

Rolvenden & Newenden *Parish Magazine*

2023
SEPTEMBER
ONLINE





Parishes of Rolvenden and Newenden

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St Peter, Newenden

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|--------------------------------|---|--------------|
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This month's cover:

Meadow Scabious - still blooming Photographer Jillian Eldridge



Letter from Rev. Lindsay Hammond

Dear Friends,

As you read this, around 20 of us will be about to travel to Iona for a week's retreat. Iona is a tiny island off the southwest coast of Mull in the Inner Hebrides. It is only 1.5 miles wide by 3 miles long, with a population of around 170 permanent residents.

Iona has a special place in the heart of many people the world over. The island has a long and illustrious history and is known as the 'Cradle of Christianity' in Scotland. The many people who visit Iona – this outpost of Celtic Christianity - encounter peace and restoration. Which is why we are going!



There is a tradition in Celtic Christianity of what are called 'encompassing' prayers. The prayer below – St Patrick's Breastplate – is an example:

Christ be with me, Christ within me, Christ behind me, Christ before me, Christ beside me, Christ to win me, Christ to comfort and restore me. Christ beneath me, Christ above me, Christ in quiet, Christ in danger, Christ in hearts of all that love me, Christ in mouth of friend and stranger.

For months of the year, weather conditions on the western coasts of Ireland and the Scottish Highlands are austere. The history of these Gaelic lands - from pillaging invasion to potato famine - are marked by suffering, and the subsistence living today is not at all easy for many – if they stay at all. These conditions have always prevailed and, in response, the encompassing prayers weave a circle of words around the fragility of the human predicament, in which appeal to the protective power of God is paramount.

Encompassing prayers resonate because life's circumstances almost seem to demand them. The meek do not inherit the earth, the rich are, too frequently, not humbled, the hungry are not fed, nor the prisoner freed. And people die in atrocious situations, sometimes at the hands of other people, sometimes at the hands of natural forces. This is a pretty dark picture even if some of us are doing OK out of life.

And so we weave a circle of words around our human fragility which appeals to God who is unseen and eternal. This is faith seeking to glimpse the God who is working in life's human and daily circumstances. This is faith which trusts that bread is more than bread, and wine is more than wine, and one sunlit day by a river, or the music of birdsong on a summer breeze, can provide hints in abundance that God is here. And that can be enough. The questions are not





necessarily answered. The questions may remain. But the questions may be quelled, and we are strengthened to continue.

With every good wish

Lindsay



St Peter and St Mary Flower Rotas for September 2023

Sunday St Mary

Sept 03 Sylvia K
 Sept 10 Sylvia K
 Sept 17 Sylvia K
 Sept 24 HARVEST Flower Arrangers

Contact: Sylvia Kellett
 01580 240463

Sylviakellett@eplusmail.com

Brass Cleaning at St Mary: Jenny Field

St. Peter's Church: Normally open between 10.00 and 5.00pm. If you need access outside of these times, please contact Frances Jones or Rosie Edmonds.

Should arrangers be unable to do any slots please swap with someone else and let Rosie know.

St Peter

Rosie Edmonds
 Rosie Edmonds
 Sally Manford
 Sally Manford

Rosie Edmonds
 01797 252196

rosie.edmonds@hotmail.com

From the Registers

Wedding

5th August – Timothy Quick and Phoebe Doyle at St Mary's

Interment of Ashes

21st July – Herbert Poile at St Mary's



FLOWERS FOR ST. PETER'S CHURCH, NEWENDEN

We are looking for new people to join our fun, friendly Flower Arranging team. No previous experience needed, just a love of flowers! We were all nervous beginners once, so are always only too happy to help! If you'd like to give it a try, please contact Rosie Edmonds on 01797 252196 or rosie.edmonds@hotmail.co.uk We look forward to hearing from you!



Thoburn Land Trust - Public Consultation



All residents are invited to an event in the Village Hall on Sunday September 17th anytime from 10am to 4pm, where you will be able to view the reports on the biodiversity potential of the Thoburn Land. The reports were produced following the assessments recently undertaken on our behalf by Tenterden Wildlife.

There will also be information on the potential preliminary costs and statutory requirements to create an extension to the churchyard to provide additional space for future burials.

Most importantly, there will be an opportunity to put forward your thoughts and suggestions for the best future use and management of the Thoburn Land.

The author of the biodiversity report, Richard Masfield, will be in attendance and has kindly agreed to give a presentation on the findings from the habitat surveys, at 11am and then again at 2.30pm. Parish councillors will be available for discussion throughout the day and complimentary refreshments will be provided.

Residents not familiar with this area of the village are invited to walk the footpath through the Thoburn fields at any time over the weekend of Sept 16-17th – see the map below with the area bordered in red. Access can be gained from the footpath through the churchyard or via the stile adjacent to the gatehouse at Great Maytham.

We look forward to seeing you and hearing your views.

Denise Curtain

Chairman Rolvenden Parish Council

Map Contains OS data © Crown copyright [and database rights] 2020.



ROLVENDEN VILLAGE MARKET

Thursdays 9 till 11am in the Village Hall

Selection of fresh and home produced goods including fresh fish, homemade cakes, meat, sausages and cheeses, honey and bee products, wild bird and pet foods. Also knitware and assorted crafts.

Refreshments include speciality fresh cooked breakfast or home made cakes and sausage rolls.

Stallholders welcome, for details contact Market Manager

Lindy Alton on 07594 660950



The Church of England

IN TENTERDEN, ROTHER AND OXNEY SERVICES IN CHURCH AND ONLINE DURING SEPTEMBER

Sunday 3rd September: The Thirteenth Sunday after Trinity

8am St Mary's Rolvenden
Holy Communion
9.30am St Peter's Newenden
Eucharist
11:00am St Mary's Rolvenden
Celtic Morning Prayer
6:00pm Sung Evensong St Mildred's Tenterden
Live streamed and online thereafter

Sunday 10th September: The Fourteenth Sunday after Trinity

9:30am St Peter's Newenden
The Eucharist
11:00am St Mary's Rolvenden
The Eucharist
6:00pm Sung Evensong (Tenterden)
Live streamed and online thereafter

Sunday 17th September: The Fifteenth Sunday after Trinity

9.30am St Peter's Newenden
The Eucharist
11:00am St Mary's Rolvenden
Matins
3:00pm Blessing of Animals Appledore
6:00pm Sung Evensong (Tenterden):
Live streamed and online thereafter

Sunday 27th August: The Sixteenth Sunday after Trinity, Harvest Thanksgiving

9.30am St Peter's Newenden
Celtic Morning Prayer
11:00am St Mary's Rolvenden
Harvest Eucharist***
6:00pm A Service for Creationtide, (Tenterden)
Live streamed and online thereafter

***Following the Harvest Eucharist there will be a Harvest lunch in the Village Hall.
There will be a sign-up sheet in church for those who wish to come.

And during the week

Morning Prayer Will be said Monday to Friday at 9am in Tenterden Church.
This service will not appear online

Beginning the Day with God

A ten-minute reflective service, *online only from Monday to Saturday.*

Ending the Day with God

A ten-minute reflective service, *online only from Monday to Saturday.*

Holy Communion

Will be celebrated at St Michael's every Wednesday, and at Tenterden every Thursday. Both celebrations will begin at 10am, and last about twenty-five minutes
These services won't appear online.

To access our daily online worship, visit: YouTube St Mildred's, Tenterden
Online services, can also be accessed through the daily bulletin, Connect Up!

To receive Connect Up!
please visit our website: www.tentroxchurches.co.uk



The Arty-Crafty Garden Party

Priory Stones, Lossenham Lane, Newenden

Sunday 13 August 2023



Caroline Jones organised a delightful afternoon of arts and crafts, in the garden and studio of Priory Stones, to raise funds for the Friends of St Peter's, Newenden. There was also a plant stall, a magnificent cream tea, and an excellent raffle. This was probably the most successful garden party Caroline has organised, with people coming from far and wide, attracted by the opportunity to see Caroline's own paintings, as well as a selection of Jillian Eldridge's art, Rhoda Smith's knitwear and Marianne Angeloni-van Niekerken's basketry. It raised approximately £500 for the Friends of St Peter's, which is a brilliant result.

It was wonderful to see so many people enjoying the excellent scones, cheese straws, sausage rolls and cheesecake, all homemade and generously donated by committee members and other supporters of the Friends. Everyone was able to sit out in the sunshine, which has not been possible very often this summer, meeting old friends and acquaintances, in such a beautiful, relaxed, rural setting. Christine Burford organised the cream teas superbly and had help from three refugees from Ukraine: Hannah, Katia and Lisa. Their own village in Ukraine has been devastated by war and they enjoyed being a part of the Newenden village occasion.

Caroline deserves huge respect for pulling everything together on the day, especially as she had only just arrived back from a visit to family in Australia and was still suffering from jet lag. It was a tremendous effort, in which she was ably assisted by Michael and Joe Jones, Christine Burford, Hugh and Rosie Edmonds, Rhoda Smith and others, including Alan Seal, Chairman of the Friends of St Peter's.

Anthony Dawson



EAT WELL, SPEND LESS ROADSHOWS

St Mildred's Church,
Church Road,
Tenterden,
TN30 6AT

On Wednesday 6th
September 2023

10am – 2pm

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Rolvenden Church Finances

Dear Rolvenden Villagers,

There has been quite a bit of community discussion recently about the Rolvenden Clock 200 Appeal and also the sale of the Rolvenden Vicarage. I thought it might be helpful if I clarify the relationship between the two.

Basically, the Vicarage belongs to the Diocese of Canterbury, as do all Church of England properties in our area. The Diocese has carried the responsibility for keeping the Vicarage properly maintained whilst we had a vicar in residence in Rolvenden. Now that our local group of churches have been reorganised the property is no longer required.



The Vicarage has now been sold and the proceeds of sale, have, quite properly, gone to the Diocese. Because Rolvenden

Parochial Church Council (PCC) did not own the Vicarage, we did not benefit from the sale of the house. No money has come our way.

Rolvenden PCC pays a certain amount of money to the Diocese of Canterbury each year which enables it to provide the three full time clergy who serve our group of nine churches. In addition, Rolvenden PCC also has to find the money to help fund our church worship, mission and ministry, and to pay for the upkeep of Rolvenden Church, including the clock.

This money comes from generous giving by worshippers, from special fundraising events, and legacies which is when people leave us money in their wills.

The exceptional nature and cost of the work to the clock cannot be covered by what the PCC has in the bank - hence the need for the fundraising campaign.

We hope this will succeed so that our clock can be restored to full working order. We are enormously grateful for the support we have already received.

Please get in touch if you have further questions.

With every good wish.

Tim Cole

Church Warden

timjamescole@hotmail.com



Rolvenden Pre-School

As I write this, Rolvenden Pre-School is closed for the summer holidays. However, that does not mean that nothing is happening here! Staff are doing some work to revamp the pre-school, indoors and out. We are also in the process of appointing a new member of staff to join us in September as an apprentice (more on that next time). The committee continues to help us behind the scenes with the administration and management of the pre-school as we look to the future and how best to secure this valuable village asset. We are currently fully booked for September, with a waiting list for those hoping to join us in January and beyond. Hopefully all the children and families who we work with are enjoying their time together and will be full of stories to tell us when we re open in September.



Interested? Please do get in Touch for an informal chat

We are open, at the moment Monday to Thursday.

Call: 07729718181 or see Facebook page @rolvendenpresch

Samuel Bishop Foundation Applications for Grants 2023

Calling all children in Newenden in Secondary, State School Education, to apply for a grant for your school year 2023/2. These grants are to help children with their education, and can be used for such things as books or equipment for any subject, for example:- extra maths or English lessons if needed, or footwear for games and athletics, singing lessons, or learning of musical instruments.

Contact: Jillian Eldridge on jillianeldridge@hotmail.com, or text 07984169314, or come and knock on the door of 4 Heron Cottages, Lossenham Lane, TN18 5QE., to collect an application form. It will be lovely to see you! Application forms must be handed in by 30th September 2023. If you don't apply we cannot give out a grant, so, don't forget! We look forward to hearing from you.

Jillian Eldridge

The Garden Studio Newenden Caroline Anderson

MA. MA. BSc. MBACP. UKRC. CertEd. Creative Arts Psychotherapist and Art Tutor
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Art Classes Adult & Children



Rolvenden Gardening Society



Autumn Show



Something for everyone. Flowers, vegetables, cookery, flower arrangements and a special section open to all children (A collage of poppies to represent Remembrance Day and/or A decorated cup cake. - these entries need to be in the village hall before 11am on Saturday 9th September. Judging begins at 11am so no entries can be accepted after this time.) Please join us for a look at the amazing entries, have a cup of tea/coffee and enjoy the fun of our raffle. Doors open 2.30pm - Prize giving and raffle 4pm.

Sue Clout



Trip to the Lavender Fields



Fifty-two members and friends visited Castle Farm at Shoreham near Sevenoaks on Tuesday, 15th. July to see the fields of lavender. The party were divided into two groups led by guides Hazel and Julie, to see the fields and distillery, changing over halfway. Finally, we were treated to an apple juice and lavender shortbread, and we were able to purchase lavender themed items from their shop.

From here we travelled on to Polhill Garden Centre, which is very large with an extensive restaurant and plant centre as well as having many other sundry items to purchase. After partaking of some lunch and a look around Polhill, we boarded the coach for the journey back to our destinations.

It was an enjoyable day, helped by some fine weather. Thanks go to Graham for organising this much anticipated trip.

Maralyn Button



**ROLVENDEN
GARDENING SOCIETY
AUTUMN SHOW**



**ROLVENDEN VILLAGE HALL
9th SEPTEMBER '23**
Open 2.30pm – Prize-giving 4.00pm
RAFFLE – TEA/COFFEE – PLANT SALE
ALL WELCOME
THE MORE THE MERRIER!





Weather and Nature Notes

Thankfully this July has been much more comfortable than last year with its heatwave, its showery nature may not have been to everyone's taste, but actually the temperatures were only slightly lower than average. Whilst many parts of the country had a plentiful supply of rain for the month, here we appear to have had about average with 73.5mm, enough to get plants revitalized. You may water your plants in dry weather, but it is not until a good rain that they really respond, vegetables in particular. In contrast Southern Europe has suffered awful heat extremes, wildfires and droughts. August so far has continued the showery theme, the first named storm of the year passed through producing frequent showers but fortunately no damaging wind. The year seems to be marching on, already we have said "cheerio" to the swifts, who's screaming calls are so evocative of Summer, and already we can feel the approach of Autumn. A now redundant expression I grew up with to describe this change was "it feels hop pickingy". A busy time in the agricultural calendar, employing many, so everyone was familiar with that change in weather at the time the hops were ready. It was not so long ago, no matter which direction you walked in the village, you would probably have come across a hop garden, and now there is little or no evidence of this once important crop here apart from the odd bine scrambling through a hedge or most obviously the many converted oast houses.

It is the time of year when buddleias bloom and are visited by an array of



butterflies, Red admirals seem the most abundant this year closely followed by peacocks that I have seen. How dull and unthinkbale a garden would be without these lovely creatures fluttering around alongside bees, dragonflies and a myriad of others that bring a garden to life. In recent years I have regularly seen a few Silver washed fritillary, but as yet, not this year. I expect last year's drought will have an effect on some butterfly numbers, where the caterpillar's food plant may have died. I have



not seen many common blues so maybe this is the case for them. Blackberries are starting to ripen in the hedgerows and some road verges are looking colourful with eye-catching bright yellow fleabane, pink willowherb and knapweed and white convolvulus amongst others. It looks as though goldfinches will be feasting soon as plenty of thistles are now going to seed. Have you noticed how thistle down always manages to find your runner beans and sticks to the pods like Velcro?

The Parish Council have asked the Tenterden Wildlife Group to do a wildlife survey of the Church fields, as featured in last month's magazine. They have looked to see what flora and fauna are present. I was invited along to help take part on the evening of the 25th by Val Sutton who was leading the bat survey to assess what species were about. One of the members had brought a small moth trap and left that set up whilst we looked for bats. In total six of us with our detectors did a slow walk round starting at dusk, a couple of Common pipistrelle were soon seen swooping around and picked up by the bat detectors and also soprano pipistrelles. It was hoped that near the ponds Daubenton's bat may be seen. These bats hunt for small midges and aquatic flies, flying low over water. We did hear a noctule bat though, which are larger, and feed on beetles and moths. The full report of their findings will be published in September. It would be my preference for this to remain as mild grazing managed for nature. Farmers' have the pressure to get the maximum "bang for their buck" per acre off their land so wildlife needs are not their priority; this rare gift of land has the luxury of not having that burden so I feel this is an opportunity to put wildlife first. Maybe some inspiration can be taken from the Newenden Meadow Restoration Project for example, even just relaxing the annual hedge cutting to allow them to thicken up for birds to nest in, and introducing some wildflower seeds/plug plants would not be too onerous and reap rewards.

Hazel Beaney



S K
ARTS
E P

Coming up in September

SKEP Arts has a real treat for you on Friday 22nd September. We are returning to the beautiful Ellen Terry Theatre in Smallhythe, this time with Bev Lee Harling, whose inventive one-woman show **PLOUGHING THE SALT SEA** combines theatre and music to investigate and celebrate the roots of the fishing community in Hastings. If you saw Bev perform at the Old Meeting House last year, you'll know just how extraordinary she is. See you there! Rob Pursey
And here is the link for ticket purchases: : <https://www.wegotickets.com/event/588837>



ROLVENDEN HISTORY GROUP

September 1st 7:15 for 7:30 in St Mary's Rolvenden

'Witchcraft in Seventeenth Century Kent:

Murder and Mercy at the Maidstone Assizes'

Witchcraft in seventeenth century England has been the subject of countless stories and films but what was the reality behind the image?

Through an examination of a single witchcraft trial at the Maidstone Assizes in the 1650s, Rebecca Warren reveals how and why witchcraft was so widely believed and exposes the way rumour, accusation, indictment and trial could engulf communities and destroy lives.

Non-members welcome. Entry £4 to include coffee after the talk



Will Smith in his supersized poly tunnel Tony (Will's grandad) with his brilliant sweetcorn crop

Rolvenden Allotments good things happening

Rolvenden Parish Council are now officially the owners of Rolvenden Allotment Gardens thanks to the generous legacy left by Miss P Thoburn. We have already received a massive amount of advice and support from Rolvenden Parish Council especially Councillor Denise Curtain who always took time to answer our many questions. We will pay an agreed annual rent to the Parish Council and be responsible to them, but we will continue to manage the day to day running of the allotment ourselves via our committee and members.

This has been a strange year for gardeners, too cold, too hot, not enough or too much water. Despite the vagaries of this year's weather most plot holders have had brilliant results with their plots which is encouraging to see. Plot holders have produced an amazing amount of produce, potatoes have been excellent, huge onions, tender broad beans, this year's runner beans have been fantastic, and a massive selection of other vegetables and fruit have been grown. Many plot holders have grown a selection of flowers on their plots which is always nice to see. Thankfully we now have tap water on site which makes such a difference to us all.

At this time, we do not have any vacant plots, but we do have a waiting list if you are interested in becoming a plot holder. Priority will be given to Rolvenden residents. Caring for an allotment plot is a commitment, can be physically demanding and plots do need regular care and attention. We find that during the summer months we visit our plot daily. However, gardening is rewarding, very good exercise and you can work at your own pace.

If you would like to visit the allotment email or call.

Jan Bridger

rolvendenallotmentgardens@gmail.com

7445 971791



Newenden Meadow Restoration update. Summer 2023

The Selmes Field has had many wildflowers blooming throughout the summer months. Yellow rattle came up well back in March and some are still flowering; large areas of sorrel also appeared. There were lots of knapweed and oxeye daisies, meadow vetchling appeared in abundance and a little later large patches of beautiful blue tufted vetch and the yellow and red of birdsfoot trefoil. Latterly we have discovered ladies bedstraw has found its way into the field, and we mustn't forget a nice patch of yarrow, loved by smaller insects. Red and white clover have shown up too, some of the red clover planted by us early in the year, as was meadow cranesbill, musk mallow, devil's bit scabious and meadow scabious, the last three of which are flowering now. The marshmallow plants that we planted last year are looking good and flowering well, hopefully we will be able to get more germinating next year. Purple loosestrife and water mint are also still flowering. All in all we are thrilled to bits with the amount of forage and habitat that has been available for bumblebees and other pollinating insects this year.

Earlier this summer the bumblebee count all over this part of South East England was low, but now the common bumblebee species numbers around Newenden have picked up, and it's a joy to see them among the flowers. We hope they have good weather, to set them up for next year. This year has been good for butterflies, with many red admirals, peacocks and meadow browns



topping the list, with gatekeepers, common blues and holly blues, and large and small whites too. We have seen a lot of crickets and grass hoppers lately and earlier in the year, the rare long horned bee was often seen feeding on the meadow vetchling.

It will be haymaking in the next couple of weeks, then sowing of more seed, then sheep for a few weeks. After that the field will be slowly closing down for a well-earned rest, though, just under the soil, all sorts of new life will already be preparing to burst out next spring!

Many thanks must go to our volunteers who have been so helpful; Anne, Simon, Ian, Viv, Mark, Arabella, Marion, Louisa and Dan. They have helped with planting, strimming, cutting and digging of docks and reeds, and pulling of thistles, to name some of the tasks they happily dealt with. There are other volunteers keen to join in too and they are so welcome.

Lastly, the new bench looks great and several people have said how much they have enjoyed resting there and being in the field among the wildlife. I hope many more will take a moment to sit there in the future to experience the peaceful atmosphere. *Jillian Eldridge*



Sandhurst Hospice in the Weald

THE 15th. ANNUAL RBD PIANO RECITAL IN AID OF HOSPICE IN THE WEALD. TUESDAY SEPTEMBER 12th. AT 3pm. IN SANDHURST.

The pianist Sinae Sung will be playing some rare music by Hummel, Lyadov, Blumenfeld, Henselt and others.

Tickets in advance only.

For further information, please contact: Gillian Davis 01580-850384.

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| L | I | N |
| A | E | S |
| G | N | G |

Get those little grey cells working

See how many words you can make out of these 9 letters.

Two rules: only use each letter once in a word and you must use the one in the middle.



FOOD, GLORIOUS FOOD!

Plums



Plums are of the genus *Prunus* and are related to peaches and cherries, they come in a variety of colours and sizes. The damson originated in Damascus, Syria and has been cultivated since classical times, closely related to the sloe and bullace.

The plum was introduced to us in the 15th century from Italy and France. The greengage also came from France in 1724 by William Gage.

Plum orchards are found all over the world and especially in Europe, the largest producer is China followed by Romania with Spain and Chile being significant exporters.

In Chinese philosophy the plum blossom is a symbol of hope and perseverance, it heralds the arrival of spring. In Japan it is seen as a protective charm against evil spirits and is planted in the north east of the garden which is where the evil is perceived to come from.

There are around 40 varieties around the world, the most popular and best known in the UK is the Victoria, it's one of the oldest species and has a lot to recommend it, easy to grow, self-fertile, prolific and versatile. Other good varieties are, Majorie's Seedling, lovely blue fruits which are harvested from September. Purple Pershore, Laxton's Gage, Avalon and Denniston's Superb.



Looking out of my kitchen window I can see my Victoria plum tree laden with fruit which will have to be harvested, luckily there are lots of options.

Plums are not just for preserves or puddings, they are excellent in savoury dishes as well.

Some first course ideas, plum soup, add some ground almonds and cinnamon, or plum and roasted tomato soup ratio of 2/1 tomatoes to plums, can be served hot or cold with some shredded basil and sour cream. Plums served with Parma ham instead of figs or melon is an inexpensive alternative, plum and avocado salad, if you have time marinate the peeled and halved plums in a french dressing for half an hour before adding the avocado, sprinkle with chopped chives and parsley and toasted almonds if you like.

I'd never really thought of serving plums with fish but it is surprisingly good, a salad of rollmops, plums with a mustard, sour cream and tarragon dressing to serve separately.

A plum sauce made with a puree and a little white wine makes good sauce to go with any fillet of white fish.

When it comes to cooking with meat there are numerous recipes using prunes which are delicious, but you can substitute fresh plums, in which case I add them nearer the end of the cooking depending on their ripeness. I've also used them instead of apricots in a tagine.

The Chinese plum sauce I make is with onion cooked until soft, add about 1 lb peeled stoned plums, with half a cup of water, grated fresh ginger, little sugar and light soy sauce to taste, cook until plums are soft, puree in a blender. This is also good as a dipping sauce or with chicken, pork or prawns.

The choices for making desserts with plums are endless, they are complimented by almonds and cinnamon. A crumble is a classic and we all have our favourite recipe, I like to add ground almonds to the topping, plum upside-down cake, ice cream, Queen of puddings, plum charlotte to name a few.

Across Europe you find delicious plum liqueurs, it is worth making plum brandy which you make the same way as damson gin, easy to make and it will be ready for Christmas.

As a child I was fascinated by a cupboard which contained jars of fruit which were delicious, I still bottle our fruit each year, it is more work than freezing but worth it as I think they keep their flavour and it frees up freezer space for other things. They keep in a cool dark place for several years and are instantly ready to eat!

Lavinia



Rolvenden Clock 200 Fundraising Campaign Update

Since the recent launch of our fundraising campaign for the restoration of the church clock we have really seen the village come together and get behind what we are doing, with successful launches of sponsored initiatives and events.



The Rolvenden Clock 200 BBQ on Saturday 12th August was a great success. It was well attended and very much enjoyed by all who came and big thanks go to everyone in the village who made the planning of the event such an organic process, seeing the event grow into what it became. It is great that people are on board and appreciate that the clock is an important part of our village life, and its condition also projects an image of us as a village to residents and visitors alike.

The feeling of community spirit was very much there for the afternoon and the BBQ raised a nice sum of £1073 to go into our fund.

Big thanks go to Lynn & Yvonne at The Star, Elsie at the Ewe & Lamb, Ed Hoad from Korger Sausages, Mahen & Malar at the Village Shop, Matt at Level Partnership and Sam at Iden Signs for their part in the planning and promotion of the event. On the day the Rolvenden team did a fantastic job and particular thanks go to the musicians who made the afternoon so special with their entertainment. Rob & Amelia Pursey as performers and also who kindly gave us their PA system and John Dyas for his performance, running of the line up and compere duties. It was great to see Jacques Desrosiers again on the banjo and then the KAE Classical Guitarists and Roy Green on the harmonica. More special thanks go to everyone there who generously supported us.

Sylvia Kellett's 'Sponsor Just a Minute' initiative has seen great success, with now 20 of the 60 minutes available sold. If you want to sponsor a minute for £60 and dedicate it to a loved one, now is the time to grab it while you can. Go online to Crowdfunder and leave your dedication comment or find sponsorship forms in church. The next sponsored initiative is 'The 9 Church Run!' taking place on Saturday 30th September which has its own feature, see next page.

We would also like to announce our latest fundraising event - the Rolvenden Clock 200 'Auction of Promises' which is being planned for Saturday 2nd December in Rolvenden Village Hall.

Well known Rolvenden man Steve Bryant has come to us with this idea and we have started the planning already. At this stage we are working on getting the promises list underway.

If anyone has any promises to offer, please contact Steve Bryant on 07747 827901 or Tim Cole on 07967438401. Email offers can be sent to timjamescole@hotmail.com.

As a final update we are now doing very well with our funds raised so far with donations totalling well over £3000. Thank you to all of those who have generously donated so far.

Online donations can be made at the following website address:

www.crowdfunder.co.uk/p/rolvenden-clock-200

Until next month! Thanks to all of you for your continued support and bringing the community spirit that we need to this campaign.

Tim Cole, Church Warden



Rolvenden Clock 200 -The 9 Church Run! Saturday 30th September

We have put together a range of events and fundraising initiatives for this campaign with many different concepts and ideas, which are all complementing each other very well so far. Each idea has its own appeal and we have seen valued support for all of our initiatives we have launched.



The next sponsored event is The 9 Church Run! I wanted to do something personally as a sponsored initiative and I came up with the idea of a running event which would incorporate the nine churches of our local benefice group. I will be running and our church friend Mo will be pacing me on his bike!



The geographical layout of our benefice church locations presents an ideal route and on the day we will be arriving at each church in turn to a hopeful reception from local supporters.

The run will start at 11 am on Saturday 30th September and this is the route :
Rolvenden – Wittersham – Stone – Appledore – Ebony – St Michaels – Tenterden – Smallhythe – Newenden – Rolvenden.

Here we have a total of 30 miles! So fitness training is very much the order of the day. I have set up the sponsorship for this event on the Just

Giving website and it is very easy to go online and donate your sponsorship amount.

Please go to the following website address

[justgiving.com/crowdfunding/9churchrun](https://www.justgiving.com/crowdfunding/9churchrun)

If anyone would prefer to sponsor me directly then please contact me on 07967 438401 or at timjamescole@hotmail.com and we can organise this. I'm off to hit my circuit training and the running stamina is coming along nicely!

I would very much appreciate your support with this initiative and I look forward to seeing any of you who would be able to come and cheer us along.

*Tim Cole
Church Warden*



Oasis will be back from Monday 4th September 8:45am. It's the drop in place for after you have dropped the children off. Coffee, free ranging chat Your space just to be, just to breath. We look forward to seeing you.

Judy V



An evening of favourite songs from the shows



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Overview of My Attendance at the World Parkinson's Congress in Barcelona

3-7 July 2023

The journey to Spanish Catalonia was the usual 'Easy-Jet experience' - there was a lengthy delay due to a tyre change on the aircraft! I was glad that my partner came with me on this trip, as I have forgotten how stressful it is to travel abroad. The humidity accompanied by the heat in Barcelona was an added adjustment, as my thermoregulation is not at its best in normal circumstances due to my Parkinson's.



However, these negatives were amply compensated for by a conference agenda that well exceeded my expectations. I was undecided as to which presentations to attend, as there were parallel sessions that were all very informative. Additionally, I was presenting a newly launched poster at the Exhibition Hall, so I was on duty on Day One of the conference. Our poster was based on the 'Accelerated Clinical Trial Project' instigated by University College London, of which I am a part of the Patient Involvement Team.

I would like to summarize two of the most exciting and significant presentations on the advancement in treatment for Parkinson's: Parkinson's is a condition that presents itself with both overt and covert symptoms. The overt motor symptoms, such as my tremors, led me to seek help from a movement disorder specialist. There are also covert non-motor symptoms; for instance some days I feel slow and lethargic, as apathy and fatigue makes me feel de-motivated. Some people with Parkinson's also suffer from anxiety, depression and cognitive decline, leading to dementia.

The three speakers presenting the session on 'Addressing Non-motor Symptoms' highlighted the difficulties in diagnosing these symptoms, as they are frequently psychosomatic in origin. In other words, stress and anxiety can bring on motor symptoms. Conversely, tremors and freezing gait can result in tiredness, lethargy and worry. That is why regular exercises of different modes and intensity is the way forward to combat motor symptoms, alongside stress-relieving practices. I personally find that singing and listening to calming music, along with meditation and positive thinking, are great ways of maintaining my mental health.



The next group of presentations were rather scientific and they focused on the causative factors of Parkinson's disease. By understanding the causes and how these affect our brain cells (neurones), we can then begin to make those lifestyle changes to slow down the progression of our condition.

The biological origin of Parkinson's disease is due to the tangled protein threads called alpha-synuclein fibrils. These fibrils cause damage within the nerve cells that produce dopamine. Dopamine is a vital hormone which facilitates electrical conduction between motor and sensory nerve cells. A lack of dopamine in Parkinson's disease in turn affects movement as well as sensory impairment.

This tangling process of the alpha-synuclein fibrils is caused by both genetic and environmental factors. Those with defective genes are usually younger individuals of working age, whereas those whose condition has been initiated by external agents, such as certain toxic substances inhaled or ingested, are mostly found in those of retirement age. These environmental or metabolic triggering factors give rise to inflammatory processes within the neurones, which make them vulnerable to invasion by the tangled alpha-synuclein fibrils. In my case, one of the first symptoms of my Parkinson's disease was a gradual loss of smell; this onset was insidious and happened 15-20 years before my official diagnosis. I think that the two main causal factors of my Parkinson's, were firstly, the heavily polluted environment of Hong Kong where I was raised and secondly, the use of phenolic disinfectants in hospitals where I worked during my nurse training in the UK.

As for the ingestion of toxic substances, such as pesticides, I have ameliorated any serious impact from these substances by maintaining a healthy and balanced diet with as much organic and home grown produce as possible. I believe that the use of natural probiotics, such as home-made kefir (fermented milk) could help to boost my gut immunity and combat the deterioration of my neurones.

My final conclusions that I take from attending this conference, is that by understanding these biological changes and causal factors, I appreciate the importance of lifestyle changes, such as good gut health and avoidance of toxic agents (either inhaled or ingested), as these could slow down my progression of Parkinson's disease. *Carroll Siu*

Northiam Bonfire Society

Torchlit Procession and Fireworks

Saturday 7th October

The Procession starts 7.30pm,
and the Bonfire will be lit approx 8.30pm

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Rolvenden Neighbourhood Watch



Our focus this month is a reminder about Burglary advice

Burglars are often opportunistic thieves who prey on houses and flats. They seek out any opening they can take advantage of, specifically doors and windows left open or unlocked or are easy to force. Anything of value that they might spot through a window will only spur them on. But it really doesn't take much to deter these thieves – just smart thinking...

Burglar facts

- Burglars target homes they think will contain valuables. A sure giveaway is leaving packaging from expensive items outside your front door
- Burglars look for homes with windows or doors left open or with vulnerable features they can exploit.
- Burglars are aware of the times when someone is expected to be away from their house (during the school run or holidays)
- Burglars typically do not want to be seen or heard and if they feel that they would be noticed by a neighbour or passer-by, they are more likely to feel exposed so may move on to find somewhere else
- Burglars often choose a home because they've spotted a specific vehicle, motorcycle or bicycle they want to steal – the keys are more than likely to be inside the residence
- Sheds and garages are often vulnerable as they are not that secure and contain tools which the burglar can use to assist them to gain entry to a home
- Many burglars return to homes they've previously burgled because the homeowner failed to upgrade security following the first burglary. They sometimes return to an area to try to burgle a nearby home they spotted while committing a previous break in. Ensure you keep your home as safe as houses.

Keeping your shed or garage safe and secure

Many people don't secure their shed or garage in the same way they do their homes - often using an easy-to-break lock or padlock to protect valuable contents such as a car, bike or lawnmower.

An opportunistic burglar will try a shed or garage first because they can find the tools they need to break into the main house.

Shed and outbuilding security: first steps

Check your insurance covers the contents of your shed or outbuildings from theft.

Think like a thief. Take a look at your shed and consider how you would break in. It's worth having a good padlock on the door with no exposed screws. Pay attention to hinges, as these are sometimes easily removable. If you have



windows then these could be vulnerable unless they're secured with wire mesh or grills. Keep it locked at all times.

Alarm it. Consider a battery-operated shed alarm

They look low key but they respond to movement or door contact with an extremely loud siren.

Lock it, hide it or mark it. Don't give them the opportunity or the tools to commit a crime. Lock everything away securely. Tools can be locked inside a locker or box or secured with a chain.



Hiplok offers 'a good space-saving idea for those who have no access to a garage or shed', use a wall hanger inside the home.

Secure your bike to the ground or a lockable stand within a locked shed or garage. **Visit Sold Secure:** <https://www.soldsecure.com/> to search for ground anchors and other locks designed to fix to floors and walls. It's always worth draping an old sheet or blanket over the top of mowers or bikes to keep them covered from view. Never leave your garage or shed door unlocked if you're not around. Property marking your items is advisable and some tools can be painted with your name or postcode. Forensic marking is also an option.

The top five most common items stolen from sheds

1. Bikes
2. Mowers
3. Sports equipment
4. Power tools
5. Garden tools

Reporting crime to the police

Serious crimes in progress dial 999, other incidents via 101 (phone) or online using Live Chat: <https://www.kent.police.uk/contact/af/contact-us/>
If deaf or speech impaired, text 'police' and your message to: 60066

Siân Reeves
Rolvenden Neighbourhood Watch



Parish magazine essential information:

Articles and supporting photographs: email to judyannvinson@gmail.com.
Photos for the cover should be emailed as a jpeg in colour or monochrome to Trevor Lodge on stmaryrolv@aol.com.
To keep the cover photos in tune with the month, Trevor likes to keep seasonal photos on hold waiting for the season to come round the following year. Any keen photographers who want to contribute, please send your photos to Trevor.



THE DEADLINE FOR THE OCTOBER ISSUE IS 5:00pm TUESDAY 12TH SEPTEMBER

Note for distributors: ☆ Rolvenden Magazines available for collection on Saturday 23rd September. ☆ Newenden Magazines available in St Peter's on Sunday 24th September from noon. The online version will be available from 1st October accessed via the Parish Council websites for Newenden and Rolvenden Parish Councils, for which arrangement we are most grateful. *Judy V*



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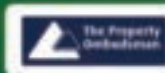


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job etc. Each foodbox contains balanced mix of foods to constitute 40 meals and are readily available at Tenterden Social Hub, (01580

762882), EC30 (Monday to Friday 9-4, Saturday 9-3) or by calling 07805

840493) Most needed items are always cereals, pasta, tins of meat and fish, long-life milk, pasta sauces, coffee and tea and all tinned soups and vegetables.

Please support this any time you are shopping... just buy an extra tin or two and pop them in the donations boxes in the supermarkets in

Tenterden. Every tin and packet makes a real difference. Or you can

leave a financial contribution when you shop in My Village Store

Rolvenden or drop items into the collection box in St Mary's.

The Old Schoolhouse Larder

The Old Schoolhouse Larder is a Tenterden based registered charity supporting vulnerable families with children who are finding it difficult to provide meals every day. Open weekly, families are able to choose a

top-up selection of nonperishable groceries and household & hygiene products. Vouchers allowing families to select fruit & vegetables from the Tenterden Friday Market and from the Market Square Farm Butcher are also available.



Welfare Intervention

Having issues with Council Tax, housing, benefits? For help please contact welfareinterventionteam@ashford.gov.uk

Or drop in to Tenterden Town Hall Tuesdays 10:00am to 12 Noon



CARM Meeting Point

Wednesday 13th September
Meetings from 10:00am to noon in Monypenny Lounge
Everyone welcome for a cup of tea and a chat

KCC Mobile Library Service...

Visits Rolvenden every 2 weeks on a Tuesday:
• High Street between 11:30am and Noon
• Monypenny between 12:10 and 12:55pm
5th and 19th September To join phone: 03000 41 31 31



Memory Café and Friends every Friday

St Andrews Church Hall, Ashford Road, Tenterden every Friday 2 – 4pm. An informal setting for people with short term memory loss or dementia, their family, friends and carers to meet in an informal setting for tea and cake.

Musical Memories – every Tuesday

Highbury Hall, Highbury Lane, Tenterden every Tuesday 10:45am – 12 noon. A singing for health group. Not only will it be good fun, but singing is scientifically proven to promote good health and a feel-good factor. Refreshments will be provided.

Monthly Lunch Club 4th Wednesday

Little Silver Hotel, St Michaels Tenterden 12:30 for 1:00pm.
A mixed group made up of Memory Café visitors, Musical Memories participants and assorted friends of those living with dementia or short term memory loss. Occasionally we have tea rather than lunch, please enquire.

Jan Bridger

Tel: 01580 762932 Mob: 07445971791



Remember to check out Kent Savers for affordable loans
www.kentsavers.co.uk

PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.



Parkinson's Café, Tenterden

We meet every 3rd Monday of the month.
Next one will be 18th September.

10.30am - 12:00pm

EC30 Café – Recreation Ground Road,
Tenterden, TN30 6RA

Join us for a friendly social gathering for people affected by
Parkinson's. Partners, family and friends welcome.

Waste Collection Dates for September

| Monday | Food Waste | Household Refuse grey bin (or black sack) | Recycling green bin (or clear sack) | Garden Recycling brown bin (or white sack) |
|---------|------------|---|--|---|
| 04 Sept | yes | yes | no | yes |
| 11 Sept | yes | no | yes | no |
| 18 Sept | yes | yes | no | yes |
| 25 Sept | yes | no | yes | no |
| 02 Oct | yes | yes | no | yes |

- Yellow sacks, where supplied, will be collected weekly
- Waste Electrical and Electronic Equipment, put out alongside your Grey Bin (or black sack) in clear plastic bag, but not light bulbs, see below.
Textiles, Clothes and Shoes, put out alongside your Green Bin (or clear sack) in clear plastic bag
- For all queries about recycling or waste disposal:
On-line, see ABC website: www.ashford.gov.uk/waste
By telephoning ABC on Tel 01233 330646

NEWENDEN PARISH COUNCIL

www.newenden.org/organisations.php
Twitter feed @NewendenPC using hashtag #Newenden
Parish Clerk: Mr John Leeves.
3, Ben Hall Mill Place, Ben Hall Mill Road
Tunbridge Wells, Kent TN2 5EE
telephone: 01892 513899
e-mail: john.leeves@newenden.org
There will be a meeting on 5th September.

ROLVENDEN PARISH COUNCIL

www.rolvendenparishcouncil.org.uk
Parish Clerk: Mr Peter Settlefield
Wealden House, Grand Parade,
Littlestone TN28 3NQ
email: rolvendenclerk@gmail.com
*There will be a meeting on
21st September at 7.30pm in the
main hall, Rolvenden Village Hall. .*

*Members of the public have a statutory right to attend
as observers. At the discretion of the Parish Council
Chair people may be invited to speak.*