



# Elmsted with Hastingleigh **Community News**

April 2017

40p



# April

## in Elmsted with Hastingleigh

**A**PRIL can never come soon enough on the Downs... we can bid farewell to the last chills of winter and feel the warmth of the Spring sun.

The daffodils are nodding, the primroses have announced the change and the first buds give the hedgerows that green blush.

To celebrate the return of the sun—and the Easter festival—we've broken with tradition and changed the cover of the *News*. We welcome your feedback.

This issue has a harvest of advice for the green-fingered (**p9-11**, with special thanks to Stan Burrage) to help guide you with your gardening.

The village churches are also preparing to celebrate a rebirth and are busy with events to mark the Easter festival (**p13-19**, special thanks to Himself).

Meanwhile, we've tapped into a fascinating source of historical archive (see **p7**, with special thanks to Lesley Young of Stockport who has relatives hereabouts) so watch this space.

**The Editor**

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### Submissions

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

Please send any promotional literature for your event in Word format rather than pdf.

**News, views etc to:** elmstedwithhastingleighnews@yahoo.co.uk. Or write to **The Secretary, Beddlestone Grange, Hampton Lane, Brook, TN25 5PN.**  
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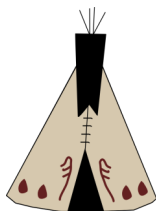
**Most aspects of Household and Garden Maintenance**

*References available*

*Also*

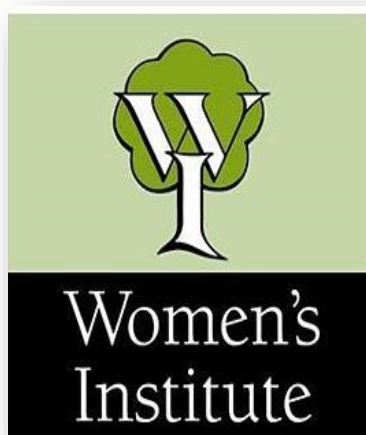
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# Hastingleigh with Elmsted Women's Institute



## Minutes from last month's meeting

**O**UR speaker this month was Melanie Gibson-Barton who spoke to us about the life of Edith Cavell.

Miss Cavell grew up in Norfolk where her father was a parson. She was born in 1865, and in 1888 went abroad with her family to Belgium.

Eventually she got a job as a governess there, and after starting training as a nurse at 30 she returned to work in the country. When World War I broke out she worked for the Red Cross.

As well as helping the wounded of both sides in the war she became a cog in the escape network, smuggling soldiers and civilians to the Dutch border.

Eventually she was caught, charged with treason and sentenced to death on October 12<sup>th</sup> 1915. She said, 'Think of me as a nurse who

tried to do her duty.' She admitted being instrumental in conveying about 60 British and 15 French soldiers as well as about 100 French and Belgian civilians of military age to the frontier and had sheltered most of them in her house.

She was executed by firing squad and her body was brought home in 1919 and buried in Norwich Cathedral. One of her pall bearers was one of the men she helped.

After our speaker, we covered items of business, including our meal for our May meeting as the hall will be used for the elections. Mrs Helmer won the competition and Mrs Bowes won the flower of the month.

Our next meeting will be on Thursday the April 6, 7.30pm. New members would be made most welcome.

**Fiona Steward**



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# Walkers have the spring in their steps

**E**LEVEN walkers and 1 dog left the hall amid light cloud and hardly any wind.

We walked towards the pond and then along Tamley Lane where we turned right and followed the footpath to the cross-roads, down the road at Folly Town and left towards Cold Blow, collecting our 12th walker on the way.

We picked up the North Downs Way at Cold Blow and continued nearly to the Crown,

enjoying the fine views from the top of the hill.

We then turned right across the field, down through the wood with strong-smelling wild garlic to Big Coombe,

up the hill to Staple Lees and back to Rayshalay for cake and a cuppa.

A total of just under five miles. On the way we saw Primroses, Violets, loads of Sycamore Seedlings, a Green Woodpecker, a large Bumble Bee and a Skylark. It felt as though Spring is just around the corner.

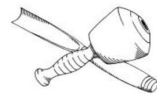
Our next walk on April 9th starts from Bonnington at 2.15pm. Those walking should meet at the Hall at 2pm when transport sharing will be arranged.

**RH**



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# One from the archives...

In 1885 justice played a harsh tune for an Italian job that ended in **Hastingleigh**

**Cutting from a Kent newspaper of 29 Aug 1885**

**M**ICHELE Morgi and Cushini Ciccoritti, Italian organ grinders, were charged with stealing eleven eggs. Giovanni Bonough (Ashford) was sworn as interpreter.

A police constable stationed at Petham said that on Thursday afternoon he went in search of the prisoners and overtook them in the parish of **Hastingleigh**.

After they had finished playing their tune, he asked them where they had come from.

They said they came from Canterbury, and he found in Morgi's pocket eleven eggs.

Ciccoritti said a lady gave them to him. Witness took prisoners to the lady (Mrs Sutton) who said she had given them four pence and a pint of beer. Ciccoritti eventually said they took the eggs from a hedge

in Petham, and offered witness 15 shillings to let them go.

He took prisoners to Mr Marchant's farm at Petham, and they showed him the hedge they had taken the eggs from.

The eggs were taken from the field side of the hedge. The interpreter said that in Italy anything found in the hedge by the side of a road was considered lost.

Superintendent Wood said defendants had been in custody since Thursday.



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# Gardeners are told to prune and burn

**F**ORMER lecturer at Hadlow College Caroline Halfpenny gave a talk to the Gardeners' Society, inspiring an audience of nearly the full membership to get out into their gardens.

We were told to prune, prune and prune again. Unknown samples were passed round with the advice that we should be cutting our winter flowering plants such as Winter Jasmine right down ready for next year's growth.

Roses, being pruned in the winter, need feeding in April. We should also prune Azaleas and Rhododendrons after flowering.

Derek's Fig needs its suckers removed to stop the branches crossing over the main stem.

She reminded us that Garden Centres are now selling lots of tender plants. Perhaps they hope they will get caught by frost and you will buy more! She advised us to cut

them back and mulch them. Continuing on the theme she told us to cut the black leaves off hellebores AND BURN THEM, after which we sterilise the secateurs.

Snowdrops can be moved in flower or not quite safely, but NEVER TAMPER with your daffodils until seed boxes are mature.

If you are buying-in summer bedding, we were advised to place them against a warm wall and fleece on a cold night.

Meanwhile you could split up your perennial geraniums and plant out in 3s or 5s. Dogwood/willow need to be pruned in the Spring to acquire red stems. The prunings could be used immediately for hardwood cuttings.

Caroline reminded us to take back Hebe/Buddleia Davidii to 3-4" in March. She suggested that if you wanted differential flowering you could prune to different heights.

Camellias can be pruned after flowering, but needs to be well watered in July.

Of course the subject of weeds came up. The big secrets were recognising the young specimens and dealing with them.

Caroline favoured the hand-collection of slugs and snails. Members had their questions answered and many went home with cuttings of their own.

**MV**

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# Timing is all in the spring garden

**O**NE of the most important aspects of gardening is timing. By timing I mean doing the jobs when the weather and the opportunity coincide.

This year the fine weather in early March has offset the earlier wet period. It has stimulated plant growth and the few frosts have allowed some plants to survive the winter when they would normally not do so.

It has also allowed many weeds to germinate, develop and seed again. Weeding early is therefore crucial at this time of year to prevent a build-up of weeds later in the season.

While the weather is fine digging the vegetable patch is easier in the dry periods; this opens the soil allowing more air in providing oxygen for the plant roots and soil organisms allowing them to be more active. Spreading organic

material such as compost opens the texture of the soil and releases fertilizer. It is therefore a good time to introduce inorganic fertilizer to the soil, particularly those that contain nitrogen such as Growmore because the winter rains will have washed away much nitrogen.

Digging around perennials to loosen the soil will improve their development. Adding slow release fertilizer like hoof and horn will encourage healthier plants.

It is important to remember when you cut and remove plant material you are removing nutrients (fertilizer) and this should be replaced. This is particularly important with the lawn. Now is the time to weed and feed the lawn.

There is still time to move shrubs and perennials taking care to cut back soft growth. Make sure they are firmly in the ground and where necessary give support.

Plants control their temperature by evaporating water from their leaves.

To do this they must get a supply from the soil through their roots, so cutting back the top of a plant when replanting compensates for the inability of the roots to supply water and gives time for new roots to develop as the plant develops.

Tidy up now and make the summer more enjoyable.

**SB**

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# The Parish upon the Hills

**R**EMEMBRANCE Sunday last year happened just a couple of days after the surprise election of Donald Trump as the 45<sup>th</sup> President of the United States.

This was the second major political earthquake to hit the Western World in 2016 – the other being Brexit, obviously – and, arguably, both were/are manifestations of the same tectonic shift: namely, widespread dissatisfaction with the liberal hegemony that has held sway for the last however many years.

Well, I don't know about that but, as I said in my Remembrance Day sermon, I am painfully aware that both our country and the USA are deeply divided and in a really destructive way with both 'sides' looking at the other with a mixture of contempt and non-comprehension, thinking that their 'opponents' are stupid at best if not downright evil!

That sort of attitude is never helpful. And I would like to think that the late Jo Cox MP who was tragically murdered around the time of the Brexit vote was right when she said that we 'have far more in common

with each other than things that divide us'.

And the Remembrance Sunday service was proof of that for me: people from all across the political spectrum, regular churchgoers and non-churchgoers alike gathered together to remember both those who died in the two world wars and those for whom war is a present day reality.

I found it inspiring, and a vision of the kind of unity that is possible even in our increasingly diverse society.

So, when I heard that Jo Cox's family were inviting the nation to a weekend of celebration – the Great Get Together – to affirm this idea that we are one nation, in spite of all our differences, I wanted to get involved.

The Archbishop of Canterbury has already pledged his support (along with the Chief Rabbi and other religious leaders) and everyone in the church community I've spoken to has been similarly enthusiastic. But this is much more than a church

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# Getting to the heart of the Easter message

event with organisations as diverse as Help For Heroes, The Women's Institute and The Premier League getting involved.

Locally, a planning team has been set up by a group of Mums from the primary school with representatives from both the church and Scouts etc.

The current plan is to extend the school fete on Saturday 17<sup>th</sup> June into

a bigger event with possibly a picnic following an appropriately-themed service in church on the Sunday. Watch this space for further details.

And if you're wondering what this has to do with Easter, reconciliation is right at the heart of the Easter proclamation: Christians believe that through the death and resurrection of Jesus we are reconciled not just to God but to each other.

As Saint Paul said, '[Jesus] has made both groups into one and has broken down the dividing wall between us' (Ephesians 2:14).

He was talking about Jews and Gentiles but it seems to me that reconciliation is possible – and desirable – wherever there is division. Let's try and prove that this Easter, in June and always.

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# Village reflections on Christ's last supper

**T**HIS coming Easter we are trying something a little different. On Maundy Thursday evening we are having an Agape supper, at Waltham church.

This is a shared meal with reflections of the last supper, to include communion around the table, just like they did.

Then we have a time of reflection with images, during which we slowly strip the church, then gradually turn off all lights, until we are leaving in silence and darkness. (Torches for safe walking are of course fine!).

The meal will start at 7pm and we should be finished by 9.30pm at the latest. Do come and join us, we'd love you to come. Do please let us know in advance so we can have numbers for catering?

Let us know you're coming;  
Call Daphne 01227 700460 or  
Lorraine 01233 750987

• Also for Easter there will be: **Good Friday:** At 10am there will be Easter

Garden building, with Hot Cross Buns and drinks, at Petham Church. Great fun for children of all ages.

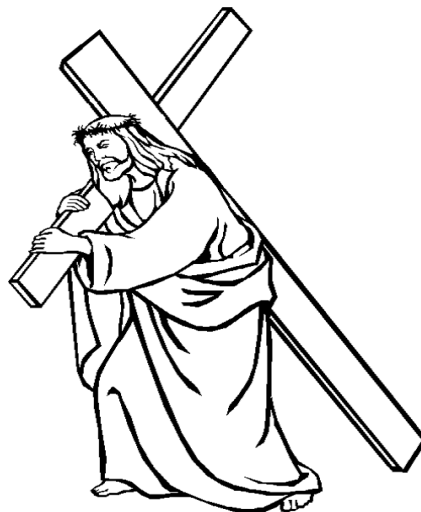
In the afternoon there will be a series of meditations, to observe the 3 hours. 12.00-12.45 at **Hastingleigh**, stations of the cross; 1.00-1.45@ **Petham**, reflections with images; 2.00-3.00 at **Waltham**, reflections through music.

**Easter Sunday:** There will be 2 family communion services with Easter bonnet competition and Easter egg hunt, one at Petham at 9.30; one at Hastingleigh at 11.00. There will also be a communion at Waltham at 9.30.

We look forward to seeing you all over the Easter weekend, and a happy Easter to you all.

Thank you,

**Lorraine x**



Church services in the Parish Upon The Hills		
2 <sup>nd</sup> April	First Sunday	9:30 Petham – all four Churches (Elmsted, Hastingleigh, Petham & Waltham) Communion
9 <sup>th</sup> April	Palm Sunday	8am Communion Waltham; 10am Messy Church Bodsham CP School; 11am Petham Communion
16 <sup>th</sup> April	Third Sunday – Easter Sunday	9:30am Petham - Family communion with Easter bonnet competition and Easter egg hunt. 9:30am Waltham - Communion; 11am Hastingleigh -Family communion with Easter bonnet competition and Easter egg hunt.
23 <sup>rd</sup> April	Fourth Sunday	9:30am Elmsted Communion (with Waltham), 11:00 Petham; 11am Hastingleigh – Communion
30 <sup>th</sup> April	Fifth Sunday	10.30am Brook – Whole of Wye Benefice communion

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

**St Mary's**

**St James'**

Apr 1	Mrs Boxall	Mrs Gregory
Apr 8	Mrs Pell	Mrs Pay
Apr 15	Mrs Bowes	Mrs Fox
Apr 22	Mrs Helmer	Mrs Leutner
Apr 29	Mrs Young	Mrs Green
May 6	Mrs Courtney/Jerrom	Mrs Calcutt

**Priest-in-charge:** The Rev Ravi Holy: The Vicarage, Wye 01233 812450 ravi.holy@wyebenefice.org.uk **Associate priest:** The Rev Lorraine Lawrence (with special responsibility for Hastingleigh, Elmsted, Petham, Waltham): The Vicarage, Hastingleigh, 01233 750987 or 07894 4034409 lorraine\_lawrence@btinternet.com. **Churchwardens:** Mrs Bacon 01233 750327, Mrs Ten Hove 01227 700460. **United Wye Benefice** 01233 813793 www.wyebenefice.org.uk

# Diary dates

## Apr

1 ECP Film Night	18.30
4 Library at Car Park	09.45
5 Coffee Morning	10.30
6 Art Group	09.30
6 W.I. Meeting	19.30
8 Cinque Ports Scribes	09.00
9 Footpath Group meet	14.00
11 Hastingsleigh PC	19.45
13 Art Group	09.30
18 Library at Car Park	09.45
18 Evington Gardeners	19.30
19 Evington Choir	19.00
21 Whist Drive	19.00
24 Parish upon the hills	
APCM	18.00
25 Toddler Group	09.30
25 Evington Hall AGM	19.30
26 Evington Choir	19.00
27 Art Group	09.30
27 Guild of St John Beverley	
AGM	19.30

## MAY

1 Spring Fair	All Day
2 Toddler Group	09.30
2 Library	09.45
3 Coffee Morning	10.30
3 Evington Choir	19.00
4 KCC elections	07.00—22.00

# Clare goes extra mile

CLARE Gordon has just managed to secure a last-minute place with Pancreatic Cancer UK to run the Brighton Marathon.

"I'm trying to raise as much as I can for this wonderful charity. Condensing 16 weeks training into six will make it quite a challenge but I'll certainly do my best to reach the finish line!

"Alastair has had wonderful support from the NHS, but funds for pancreatic cancer research are desperately needed to find a cure for this horrible disease.

"We would be hugely grateful if anyone would like to help us support this worthy cause which can be done by visiting my fundraising page and sponsoring the run."

<http://bit.ly/CGrun>

# 100 Club

THE winning numbers for the March Draw of Evington Community Project's 100 Club are:

1 <sup>st</sup> Prize:	No.	87
2 <sup>nd</sup> Prize:	No.	21
3 <sup>rd</sup> Prize:	No.	5

# Jumble sale thanks to all

THE Evington Hall committee would like to extend a warm thanks to everyone who helped with the jumble sale at the end of January.

There were eager teams of sorters before the event and helpers for the day itself. The sum of £427 was raised for the hall's funds.

SB

# Spring Fair prizes wanted

TOMBOLA prizes are wanted for the Spring Fair.

Please give any donations to either Sue Boxall - Quackers, The Street, or Tracey Block - The Briars before Wednesday 26th April. Thanks to you in advance.

# Whist change

BECAUSE of the second Friday of the month coinciding with Good Friday we have decided to hold the last whist drive of this season a week later on **Friday 21<sup>st</sup> April at 7pm.**

The last drive is traditionally for a chosen charity. All welcome.

# Elmsted lunches and tea

**E**LMSTED church's annual fundraiser will be held at St James The Great Church on Sunday 28th May, from noon - 4pm.

There will be home-cooked lunches and home-baked cakes and deserts, a plant stall with perennials and vegetables for sale to cheer up your garden.

Live music will be provided by Leon Hastwell and children are invited to enter the 'decorate a candle in a jam jar' competition.

Jars should be left at Bodsham School office by May 26 or at the church by 1.30pm on May 28. The age categories are 4 and under; 5 to 8; 9 to 11; over 12.

For further details please contact Vanessa London on 01233 750427.



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### ***Boot & Spring Fayre, Saturday 6<sup>th</sup> May***

at Park House, Stelling Minnis CT4 6AN

Boots from 8am ~ Cars £6.50/Vans £10

Entertainment from 12 noon

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Applause Outdoors ~ Bouncy Castle ~ Face Painting ~ Hot & Cold

Refreshments ~ Raffles ~ Tombolas & more!

Admission by donation ~ Plenty of free parking

### ***8<sup>th</sup> Annual Cyclo-Sportive on Bank Holiday Monday,***

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# Lorry way down...

It's the last despatch from Africa as Vince and Jac Martin of Hastingleigh say farewell to Colonel K and head for home

**S**UTHERLAND in the Great Karoo was a great surprise. It was only a tiny desert town, but it is also home to the biggest telescope in the Southern Hemisphere.

A mini industry has grown up around star gazing and the guy that owns the campsite where we stayed runs star-gazing sessions, using his four satellite controlled telescopes.

Sutherland was chosen for the SALT (Southern African Long range Telescope) project due to its location, at high altitude and almost zero light pollution.

We had a great evening with Jurg, showing us stars and constellations, then the following day we drove to SALT and had a guided tour. Much of what was said went straight over our heads, but it was a great couple of days.

It's a friendly town, with guest-houses, restaurants and coffee shops. We visited the graveyard where there is a grave of a British soldier who drowned in a flash flood (remember this is in the middle of a

very dry area of desert), and was given a burial complete with headstone by the townspeople.

During a few days just outside the Northern Cape town of Upington, we booked our camping in the Kgalagadi Transfrontier Park.

We had heard good things about Kgalagadi and it didn't disappoint. It is famous for the Kalahari black-maned Lions and we were hoping to see these and maybe our first wild Cheetahs of this trip.

We were self-driving in our Daf lorry, and unlike many parks that we have visited on this trip (especially Tanzania, and Kenya), self-driving is the norm and there were no 'safari vehicles' in the park at all, which leads to a much more relaxed and friendly experience.

There are also no Tarmac roads in the park (unlike the zoo-like Kruger) with all the tracks being either gravel or sand (mostly sand).

We ended up staying in Kgalagadi for seven nights, and absolutely loved the place. We ended

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# At last... cheetahs

up seeing many Lions, including a large pride that were actively hunting a herd of Gemsbok.

Oh, and Cheetah. We saw many of these beautiful elegant cats, including many mothers with youngsters, and again watched some stalking their prey in the long green grass.

It is the height of the summer here at the moment and is the wet season. This year there has been plentiful rain, which is fantastic for the wildlife but not so good for game spotting. That is unless you are in the cab of Colonel K.

We had a massive advantage over the Land Cruisers and Land Rovers due to our height and we could actually see over the high grass.

We also saw a large colony of Meercats, a beautiful Cape Fox and many birds of prey. We have photos and more details of our time in Kgalagadi on our blog which can be viewed at [www.lorrywaydown.com](http://www.lorrywaydown.com).

We crossed into Namibia at Mata Mata and as commercial traffic is forbidden this is probably the quickest and easiest land border that we have done on the trip, actually a pleasant experience, especially once Jac gave the Head Policeman's toddler son a

cuddly soft dinosaur. We then spent about a week at various places on our way to Windhoek, the capital of Namibia. We are currently camped right in the city centre at the appropriately named Urban Camp, where we are preparing the truck before storing it near the airport.

Yup, we are coming back to the UK, flights are booked. The plan is that we will return to Namibia in approx August or September and stay in Southern Africa for a further five or six months before shipping Colonel K back to the UK in 2018 from South Africa.

So, this will be my last entry for the Community News from lorrywaydown here in Africa. I hope you have enjoyed reading about our trip and our mini adventures en route.

For us it is just a pause on this trip and will look forward to returning, but we will be covering areas that we have been to before over those six months.

By the time we fly out early next week, we will have been away in our truck for 721 days and our trusty Leyland Daf has drunk 10,366.05 litres of diesel, and it has been an absolute blast!

Thanks so much for reading, and we hope to see many of you while we visit Hastingleigh over the coming weeks.

**Vince and Jacqui Martin**  
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# A study in healthier lifestyles

**A** PAPER I reviewed recently showed that a healthy lifestyle, defined as 'not smoking, eating large quantities of fruit and vegetables, physical activity and a body/mass index of less than 30' reduced the risk of heart disease by 50% when compared with an 'unhealthy' group based on the same criteria.

Another study, reported by the Guardian, this time from Imperial College suggesting that 'Eating up to 800g of fruit and vegetables – equivalent to 10 portions and double the recommended amount in the UK – was associated with a 24% reduced risk of heart disease, a 33% reduced risk of stroke, a 28% reduced risk of cardiovascular disease, a 13% reduced risk of total cancer, and a 31% reduction in premature deaths.

Those are serious numbers, if we were all to adopt such a diet, it would have a massive impact on mortality and morbidity in this country. Another interesting article reported that vitamin D reduced the

risk of colds and flu by boosting an anti-microbial substance, cathelicidin. The impact is small, reducing the numbers infected by about 2%, but given that there are millions of people affected each year, the actual number of infections avoided would be large.

Vitamin D is also recommended in children under 5, pregnant and breast-feeding mums and the elderly as well as those who cover their skin.

Vitamin D is activated by exposure to the sun, so in the winter we often become mildly deficient.

You can buy Vitamin D in the supermarket and it is found in most vitamin pills. Find more information on the nhs choices website.

On an unrelated topic, The University of Bristol led a trial looking at the impact of statins in reducing the risk of thrombosis, blood clots that can lead to fatal lung clots.

In 23 randomised controlled trials, involving 100,000 patients, there was a 15% reduced risk of venous thrombosis in those taking statins compared to a placebo group.

There may now be a role for prescribing statins in those at high risk of venous thrombosis. It is thought that statins 'downregulate the coagulation cascade' which is a series of reactions occurring in the blood that eventually lead to a blood clot being formed.

**Dr Fox**

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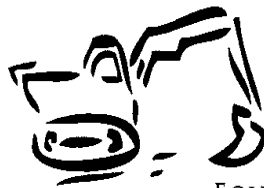


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