sublime truths of God's purposes, we need first to have explored them for ourselves, not merely by reading our Bibles but by entering into the mysteries and experiencing them firsthand. We will never get to the bottom of all that God has to show us, but we can know enough to begin to accompany others as they step, perhaps tentatively, into the world of faith.

I really like that, particularly the idea that we can be effective guides even though we still have much to discover ourselves; also the related idea that unless we have 'been to the cathedral'/experienced the mysteries of God ourselves, then we don't really have anything to offer to others.

So, my 'Pub group' which consists of some of the people who were confirmed in Wye church back in November will be working through this material in Lent as will some of the other housegroups. In addition, if anyone would like to set up or join a small group just for the five weeks of Lent, please let me know. There will be a preparation evening for group leaders at the Cathedral on February 6th from 7-8.45pm. For further details see:

#### http://www.canterburydiocese.org/247liveit/discipleship2013/.

Meanwhile, Lent begins on Ash Wednesday 13<sup>th</sup> February. There will be a Celtic communion with the imposition of ashes at Hastingleigh vicarage at 8am and a regular communion service, again with ashing, at Wye at 10.30 am. I look forward to seeing you then but please pray for me because I will only have arrived back from Australia (where I am going to do a training course so I can help on the first Heal For Life healing week mentioned in December's edition) the day before so I may be slightly jet-lagged...Until then God Bless you.

Ravi

**Evington Community Project** 

## YOUTH CLUB

Will be held on the following dates

FRIDAY 1ST & FRIDAY 15TH



FEBRUARY 2013



#### **EVINGTON GARDENERS**

National Trust Gardens in the South East was the subject of a talk given by Paul Fowler at the meeting in November. Mr Fowler elected to concentrate on four very different gardens: Nymans in East Sussex, Mottisfont in Hampshire, and Emmets and Sissinghurst in Kent, all gardens known to many members in the audience. He began with pictures of Nymans, the house (built for the Messel family in the 1920s) badly damaged by fire, but with the structured, formal garden designed by William Robinson and Gertrude Jekyll very much remaining and being enhanced where appropriate. The well-known rose collection at Mottisfont Abbey was the main focus of the second garden, followed by the informality (unlike Nymans) of the garden at Emmets with its rare trees and shrubs. The fourth garden, Sissinghurst, created by Vita Sackville-West, was naturally very familiar to everyone in the audience, and it was a pity that the quality of the slides throughout Mr Fowler's talk was disappointing. An opportunity was lost.

In December members also enjoyed the Christmas party with music provided by the Studio Players. Our thanks go very much to Trevor and to all the students. By the time this appears Heather Silk will have given a talk on 'How to make garden visitors welcome' at the January meeting. The talk on 19th February is on 'Nicaragua, in search of the Mot-Mot' and will be given by Susan Scrivens. As always, everyone is welcome.

J.P.

#### HELP NEEDED - Have you a little time

The "cluster of churches" to which Elmsred and Hastingleigh belong need help in lots of ways and if you have a little time and are even a little skilled in finance, or IT or practical things Chris Jeffries and I would like to hear from you. Thank you very much.

Roz Bacon 750327, roz.bacon@btinternet.com

## WINE AND WISDOM



#### **SATURDAY 9TH FEBRUARY 2013**

**EVINGTON VILLAGE HALL 7.30PM** 



**TICKETS £6.50 EACH** 

#### THE OBJECT:

TO GET YOUR FRIENDS AND FAMILY
(THE CLEVER ONES!!) TOGETHER FOR
AN EVENING OF FUN.

## DON'T FORGET TO BOOK THE BABYSITTER!

For those of you who are new to the school or have never considered going before it is a brilliant evening, a great way to support the school and to mix with some of the other parents.

#### THE FORMAT:

OTHER IN A SERIES OF MINI QUIZES AND
THE OVERALL WINNERS WILL
RECEIVE......WAIT FOR

TABLES OF 8 COMPETE AGAINST EACH

THERE IS A PIT STOP AT THE HALF WAY POINT WHEN A PLOUGHMANS SUPPER WILL BE SERVED AND THERE WILL BE THE CHANCE TO BUY SOME RAFFLE TICKETS.

IT .....BOTTLES OF WINE!!

(ANY DONATIONS FOR SAID RAFFLE WILL BE GREATLY RECEIVED)

#### **REQUIREMENTS:**

YOU WILL NEED TO BRING ANY ALCOHOL THAT YOU WISH TO DRINK ON THE NIGHT, GLASSES, CUTLERY AND PLATES. FEEL FREE TO BRING NIBBLES ETC.

SOFT DRINKS ARE INCLUDED IN THE PRICE.

IF YOU CAN'T GET 8 IT'S NOT A PROBLEM WE CAN MATCH YOU WITH ANOTHER SMALLER GROUP, OR YOU CAN SIT ON YOUR OWN TABLE.

FOR TICKETS CONTACT SAM KELLEHER 01233 331091 OR

KATHARINE RUTHERFORD 01233 813431

#### IN THE GARDEN

Although January and February may appear dull with overcast skies wet and dank weather, there are days when the weather is fine enough and it is pleasant to be out in the fresh air. They are important months for clearing up the debris of the year gone by. It is important as it enables the gardener to take stock of what there is in the garden to clean up the dead plants and to prepare the area for spring planting. Any developing weeds can also be removed.

There are many shrubs and plants that will benefit from cutting back and thinning at this time of year. Cutting back fruit trees will stimulate growth and may encourage a slow growing tree into more vigorous growth next summer. Late season raspberries should be pruned now as they are unlikely produce new shoots till after the frost. They should be cut back to 10-20 cm. Other fruit trees like gooseberries should be thinned to leave space between branches for easier harvesting. The old or dead stems of shrubs and trees should be removed to give a more open structure. In the herbaceous plants the dead stems etc. should be removed to reduce disease carryover and leave a clean surface between the plants.

Cut back the Wisteria to 2 buds and prune back the Buddleia to 3-4 feet to above a node where the new shoots will appear. Thin out any old shoots.

Take off the old leaves of Hellebores to get the best of the new flowers and any inter planted flowers like snowdrops.

The list can be endless for what is essentially a clearing up process in preparation for the coming year.

It is the time to plant vegetables seeds like broad beans and early peas. Shallots and onion sets should be in the ground. Planting lettuce seeds in trays or modules for planting out later will lengthen the growing season. This can be done on a windowsill or cold greenhouse.

Spread any compost you still have it won't do any good in the compost heap!

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Evington Hall Committee	Hon Sec	Mrs S Lawson 01233 750288
Evington Community Project	Hon Sec	Mr D Farnfield 01233 750450
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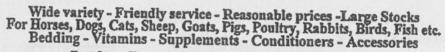
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