

Elmsted with Hastingleigh Community News

*St James the Great
Elmsted*



*St Mary the Virgin
Hastingleigh*

May 2018

40p



Elmsted and Hastingleigh Community Contacts

Elmsted Parish Council

Tracey Block 01233 750415

Hastingleigh Parish Council

Tracey Block 01233 750415

Evington Hall (Bookings)

Shelley 07401 908249
bookings@evingtonhall.org.uk

Evington Hall Committee Hon Sec

Mrs N Phipps 01233 750221

ECP Hon Sec

Mrs S Boxall 01233 750206

Evington Gardeners Hon Sec

Mrs H Ransley 01233 720152

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 N Phipps 01233 750221

Neighbourhood Watch Hastingleigh

Mr G Block 01233 750415

Neighbourhood Watch Elmsted

Mr J Argar 01233 750311



May

in Elmsted with Hastingleigh

As I sit down to write this we are experiencing some beautiful sunny days, bringing some cheer and uplifting the spirit. The daffodils are in full bloom, cheerily welcoming villagers and visitors alike into the village. The Spring Fair will soon be upon us, let's hope the weather holds. Tombola prizes are still being sought for this, details can be found on pages 15 and 17. The WI have been planning their menu for the supper they will be putting on in the Hall, if you haven't already booked your place you have until the 11th May to do so, see page 5 for contact details. Then at the end of month Elmsted church is hosting lunches and teas. Please go along and support these events if you can, they are always enjoyable. As always letters, articles and comments are very welcome. Enjoy the sunshine, whilst it lasts

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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

Advertising: shepandali@hotmail.com

Secretary: secretary.communitynews@gmail.com

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

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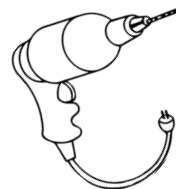
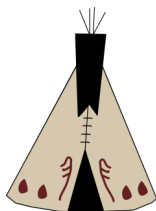
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References available

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Hastingleigh with Elmsted Women's

Hastingleigh with Elmsted W.I. met on Thursday the 5th of April at the Evington Hall. Fourteen members attended.

Our speaker this month was George Taylor who, along with his friend Peter Clayton, entertained us with 'The life and music of Irving Berlin'. He escaped from Russia (now Belarus) with his Jewish parents, and ended up in New York. His father died when Berlin was thirteen, so he had to go and earn money for the family. He nearly drowned in the Hudson River when he was knocked over by a crane, but survived still clutching his first day's wage. His first wife died of typhoid weeks after their honeymoon, but his second wife lasted much longer – 61 years!

Berlin was responsible for 1500 songs, and 18 Broadway shows. George Gershwin called him the greatest songwriter who ever

lived. We had 'guess the singer' throughout the talk, with songs that had been sung by Ella Fitzgerald, Rod Stewart and Bing Crosby. He died in September 1989 at 101 years old, leaving a huge catalogue of music, despite being unable to play the piano or score music. The talk was finished with the biggest selling single of all time – Bing Crosby and Marjorie Reynolds singing 'White Christmas' from 'Holiday Inn'.

After our speaker had finished and we'd had our cup of tea, we discussed various items of business, including the delicious dishes we will be preparing for the meal in the Hall on the 18th of May.

The flower of the month was won by Mrs. Argar.

The competition was 'a bowl of bulbs'. We were expecting lovely tulips or hyacinths, so for her ingenuity and novelty in producing a bowl containing several 40 watt and 100 watt bulbs, this was won by Mrs. Riley.

Our meeting in May will be a meal out, so our next meeting in the Hall will be on Thursday 7th of June at 7.30 p.m. where Ms. Alison Ellman-Brown will be talking about buttons.

Any new members would be made most welcome.

Fiona Steward

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Please let us know if you can come

by Friday, 11th May

by contacting:

Mrs Jill Argar **01233 750311**

Mrs Jean Bowes **01233 811875**

Mrs Yvonne Helmer **01233 750236**



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From Wye Benefice

'The whys and wherefores of a (church) warden'

I am writing this shortly before I come to the end of my time as one of the two churchwardens of Wye Parish Church. Churchwardens are elected every year but can only be re-elected for 5 more years, so this April I find myself at the end of my 6 years.

So, what does a churchwarden do – or what are they supposed to do – and perhaps more to the point, what have I been up to during the last 6 years?

The role goes back a long way (13th century!) – but briefly, according to the churchwarden's website, it is as follows: 'In co-operation with the priest in charge, churchwardens are generally responsible for the day-to-day functioning of the parish. These responsibilities include various aspects of administration, plant operations, and personnel. Their work is not just the maintenance of the church building but

helping the smooth running of the church.'

Their work may not be 'just the maintenance of the building' but in practice many of the responsibilities are connected with just that. Things like heating, roof repairs, seating, lighting, etc. In the last six years we have addressed a few major things: new underfloor heating, new pews etc., but also of course dealt with all the regular issues such as rain through the roof, inaccessible light bulbs, malfunctioning coffee machines and so on. I read a good piece of advice: to try to become as familiar with the building as if it were my own home – so that I would be sensitive to any anomaly – and become a person who notices things. This applies as much to noticing what is going on with people as with the buildings.

The 'smooth running' of the church covers a lot! It includes helping ensure Sunday services run smoothly by welcoming visitors, making sure there is seating, lighting, sufficient communion wine, colouring for the youngsters, a functioning sound system and all things Health and Safety. Churchwardens even have the power to arrest anyone or escort them off the premises if necessary – thankfully not something re-

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quired in my six years! But church life is so much more than buildings and Sundays and there are all sorts of areas to be concerned with. Areas such as finances, youth work, mission, music, building hire, data protection, safeguarding, employment, flowers, bells, pastoral issues, weddings, compost heaps, funerals, Eco church, old cherry trees, new cherry trees, holes appearing in the graveyard, moles and so on.

I know I have failed in some respects but also know that I have been so fortunate that, here in Wye, I've not only had a fellow

churchwarden with whom to share these responsibilities, but also a whole raft of wonderful people with gifts, expertise and time, and most importantly the willingness to give freely and generously of these in the service of others. I am aware that churchwardens in other parishes are less fortunate in terms of the help available to them.

Not for nothing is the church described as a 'body' and a 'family'. I have experienced both and it has been a privilege to serve our community.

Ali Poole – Warden St Gregory's Wye

'So they do say...!'

A look at St Mary's church register shows the popularity of certain Christian names. John, James George and Thomas feature often, as do Mary, Elizabeth, Martha, Rebecca, Sarah and Eliza. A hundred years later, the list is much the same with a few additions such as Louisa and Colin.

According to a recent survey, (as reported in The Spectator, February 2018) apart from the obvious Harry, Amelia has been popular in England. For boys, Muhammad has topped the bill for the past two years out of three.

Hmm....

TW

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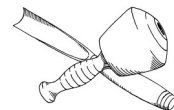
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Wye PPG

What is a PPG?

What is it for, what does it do and how can I get involved ?

The National Association for Patient Participation (NAPP) gives the following information. Patient participation is a unique partnership between patients, GPs and their practice which is essential to and aims for high quality and responsive care. From April 2016, it has been a contractual requirement for all English practices to form a patient participation group (PPG). The first Patient Participation Group was set up by a GP in 1972. Generally made up of a group of volunteer patients, the practice manager and one or more of the GPs from the practice, they meet on a regular basis to discuss the services on offer, and how improvements can be made for the benefit of patients and the practice. PPGs can play a number of roles, including:

- Advising the practice on the patient perspective
- Organising health promotion events

- Communicating with the wider patient body
 - Running volunteer services and support groups to meet local needs
 - Carrying out research into the views of those who use the practice (and their carers)
 - Influencing the practice or the wider NHS to improve commissioning
- PPGs work in partnership with their practices to:
- help patients to take more responsibility for their health.
 - contribute to the continuous improvement of services and quality of care
 - foster improved communication between the practice and its patient
 - provide practical support for the practice and help to implement change.

The Wye PPG meets every two months in the surgery waiting area, 7.15 p.m. to 9.15 p.m. During the meeting we have updates from the Practice Manager or a Partner GP on recent developments at the surgery, we report on any local or national changes that are taking place, we invite speakers on a variety of topics, particularly when there is a consultation on local services so that we are informed and able to contribute our views. We

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Wye PPG Cont.

give the “patient perspective” to the practice staff on changes and developments. We are a strategic group so we do not get involved in individual patient cases. We

welcome new members from age 16 and are particularly keen to attract younger members.

Our next meeting is on 8th May. PPG Awareness Week is 4th – 9th June 2018. Look out for information on village events that week, giving information on health and well-being.

Penny Haynes Chair PPG

THE BOWL INN

Hastingleigh

We are open on
Monday 7th May and
Monday 28th May
Bank Holiday 12pm- 9pm

Tuesday 8th May and
Tuesday 29th May we will be
closed

All other opening times
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Tombola Prizes

Tombola prizes are required for the Spring Fair to be held on Bank Holiday Monday.

Please give any prizes to either Sue Boxall (Quackers, The Street), Tracey Block (The Briars) or to the village coffee morning before **Friday 4th May**.

Prizes can be any new gifts, food or drink but please ensure any food or drink is in date.

Many thanks from the ECP

Magazine Articles

Please ensure that all articles for the magazine are submitted by the **15th** of the month.



Club Draw

The latest winning numbers for the Evington Community Project 100 club March draw are:

1st Prize: No. 58

2nd Prize: No: 12

3rd Prize: No: 97

The Guild of St John of Beverley for the Deaf

Please make a note in your diary for the annual charity fundraising BBQ for The Guild of St John of Beverley for the deaf. The BBQ will be at Evington Hall on 16th June in the afternoon. More details to follow in the June edition.

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EVINGTON COMMUNITY PROJECT



SPRING FAIR

Monday 7th May, 2018

From 12.30pm on the Football Field,
Hastingleigh

Raffle - Tombola - BBQ
Beer Tent - Teas - Cakes
Evington Gardeners' Plant Stall
Coconut Shy - Face Painting
Maypole Dancing
Art Exhibition in Evington Village Hall
Evington Community Choir
Traditional Sideshows

and many more attractions



Sponsored by the local Parish Council

Church services in the Parish Upon The Hills		
6/5	First Sunday	09.30—Hastingleigh—Group service for Elmsted, Hastingleigh, Petham & Waltham
13/5	Second Sunday	08.00—Waltham – BCP Communion, 10.00—Bodsham School Messy Church 11.00—Petham – Communion
20/5	Third Sunday	09:30—Waltham Communion 11:00—Hastingleigh Communion 11.00—Petham Family Service (No Communion) 18.00—Elmsted Choral Evensong
27/5	Fourth Sunday	09:30—Elmsted Communion 11:00—Hastingleigh Communion 11:00—Petham Family Communion

This month's church flowers and cleaning volunteers:		
	St Mary's	St James'
Apr 28th May 5th	Mrs Bacon, Mrs Geering Mrs Sharp, Mrs Hill	Mrs Green Mrs Calcutt
May 12th May 19th	Dr & Mrs Lawson Mrs Day	Mrs London Ms Flitney Mrs Francesconi
May 26th Jun 2nd	Mrs Morris Mrs French	Mrs McFarlane Mrs Hewson

Diary Dates - May

Tues	1st	Toddler Group	09.30 - 12.00
Wed	2nd	Coffee Morning	10.30 - 11.30
		Evington Community Choir	19.00 - 21.00
Thurs	3rd	Art Group	09.30 - 12.00
		Bop Shop	13.45 - 14.30
Mon	7th	SPRING FAIR	12.30
Tues	8th	Toddler Group	09.30 - 12.00
		Hastingleigh P.C Meeting	19.45
Wed	9th	Evington Community Choir	19.00 - 21.00
Thurs	10th	Art Group	09.30 - 12.00
		Bopshop	13.45 - 14.30
		Elmsted P.C Meeting	19.30
Sun	13th	Footpath Walk	14.00
Tues	15th	Toddler Group	09.30 - 12.00
Wed	16h	Evington Community Choir	19.00 - 21.00
Thurs	17th	Art Group	09.30 - 12.00
		Bop Shop	13.45 - 14.30
Fri	18th	W.I Meal	19.30 - 22.00
Tues	22nd	Toddler Group	09.30 - 12.00
Wed	23rd	Evington Community Choir	19.00 - 21.00
Thurs	24th	Art Group	09.30 - 12.00
		Bop Shop	13.45 - 14.30
Sun	27th	ELMSTED CHURCH Lunches	Noon
Thurs	31st	Art Group	09.30 - 12.00

Library Van Tuesdays 1st, 15th & 29th

Priest-in-charge: The Rev Ravi Holy: The Vicarage, Wye 01233 812450 ra-vi.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 lor-raine_lawrence@btinternet.com. **Churchwardens:** Mrs Bacon 01233 750327, Mrs Ten Hove 01227 700460. **United Wye Benefice** 01233 813793 www.wyebenefice.org.uk



Elmsted Lunches and Teas.
Sunday 27th May.
Family Art Competition.



At this years event we are
having an

Art Competition open to all.

Your entry can be made and entered in advance,
(Hand it in to the School office and we will
collect.)

or made or brought on the day.

Please make sure your name and phone number
are on the back!

🌻MAKE A COLLAGE.🌻

The title is "🌻A country Scene🌻", entries must
be no smaller than A4, no bigger than A3, and
no thicker than 3cm.

Made from any materials/mediums you like,
Make sure they're well glued.

5 classes, Pre School, Key Stage 1,
Key Stage 2, 11-16yrs, Adult.

A Prize for each age group.

Judging at 3.00pm.



ELMSTED CHURCH

LUNCHES & TEAS



SUNDAY 27TH MAY, 2018

NOON - 4PM

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

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Dr Fox

23 and a half hours and the wonder drug

My attention was drawn to a wonderful little youtube video this week, called 23 and a half hours, by Dr Mike Evans, a specialist in preventative medicine.

In it, he summarises the evidence for a wonder drug. He stresses the importance of not losing sight of the benefits of weight loss, reducing alcohol cholesterol and smoking as well as blood pressure. But he goes on to look at the intervention that gives the biggest return on investment.

He discusses an intervention that in elderly people with arthritis of the knee, reduced pain by 47%. In older patients, reduced progression to dementia by 50%. In patients at risk of diabetes, when combined with other lifestyle interventions, it reduced progression to diabetes by 58%. In post-menopausal women it reduced hip fracture by 41%. It

reduced anxiety by 40% and depression by up to 47%. In Harvard Alumni it reduced death in a ten year period by 23%. It is the number one treatment for fatigue and improvement in quality of life.

What is the intervention? Exercise, mostly walking. Stephen Blair in the Aerobic Centre Longitudinal study of 50000 men and women, showed the biggest risk factor for death was not high blood pressure or diabetes, but was poor cardio-respiratory fitness. Another study found that, whilst obesity with no exercise had very poor outcomes, obesity with exercise markedly improved risk of ill health.

So, what is the dose? Well, more is better, higher intensity reduces the time required to achieve these benefits. But, increasing from no exercise to one hour a week in one study reduced the risk of heart disease by 50%!

In Japan, in the 1990s they found that whilst a 10 minute walk to work had no benefit on blood pressure, 11-21 minutes reduced the risk of developing blood pressure by 12% and over 21 minutes walking to work reduced it by 29%.

In a German study 100 patients were divided into two groups. One group got a stent in the coronary

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Dr Fox Cont.

artery, the other were given daily exercise programmes and a weekly one hour session together. After a year, 70% of the stent group were event free (free of angina or heart attack) but 88% of the exercise group were event free, exercise bettered the tech-

nical intervention! The stent fixed one aspect of the heart, the exercise had a broader impact.

In Australia a study compared TV watchers (6 hours or more a day) with non TV watchers. The non TV watchers lived 5 years longer.

So Mike quotes Gerry Garcia of The Grateful Dead, 'someone has to do something, it is just incredibly pathetic it has to be us'.

Dr Allan Fox

From the History Buff

Names of places that have
changed over time

Neate Town Sole

This was a place with two ponds north east of today's Hill Street in Elmsted. It was mentioned in the 1633 will of Daniel Cloke. The Oxford English Dictionary gives these definitions: "neate" means cattle, "town" means enclosed house or houses and "sole" is Kentish dialect for a pond of standing water. So literally, "A settlement with watering

for cattle". This field was called Road Meadow in the 1840 Tithe Map. A property here called Hillside Cottage was demolished after the owner died in 1906.

Peter Francesconi who who owns this field says that he still uses it for grazing his cattle although one of the ponds has been filled in. He calls the field "Cornford's" having been given that name from the person from whom it was bought. When the roads were first laid in Elmsted, the steam rollers and equipment obtained their water from this field.

There are other places in Elmsted with "Sole" in the name such as Deere Soule and Red Sole at Dundas Farm. And at Whatsole Street the "Sole" of which is along this lane opposite Trinity

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Farm. Some other Soles nearby include Coxsole Farm at Stelling Minnis; Sole Street at Crundale; Farthingsole Farm at Elham, Harmansole Farm at Lower Hardres; Redsole at Paddlesworth; Solesdane Wood and Soleshill Farm at Chilham.

My thanks to Christopher Calcutt for confirming the Dundas names..

Ridgeway

Areas called "Great Ridgeway" and "Little Ridgeway" were also in the 1633 will of Daniel Cloke and located at the top of the Downs north east of Hill Street. They ran east to west from Spong and Dean Farms and would have carried on through Upper Hill Street to Helchin and Whatsole Street. Was this an ancient way across the tops of the Downs?

Whiteland and Moon Light

There was a field called Whiteland which straddled the parish border of Elmsted and Waltham between Ittinge Farm and Sheepcourt Farm. It was first mentioned in a legal deed of 1614 and later deeds for Ittinge Farm. The name White-

land did not appear in the 1840 Tithe Award Map for either Elmsted or Waltham. However a new name had cropped up in the same location called "Moon Light" but now belonging to Sheepcourt Farm. Apparently if a grass field is located in a certain way in direction and angle of slope it can appear frosty or white in a full moon and "Moon Light" might have become a favourite name by the then owner.

My thanks to Pat Wood of Ittinge. Also to Mark Izard of Sheepcourt Farm who confirms that Moonlight field is the only one with an original name that is still the same today and that there is no obvious reason for the name in practical or romantic terms that he is aware of.

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Farming Notebook

I cannot believe that this is the May article, when it still feels like winter!

There are the faintest signs of spring. The hedges are just beginning to bear a tinge of green, and the horse chestnut trees around the house have leaves emerging from their sticky buds. Apart from that, it is wet, gloomy and still very cold. We are now a whole month behind last year with field work.

After a couple of nice drying days in late March we managed to plant our spring oats. The soils generally worked very well having been ploughed before Christmas, and benefiting from many frosty days over the winter. This usually is an ideal scenario, but this spring, rain clouds have never been far away. We did not have the luxury of letting the headlands dry out before closing the fields up. Seeds were really “muddled in” in the wet patches and corners. Far from perfect, but with the calendar moving on, we just had to do the best we could. Two weeks on and the first shoots are appearing, but the soil is still so cold. In the autumn, when the soils are warm, cereal seeds often emerge in a week.

We chose to drill the oats before the beans for two reasons. One, they require a shallow seedbed, which was easier to achieve with only short spells of drying conditions. The other is that the oats will come to harvest at the end of July or early August no matter when they are planted. The later the sowing, the shorter time the plant has to mature and produce a yield. It is all a matter of day length. The beans, however, will tend to just come to harvest later if planted late – but there is a limit! To date about half of our beans have been sown. It looks as though it may be another week before we can get the job completed. The spring crops will not break any yield records this year...

Nationally, there is a huge area of spring cropping. So many areas have succumbed to herbicide resistant blackgrass that winter sowing is not an option. Spring drilling allows more time for cultural control of the grass weed. Ploughing is deemed to be a very effective tool in reducing viable seeds. It is ironic that Mr Gove has said that farmers should abandon the plough and only direct drill to reduce carbon release from the soil. Direct drilling has helped to create the problem we now have. If I have learnt anything it is that flexibility is key to success. Different problems or conditions require different solutions. There is no “one size fits all” in farming.

Our winter crops are moving

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Farming Notebook cont.

through their growth stages, albeit slowly. The Oilseed Rape and herbage seeds have had all their nitrogen, and the cereals are about to get the first main application. Once it does warm up the plants will need their nutrients readily available.

We are about half way through calving and tomorrow the first batch of cows and calves will be put out to grass. The calves are quite robust and the hedges will give shelter. They will be quite happy and fare better than being inside. As grass is short, we will continue to feed the cows a little for a week or so. At least until the weather warms up.

In the office I have had to install a second computer screen. DEFRA have surpassed themselves this year. All our farm maps have changed- AGAIN-and in order to fill in all the forms required for the Basic Payment Scheme (BPS), "Land Use" and "Land Parcel" windows have to be referred to simultaneously. By having two screens I can have both pages open in front of me. Clever, heh.

This year the maps come prepopulated with hedges on the "Land Parcel" screen. This information is supposed to be prepopulated on the "Land Use" screen-but it isn't! And what is more most of the hedges

have been omitted from the "Land Use" maps, and some of those shown are wrong...

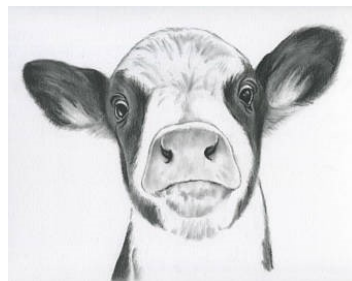
I now have to fill in RLE1 forms to register the hedges that have been omitted and delete the hedges that are wrong. I can still include the correct information on my BPS form which has to be submitted by 14th May. At this point the system will flag up all the additions as errors. The RLE1 forms have to be in by 6th July and will be processed before the BPS forms. Then all will be well....

The chances of getting paid on time next year are practically nil. And I am still waiting for my 2017 payment which was due in December!

Next month I am going to write about the lovely warm weather, the wonderful seedbeds we achieved for planting the potatoes, the perfect conditions for silage making, and the shop running out of sun screen...

I am an eternal optimist.

W Wilson-Haffenden



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