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KENT HOME GUARD

The **Eastry** Village News



October November 2020

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Village Contacts

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101

105

111

999

www.eastry-pc.gov.uk www.facebook.com/EastryPC

PCSO - Richard Bradley

Chairman: Mark Jones

richard.bradley@kent.pnn.police.uk

Community Warden

Vice-Chairman: Deborah Russell

07703 454190 Peter Gill Peter.Gill@kent.gov.uk

Clerk to Council

Parish Council

Neighbourhood Watch

Mrs. Joanna Jones 01304 746036 clerk@eastry-pc.gov.uk Thornton House, Thornton Lane, Eastry, Sandwich, Kent CT13 0EU

Sheila Smith 611580

> C of E Primary School 611360

Gas Emergency **Highways Fault Reporting** 03000 418181

Head Teacher: Mrs. Sarah Moss PTA Treasurer: Justine Crane

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Young People's Contacts

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Meetings

NOW Open 2 nights each week **Tuesdays and Wednesdays** for 12-19 year olds - 7pm to 9pm

Eastry Young Peoples Club

is delighted to welcome to Eastry Sandwich Amateur Boxing Club.

Monday and Thursday evenings 6pm to 8.30pm

Contact: Mac McCarthy 07749 760520

Contact - Chairman - Dick Laslett (07702 459332) dicklaslett@yahoo.co.uk For party bookings or hall hire - Monica in Bubbles Nursery or the Chairman

Incy Wincys - Baby and Toddler Group Cancelled until further notice.

This group has been taken over by the Youth Club Committee and once open again will meet 9am - 11am every Monday. Joanne Barham will lead the group (07593 504326) and any offers of help will be most welcome.

RAINBOWS (age 5-7) and BROWNIES (age 7-10)

Meet on Wednesdays

GUIDES (age 10-14) and **RANGERS** (age 14-18)

Meet on Fridays

Please contact us on Sandwichdivisiongg@gmail.com or via www.girlguiding.org.uk/information-for-parents/register-vour-daughter/

10th Deal Eastry Scout Group

Group Scout Leader: Graham Baker 07837 430167 or 01304 611487

BEAVERS (age $5\frac{3}{4}$ -8)

Monday 6.00pm - 7.15pm

Leader Elinor

07429 294539

(age $8-10\frac{1}{2}$) Tuesday 6.30pm - 8.00pm

Leader **Emma**

CUBS

Contact Graham Baker

SCOUTS (age $10\frac{1}{2}$ - 14) Wednesday 7.00pm to 9.00pm

Leader Vacant **EXPLORERS** (age 14+)Meet every other Friday from 7.45pm - 9.15pm and focus on the Duke of Edinburgh Award Scheme.

Contact - Graham Baker

FOR BOOKINGS

Contact: Marion Wanstall (617854)

or group leaders

NEW MEMBERS ALWAYS WELCOME

Scouting is fun for adults too.

If you would like to help then please

contact Graham Baker

Cover picture - Sheila Smith archive

Local Events

Eastry Horticultural Society

It has certainly been a long time since we were all able to meet to discuss our plants and plots but on 9th of September the Committee were just about ready to let you all know that we were going to get back to some sort of restricted normality. Sadly, the very next day on the 10th September the Government issued its new plans which scuppered us completely. When we will be able to meet again is now as vague as it ever was. But never fear, our very efficient Chair has been sending us weekly news letters to try and keep us in the picture. Treasurer Rob, thanks to the magnificent photographic response from you the members, has a superb slide show ready for when we can finally get back to normal.

The Committee held a meeting on Friday11th to make sure that the Club was still in a healthy position, which of course it was. At the meeting we had the honour of presenting our lady in the Chair with the very prestigious Banksian Medal awarded in recognition of her services rendered. The meeting was possible thanks to the generosity of Bob and Rosemary who kindly let us use their house. At the meeting it was also stated that the Club owe a lot to the efforts of Peter who kept the Club going during a difficult period. Thank you Peter. Until the next meeting is possible the whole of the current Committee have agreed to remain in place. Until then stay healthy, stay safe and enjoy your gardens. *J.Surridge*

Eastry Village News - AGM update

The Eastry Village News is required to hold its Annual General Meeting at this time of year, but due to the Covid-19 restrictions it will not be practical to hold an open meeting this year. The committee members will be preparing their reports as usual and copies will be available on request. Please contact me if there are any isues you would like to raise or you would like copies of the reports.

Brian Manton chairman: email: bnmanton@aol.com Tel: 01304 612572

Annual Parochial Church Meeting of St Mary the Virgin, Eastry.

To be held after morning service at 11.15am in the Church on Sunday 25th October 2020.

Numbers will be limited and subject to Government Covid guidelines. In case of possible cancellation please double check nearer the date. Margaret Graham, Secretary to the Parochial Church Council

Dover District Council - Bin Collections 2020

Non recyclable waste Black topped wheelie bin and Food Bin Tuesdays 6th, 20th October 3rd, 17th November

Recyclable Waste *Blue topped wheelie bin and Food Bin* Plastics, tins, bottles, cardboard and green/garden waste **Tuesdays** 13th, 27th October 10th, 24th November

Can you help us?

The Eastry Village News is looking for someone to take over the distribution of our bi-monthly magazine.

You will be responsible for allocating the required magazines to each of our fantastic volunteers, contacting the delivery team when they are allocated and finding holiday cover or replacements for delivery team members if necessary. This only takes between 3 and 4 hours every two months.

We are also looking for a new volunteer for Church Street

Please contact: Patrick Clarke on 611224 or evneditor@gmail.com





The Parish Councillors are delighted to say that the play areas at the Gun Park and Centenary Gardens are now open but social distancing must be maintained and Government guidance followed by all users.

PLEASE!

Sarah Wells

Many people in the village will have had some contact with Sarah in her role as Parish Clerk. They may have met her at a parish meeting or at coffee morning where she was a regular attendee. They may have emailed her about a problem in the village, or unknowingly benefited from the unseen work Sarah did ensuring everything in the village ran smoothly. After 17 years of service, Sarah has decided to retire as Parish Clerk for Eastry, Great Mongeham and Woodnesborough.

Having previously worked for BT Sarah brought a new rigour and efficiency to the role of Parish Clerk. During her time at EPC, the council joined the computer age with excel spreadsheet budgets produced, standing orders, and a new web site for the village. This was all done with a local touch as Sarah is an Eastry girl through and through. Her door was always open and could often be seen patrolling the village following up a resident"s email about a faulty street lamp or broken fence. Sarah always took her role seriously and was efficient and diligent coping with the competing demands on her time. This was at a time when the role of a Parish Clerk was becoming increasingly demanding and regulated.

A Parish Council is often only as good as the clerk and with Sarah we were very lucky to have her expertise. She was a true asset to the village. During my time as Chairman Sarah was the glue that held things together and kept the PC on an even course and I could not have have been Chairman without her help and advice.

I would like to thank her for all her hard work and commitment to the village and wish her well for the future.

Nick Kenton





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Parish Council News

SPEEDING IN EASTRY





There has been a lot of concern from residents regarding recent incidents of speeding in the village, especially upon entering the village from Lower Street, by the pond, and from the Sandwich Road end of the village.

There have recently been accidents in Lower Street and by the Five Bells Pub. Eastry Parish Council are concerned as this impacts on the safety of everyone living here. Therefore, Eastry Parish Council have decided to create a Community Speedwatch group. If you would like to become a Speedwatch volunteer and take part in making Eastry roads safer, please contact:

Jo Jones, Parish Clerk: clerk@eastry-pc.gov.uk
FULL TRAINING WILL BE PROVIDED BY KENT POLICE





Take a Chill Pill in Lower Street

SLOW DOWN IN EASTRY!

Look guys, its been a **bad** day. Had a 12-hour shift, I'm hungry and I just need to get home. Relax with a beer, watch some telly, put up that shelf, catch some zzz's before it all starts up again tomorrow. So I'm damned if I'll patiently wait near the pond at the bottom of Lower Street and give way to anyone coming the other way. Bus? It can sod off and wait. Van, lorry or car - get outta my

way. I'm not gonna risk my partner or anyone else frothing at the mouth again because I'm late. Not my fault. Here's the plan: Gun the engine, stamp on that accelerator and whizzzzz past the dog walker, shave past Joe trying to cut his hedge, speed past Anna tottering along on her stick, past the schoolkids walking home, past decorator Ed balancing on a ladder.

Cool – gets the adrenalin going when I'm playing dodgem cars, weaving in and out at 60 mph. Nice one! I've made it – all the way up to the Five Bells Pub. Next time I reckon I can crank up to 70mph in Lower Street. Its a 30 mph zone? You're having a laugh! Felt good to flip a few V's along the way and protest hoot at the pillocks who've parked on **both** sides of the street. Whaddya you mean they live there and have tiny kids to unload. Too scared to cross the road? Flipping cheek! I'm gonna plaster Facebook with nasty comments about how stupid they are. What they need is an old banger to drive right into those cars. Maybe I'll hire someone to do that right now on my phone while I'm doing a wheelie into Mill Lane. Never had an accident, me. I know Lower Street and Mill Lane too well. Not like that stupid bloke who did 70mph up the High street then ploughed into 2 parked cars in Lower Street around 8.30pm just weeks ago.

He missed smashing into someone's front living room by 3 feet apparently, while the family including two young kids were watching TV. Their cars were written off – couldn't get to work for 2 weeks, cost them a fortune they don't have, not to mention days of inconvenience and stress....I heard the kids can't sleep at night now, not to mention their Mum, worrying about speeding cars smashing into their house.

Maybe those whingeing biddies in Lower Street have a point. Maybe it's bad there with people speeding. Maybe that's why they're talking about trying to slow



us down. Maybe that's why they're now parking on either side of the street. Maybe that's why they are trying to come up with a better traffic plan, some kind of campaign, to try and sort it all out. Maybe while they try to do that I'll slow down, even if trying to drive up and down Lower Street is a complete pain in the backside. Might even write to Kent Highways Department myself.

Eastry residents are very concerned about traffic speeding in the village.

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Please note that at this time your Eastry Woodnesborough Benefice Church Contacts are:

Rector Rev David Ridley

Tel: 01304 619619 email: davidridley@btopenworld.com

Curates Rev Sandra Marsh

Tel: 01304 612686 email:revsandramarsh@btinternet.com

Rev Lesley Hardy has moved to Barham Downs Benefice

after her ordination in Eastry on 27th September.

Benefice Office Tel: 01304 611323 - ansaphone checked once or twice a week email: eastry.benefice@gmail.com (checked at least daily)

Details of our online Church Service are shown on the next page

Church Office - Tel: 01304 611323

Benefice Office, The Church Hall, Church Street, Eastry CT13 0HH Wednesdays 10.45am to 12.45pm and Fridays 10.00am to 12 noon

Benefice Website

Please visit our website: www.EWBchurches.org.uk and share your thoughts on progress so far to - Revd. David Ridley or Michael Kinns.

The new website is regularly being updated.

NB there is also a new sub-page for "Eastry Church" on the Eastry Parish Council website which links to the benefice website.

Find us on Facebook at www.facebook.com/EWBchurches

Churches Open for Private Prayer

Our churches are open for private prayer and reflection as follows:

Eastry: 9am to 5pm daily; Staple: 9am to 5pm daily;

Tilmanstone: 9am to 5pm daily; Woodnesborough: 9am to 5pm daily; Northbourne: 10am to 4pm daily.

CHURCH SERVICES IN EASTRY CHURCH

Eastry Church is now open for worship on Sundays at 10am. Everyone is welcome to attend, but it would be helpful if you would let the Rector know if you intend to come as space is limited, given the need to allow 2m social distancing. There is now room for 50 people. The service will also be broadcast online.

ONLINE CHURCH SERVICE SUNDAY at 10am

To join, you will need to do one of the following:

Using a laptop or tablet, copy this URL in to your web browser https://us04web.zoom.us/j/7360055669

On a smartphone, dial: (the commas are important) +442034815240,,7360055669# or +442080806591,,7360055669#

On a landline or old mobile phone, dial: 0203 481 5240 or 0208 080 6591 When asked for your meeting number, enter: 7360055669#

Ignore the request for an ID – just press # again If you are asked for a password, it is 2 4 6 8 10



We will remember them

Remembrance Sunday 8th November 2020

St Mary's and Eastry RBL are wholeheartedly intent on commemorating our annual act of remembrance. However, villagers and others will understand that, during the current requirements, we are advised to observe certain restrictions.

The Church is limited to a congregation of 60 and face-masks must be worn. At present the singing of hymns is not allowed. From the RBL's point of view, it is imperative that social-distancing is observed. There is a question mark over the parade and the branch will be in contact with the usual participants.

Covid restrictions at the time permitting, the Eastry branch of the RBL are looking to recruit extra door-to-door poppy seller volunteers.

Please contact **Terry James** on **01304 614245**with initial expressions of interest by 18th October 2020.

Rectors Letter - Reverend Lesley Hardy

For All Things Are Yours (1Corinthians 3: 21-23) Just over a year ago I wrote a short piece to introduce myself to you as your new curate and now, in what feels like no time at all, I must write to say farewell. In a few days we will be moving house to Wingham and I will be starting my new post as curate in the Benefice of Barham Downs (Barham, Adisham, Womenswold, Kingston and Bishopsbourne). It's an exciting time for me but also one of sadness. My great fortune has been to be able to spend time doing the job I feel called to in the place where I grew up and I will miss you all. This sadness though is also a sort of happiness - as I look back I seem to be re-living some delightful times in which weather, music, food, prayer and above all, people are mixed together.

Some things seem to stand out for me: weekly services in our beautiful and ancient churches and especially a quiet evensong; catching intrepid teddies as they flew down a zip wire from the church tower; bowling along the road on St Nicholas Day with carols playing in the car, our organist and a churchwarden, dressed in full St Nicholas regalia (beard and mitre), beside me; sitting on the altar steps with some little ones and listening to the Vicar singing us a song; a chaotic and wonderful New Year's nativity play with angels and donkeys and a Mary who really wanted to drop baby Jesus and pick up a fluffy sheep instead and, of course, the many services, visits, singalongs, lunches, fetes; harvest suppers and meetings that punctuated the last church year.

Then of course came lockdown, those long strange weeks of walking and praying and writing, when the seasons seemed to be slowly unfolding themselves. This was a time of real sorrow and anxiety but I think we also learned a great deal about our shared faith, voiced in the persistent and comforting wisdom of the reflections that were written and sent out by David and the parish clergy, day in and day out, over months. Now that the time comes for me to move on I see with greater clarity how precious this all is and I take comfort from the knowledge none of this is lost.

Sometime between AD 53 -57 whilst St Paul was staying in the ancient Greek city of Ephesus he wrote a letter to the recently gathered church at Corinth. Paul wrote because he was anxious and concerned about tensions that had arisen between different factions and cliques within the church; he begged them to remember that they were all loved and valued by God. It is a very lovely letter and in it Paul writes: 'For all things are yours, whether Paul or Apollos or Cephas or the world or life or death or the present or the future - all belong to you, and you belong to Christ, and Christ belongs to God'

All things are ours because we are held by God - we are part of God - and God forgets nothing and no one. If we understand this then we need not worry about saying farewell, about forgetting the past or about going forwards into the future because God holds it all safe.

So confident in this - grateful and happy for all that I have shared with you and will never lose - I wish you all that is good - I hope to see you again and I send you my farewell in Christ.

Lesley Hardy.

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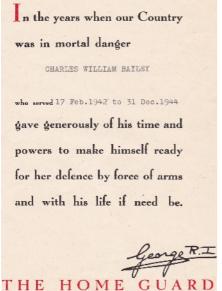
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Eastry Home Guard



Eastry Home Guard on Parade - photo Sheila Smith



The Home Guard was an armed citizen militia supporting the British Army from 1940-44. Their role was to act as a secondary defence force in case of a German invasion. Men aged 17 to 65 years could join although the upper-age limit wasn't strictly enforced.

Eastry Home Guard was one of 31 local villages making up the 5th (Wingham) Battalion and they are listed around the edge of the 'Stand Down Parade' programme of 1944 (which is on the cover) at Gobery Hill Parade Ground Wingham which disbanded the battalion.

Tributes were read from His Majesty the King and several commanding officers commending the Home Guard for all their loyalty and dedication.

War Time Memories - Sheila Smith

I have been fortunate to inherit a quantity of WW2 memorabilia including a copy of the 'Stand Down Parade' of the Home Guard and a photo of the Eastry Home Guard. These have proven useful when visiting schools with the Dover and Deal Evacuee Club.

I was accepted into this club as my parents, Alf and Dorothy Martin, had one of the first evacuee children from the Medway towns. His name is Arthur Moy and he has written of his time spent in Eastry during the early part of the war something I read to the evacuees who went to Wales. I was made extremely welcome and learnt that the evacuee experience was basically the same for all regardless of where they came from or where they were homed. Arthur spent much of his early childhood in Gillingham with his grandmother. His parents owned a fish and chip shop in Grimsby so he was well used to travelling. He went back to Grimsby at the time injured troops were returning to the UK and at that time Dover

and Grimsby were being bombed. I still hear from Arthur regularly and he speaks of his love of Eastry where he learnt to grow tomatoes and purple sprouting Broccoli as a change from fish and chips.

I was born at Walton Villa, the last cottage on Sandwich Hill, now known as Foxes Crossing. Walton then was a distinct area of the village with a farm and assorted properties. My father worked the land at Poison Cross but most of his time was taken up with the Home Guard. He was, I believe, a sergeant in charge of the pill box almost opposite to where we lived and the only one with a shotgun - the others had staves which was probably just as well as none of them had handled a gun before. They had to patrol Ham Marshes as this was considered to be an ideal area for the German forces to land paratroops.

Born in 1941 when German bombers regularly flew over the village heading to Canterbury, a major target. My mother shielded me by leaning across my pram until the drone of the aircraft abated - how many other children needed protecting during these times I wonder? One clear night a German pilot had to parachute from his plane over the village and my mother was pertified he would land at Little Walton but then a gust of wind blew him across Statenborough Road into the garden of Mr.Mockett. He lived in a row of cottages behind the pill box. The young German pilot, uninjured but terrified, was walked into the village by Mr.Mockett and handed over to the police and military. My father recalled that one day while we were walking across the field at the back of Walton Villa a German plane dropped a trail of tracer bullets in front of us.

I do remember seeing the Eastry Home Guard when they marched down Mill Lane as my mother and I emerged from the Methodist Chapel (next to Greville Alms Houses) where she was the organist. Children dared not move during the service. There were very few cars or vans then, my mother had a tandem bike with a sidecar, my father, a keen cyclist, would think nothing of cycling to London to take part in races and then sleep under a haystack on the way home. There were no road signs in case of invasion, no street lights and most houses didn't have gas or electricity. Householders were advised to have blackout curtains and the rythmn of life was 'early to bed and early to rise' to make best use of sunlight.

In my collection of war time papers I have the instructions to make a shield for car headlights, petrol coupons - because my parents had to move livestock and market fruit and vegetables (my mother did the driving but never took a driving test!), ration books and so on. The Home Guard uniform came in useful after the war. The helmet was painted and used in a fund-raising event at Eastry Primary School. The greatcoat was an excellent cover for bushel boxes of apples to prevent frost, although we had to regularly check the mice hadn't discovered them too.

At the end of the war I remember a visit to Sandwich Bay as the beach had been cleared of mines. The shore line still had scaffolding along its length which my father negotiated to go for a swim in his woollen swimsuit with shoulder straps while I looked for much treasured cow horned shells amongst all the shells.



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Beacon View Vets Update

Hello everyone! At the time of writing, we had recently passed our six month birthday and it's been quite the journey for us since opening in February, especially with everything the pandemic has sprung upon us. We are very proud that we are now the chosen vets for over 1200 local pets which is a real privilege. It's been an absolute pleasure to meet everyone and help care for your companions. Thank you to everyone who has recommended us to a friend or left a review online, as a small independent business it means a lot. We are so very happy to be part of this vibrant village and care for your pets.



Did you know? Around 1 in 6 cats over the age of seven years suffer from hypertension (high blood pressure) and this can have serious consequences for their health. Cats are masters of secrecy and often will not show overt signs of hypertension until the disease has progressed quite far; for example, once they have severe heart disease or become blind as their retinal blood vessels are damaged

by the high blood pressure. The organs most affected by this damage are the eyes, heart, brain and kidneys. We have the resources and time available to check the blood pressure and eyes of every senior cat, during our nose to tail examinations. Blood pressure measurement is a painless and stress-free procedure that takes only a few minutes.

Early detection is key to prevention of the serious damage that hypertension can do and hypertension is easily treated with regular medication that most cats will eat as a treat.

On the subject of high blood pressure, we know that fireworks cause a lot of stress for both pets and their owners. It may be that COVID19 reduces the number of fireworks this year but it is always best to be prepared. Many dogs and cats find the banging and strange noises of fireworks distressing, especially if they have anxious personalities already. The most important thing to do if your pet is anxious about fireworks is prepare early.

Personally I find that the most successful tactic is to create a safe den for them so that they can feel safe and secure. With dogs, an existing dog crate or under the stairs cubby may be a good place to set up a snuggly corner that is quiet and calm. Making sure that curtains are closed to reduce visual stimulation and providing a cover to the den can increase their feeling of security. Most importantly getting them used to their den well before firework night is vital so that it is familiar to them and they are not then shocked by the new place during an already stressful event. If your pet gets worried about fireworks then call us to chat through the options as some dogs need medication to help them relax for these stressful events.

We've got a number of exciting announcements to make in the next few months so check out our social media or join our mailing list to find out first!

WI Update



Yet again WI members are staying in touch with one another by phone, facebook and a weekly news letter. We miss our regular meetings but we try to think outside the box and have been meeting up outdoors in socially distanced groups. The photo is of just a few who met for a socially distanced picnic. This month I have asked our treasurer to write about her experience as a WI member.

'When I moved to Eastry, my lovely neighbour, Ann, gave me some WI magazines and said "Why don't you come along to a meeting and see what you think. The first three visits are free!" Some 11 years later I'm still there. For the past 8 of those years I've reached the dizzy heights of Treasurer. Not sure if it's because I'm so good at it or because, for some reason, no one else wants it!

At the beginning of lockdown we started our own Facebook page and although we can no longer meet face-to-face we spend every day "talking". We have probably learnt more about each other in the past 6 months than we could have imagined. Sue, our President, keeps the brains ticking over with a daily quiz. Who knew there were so many phobias and ologies?



On Saturday 5th September we had our second "meeting" on the Rec opposite the Church and 2 dozen of us spent a lovely hour in the sunshine (socially distanced and grouped) chatting, laughing and catching up. This is something WI members are very good at, especially Eastry and the friendship goes way beyond our monthly meetings. We are hoping to squeeze in another of these

get-togethers next month before the weather changes. We have our thermals at the ready if necessary. When we open the doors to normal meetings, why not come along and see what you think? Unfortunately it's not "free" now but £3.50 gets you an evening's entertainment and, all being well, tea and cake — and we do make exceedingly good cakes!! Keep safe.

Anne Oakley

A big "THANK YOU" to all of our neighbours in Little Walton who bought our excess garden produce throughout the summer. By your generosity we have donated £85 to Age Concern Sandwich. Thanks again. Sonia & Peter (No.10)

A sign of the times...

A local resident rang his grandson recently to wish him a happy 3rd birthday. After a little chat grandad asked the boy if he would sing him a song or a nursery rhyme. There was a slight pause then... "Alexa. Sing to Grandad!"

Scams During Lockdown

Sandwich, Eastry and Ash are open for business which is great news, however for the scammer they have been open for business along with all of the UK throughout "lockdown" and as we continue to develop the "new normal". It is important that we do not allow these Organised Crime Gangs to be part of the recovery.

Scams can be simple or complex but they all have something in common: they are designed to make you believe that something urgently needs your action, and can lead to the disclosure of otherwise secure information and/or financial loss.

Scams do not discriminate although the vulnerable are at particular risk. A scam can be presented in person at the door, on the Internet, via the telephone or through the postal services. Scammers rely on a large quantity of contacts being made in the hope that someone will respond.

The subject matter of scams is vast, however they regularly change to reflect the current situation in order to draw people into being victims of the fraud. The Covid-19 pandemic and the "Track and Trace" system has provided the perfect base for this to happen, whereby a card payment has been required over the phone to supply a Covid-19 testing kit. The scam is based purely on fear. Please be aware that should a test be required it is free. The NHS does not charge individuals for this vital service.

Being a victim of a scam can be embarrassing or humiliating which could result in low reporting. The fear, anxiety and confusion caused can lead to a financial loss and also a decline in physical and mental well-being. So speak out, seek support and report:

If you feel threatened or unsafe - Kent Police 999
Action Fraud - 0300 123 2040
KCC Trading Standards via Citizens Advice - 03454 04 05 06

Please consider your actions and response to untested information by using this simple ABC: Never Assume, Never Believe, Always Confirm

Please also contact me if you wish to discuss your concerns - Peter Gill KCC Community Warden Sandwich, Eastry and Ash - 07703454190

The Church Registers - Funerals

13/08/20 Violet Roberts (Barham)

11/09/20 Jean Eason (Barham)



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Dementia

As I stroll down memory lane, nothing seems simple, it's not the same. People and places, forgotten, unknown, confusion, anxiety, I'm all alone. How cruel is this illness that's confusing my mind, Vascular Dementia, feels so unkind, Stealing my present, erasing my past, memories are fading, how long will they last. Life seemed so easy, no trouble here, happiness, laughter, nothing to fear. What is happening, where is my home, my head is dizzy; my baby's grown. Who am I, think, I'm desperate to recall. the name of that person, I don't know at all. The photograph's not me, that women is old, I'm young and vibrant, warm not cold.

Whatever's happening, I struggle to think, wait, I'm here, I've found the link. The malaise is lifting, my memory's retrieved, I'm lucid, aware, oh! so relieved Help is at hand, access is free, medication, and support, all there for me. I'm not alone, there are things I can do, join a club; make friends, a trip or two. Use aide memoires, like" Turn off the water", techniques to help me remember my daughter. Turn off the electric, the gas, and the light, keep my mobile charged, and clearly in sight. Do puzzles and brain work, exercise and read, the longer I stay active, the longer I'll breathe So now I'm coping, I'm happy and whole, I feel empowered, alive; I'm back in control!

May Morriss 06/20

According to the Alzheimer's Society, there are around 850,000 people in the UK with Dementia.

Dementia Helpline 08008886678 or email to helpline@dementia.org

Poets' Corner

Speck of Dust

'Nothing is too small to lack importance'.

Dust is everything. A particle, and all the world is made of 'Of dust we are. And to dust we shall return.' Of this the universe does sing, For dust is dust is everything. We spend some time in cleaning dust, But it just moves and only just, And in the end we turn to dust, To must, more must. The speck of dust is all, And covers everything, a pall, No-one escapes it, It's everywhere as in a sunlit Room, shimmers and dances, Chases and prances. Or on a sun-dried track. Colouring the landscape, Changing the sun, On its blood red rack. 'Dust Thou art.'. Always a part of us, Us.

Philip Clements
June 2009

from his published works



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News from St.Mary's Events Team September 2020



As you might imagine our optimism has had to be suppressed as the impact of Covid 19 takes its toll. The planned August Teddy Bears Picnic and evening Jazz on the Green had to be cancelled. (It was ok really as the weather that day wasn't great!). The Son et Lumiere at Eastry Court was also cancelled and will be staged early September 2021.

That leaves the plans for an autumn quiz and later the Christmas Fayre in the church. The quiz would be difficult to run and the fayre possible but awkward. Social distancing would be a challenge. So reluctantly we wont be running these events this November. It's a significant fundraising event and indeed much generosity so we will run a raffle instead.

Let's hope 2021 allows us to get back to normal activities and in the meantime we wish you well especially over this Christmas and New Year.

Dr. Alastair Carnegie on behalf of The St Mary's Events Team



Eastry Neighbourhood Watch - AGM Report It is not possible to have a physical AGM this year so this is the

AGM report dated 25th August 2020

- 1) Update to Eastry village NHW: The members of NHW committee are: Chairman. Mrs S Smith, Vice Chairman. Mr S Dundas, Treasurer. Mr R Bishop. Secretary. Mr M Kinns. They held a meeting in March to update the details of the bank account which has now been completed.
- 2) Rob Bishop Treasurer report.

There is £194.30 in the new account with the Nationwide Building Society.

- **3) ALERT NHW** reports warn people of current scams, to obtain personal details especially bank account details.
- **4) Bin Stickers**: Dover District Council have recently supplied 50 bin stickers which have been distributed to Eastry NHW members.
- **5) Chairman's Report:** Sheila thanked all the NHW committee for meeting together to update the bank account. The NHW officer, Andrew Judd is keeping NHW members informed about crime in the area. We appreciate all Eastry residents who have reported doorstep sellers and worrying phone calls. We thank the good offices of Eastry Village News for publishing NHW information.

Finally we thank all NHW members for their support, vigilance and looking out for friends and neighbours. We hope everyone stays safe and keeps well.

Michael Kinns - Eastry NHW secretary

In the Garden

Raised bed gardening is nothing new, many vegetable growers have been using this method for growing their crops for many years. As I suffer, (like many



Countertop raised beds

thousands do) with serious lower back pain and an arthritic knee, I would prefer to use what is called **countertop raised beds**, bringing the garden up to a level where you don't have to bend or kneel to carry your gardening.

Regardless of whether you adopt the **standard raised bed** or the **countertop** don't make them too wide, an ideal size is 1200 x 2400mm

(4'0" x 8'0") so you can reach the centre from either side. If possible, construct them near a source of water as this will save you a lot of time when watering.

Sleepers are the best for constructing your **countertop** and the most suitable are 'Radiata Pine' treated to a UC4 standard, to give a 35 year life expectancy. Sizes available are 4" x 8" (95mm x 195mm) 8'0" (2400mm) or 10'0" (3000mm) lengths, or 5" x 10" (125mm x 250mm) which are available in 8'0" lengths. These can be obtained from Wingham Timber, who tell me they are one of the fastest moving products, and I would like to thank Wingham Timber for this information.



Raised beds from sleepers

If you intend using second-hand timber, do not use pressure-treated timber manufactured before 2003, as this timber contains chromated copper arsenate and you do not want that near your food crops and flowers. There are other various materials or containers you can use to make your **countertop**, you can design and build one using rubber tyres, you can use pallets to either make a **countertop** or fixed to a wall at eye level like my grandson has done, and he now has a raised herb garden. Simple things like your everyday tin can or plastic bottle with the top cut off and holes in the base and fixed to a wall are perfect for growing lettuce, herbs and flowers. You can grow carrots, parsnips and many other vegetables in



Raised bed from rubber tyres



Raised bed from pallets

Stephens raised pallet bed

old dustbins, (with drainage holes in the base) A standard Fuchsia in the centre surrounded with trailing flowers such as petunias would look stunning.

It is not really necessary to try and completely fill your **countertop** with soil. Do it in layers, start with wood shreddings, then grass turves laid upside down, then a layer of foliage such as leaf-mould (and ideally well-rotted manure) and top off with around 300mm



Raised bed filling in layers

Garden soil mixed with compost soil

Dung, manure, compost

Foliage/leaves

Grass sods (upside down)

Chaffed wood, wood, branches, trunks

(12") mixture of potting compost (peat) and garden soil (free of weeds).

Whether you prefer a standard low level raised bed or a countertop raised bed...enjoy your gardening. Art F.Choke

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Niches and Edges: the Mosaic of Wildlife

As we saw, **ecosystems** undergo **succession**, with new **populations** replacing the old. If left alone ecosystems eventually reach a **climax**, a state where use of the energy and resources by the living things present is optimal; it couldn't be better. In the UK the commonest climax is a mature woodland. How does this change occur?

Each population occupies a **niche**. This is best described as exactly where, when and on what it lives, feeds and reproduces. If the niches of two populations overlap they are in **competition** and either one or both populations change their niche, or one of them will become reduced in size or even extinct in that ecosystem. Perhaps the best known example is the red - grey squirrel story. Reds are native to Britain, greys were introduced from North America and, some would say, are over large (they are 30% larger so eat more), over sexed (they produce more young) and over here! They compete with the reds for food and carry a virus to which they are immune and the reds are not and have replaced them over much of the country.



So, how do these facts explain succession? Let's take a simple ecosystem, a bare rock face (even a gravestone). Lichens (an alga living together with a fungus; the fungus produces acids which dissolve nutrients from the rock, whilst the alga makes food using sunlight through **photosynthesis**) As the lichen grows, it holds water and some of it dies and decays,

creating a crude 'soil' which allows **mosses** to grow. These compete for light but, growing taller, outcompete and replace the lichen, but then, in turn, as they create yet more soil they may be outcompeted by simple flowering plants. this is succession in action and is due entirely to competition for niches. Go and look at the walls and gravestones in Eastry churchyard and you will see all this in progress.

On a grander scale on large areas of exposed rock succession slowly forms lichen, moss, herbaceous (non woody) plant, scrub and ultimately woodland **communities** as trees grow up amid the scrub, ultimately over shadowing it.

The woodland thus forms visibly distinct horizontal layers, remnants of the earlier successional or **seral communities**, mosses and leaf litter on the ground, herbaceous plants (bluebells are especially well known around here),scrub (brambles, elder bushes, holly) and, finally the tall trees (oak, ash, beech, sycamore). These last form the **canopy** of the woodland. This traps much of the light from the sun, so each layer below receives less and less light. Within each of these layers live animals, each occupying their own niche. Many eat plant leaves,



flowers, roots or seeds. The smaller species of these will often be confined to one or other woodland layer, but predators (animals eating other animals; dragonflies. beetles. eating birds, mice, squirrels. weasels, hawks, owls etc.) will be more mobile, commuting between layers, generally roosting and breeding higher up. feeding lower down. broadening of niches is called an ecotone or edge effect. It

enables the wood to support a greater variety of life by creating lots of niches. Similarly, the more edges, between hedge, grass, flower bed, rockery, pond, you create in a garden the greater the variety of wildlife it will support.

Terry Wood

Our Honey Bees - Ray Checksfield

Sadly, for our bees, our woodlands, hedgerows, verges and even our traditional front gardens, full of shrubs and flowers, have been disappearing at an alarming rate. Our countryside is now becoming a green desert with few wild flowers for our bees and the best honey yields these days comes from cities, towns and villages. Even in our village I see our front gardens gradually being turned into barren stone slabs to accommodate our cars. I only hope that the back gardens still contain shrubs and flowers for our bees.

Years ago the honey crop was extracted just once a year near the end of August. These days, with the advent of oil seed rape, that's all changed. This honey sets in a few days and has to be extracted each week before the combs are set solid. The next crop is field beans, another quick crop. Then clover,(ah, if only) and then the lime trees and much later the ivy. In among all this comes our own flowers in our gardens and thank you for that.

The honey is extracted by using a kind of spin dryer machine. First I have to remove the wax cappings that cover each cell, place each frame in the honey extractor and spin. The honey comes out at the bottom tap, is filtered, then left to settle for 48 hours and then run into jars. If only this process was as easy as I have written it down! My honey crop was okay. July started well but then petered out towards the end of the month. The Lime trees never produced the nectar this year as last year but that's nature.

Ray 🥌

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The Wonder of Wildlife Ponds

I have been fascinated by ponds since I was about 8 when my dad and I used to clamber over the garden hedge and across 2 fields to the ponds to fish (I'm not surprisingly a pisces!). We had a choice of bread, worms and sometimes rainbow maggots to lure mostly crucian carp but the occasional tench or common carp. Up on the Wirral peninsula between Liverpool and Wales my childhood couldn't have been much better with a 'freedom to roam' pass most days and lots of wildish countryside on tap to explore (legally and illegally!) But I digress. A well set up and maintained pond has lots to praise it:

- 1. Beautiful feature of the garden. Plants, animals, reflections. Always changing
- 2. Greatly boosts the numbers and variety of wildlife in the garden.
- 3. Fun pond dipping, photographing, lots to learn about organism life cycles etc.
- 4. A place to sit near and enjoy with friends and family (up to 6!)
- 5. Frogs/Toads will eat some pests like slugs.







To benefit wildlife most it is best to not have fish since they will eat the insects, frogspawn, tadpoles and can disturb/eat plants (especially large Koi). They are nitrogenous waste factories and this feeds the algae making the water green and leading to blanket weed. At worst it can harm fish and other wildlife. Without fish you will have more enchanting dragonflies, graceful damselflies, frogs, newts and more and this in turn will attract insect eating birds and the odd bat. If you want fish then think seriously of having a second pool, even if small, for a wildlife refuge.



Serene reflections

Ponds are not hard to maintain if a few rules are followed. Make it not too deep or shallow, 2-3' deep at the deepest part. Control the number of fish, amount of oxygenating and other plants and amount of leaves falling in that will rot to sludge. Avoid invasive plants. My pond liner lasted 30 years and in February I replaced it and in about 4 months it was reasonably established as you can see and full of wildlife. Dragonflies and damselflies were laying their eggs amongst the pond weed and from the nearby arbour I can watch birds like goldfinches drinking and washing at the beach end. The various marginal water plants give added interest through flowers and structure throughout the year. It gives me such joy every day.

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A Covid-19 update from Eastry Fish Bar

Covid-19 and the lockdown which caused the closing of our suppliers meant Eastry Fish Bar was closed for nearly six weeks so Keith and I started the long overdue painting of the exterior of the building - using paint and supplies waiting for the time when we were not working or golfing!

When we opened again, albeit on reduced hours and days, the response was overwhelming! We sorted out how to let our customers pre-order to avoid queuing and to adhere to social distancing rules. Telephone orders, WhatsApp and Messenger were much used helping us to fulfil most orders on time.

We will keep the shorter opening hours for the time being, they are now shown on our Village News advert, and they will be reviewed and updated as things change. We sincerely hope you will continue to support us, and all the busnesses in Eastry, because you all make the thriving village that we are so lucky to have.

September 1st marks 39 years since we opened our Fish and Chip shop here and we can't believe that we have been doing this for so long! We would like to retire, settle nearby and spend more time with our families but until that day comes, we will continue to do our best to serve the community.

A heartfelt **thank you** from Keith and Chris.



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Bird Watching with Big Nick

I'm writing this in early September and autumn migration is well under way. Since late July good numbers of Willow warblers have passed through, in August I saw several pied flycatchers and indeed, they were being reported from many locations in the area. These birds breed in mature woodlands particularly in Wales and northern England but not locally, so the only time to see them here is during their brief passage through the area. The females and juveniles lack the striking black and white markings that give the bird its name.





Willow warbler, Sandwich Bay

Female or juvenile pied flycatcher

A few weeks later, spotted flycatchers follow their pied cousins south, several were seen on Worth Marshes and at the Bay a few days ago. They perch on exposed twigs and launch themselves after flying insects; I saw one with a common darter dragonfly, quite a sizeable catch for a small bird.





Spotted flycatcher on the lookout and one with a common darter dragonfly

Largely unseen by the public, hundreds of thousands of birds are on the move, I witnessed a mass migration a couple of years ago, on 27th September 2018 an estimated 7,500 house martins came through Sandwich Bay. Roof tops were covered with resting birds and a steady stream could be seen following the coast southwards. That was just one day and one species! Late August and early September see whinchats and wheatears gathering around the coast, these are







Red-backed shrike, male, Germany

birds that spend their summers in northern and western uplands of the UK and Europe (although a few wheatears do nest in Kent). This is also the time of year to keep an eye out for some of the rarer visitors, a bee-eater was seen at St Margaret's and a red-backed shrike was on Worth Marshes for a couple of days.

This is a bird I'd only ever seen abroad and unfortunately despite several trips to Worth that is still the case! The photo was one I found in Germany a few years ago, but I haven't given up hope of seeing one here.

Nick

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Rose Beer...what a wreck!

I have just put down the phone after speaking to a friend. We had been discussing the weather and she said 'it's been raining cats and dogs here!'. Now I know we all say it but what a stupid saying that is - can you imagine it ever happening? - But then, certainly in my case, we are lied to all our lives!

From the age of seven to nine I was in a childrens' home in Cranbrook and a boy told me that a wolf lived in the grounds where we played and that it only chased girls! I was scared stiff and then one of the older girls told me that there was a ghost that lived in the toilet. Well...most nights I nearly wet the bed being too scared to use the loo.

On returning home I was told to eat my carrots to help me see in the dark and too eat my crusts cos it would make my hair curl - no it didn't - more lies! We never had electricity and the toilet was outdoors so I had to take a torch when it was dark. It cast creepy shadows everywhere - Mum said it was because I had been naughty and the 'bogey man' was after me!!!

Honestly is it any wonder I've struggled through life a nervous, anxious wreck!

Rose Beer

Don't you lie to me my girl!??

When I was a little girl of five, or six, or seven, I used to think that babies were all made up in Heaven. But as I grew a little bit I was told by my Mummy that she had got a baby growing in her tummy.

She said it started as a seed and was put there by my Dad.
Well that's never right - I thought - she must be going mad!
Everyone knew seeds grow in the garden in flower pots and beds.
Nah! She's got that wrong I thought, she's not right in the head!

Our neighbour was expecting a baby cos her tummy was really fat.

Did my Dad put that in there? Mum said he's really good at that!

The neighbour went really red and scurried off indoors.

Well by now I wasn't sure of anything anymore!

Mum told me to watch my lip or I'd get a clip around the ear and I wasn't to go repeating anything I hear! Mum, did I start off as a seed? But I was told to shush, cos apparently I was found under the gooseberry bush!

Rose Beer





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What is Community-Led Housing?

Community-led housing is when communities come together to develop the homes that are needed in their local community. This housing can be for rent, low cost ownership, or for sale, but it is designed to be always affordable for the community that needs it. This model of housing can take many forms, and as such it is flexible to suit the requirements of a range of different circumstances.

External Funding Options

Dover District Council's CLH External Funding webpage provides information and links to the current funding streams available from external organisations. Some of the funding streams currently available are from Power to Change and The Fore to name but a few of the organisations offering financial support to CLH groups. The webpage will be regularly updated with the latest information and funding streams as and when they become available, so watch this space for the latest funding options!

DDC Community-Led Housing Grants Scheme

Don't forget we still have our DDC Community-Led Housing Grants scheme for up to £10,000, available for anyone interested in pursuing a community led housing project in the Dover district (eligibility, terms and conditions apply).

To find out further information about any of the information provided on in this article please visit our <u>dedicated webpage</u>. Alternatively, you can contact a member of the team on: <u>communityhousing@dover.gov.uk</u>.

To keep updated with the latest events, training, conferences and further community-led housing news, please sign up to Keep Me Posted e-news bulletins: www.dover.gov.uk/keepmeposted



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