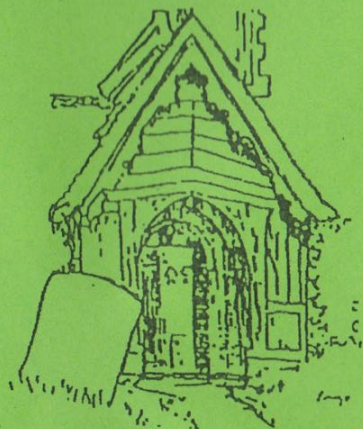
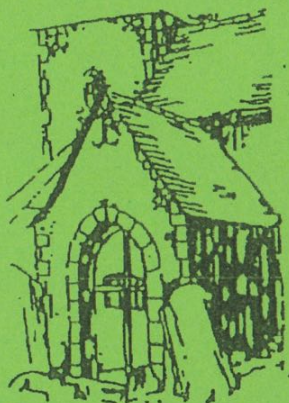


Elmsted with Hastingleigh
Community News

*St. James the Great
Elmsted*



*St. Mary The Virgin
Hastingleigh*

June 2014 40p

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(with special responsibility

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Hon. Secretary PCC: Mrs Ann Burton 01233 750430

ST. MARY THE VIRGIN, HASTINGLEIGH

Churchwarden: Mrs Roz Bacon 01233 750327

Hon. Secretary PCC: Mrs Selina Farnfield 01233 750450

PARISH WEBSITES

www.elmstedpc.kentparishes.gov.uk

www.hastingleighpc.kentparishes.gov.uk

COMMUNITY NEWS

Editor Mrs Sue Boxall 01233 750206

Quackers, The Street, Hastingleigh

Advertising Manager Mrs Alison Shepherd 01233 750072

Little Gains Cottage, TN25 5JU

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

elmstedwithhastingleighnews@yahoo.co.uk

General Builders and Property Maintenance



All aspects covered



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IN THE GARDEN June 14

It is the time when the gardener gets plenty of exercise chasing the lawnmower around! There has been plenty of growth of grass this year so regular mowing has been necessary. By now you should have reached the length of grass to suit your needs. Don't be tempted to cut too low, it will allow the weeds to get in. The aim should be little and often so the grass tillers more making a compact surface. Remember, taking all the grass away will reduce the nutrient level in the soil; periodic application of fertilizer will keep it at its best. Use a weed killer/fertilizer treatment if weeds are a problem.

The borders have filled out and summer flowering is underway if the plants survived the onslaught of slugs in May. I have found the best protection is potting grit around the base of the plants; this is environmentally acceptable and is simple to do but does need checking regularly. Other pests, particularly of young plants are birds; sparrows and pigeons will peck seedlings of lettuce and beetroot to death, particularly in dry weather. Roses will need periodic spraying against Black Spot. Unfortunately once you see it, it is difficult to eradicate so regular spraying, every 2-3 weeks is needed to keep it at bay. Aphis are always a problem as they stunt the growth of plants distorting them and making them unattractive. If you notice the aphis early then squashing them or spraying them with soapy water can be effective.

It is not all doom and gloom, with few frosts the fruit and vegetable plants have got off to a great start this season and we should have some fine harvests.

Towards the end of June it will be time to summer prune the top fruit. Reduce the new laterals to 2-3 buds. Unlike winter pruning it will not stimulate extension growth but encourage fruit bud formation. Remember in apples horizontal branches produce more fruit than vertical ones so encourage more lateral growth.

Finally, sit back and enjoy the garden this summer.

SB

SINGING GROUP

Following the success of the Evington Community Choir in the Spring, the participants would like to try to sing more regularly under the umbrella of local charity Living Lively.

We plan a 6 week Summer term of Wednesday evenings from June 11th until July 16th, 7pm until 9ish at Evington Hall. The cost will be £25 per person, payable at the beginning of the term unless you already belong to another Living Lively singing group. This would also include an invitation to a free "Sing Lively" full day singing event for at least 300 people at the Saga Pavilion at Sandgate on Saturday July 5th.

If you think you can't sing or feel nervous about your voice, please come along and have a go, there are no auditions or solos and most of the songs are well known. Mostly it's just a lot of fun. The success of this venture is largely dependent on numbers, so do please come.

To book your place, please ring or email:

Celia Jeffrey 01233 750585 Celia@livinglively.org.uk

Robin Helmer 01233 750236 Robin.Helmer@btinternet.com

Evington Players

Annual General Meeting

Monday 16th June 2014

7.30pm

Evington Village Hall

Please come along and show your support

HASTINGLEIGH WITH ELMSTED W.I.

Hastingleigh with Elmsted W.I. met on Thursday 1st of May at the Half Way House in Challock.

Fourteen members attended our Birthday meal.

We discussed this year's resolution which states '... three people die every day whilst waiting for an organ transplant. We call on every member of the W.I. to make their wishes regarding organ donation known, and to encourage their families and friends, and members of their local communities, to do likewise.' We spoke about the need to make our families aware of what our wishes are, and that we don't want these wishes changed. The resolution was passed unanimously. The resolution will go forward to a final vote at our Annual Meeting in Leeds on the 7th of June.

Our next meeting will be held on Thursday 5th of June at 19:30, in Evington Hall. Our speaker's subject is 'Walking the pilgrim trail to Santiago de Compostela' and any new members would be made most welcome.

Fiona Steward

SPRING FAIR 2014

The Evington Community Project held its tenth Spring Fair on 5th May at the Football Field, Hastingleigh. The weather was splendid for the second year running, the turnout was terrific and it was great to see so many people enjoying themselves.

We raised the amazing sum of just under £1,400 after expenses, our best ever total, all of which will be spent on our local community.

The organizing committee would like to thank all of you who helped before, during and after the day and all who came along and supported the event.

We should also like to thank the Bodsham School Merry Making Maypole Dancers for entertaining us and the Art Group for organizing a splendid Art and Craft exhibition in the Evington Hall during the afternoon.

RH

FOOTPATH WALK – MAY

Ten walkers and one dog set off towards Bodsham on a bright but sunny Sunday afternoon. We turned left on the track through the woods, which are being coppiced. Though past their best the bluebells were still beautiful with the startling white of stitchwort amongst them, as well as red campion and yellow archangel.

At the bottom of the wood we turned left again through wild garlic which smelled strongly and were joined by another walker and dog. We walked past Lyddendane admiring the pink apple blossom in the small orchard opposite the house; then up the steep slope into Shrub's Wood. Where the three paths meet was a bucket of water for dogs to drink. One of ours did just that.

We turned left along the bridle path past wild raspberry canes and then diagonally across the field to Hassell Street crossroads listening to the beautiful song of the skylarks. Along Hassell Street we saw and then smelled the muck spreader working on the field to our right which would have been our original route. It was changed luckily.

Just past Stone Cottage we took to the field again admiring the views across the valley and of the banks of cowslips to our left. At the bottom of the hill we turned right and continued down the chalky road. On the high banks hart's tongue ferns were showing bright shiny leaves. We turned left onto the footpath, walking along the bottom edge of the wood through more ferns, herb robert, sanicle, late celandine, and even later early purple orchids. Out of the wood we continued along the track and looked back down the valley towards Crundale. At the gate we turned towards Little Coombe and noted clumps of smooth rupturewort which looks much prettier than its name suggests with bright citrus green leaves and flowers.

We admired the renovations at Little Coombe, then re-crossed the Waltham Road, through the wood and back to the village where Sheila very kindly asked us back for a cup of tea.

CHURCH SERVICES AT HASTINGLEIGH AND ELMSTED IN JUNE

Sunday 1 st June	9.30am Holy Communion Cluster Service Hastingleigh	
Sunday 8 th June	10.00am Bodsham Family Service	
Sunday 15 th June	11.00am Hastingleigh Service (CW)	6.00pm Elmsted Evensong
Sunday 22 nd June	9.30am Elmsted Holy Communion (CW)	11.00am Hastingleigh Holy Communion (BCP) 4.00pm Sunday Teatime at Evington Hall, Hastingleigh
Sunday 29 th June	10.30am United Benefice Service – Holy Communion Service Waltham	

Bodsham Family Service: a less formal family service for everyone. Do come and try it!

Sunday Teatime: At Sunday Teatime, we have fun, chat and explore our faith. Come for the company, the activities, the tea or the worship, or all four! All ages welcome at Evington Hall, Hastingleigh at 4pm.

CHURCH FLOWER & CLEANING ROTA

	St. Mary's Hastingleigh	St. James' Elmsted
May 31st	Mrs Young	Mrs Browning
Jun 7th	Mrs Courtney Mrs Jerrom	Mrs Jeffrey
Jun 14th	Mrs Morris	Mrs Argar
Jun 21st	Mrs Waters	Mrs Francesconi
Jun 28th	Mrs Hewes, Mrs Perez,	Mrs Hursey
Jul 5th	Mrs Healy, Mrs French	Mrs Pearce



DATES FOR YOUR DIARY

Wed 4th	Coffee Morning	10.30am
Thurs 5th	W.I Meeting (Page 16)	7.30pm
Mon 9th	E.C.P Meeting	7.30pm
Tues 10th	Hastingleigh Parish Council Meeting	7.45pm
Mon 16th	Evington Players AGM (Page 15)	7.30pm
Sat 28th	South Hill Garden (Page 21)	2.00pm
Sat 5th July	Bodsham School Summer Fair (Page 13)	noon

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

Parent & Todler Group meet every Tuesday - 9.30am

Mobile Library every Wednesday 10.55am - 11.20am

Art Group meet on Thursdays 9.30am - 12.30pm

UNITED WYE BENEFICE

Social Media, Youth Clubs and Community

The satirical magazine *Private Eye* has a funny little monthly captioned drawing called 'Modern Last Words' in which someone, invariably lying on their deathbed, asks attendant loved ones to "bring my phone...for one last selfie" or "look after my website" or "help me to compose a final tweet". I guess the point is that, in the Internet age, we are in danger of losing sight of the really important things in our obsession with the various social media that bombard us with information every day.

Addiction to social media is a strange phenomenon of our time. Although I'd confess to being an inveterate *Facebook* user, I have to admit that I'm becoming increasingly uneasy about its powerful addictive properties, and also by the way in which Facebook masquerades as a community when, in reality, it's no more than a collection of isolated people sitting at screens, often sounding off about stuff they don't know much about, instead of being more constructive with their time!

One rather disturbing example of this kind of activity occurred on Facebook a while ago when someone completely unconnected with Wye, or the local community, made an accusation online that the Benefice Youth Group (BYG) was concerned with nothing less than "polluting vulnerable young minds with corrosive mythology".

The irony is that BYG is very deliberately run on a zero-proselytizing basis. It's a 'Church Youth Group' in that it's supported by Wye Church and staffed by people in the congregation, but nothing we do is connected with manipulating people into believing anything at all! Atheists and agnostics are as welcome as religious people. We watch quite a lot of films; eat a lot of nice things; do quizzes and play a lot of games. Occasionally we have an 'Ask the Vicar' session where we think of awkward questions for Ravi to answer (and he sometimes gives quite unorthodox responses!)

In April, a few of us went on the Easter Monday Youth pilgrimage from Chartham to Canterbury Cathedral. For me, activities like this are important because they give us a chance to connect with our history – all the way back to Chaucer's time – and our environment, and walking along the Stour to Canterbury Cathedral reminds us how lucky we are

to live in this beautiful place, and how we need to value it and protect it from pollution and litter and greedy commercial interests!

My personal view is that society, since the Thatcher era, has become increasingly fractured and individualised to the point where we urgently need to rediscover what 'community' means, and BYG is a modest expression of that concern and a desire to redress it. Of course, in addition to BYG there are several other fantastic clubs for children and young people on offer locally and we all value the contribution of volunteers, who give so much time and energy, in order to provide these great services.

Ultimately, the problem with Facebook is that there's no real sharing of experience, no real accountability to each other (beyond a few 'friend requests' and 'likes' and 'LOL's), and, whether we're old or young or in between, I personally think we could do with fewer 'friend requests' and ticks and LOLs, and more of the real thing!

Matthew King

SOUTH HILL GARDEN

Saturday 28th June 2014

2.00 - 5.00pm

Sir Charles Jessel has kindly offered to open his beautiful garden for St. Marys.

Do come along and invite your friends to enjoy this and the delicious cream teas.

Entrance £2.50, under 16 free.

COUNTRY MUSIC NIGHT

Saturday 14th June 2014

8.00 pm till 11.15 pm

Doors open 7.00 pm

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Village Hall

Near Ashford, Kent

TN25 5HR

Dance or listen to
The award-winning
GARRY BLACKMORE BAND

Tickets £7-00 or £7-50 at door.

Raffle & Door prize.

No bar - bring your own drinks.

To book please call 01227 701087

More medical tests and treatments are not necessarily better!

The Canadians are running a 'Choose wisely' campaign to help physicians and patients 'engage in conversations about unnecessary tests, treatments and procedures'. The aim is to change the culture of more always being better quality care. They are encouraged to talk about the pros and cons of a test, when it may be appropriate and when it may be either inappropriate or harmful.

Their top five list includes;

Do not do imaging of the low back unless red flags are present (red flags are worrying signs such as weight loss, loss of bowel or bladder control, worse at rest and fever). In Canada and I fear the UK at least half of these are not indicated or helpful.

Do not use antibiotics in upper respiratory infections that are probably viral and less than seven days old (viral symptoms include a combination of runny nose, cough and sore throat)

Do not order screening chest x-rays and ECGs for people in people at low risk of heart disease and who have no symptoms.

Do not do cervical screening under the age of 21 and over 69

Do not do annual blood tests unless directly indicated by the patients risk profile, i.e. if they do not have established conditions such as diabetes and high blood pressure and are at low risk of these.

Others on the list are x-rays or CTs for minor head trauma or uncomplicated headache (those with no worrying features), CT scans for children with abdominal pain and ankle x-rays in adults.

I am sure we should and will get such guidance in the UK, indeed the x-ray department already issue guidance on appropriate use of x-rays.

The benefits of such policies are two fold, one, some tests are positively harmful. A CT scan of the abdomen, for example, gives the equivalent of 6 months of exposure to natural background radiation in the air. X-rays are harmful in that they increase the risk of cancers as the Victorians who had x-ray machines in their houses as a form of entertainment found to their cost. Indeed one of the earlier pioneers of x-ray, died young from x-ray induced cancer. Doses used are lower now than when CT was first introduced but remain significant and they must be used only when appropriate.

I hope we already engage in discussion over the pros and cons of medical tests but I suspect with time pressure this may not be done sufficiently well currently.

On another point entirely, or should I say sphere! Testicular examination! Some two thirds of men are apparently unaware of how to examine themselves. When examining the testicles, what we are looking for is a firm area in the testis that was not previously there. The testes are soft rubbery structures with a small worm like structure above them the epididymis, it is common to get soft cysts in the epididymis and these do not concern us. What we worry about is a firm swelling, often painful but not always, that is part of the testicle. So in the shower, gently examine between finger and thumb to ensure the testis is smooth soft and rubbery. Report enlargement or persistent pain or any firm lump.

That's all for now, stay well, Dr Allan Fox

Are you a world-wide traveller?

The opportunity to travel far and wide has now become a reality for many people. It brings great pleasure but is not without its potential hazards. Apart from the jet lag associated with long haul travel and the risk of developing deep vein thrombosis, there is the potential exposure to diseases not usually encountered at home. Fortunately we can take precautions by making preparations in plenty of time before we leave.

Firstly it is important to know the health precautions and requirements for the area to be visited. Not all countries have the same risks so it is important to get information well in advance of travelling. There is a very good website www.fitfortravel.nhs.uk which indicates what the requirements are for each individual country.

Locally we are able to access the services of the BMC Travel Clinic at Marsham-le-Hatch Business Village, Hythe Road, Ashford TN25 5NH Email info@bmcmedical.co.uk Telephone 01233 503666. This is a private clinic which supports local GP practices as well as individual travellers and businesses. It is staffed by fully qualified professionals and offers a range of travel vaccines and malaria tablets. Consultations are free when vaccinations or malaria tablets are prescribed at the clinic.

It is advisable to request an appointment at the travel clinic well in advance of the date of travel, ideally at least 6 weeks before departure. The clinic has a comprehensive range of travel sundries including Deet based insect repellents.

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Dog & Owners Fun Day & Boot Fair

Saturday 14th June

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Boot Fair from 8am

Car Boots £6.50 ~ Vans £10

Entertainment from 12 noon

Southern Golden Retrievers ~ Khanright Dog Training

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Entries from 12noon, Judging from 2pm

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FORTHCOMING EVENTS AT PARK HOUSE

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Saturday 23rd August—Boot & Late Summer Fayre

Saturday 20th September - Boot & Autumn Fayre

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Thurs 3rd Fri 4th & Sat 5th July 7.15pm

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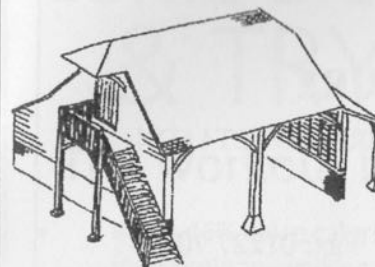
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Hastingleigh Parish Council	Clerk	Tracey Block 01233 750415
Evington Hall (caretaker & bookings) (Treestumps, Elmsted)		Mrs Avis Ball 01233 750231
Evington Hall Committee	Hon Sec	Mrs S Lawson 01233 750288
Evington Community Project	Hon Sec	Mr D Farnfield 01233 750450
Evington Gardeners' Society	Hon Sec	Mrs J Pearce 01233 750382
Evington Players	Hon Sec	Mrs C Batcheller 01233 637955
Art Group	Contact	Mrs V Kerry 01227 700843
Footpath Walks	Contact	Mr D Harris 01233 813711
Women's Institute	Contact	Mrs J Bowes 01233 811875
Parent & Toddler Group	Contact	Mrs H Wade 01233 750032
Neighbourhood Watch	Hastingleigh	Mr G Block 01233 750415
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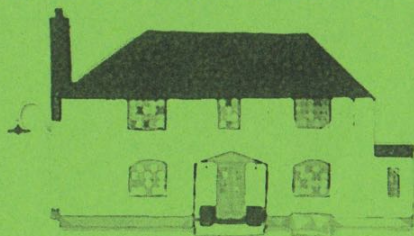
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