

Elmsted with Hastingleigh Community News

*St. James the Great
Elmsted*



*St. Mary The Virgin
Hastingleigh*

August 2016 4Op

THE UNITED WYE BENEFICE

Priest-in-charge

Revd. Ravi Holy

The Vicarage, Wye

01233 812450

Ravi.Holy@wyebenefice.org.uk

Associate Priest

Revd. Lorraine Lawrence

(with special responsibility

The Vicarage, Hastingsleigh, TN25 5HP

For the parishes of Hastingsleigh

01233 750987 - 0789 4034409

Elmsted, Petham & Waltham)

lorraine_lawrence@btinternet.com

THE PARISH UPON THE HILL

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Mrs Roz Bacon 01233 750327

Mrs Daphne ten Hove 01227 700460

Hon. Secretary PCC:

Mrs J Smallwood 01233 750240

PARISH WEBSITES

www.elmstedpc.kentparishes.gov.uk

www.hastingsleighpc.kentparishes.gov.uk

COMMUNITY NEWS

Editor

Mrs Sue Boxall 01233 750206

Quackers, The Street, Hastingsleigh

Advertising Manager

Mrs Alison Shepherd 01233 750072

Little Gains Cottage, TN25 5JU

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

via email elmstedwithhastingsleighnews@yahoo.co.uk

Please ensure all articles emailed are on A5 size please

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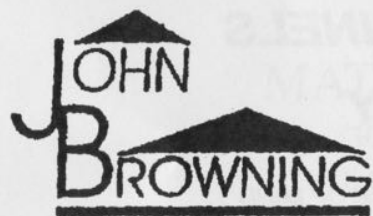
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Evington Community Project



The winning numbers for the July Draw are:

1st Prize: No: 75

2nd Prize: No: 11

3rd Prize: No: 70

Many thanks to all of the 100+ Club Members for your support.

FRIENDS OF KENT CHURCHES ANNUAL BIKE RIDE

10th SEPTEMBER 2016

Again we have the Bike Ride or Ride and Stride as it is known throughout the county taking place on Saturday 10th September.

You are all invited to take part on behalf of our lovely St. Mary's Church to either ride your bike or alternatively go to somewhere like Canterbury and WALK.

Last year the FKC made £28,000 from hundreds of supporters.

If you would like a sponsorship form please ask me for one.

Juliet Bracher, Area Organiser

5 Stonegate, Wye TN25 5DD

julietbracher@gmail.com

HASTINGLEIGH WITH ELMSTED W.I.

Hastingleigh with Elmsted W.I. met on Thursday the 7th of July at the Evington Hall.

Thirteen members were present.

We first dealt with matters arising, and then we welcomed our speaker. The lady who should have been speaking to us had to postpone due to ill health, so we re-arranged our programme, and we were lucky that Mrs. Eileen Jennings could come at short notice.

She is an old friend of our W.I. as she has spoken to us several times about her trips around the world. This time she spoke to us about 'Canoeing down the Orinoco'. She saw an advert that said the Orinoco in Venezuela was the least visited place with the most amazing sights. It was a poor country and when oil was discovered in the 20th century, the rich got richer and the poor stayed poor. She was travelling in a party of sixteen. They landed in Caracas, then flew in a smaller plane, then a three mile drive, and finally got to the river where they found their 20 ft long canoes. These were equipped with engines and were steered by their guide. The party slept in hammocks, under mosquito nets. The food was pretty repetitive – fish and plantain. Mrs Jennings doesn't use a computer or slides in her talks, and her words evoke images of what she has experienced.

Mrs Bowes won the flower of the month competition.

Our next meeting will be in the Evington Hall on the 4th of August at 7.30 p.m., when we will be having a members meeting.

Fiona Steward

LAST CHANCE FOR
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Saturday 31st December, 2016
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10.30am Front Stalls

The Evington Community Project
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THE GUILD OF ST JOHN OF BEVERLEY FOR THE DEAF
(HASTINGLEIGH WITH ELMSTED)

BARBECUE

Despite the dreadful forecast, the barbecue continued on 2nd July and thanks to all of those who came and joined us, a fantastic total of £831.05. With fund matching from the Post Office, we have a total of £1431.05 from this fund-raiser.

Thank you for your support over the years.

With the funds you have helped us raise we have been able to assist the following during the past year:

The Deaf Unit at Hartsdown School in Margate - Alphagraphics Books and Co-Sign Communication Books

Deaf Unit at Sittingbourne Community College - Visualiser

Castle Hill Primary School, Folkestone - Teaching Resources

Kent Deaf Children's Society - 2 awards for the Deaf Awards Ceremony

Kent Deaf Children's Society - Funds towards their Christmas Party at The Marlowe Theatre and signed performance of the pantomime

Kent Deaf Children's Society - Funds towards their Easter Eggstravaganza at Dreamland, Margate where they have an Easter egg hunt

Specialist Teachers - Nine tablets (iPad style) to assist South Kent Sensory Team in hearing impairment and communication with deaf children in schools and at their homes

Member of Staff from KCC Sensory Services - The fee for an Advocacy Course to help with her work with deaf people when they need to visit solicitors, doctors, hospitals, etc

HELP! Community News Changes

The Elmsted with Hastingleigh Community News has been run by local volunteers for over 40 years in its current incarnation, and before that as a Parish Magazine. The Committee consists of 5 officers, and a number of distributors make up the group of locals who keep the magazine going.

We are very sad to announce that our Editor/Printer, Sue Boxall, is resigning imminently due to other commitments and we thank her for her dedication over the years, and wish her well with her new endeavours.

But this leaves the News in a precarious position, as the role of Editor is key to the continuation of the magazine. Since 2013, the magazine has been computerised and printed on our own colour printer: articles are emailed, and the Editor collates these monthly to produce each edition. Currently, Sue prints the magazine herself, but we may move to outsourcing the print process. Whilst her leaving may be a great loss, it also could represent an opportunity for innovation and a new direction for the magazine.

CAN YOU HELP? We are searching for one or two people to replace Sue, preferably with competent computer skills. If you are interested, or know anyone who may be, please will you contact the Chair of the Committee, Selina Farnfield on 01233 750450, email asfarnfield@gmail.com; or the Magazine Secretary/Treasurer, Sarah Pell, on 01233 812325, email e.s.pell@btinternet.com.



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CHURCH SERVICES IN THE PARISH UPON THE HILL - August

Sunday 7th Proper 14	9.30am Holy Communion at Elmsted
Sunday 14th Proper 15	9.30am Holy Communion at Hastingleigh
Sunday 21 th Proper 16	9.30am Holy Communion at Petham
Sunday 28th Proper 17	9.30am Patronal Festival at Waltham

Please Note: Since the parishes of Elmsted, Hastingleigh and Waltham became The Parish Upon the Hills, the churches in the new parish and the church at Petham have worked together. The Church has requested that all the services available in the two parishes are advertised in the local magazines, hence the additional information in the grid above.
In August, the holiday season, services are rotated between all four churches.

CHURCH FLOWER & CLEANING ROTA

	St. Mary's Hastingleigh	St. James' Elmsted
Aug 6th	Mrs Bacon, Mrs Geering	Mrs Healy
Aug 13th	Mrs Sharp	Mrs Denny
Aug 20th	Dr & Mrs Lawson	Mrs Gregory
Aug 27th	Mrs Day	Mrs Pay

AUGUST DATES FOR YOUR DIARY

Wed 3rd	Coffee Morning	10.30am
Thurs 4th	W.I. Meeting (Page 13)	7.30pm
Mon 29th	Bowl Inn Beer Festival (Page 17)	noon

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

Parent & Toddler Group meet every Tuesday - 9.30am
 Art Group meet on Thursdays 9.30am - 12.30pm
BOTH START AGAIN IN SEPTEMBER

STOP PRESS

'COMMUNITY NEWS' JEOPARDY'

**Magazine Urgently Seeks
New Editor/Printer.**

SEE PAGE 16

The Lorry Way Down (update to Beginning July 2016).

When I wrote a month ago, we were on a lake side beach in southern Malawi, and guess what we got stuck! The truck coped fine on the deep sand until we had to do a 90 degree turn and head up the beach. But it gave us an excuse to get our nice new bright orange sand ladders dirty, and with them we were out in no time (it also proved that they were strong enough to cope with our 9 tonne DAF).

After the quiet secluded beach of Monkey Bay, we experienced the complete opposite at nearby Cape Maclear. The campsite here is right in the centre of this busy town (but again on the beach), and it is a real tourist trap with lots of "hawkers" trying to sell you everything from fresh fish to carved wooden key rings. There are also hundreds of locals washing their bodies and clothes (sometimes at the same time) on the beach in front of the hotels, its a strange mix. Then to top it all a coach full of South African college kids decided to camp right next to us, they were ok at night, but were outside the truck at about 6.00am screaming at the top of their voices as they did some sort of physical exercise regime both in and out of the lake, weird and very, very annoying. We left that morning.

We decided that we needed to get away from the Lake shore for a bit, so we headed south alongside the Shire River, and ended up in a lovely campsite in a small National Park for a few days. Amazingly for Malawi there was even hot water in the showers, and they were clean, it really is a hidden gem, as usual we were the only people on the campsite but there were lots of "volunteers" here, that come for 2 or 3 days. Everywhere you go in Malawi there are "volunteers", I'm still not sure about the benefit of them for Malawi as a country, but it seems that its good for their future CV's. We have also met a few people that make a nice living from these people. Why there are so many (tens of thousands, at least) in Malawi, and not in other African countries such as Burkina Faso, or Senegal, I'm not sure. Perhaps its easier for them here, English speaking (mostly), easy to get a visa, and good infrastructure such as roads and airports. But from our time (nearly a month) travelling around Malawi, we have seen much more desperately poor people in other countries than there are here.

Next we travelled to the old capital city of Zomba, and then headed up the massively steep climb onto the Zomba Plateau, found a very run down campsite at an old trout farm and did a bit of hiking up in the hills. The views from up there were stunning, and there are a couple of view points named after famous people that have visited there. Emperor's view point named after Halle Salasse of Ethiopia, and Queen's viewpoint after the Queen Mother, both in the 1960's. On the way up, we bought some delicious strawberries and raspberries that are grown on the plateau by villagers, these were as good as any strawberries that we have had in England (or is it just that we have been away for so long?).

From Zomba we had a long drive up to Senga Bay, again on the lake, here we were treated to a campsite next to a good quality hotel, and this meant that we could use the swimming pool for \$2 each per day extra, it also

stopped the temptation of swimming in the lake (there is a real risk of contracting Bilharzia from the lake water, plus the smaller risk from crocodiles and hippos). Again we looked to get away from the lake for a few days (it really does dominate Malawi, being the same length as England), and headed for a Nature Reserve inland. Although we hadn't seen any rain, it was obvious that earlier that morning there had been a down pour and the dirt track was very slippery, but after entering through the gate into the Reserve we followed the sign to the campsite and all seemed ok. Until we started to descend down to the river, it was unbelievably steep, and very, very slippery, there were no warning signs and we were committed to carrying on. At the bottom, I was convinced that Colonel K wouldn't make it back up this bank, it was tough to walk up it let alone drive up! The Manager seemed to think if it didn't rain again we would be able to drive out, I wasn't convinced. That evening we had a guide for a short walk along the river, where the bank was absolutely full of crocodiles & we also were very lucky to see an elephant on the other bank (there aren't that many here in Malawi). Obviously we were the only campers here (as usual), and we had a very quite night. Next morning it had remained dry and Colonel K pulled us out without any of the expected drama, it really does continue to surprise us with its capabilities off road.

We then spent a full week at Kande Beach, which is about mid way along the length of the lake, this place has got a really good vibe to it, and because it is popular with the overland tour buses/trucks it goes from super quiet to very busy literally in an hour. We loved our time here, and met some great people, both Malawians and ex-pats, it is also a great place to swim in the lake. Yes we threw caution to the wind and spent a lot of time in the water on surf boards and swimming, it was just too tempting in the end, and we loved it. Our stocks were getting low in the truck, so we headed off to Mzuzu for fresh food and of course tins (we use a lot of tinned stuff such as tomatoes, beans, sweetcorn, tuna etc). Next to the "Shoprite" was a pharmacy, so we bought some "worming" tablets that we will take six weeks after our last swim in the lake, to combat against the possibility of Bilharzia. At the "supermarket" we were immediately approached (the wheels were still turning), by "Georgie Porgie" (that was how he introduced himself), he is a vegetable runner. He has a list of fresh veg that he can get from the local market, and you mark down which veg you want, he then runs off and gets the veg from various stalls while you do the rest of the shopping inside. Sure enough when we came out about an hour later, there was Georgie Porgie with bags of really good fresh veg. We ended up agreeing a price of 7,000 Kwacha (approx £6.90), for the service, I can't see Tesco's being too happy about someone doing that in their carpark (there was veg inside Shoprite too).

Malawi is hilly, very hilly, and going is slow in Colonel K, on both the ups and the downs, and that day we only did about 230km but it took us all day (including a couple of hours in Mzuzu), but at about 5.00pm (it gets dark not much after 6.00pm), we pulled into Chitimba Camp, again on the lake shore.

Here the campsite is surrounded by cliffs, and above is the historic settlement of Livingstonia high up on the escarpment. Here we met a young English couple, Lloyd and Emily, that were cycling from Nairobi to Cape town on a 100 day trip. We spent a couple of days with them including a day up in Livingstonia, and shared the hair raising transport (in the back of pickups) up and down the mountainside, Alton Towers is nothing compared with that! We stayed at Chitimba Camp for 8 nights in the end and thoroughly enjoyed our time there, again meeting some very interesting people. But our Visa's were rapidly running out (and we were getting "Malawi tired"), so we headed the short distance to the Tanzania border (about 180km). This was the worse border experience we have had since leaving West Africa, it took us three hours, and it was complete chaos. This was mostly caused by the Malawian officials causing gridlock with the trucks (there was only one car crossing in three hours, the rest were large commercial trucks and us), and there was absolutely no security at either side, not once were our documents checked, apart from one Tanzanian official recognising us from his office so waved us on through. We were asked for a small bribe from a Malawi officer as a "processing fee" for the Carnet de Passage, we laughed at her and no bribe was paid.

We are now camped on a coffee farm near the southern Tanzania town of Mbeya, it is like a different world to the camps (generally) in Malawi, the staff seem to know their jobs, and the place is spotlessly clean. The nearby town was mostly litter free, and there were "gardens" alongside the main road, yes its scruffy (apparently most of the 400,000 residents are refugees from Malawi, and the DRC), but there are numerous Banks and lots of shops. We now intend to spend the next 2-3 weeks travelling north to the border with Rwanda on Lake Victoria.

Thanks for reading

You can view our full blog and lots of photos at www.lorrywaydown.com
We hope everyone back home in Hastingleigh and Elmsted are well, and thanks to those that have taken the time to email us, its always great to hear from home.

Vince and Jacqui Martin

jacmart5@icloud.com we would love to hear from you.

WYE PATIENT PARTICIPATION GROUP

How do you feel?

Feeling well, or unwell, is about more than our physical symptoms. Our emotional state, our mood, how we think and feel, contributes greatly to our physical health. Recent research into wellbeing has shown that those with high levels of wellbeing are more resistant to colds, feel pain less acutely, recover from surgery more quickly, are better at problem solving and have, on average, seven more years of active life. The bi-directional highway between brain and body means that high levels of wellbeing leads to better physical health. So how can we develop and improve our well being? Kent is promoting the 6 ways to wellbeing through the liveitwell.org.uk website.

1. Be Active - Discover a physical activity that you enjoy; one that suits your level of mobility and fitness. Go for a walk or run, step outside, cycle, play a game, garden, dance. Exercising makes you feel good.

2. Keep Learning - Learning new things will make you more confident, as well as being fun to do. Try something new, rediscover an old interest, sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving.

3. Give - Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and will create connections with the people around you.

4. Connect - With the people around you, with family, friends, colleagues and neighbours, at home, work, school or in your local community. Building these connections will support and enrich you every day.

5. Take Notice - Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are on a train, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

6. Care for the planet - Look after your community and the world. Make small changes to your life that will reduce your energy use, recycle more, leave the car at home, use low energy light bulbs, small steps to a greener life can make a difference.

L. Saint

FROM THE WYE OFFICE

LIGHTHOUSE

About 18 months ago we were having a conversation about the age of young people who attend Wye Parish Church. We recalled how wonderful the Secret Agents club was which was run at Lady Joanna Thornhill Primary School for a number of years by a group of people from the church. It ran monthly with a holiday club.

This provided the basis for Lighthouse club. We are writing this having just finished the last in the series of Lighthouse club. We started last September and this was the 6th session which we have run during the school year. It is again held at Lady Joanna Thornhill Primary school with 28 children attending each session. We have a song which we sing with actions called 'My Lighthouse', hence the club name.

Today's theme was 'Run the Race'. At Lighthouse club we sing, play games, do crafts and learn a bit about God at the same time. We often finish custard pie-ing Ravi during the challenge section at the end (which is always a popular part!!). We have all (both children and leaders) had great fun!

All of the sessions have been based on a Bible verse. We try and link it to the theme at that time of the calendar year or events around the time. The verse for our Run the Race session was from Hebrews 12v1.

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us."

It was a very appropriate verse for the final session this year. This was a verse that inspired us at the beginning of our 'Lighthouse Race' at the start of the school year. We felt God was calling us to start a new group for young people, and this was our 'race' for the year. This was something new for both of us, however, we have trusted God that everything would develop as we had hoped, that the children would want to come and that there would be enough helpers each time. We feel it has been a success as the children, and helpers, kept coming back.

Winning the race from a Christian perspective isn't about being the strongest or the fastest. It is about faithfully living for Jesus every day. Not that we have got it sussed. Just trying to work out where your starting block is or what track you should be on or, most importantly, knowing what race you should be running isn't easy to identify. We do think it is about prayerfully having a go at what you think it is God is asking you to do, stepping out in faith, with your

eyes on Jesus. It also helps to have the right people around you in your race to encourage and support you through each step.

We have loved running Lighthouse this year, so much so we are going to start all over again in September. Parents look out for notices being issued. All children in the benefice in school years 2 to 6 are very welcome to come and join in the fun.

As Lighthouse only goes up to Year 6 children we have now felt it would be fantastic to build on Lighthouse and have something else for those children to move onto. This has resulted in a plan to start a Lighthouse Plus, or 'Plus' group as it will be known, for older children to continue getting to know God. Plus will run twice a month for all children in the benefice in school years 6 to 9. We will be joining together to have fun, build friendships, enjoy hot chocolate and snacks, and look at the topics and big questions we have about life and God. Ravi will be running the sessions with us, and it is hoped the discussion part of the evening can become confirmation preparation for any of the young people that would like to go on to be confirmed. So again, look out for more information to follow soon or do contact us if you have a young person who would like to come along. Further, if you would be interested in helping at either Lighthouse or Plus please also contact us.

Have a great summer.

Debra Endacott & Lucy Carvill

debra.endacott@btinternet.com

lucy.carvill@btinternet.com

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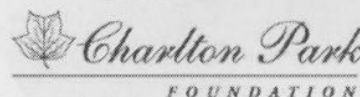
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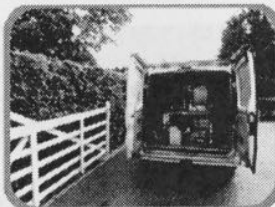


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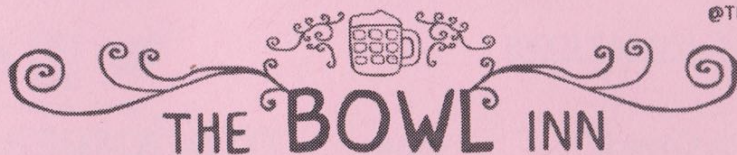
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LOCAL ORGANISATIONS

Elmsted Parish Council	Clerk	Tracey Block 01233 750415
Hastingleigh Parish Council	Clerk	Tracey Block 01233 750415
Evington Hall (Bookings)		Shelley 07401 908249 bookings@evingtonhall.org.uk
Evington Hall Committee	Hon Sec	Mrs S Lawson 01233 750288
Evington Community Project	Hon Sec	Mrs S Boxall 01233 750206
Evington Gardeners' Society	Hon Sec	Mrs J Pearce 01233 750382
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 N Phipps 01233 750221
Neighbourhood Watch	Hastingleigh	Mr G Block 01233 750415
	Elmsted	Mr J Argar 01233 750311

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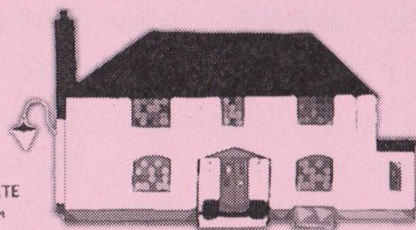


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