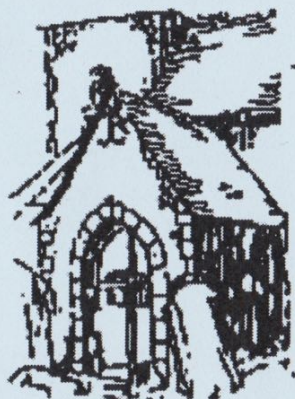


Elmsted with Hastingleigh Community News

*St James the Great
Elmsted*



*St Mary the Virgin
Hastingleigh*

October 2016

October

in Elmsted with Hastingleigh

With the summer break a distant memory Elmsted and Hastingleigh's clubs and societies are getting back into the swing of things so this edition has a lot more information than the previous one.

Therefore, apologies if your event notice or announcement has been made smaller than you had expected. It's been a bit of a squeeze to get it all in, which is a good thing.

Keep an eye open for a new contributor, **History Enthusiast**, who (inspired by fellow villager **History Buff**) has blown the dust off our community's past.

We have also added a summary of the respective parish council meetings so many thanks to the council clerk for providing them (note — they are a summary and not the minutes). Watch for the competition, **p25**.

Thanks to those readers who gave feedback about the previous edition and the changes therein. The committee is glad to say it was all positive bar one.

On that subject the committee would like to point out that feedback should be done initially by email, please.

The Editor

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Parish councils

Hastingleigh, Sept 13: Cllr Mrs Day still has the book for checking the football field and will continue until the end of September. The repair of the noticeboard is now complete. Thanks were expressed to Mr Rust for undertaking this work.

Planning applications have been received, circulated and commented on in the past two months for Cold Blow, Coombe Manor and Hawksdene.

It was noted that there is a notice in the telephone box stating that the telephone is rarely used and so will be removed. Objections should be sent to Ashford Borough Council.

The Clerk had received a note from the Churchwarden requesting financial help with the upkeep of the churchyard. The Parish Councillors considered this request and decided that, at this time, they are not in a position to support this.

The Parish Council note that Mr Beale is happy to hold a fireworks/bonfire event on his land but the Parish Council's budget does not extend to the cost of the fireworks required for a large display.

The consultation on the Lorry Park site in Stanford is on-going. The new powercut number: 105 was noted.

Next Meeting: Oct 11.

Elmsted. Sept 8: Cllr Burge reported the noticeboard in Bodsham is rotten in parts. It will need repair or replacement. It was agreed that Cllr Francesconi would contact Mr Waldron at High Chimneys Farm to see if he would be able to help with the repair of this.

Planning Applications: Five applications were discussed:

1. 16/0960 – Wigmore Heath Cottage, crown reduction of tree with TPO
2. 16/0915 – Forge House, School Hill, Single storey side and rear extension
3. 16/0862 – Hindmarsh Cottage, single storey rear extension
4. 16/0863 – Hindmarsh Cottage, construction of a sand school
5. 16/0826 – Lees Cottage, retrospective hard-standing

Cllr Hollingsbee said there had been no further developments on the Stonegate application. The consultation on the Lorry Park in Stanford is on-going.

There have been discussions regarding plans for Otterpool Park - 12,000 new homes in a garden town between Lympe and Sellindge.

There is some grant money available and an application for this can be made. Cllr Hollingsbee was pleased to hear the the Timber Batts has reopened.

Any Other Business: Superfast Broadband is to be in Whatsole Street by December.

Potholes continue to be an issue, if not fixed let Cllr Carey know the reference number.

Next Meeting: December 8.

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Hastingleigh with Elmsted Women's Institute



Women's
 Institute

Minutes from September's meeting

Fifteen members were present on Thursday the 1st of September at the Evington Hall.

Our speaker this month was Mrs Melanie Gibson-Barton who spoke to us about one of her favourite places – Bruges. She goes there for as many weekends as she can, and gave us an enthusiastic travelogue of the city.

One of the first things that struck her were the litter-free streets, and how the windows of houses are dressed for the outside, with ornaments and flowers on the window sill facing the street, rather than inside. She

told us about the canals and the alms houses, the weather (how it rains one day in four), and the chip museum!

The competition was won by Mrs George, and the flower of the month had joint winners this month – Mrs George and Mrs Pearson.

Our next meeting will be in the Evington Hall on the 6 of October at 7.30pm when our speaker will be talking to us about William Morris. Any new members will be made most welcome.

Fiona Steward

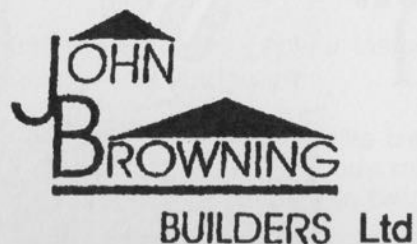
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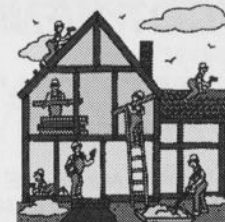
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Good deeds in history by the learned Reverend

The Rev Graham Brade-Birks was not only the vicar of Crundale from 1930 to 1978 but also a distinguished historian.

As he notes in the following article he possessed a collection of deeds for Elmsted. He could also have said he had many for Hastingleigh, Waltham, Crundale and surrounding parishes.

He willed many of these to Rex Lancefield who has written books about his Crundale family. He, in turn, deposited them with Kent History and Library Centre at Maidstone.

These deeds have furthered the history of a number of other local families and properties. He published the article below in the Kent & Sussex Journal, vol 3, no. 1, Oct-Dec 1957. We are indebted to him.

The Rev Brade-Birks wrote:

Let us take a look at a little parish in Kent, lying in a remote spot in the North Downs. It is called Elmsted.

Its history has not been written but there are notes about

it in guide-books and the mention of it in Hasted's History of Kent follows the usual lines and serves us for a foundation of history: some might even say that this was the history of the parish but it is not what I mean by a history.

The parish is not mentioned in Domesday Book but Bodsham, a hamlet in the parish, figures in that record. In fact, Bodsham goes a great deal back than that – there exists a charter of the year 687 or thereabouts by which Swabert, King of Kent, gave three ploughlands (farms we should probably call them) here to Eabba, Abbess of Minster in the isle of Thanet.

I have no doubt the most important farmhouse today, itself called Bodsham, stands where the owner of the property lived just about 400 years before Domesday Book was written for William the Conqueror.

That was more than a century before there was a kingdom of England! The book records that in 1086, Bodsham was held in by a man called Gaufrid.

The court-lodge of Elmsted (which is the manor house) and the parish church lie on opposite sides of the road and were no doubt closely related from the days when Christianity first came to the place.

The provision of a place of worship was the natural outcome of the conversion of the early owner of Christian faith. Today the house retains characteristics which go back a few centuries, but in earlier times there must have been building

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and rebuilding that had already begun when, in AD 811, according to a charter still preserved, Wilfred, Archbishop of Canterbury bought the estate [of Elmsted] for the monks of Christ Church, Canterbury.

Look at the modern map. This parish like so many in Kent has no real village in it; it consists of isolated farms sometimes with a few more cottages around than are actually needed for the farm-workers, so as to form a hamlet, as at Bodsham.

And what does this mean? Surely it means that the isolated farms scattered over the downland represent the actual sites where our first English ancestors took up their abode when they came to Kent in the 5th Century.

And I do not think that those farms were new, even then. In fact it is likely that they had a long history behind them and, in some cases at least, they may have grown out of the first cultivation of the soil in this area somewhere about 2300 BC.

Pottery and worked flints as well as ancient cultivation terraces on the hillsides are evidence

of a much greater antiquity than we might have visualised on a first acquaintance with the neighbourhood.

And how old are the roads? Some of them take routes any inhabitant of the district would take in moving about and these natural ways must be of the greatest antiquity, going back to the days of the first farming in the district.

Note, especially those that have eaten deep into the ground and now run in the grooves on the slopes which have been produced by the wear and tear of the rural traffic of numberless generations.

I possess a collection of deeds concerning property at Elmsted from the 17th Century onwards but with this bare mention of the fact as a reminder that such documents are a source of history, let us pass on.

The Rev Brade-Birk's extensive records were once located in the Wye University library but are now held by the Godmersham Park Heritage Centre. We are indebted to him.

History Enthusiast

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Walkers stride into Autumn

With an eye on the weather and the state of the footpaths, Stan and Sheila Burrage are considering their options for leading this month's walk.

The Footpath Society steps out on the **second Sunday in the month**, beginning at 2pm, usually starting from Evington Hall.

Details of the route will be posted each month in the Community News, including any change in the start point. If

you have not been before, they usually last about two hours and provide a really convivial way to spend a Sunday afternoon.

Derek Harris 01233 813711
derek@j-dsolutions.co.uk

Walk leaders:

Oct 9 Stan & Sheila Burrage

Nov 13 Derek & Janet Harris

Dec 11 Val Kerry

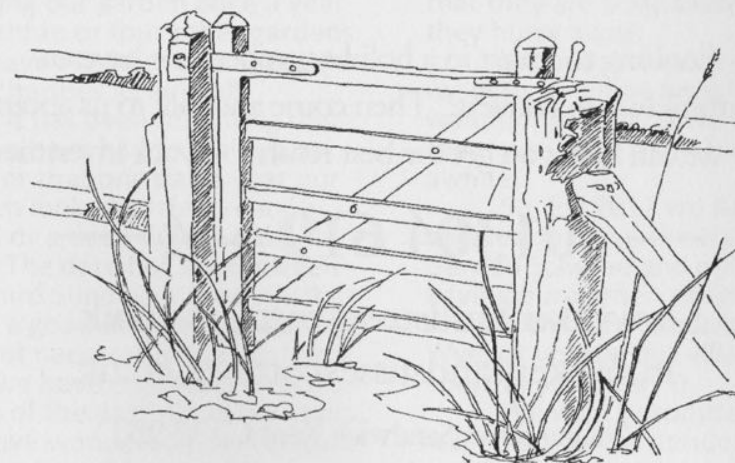
Jan 1 Mince Pie Walk

Feb 12 Hilary Pittock

Mar 12 Robin & Yvonne Helmer

Apr 9 Helen Ransley

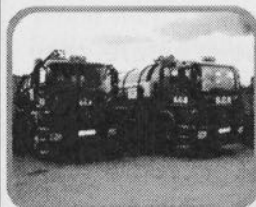
May 14 Jack & Christine Luck



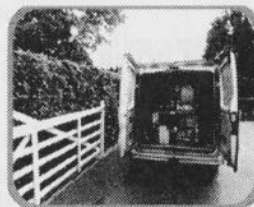
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The Parish upon the Hills

An invitation from some hospitable gardeners in Wye

When we moved back to Wye in 1998 we started to create a garden out of the tarmac parking area behind our house.

We had brought 200 plants from the garden we had left which was the start of the planting and by 2000 we had a fairly respectable garden.

So much so that in 2004 we were asked if we would open our garden to the public under the National Gardens Scheme.

This we agreed to and for the last 12 years we have been opening our garden once a year with three or four other gardens and have raised over £10,000 for NGS charities as a result.

It has been fun doing this but we have had to make sure that for that one day a year our garden looked perfect – not a weed or a dead flower in sight!

The date has always been the third Sunday in June which is quite a good time for our garden but not necessarily the best and only we have enjoyed it at other times of the year. Over the years we have wondered how to share our garden with more people,

particularly with those in our community. So we thought we might consider allowing people just to wander in whenever they like as there is always something interesting to enjoy - even in the middle of winter.

Frequently, visitors have appeared in our garden, you may have noticed that there is no gate.

Perhaps they assume it is a public space or are intrigued by the mass of plants. However, once in the garden they are suddenly embarrassed that they are trespassing and they hurry away.

You may be surprised but we actually enjoy people wandering in and if we see them we invite them to stay awhile.

So, for 2017 we have decided to forgo the National Garden Scheme and opt for having our garden open all the time so that anyone living in Wye, or visiting our village, can come in and enjoy it.

We won't promise that it will be up to the standard of our previous open days and

you may find the odd weed or two and dead flowers that need removing but you will always be welcome.

There will be no charge and you can stay as long as you want, there are plenty of seats so come on in and relax, it is unbelievably peaceful.

We invite everyone to visit our garden whether it is to rest, to relax, to meditate, to pray or just to sit. We hope that you find being in our garden a pleasure and even perhaps therapeutic. We

intend this invitation to be a part of the hospitality within our community. Hospitality can take many different forms all of which enrich our lives.

For those who do not know us you will find us at Cumberland Court, Church Street, our arched entrance is directly opposite The Kings Head, next to 'Rumpus'.

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Sunday 2nd 9.30am Cluster Service Family Communion at Hastingleigh. 6pm Evensong BCP at Petham.

Sunday 9th 8am Holy Communion at Waltham. 10am Messy Church at Bodsham. 11am Communion at Petham.

Sunday 16th 9.30am Communion at Waltham. 11am Communion at Hastingleigh. 11am Family Service at Petham. 6pm Evensong at Elmsted.

Sunday 23rd 9.30am Communion at Elmsted. 11am Communion at Petham. 11am Communion BCP at Hastingleigh.

Tots and Tales: a free group for 0-4 year-olds and their grown-ups. We have stories, craft, singing and fun! Tea, coffee, juice and biscuits. **Monday Oct 12, 19, 26: 10-11am at Elmsted Church.** Messy Church is on the second Sunday of the month at Bodsham School.

This month's flowers and cleaning volunteers:

	St Mary's	St James'
Oct 1	Mrs Hewes, Mrs Healy	Mrs Browning
Oct 8	Mrs Perez, Mrs French	Mrs Jeffrey
Oct 15	Mrs Bowes	Mrs Argar
Oct 22	Mrs Helmer	Mrs Francesconi
Oct 29	Mrs M Boxall	Mrs Hursey

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 the parishes of 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

5 Oct Coffee Morn, 10.30am

6 Oct Art group 9.30am

6 Oct WI, 7pm

11 Oct Parish Council

12 Oct Singing

13 Oct Art group

14 Oct Whist WI

15 Oct Barn Dance 7.30pm

18 Oct Gardeners 7.30pm

19 Oct Singing

22 Oct Work Group clean-up

All dates at Evington

Hall unless stated.

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Toddlers welcome

Hastingleigh Toddler Group meets at Evington Village Hall every term time on Tuesday 9.30am to noon.

The group is run by Nicola Phipps, a mum from Elmsted, for 0 to four years old, with help from other local mums.

We have toys but we also do a craft, have snack-time for the little ones and teas and coffee for adults.

We also sing and the children use instruments. We charge £2.50 per child, and £1 for every extra child.

I have a Facebook page under Hastingleigh Toddler Group or contact me on 01233 750221 or nicola.phipps@hotmail.com

Hall clean-up

On Saturday Oct 22 the hall committee is having a work-in party clean-up day.

Now that the new toilets are finished, the hall could do with a clean as well as a lick of paint in places.

There is also a bit of gardening and some re-upholstering of card tables.

If you feel you would like to help, then come along anytime from 10am.

If you can spare just an hour then that's fine.

All aboard for the big smoke

Evington Community Project is organising a coach trip to London on Saturday Dec 3.

The coach leaves Evington Village Hall at 8.30am and travel to London's South Bank. It will then return from South Bank at 6.30pm.

The cost is £10 per adult (children under 16 travel free). To book call Tracey: 750415 or email robin.helmer@btinternet.com

Call 105 for power cut info

The new national power cut phone line 105 is to help people contact the company that looks after their electricity network.

This would be UK Power Networks for the South East of England. The number will enable people to report or get information about cuts as well as report damage to power lines.

As well as calling 105, people can find more information on: www.powercut105.com

Villagers who may be vulnerable in a power cut, older people, those dependent on medical equipment, parents of young children and so on, can add their names to a register.

To register call 0800 169 9970 or email: psr@ukpowernetworks.co.uk or apply online at: www.ukpowernetworks.co.uk/priority

October

The month most associated with Autumn takes its name from the Latin 'octo', the eighth month in the Roman calendar.

The major festival this month is Hallowe'en, a mix of Christian and pre-Christian custom. Hallowe'en is the evening before the Christian holy days of All Hallows' Day (also known as *All Saints' or Hallowmas*) on 1 November and All Souls' Day on 2 November, thus giving the holiday on 31 October the full name of *All Hallows' Eve* (meaning the evening before All Hallows' Day).

These three days are collectively called Allhallowtide and are a time for honouring the saints and praying for the recently departed souls who have yet to reach heaven.

It is widely believed that many Hallowe'en traditions originated from Celtic harvest festivals, particularly the Gaelic festival Samhain, and that this festival was Christianised as Hallowe'en.

Another notable day this month is Trafalgar Day, the celebration of the victory won by the Royal Navy, commanded by Vice-Admiral Horatio Nelson, over the combined French and Spanish fleets at the Battle of Trafalgar on 21 October 1805.

The Navy still celebrate it in style and one can be assured that every man Jack guarding this nation's maritime interests will be hungover on the 22nd.

History Buff

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'Hunt is suffering from a common ailment'

I have been reading Matthew Syed's fabulous book *Black Box Thinking*. I think it should be on the reading list of all decision makers but especially, clinicians, medical politicians and most of all Health Secretaries.

It is a fascinating insight into why errors occur, why they are repeated and how we convince ourselves that they have nothing to do with us!

The chapter on cognitive dissonance is especially interesting. It seems we are hard wired to start developing justification for our errors, from the moment they are revealed.

We do this in all areas of life but particularly in medicine. Cognitive dissonance increases the higher up the hierarchical scale. It becomes harder to admit errors the higher up the medical tree one climbs.

The same applies to politicians, perhaps particularly to politicians, as little in government is tested with controlled trials. When things go wrong it is easy for a politician to blame the economy, militant workers, rising prices of commodities, anything but their own decision making. It may not be conscious and usually is not. Take Mr

Jeremy Hunt's current stance regarding a seven-day NHS. He started out by being convinced by several poor quality trials, some more observations than trials, that a large number of people were dying unnecessarily at weekends due to a lack of medical staff.

I imagine, at the outset, his only aim was to reduce this number by as much as possible. He reasoned that it made perfect sense that more people would die, when fewer staff available. It was a convincing narrative.

He then made the controversial decision to move to a 'seven-day NHS' but given current austerity measures, this had to be done on a cost neutral basis, this was made clear.

He presumably reasoned, that if one spread the routine load over seven days, no extra staff would be required. Less would be done on each day but by fewer staff.

This narrative was then looked at more closely by researchers, expert in this field of analysis. When they delved below the narrative, it became clear that the extra deaths corresponded to the fact, that sicker people were admitted at the weekend.

There might be a number of reasons for this. Relatively well people were coming in mid-week for minor procedures, only emergencies were coming in over the weekend.

There might be a tendency for GPs to advise those, who ought to go in for investigation, to wait until Monday, as little would happen over the weekend. Had these people been very sick, an immediate admission, would instead, be required.

What happened next is fascinating. Instead of saying 'ok, this is not as clear cut as I believed' and



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taking time to rethink the impact of the changes on the rest of the week, cognitive dissonance meant that to make this step, would have impacted his ego enormously.

He had very publicly rounded on Junior doctors who were questioning the validity of the plan, calling them militants or accusing them of not understanding the situation or of being inspired by Marxist trade unionists (these unionists being doctors of the BMA incidentally, the same doctors who had not had a strike for over 50 years).

Mr Syed, in his book, illustrates a number of situations where normal, reasonable people have put the life of a patient or of passengers, at risk because of cognitive dissonance linked with ego.

One example, involving a senior surgeon, illustrates this. A patient developed an acute anaphylactic allergic response under anaesthetic. The anaesthetist, a safety expert, reported that he felt the patient was allergic to the surgeon's gloves.

The surgeon refused to accept this. He declined several times to change to non-latex gloves, something that would have taken but a moment.

Eventually, the more junior anaesthetist asked the surgical nurse to ring the Dean and have the surgeon over-ruled. Only then did the surgeon agree. The rest of the operation was performed in angry silence.

The patient survived and was later confirmed to have a latex allergy, had the anaesthetist not insisted, the patient would have died. The cause of death, this would have been ascribed to unpredictable allergic reaction, beyond anyone's control.

The surgeon painted himself into a corner where cognitive dissonance allowed him to reason, that

his behavior was not unreasonable. Even when the anaesthetist pointed out that 'if I am right and you do not change the gloves, the patient will die. If I am wrong, you spend five minutes changing gloves'.

Hierarchical structures such as medicine lend themselves to this sort of situation developing. We need to be made aware of this in order that junior staff have the confidence to question decisions where they see errors being committed or likely to be committed.

The airline industry has taken this on head-on. After all, errors result in the loss not only of passengers but also the crew. Everyone has a vested interest in possible errors being reported and alternative methods being found to avoid these.

A culture of reporting and non-blame was developed. Something medicine and government can learn from. I wonder how much the recent trial of two GPs, for negligence over the death of a child from a very rare condition has set this process back.

Both were acquitted, but not before every doctor in the land was reminded that to report an error could lead to them being sued in court. Only by not apportioning blame, but instead encouraging error reporting so we can all learn from mistakes in a very complex field.

Why write about this? No doctor has had an error-free career. When errors occur they can be fatal. Patterns develop where certain errors are repeated.

Take the injection of chemotherapy into the cerebrospinal fluid of people with lymphoma, to kill any residual lymphoma cells in the spine and brain.

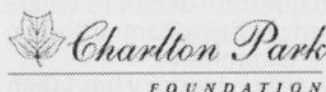
This used to be done at the same time that Vincristine was to be administered via a vein. I did this many times as a junior doctor after

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carefully inserting a needle into the spinal fluid. Nothing ever went wrong, I was very careful to ensure the correct drug went in the correct cannula.

I may have been lucky I had slept the night before, that no one interrupted my train of thought with an urgent request to go to another ward or to sign an urgent drug sheet.

However, Vincristine injected into the spine is fatal! Terrible tragedies happened over many years when young people died because the wrong drug was picked up off the trolley.

Eventually the problem was resolved by providing a different bore syringe that would not fit the spinal cannula and by giving the two drugs on separate occasions.

This was done after several young doctors had made the fatal error and ruined both their lives and those of a patient and their family.

None would have done this negligently on purpose, all would have been, tired, distracted or just under trained or supervised.

So a simple solution to a problem that could not go unnoticed. However, many errors do go unnoticed, because they do not have such severe outcomes or the patient was expected to die anyway.

It is only when the error is repeated, where a dangerous drug is being used, that it comes to light. An example would be a doctor prescribing methotrexate daily instead of once weekly, something which leads to bone marrow failure and death if not detected.

So an atmosphere of openness and an absence of blame is crucial to progress in reducing errors.

Dr Allan Fox
Wye Surgery

Godinton gardens in Autumn

With the sun still shining, the mornings have slowly begun to have an Autumnal feel about them.

The Lily Pond is nearly full, which is a delight to see, along with the bold and vibrant colours around the garden.

With the birds singing, enjoying the final flourish before the days draw in, I am sure a walk around the garden will leave you with a spring in your step.

The house will close for the season this 2nd October but the gardens are still open. We will be holding **Autumn Week** from Oct 24 to 28—a week of family activities for children, including pumpkin carving!

To mark the end of the summer we are offering readers of the *Elmsted and Hastingsleigh Community News* two tickets to the Gardens.

To win both tickets email your answers to the question below to the News (see p1 for the address) by Oct 15. They will be drawn from a hat and the winners notified.

Q: What is the name of the Gaelic festival linked to Hallowe'en?

Rachael Fagg
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Lorry way down...

WE ended last month's update in Nairobi, and after getting a new pair of tyres and giving our trusty Daf a welcome oil and filter change and a few small repairs, we headed to Amboseli National Park.

This meant doing a few hundred kilometres on the Mombasa to Nairobi Highway, and it is a shockingly dangerous road.

It is all single carriageway, about 90 per cent of the traffic is buses, and trucks, and it is very busy. It is also like a computer game with no one (apart from us), bothered about having a huge accident.

Overtaking straight into on-coming traffic is normal behaviour, and if you are about to have a head on collision with someone in your lane, then it's just accepted that you have to brake and sometimes brake very hard.

Motorcycles usually just simply have to leave the road. Tanzania was bad, but the volume of traffic, especially commercial traffic that is heading to and from Mombasa, makes a lethal combination.

We camped in a small community camp run by Maasai people just outside the gate, and spent an afternoon/evening, and the following morning in the national park.

This month in the African adventures of Vince and Jac Martin of Hastingsleigh... they swap a length of terrifying tarmac for a stretch of white water

The wildlife was a little disappointing, but the landscape of Amboseli, with Mount Kilimanjaro as a backdrop, was stunning.

We thought about a trip to the coast from here, as we had been given some info on a campsite south of Mombasa, but it was approx a 1,000km round trip on that awful and terrifying road, so we decided to head back to Nairobi, before heading north west.

We spent about five days at Jungle Junction in Nairobi, and met some great people here from many different countries. They were all trying to get a visa for the border into Ethiopia. There was a huge bottleneck now with the Ethiopians refusing visas to almost everyone.

One British couple we met, ended up shipping their Landrover from Mombasa to Greece, after they gave up getting the necessary paperwork. This was like West Africa all over again, and it's one thing we don't miss about travelling through North West or North East Africa.

From Nairobi we stopped at Lake Navaisha for a few days, camping right on the shores of the lake, and from here we visited the

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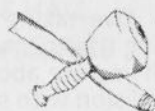
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nearby Crater Lake. The wildlife at Lake Navaisha, inside the camp is stunning with hippos out of the water grazing in the evening, along with some fantastic birdlife. We also saw our first Black and White Colobus Monkeys along with the usual thieving Vervet Monkeys.

We then spent the next couple of weeks visiting the number of large lakes in this area, including Lake Nakuru, Lake Bororia, and Lake Baringo. All are very different but the one thing they have in common is that they are all stunning and we had a good time at each of them. It was while visiting this area that we crossed the Equator, just north of Nakuru.

From Lake Baringo, we backtracked a bit then headed due west towards Iten, this is where many long distance runners, including Mo Farah, and Paula Radcliffe come for their high altitude training. This was one of the toughest day's driving of the trip so far, with some very long and very steep sections.

We ended up crossing two mountain ranges that day, and for about 150km Colonel K had to remain in low range. Our plan was to try to 'blag' our way into the training camp and have a look around, but we couldn't find anywhere to camp for the night, so we ended up driving all the way to the town of Eldoret.

Next up was the border crossing from Kenya into Uganda – surely this will be a well-organised and easy affair? Wrong! It was chaos, and we ended up overtaking (queue jumping) somewhere between 500 and 1,000 trucks, that were trying to get to the Kenyan border post.

We have described it more in our blog at lorrywaydown.com but it was a very frustrating time. The Ugandan border post was much

more organised, and was a little quicker to process, especially as we already had our East Africa Visa. That day was a very long day, but eventually we arrived at the town of Jinja, where we crossed the River Nile at its official source.

Here, we stayed at a place called The Haven, which was recommended by an Austrian couple we met at Lake Navaisha. It is absolutely stunning here, with the most beautiful view over the cataracts (rapids) from the restaurant area.

We parked Colonel K at the top of the bank and spent the next week watching otters, kingfishers, ibis, eagles and whitewater rafters.

The River Nile at Jinja is renowned as having some of the best rafting in the world, so we booked up for a full day's rafting with a company called Adrift as these seemed the most professional of the rafting operators (there are about four of them). Jac had previously been rafting in New Zealand, and had loved the experience, so I was keen to try it out.

After donning an ill-fitting plastic crash helmet, and an old buoyancy jacket, we climbed into the raft with a skipper (Roberto) and five other paying guests, and were taught in the confines of the calmer waters how to escape the dangers of being stuck under a capsized raft.

Five minutes of training over, and back in the raft (this is quite difficult), we started to pick up speed towards the first set of rapids (this is where we were camped). Roberto wedged us against the bank, and gave us our instructions of what to do once we started off into the faster water.

He also mentioned that it was a Grade 5 section (the grading

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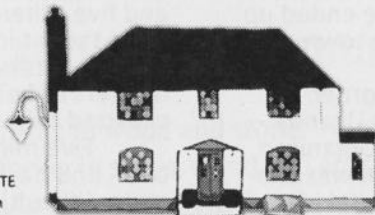


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only goes up to 6), and that it was a waterfall!

Yes, it was crazy, and we ended up going down the waterfall backwards in the raft, and the raft got stuck in the backwash of the falls, and we had to be pulled out with a rope from another boat. This was one of the toughest things I've ever done.

The raft completely cap-sized twice, we lost the skipper twice out of the back of the raft, and poor Jac was washed out of the raft six or seven times. It was really hardcore stuff, and Jac certainly had the cuts and bruises to prove it (cut foot, cut chin, and a sprained ankle). I loved the day, but Jac hated it, and said it was much harder than what she had done in NZ. I'm convinced that only in Africa could you get away with this.

We are now in the Ugandan capital of Kampala, and are trying to obtain a pair of permits for tracking the Mountain Gorillas in Bwindi Impenetrable Forest. These cost a staggering \$600

each, and cannot be booked online unless you are a tour operator, so we either have to go to the headquarters, here in Kampala, to try to book them, or we pay someone another 10 per cent (\$120), to reserve and book them for us.

That's assuming that there are permits available for the dates we require (towards the end of September), as there are obviously only a small supply (there are only 780 Mountain Gorillas left in the world, with none in captivity at all). But it is something that we really want to do so fingers crossed.

Thanks for reading.

You can view more at
www.lorrywaydown.com

We hope everyone back in home in Hastings and Elmsted is well, and thanks to those that have taken the time to email us, it's always great to hear from home. We would love to hear from you.

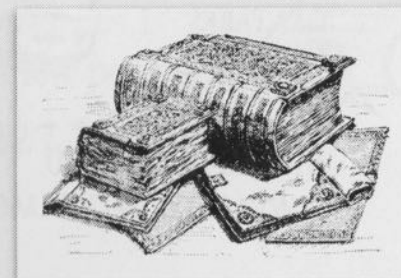
Vince and Jacqui Martin
jacmart5@icloud.com

Library times for October

The Mobile Library now comes on alternate Tuesdays, from 9.45am to 10.15am.

The next visits for your diary are Oct 4, Oct 18, Nov 1, Nov 15 and Nov 29.

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