

Rolvenden & Newenden *Parish Magazine*

2025
MAY
ONLINE





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Cover Image: 'Calves in field' by Sheena Bettina Nelson



This month the minister's letter comes from **Rev'd Lindsay Hammond**

Dear Friends,

At the very end of May, we celebrate Ascension Day. What are we to make of Jesus' ascension? And how does it affect the way we live?

Maybe Jesus' physical withdrawal from this world is less about his absence and more about our presence. Imagine me helping my children, Rebecca and Thomas, to walk.

Bit by bit I increased the gap between us. To the little ones, it probably felt like an absence or distance. But, from my perspective, I was creating space to enable them to become a bit more themselves, calling them to step forward and fill the divide.

Luke's story of the ascension of Jesus tells us that two mysterious characters in white robes ask the disciples, "Men of Galilee, why do you stand looking up toward heaven?" The question suggests that the disciples should be looking somewhere else. It's not a question to be answered, but a call to fill the gap, an invitation to step forward.

What are the gaps in our lives? Perhaps there is a gap between the life we are living and the one we want to live, the person we are and the person we want to be. Perhaps there is a gap between the world as it is today, and the world we want to give to those who come after us. Where are the gaps in the life of our community? Every wound, loss, broken heart, and broken relationship is a gap waiting to be filled. Injustice, hunger, poverty, homelessness, loneliness, sexism, racism are gaps asking for our presence. Who is falling through, and getting lost in, the gaps?

Whatever the gaps in our lives and community might be today, we have a choice to make. We can keep looking up toward heaven, toward that which is unseen and intangible, or we can turn our eyes to our neighbour who is visible, reach out our hands to the circumstances that are touchable, step into the gap, and do something.

I wonder what stepping into the gap, being the presence of Jesus, looks like for us today? Is there anything that keeps us from stepping into the gap? And what would it be like to take that step?

With every good wish.

Lindsay





St Peter and St Mary Flower Rotas for May 2025

Sunday	St Mary	St Peter
May 04	Sylvia K	Rosie Edmonds
May 11	Sylvia K	Rosie Edmonds
May 18	Elizabeth M	Sally Manford
May 25	Elizabeth M	Sally Manford
Contact:	Sylvia Kellett 01580 240463 Sylviakellett@eplusmail.com	Rosie Edmonds 01797 252196 rosie.edmonds@hotmail.com

Brass Cleaning at St Mary: Patrick Izod

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.

August Bank Holiday Flower Festival in Rolvenden:

All who would like to arrange flowers for the Festival are invited to attend a meeting in St Mary's on Saturday May 10th at 10am.

All are welcome, whether an experienced arranger, a newbie or just curious.

Sylvia

❖ From the Registers ❖

Funeral - 1st April: Maureen Brooks – at Charing Crematorium followed by a Memorial Service in St Mary's



Musical Events in Sandhurst

Just an early notice regarding the 17th. annual Hospice Musical events in Sandhurst. Daniel Grimwood will be playing on Saturday July 26th. at 3pm. Since he has been invited back to the prestigious Husun Rare repertoire Festival, he will use us as a sounding board. Daniel is considering Widor 'Carnival', Von Fladt, Bearman Jnr. and, of course, Henselt. The second recital is earlier than usual, on Wednesday August 27th. at 3PM. because Florian Verweij is coming from Holland to make his Kent debut at St. N's. His 'driver' is none other than Leslie Howard who has agreed to play an encore duet with Florian, so please book early! Florian will be playing Schubert, Prokofiev, Henselt and Brahms.

Tickets, by donation, will be available in May and you may contact me for reservations from mid April on 01580-850-384.

Thank you, Gillian Davis





The Church of England

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

Sunday 4th May: The Third Sunday of Easter

8am St Mary's Rolvenden
Holy Communion
9.30am St Peter's Newenden
11:00am St Mary's Rolvenden
The Eucharist
Celtic Morning Prayer
2pm <i>Forest Church St Mary's Churchyard</i>

Sunday 11th May: The Fourth Sunday of Easter

9.30am St Peter's Newenden
11:00am St Mary's Rolvenden
The Eucharist
The Eucharist

Sunday 18th May: The Fifth Sunday of Easter

9.30am St Peter's Newenden
11am St Mary's Rolvenden
The Eucharist
Matins
6pm <i>Benefice Evensong (Smallhythe Church)</i>

Sunday 25th May: The Sixth Sunday of Easter

9.30am St Peter's Newenden
11am St Mary's Rolvenden
Celtic Morning Prayer
The Eucharist
4pm <i>Farewell to Andrew, Rhona, Arthur and Rowan (St Mary's Rolvenden)</i>
6pm <i>Churches Together Service (Church on the Weald)</i>

Thursday 29th May: Ascension Day

10am *Holy Communion (Tenterden Church Hall)*
7pm *The Eucharist (St Mary's Rolvenden)*

And during the week:

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, will be online
only from Monday to Saturday.

Tenterden Church will be closed for
refurbishment until the end of July 2025.

Services that would normally take place in
St Mildred's will be held in Tenterden Church
Hall opposite the church.

Holy Communion will be celebrated in

St Michael's Church every Wednesday
and in Tenterden Church Hall every
Thursday*, both at 10am.

Both celebrations will last about
twenty-five minutes. These services
won't appear online.

St Mildred's, Tenterden Online services,
will be found at You Tube and also can
be accessed through our free daily
bulletin, **Connect Up!** To receive
Connect Up! please visit our website,
www.tentroxchurches.co.uk, and
subscribe.



Forest Church

Spring / Summer 2025 Gatherings
Meet in Rolvenden Churchyard

Sunday 6th April - 2pm

Sunday 4th May - 2pm

Sunday 1st June - 2pm

Dress appropriately for the weather.

Bring something to sit on, and something to eat and drink if you wish.

An activity for all ages is provided at each gathering. All welcome!

An outdoor gathering in which we seek to explore our spirituality within and through the natural world. Come along to enjoy a time of reflection and sharing, family-friendly activities and fellowship.

Contact curate@tentrox.org for more information, or visit

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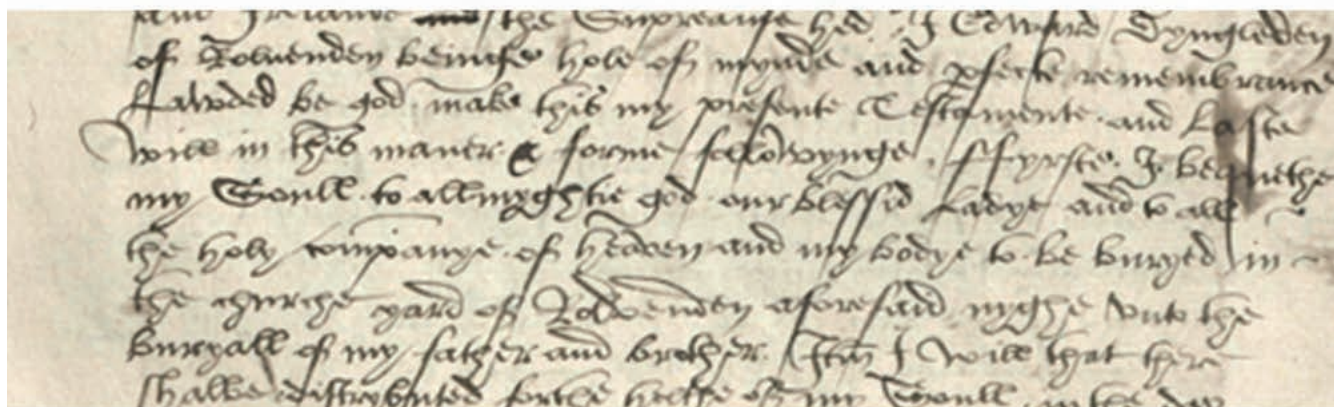
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Working with wills to recover individuals and families from the past

The Lossenham wills group is a team of volunteers who are researching the probate materials produced between about 1400 and the early 17th century by people who lived and died in the parishes roughly defined as the Rother Levels, including the area of the Wealden fringe to the north. Most of these parishes are in Kent but a few cross the county border into Sussex. Having transcribed any specific will or inventory, the information is added to the group's spreadsheet by Jason who is managing the data inputting to provide consistency, a very necessary requirement.

We have been working for several years and among other benefits we are building up material about certain families, as well as specific individuals within these families. For example, Keith has been working on the Brekynden family (various spellings) who were heavily involved in shipbuilding at Small Hythe (and Portsmouth) in early Tudor times, while Diane has been investigating the Hatch family from Tenterden and other Kent parishes, some of whom emigrated in the second quarter of the 17th century to the New World. Diane has been drawing on four wills, in particular, for a short, second article to be published in the Lossenham newsletter. These wills offer ideas concerning how different members of the family fared in Scituate, New England, as well as how people maintained their business and other interests, often but not exclusively in farming, on both sides of the Atlantic. How far the desire to leave Kent in the 1630s by members of the Hatch family was driven solely by economic considerations remains a moot point, for just as today the motivations of William and Thomas Hatch were complex, but a desire for a 'better life' was presumably part of the mix.

To provide a contrast to illustrate the diversity of knowledge wills can offer, it is worth considering Edward Dyngledon of Rolvenden. He made his will in 1550 when the young Protestant Edward VI was on the throne. As a result, he seemingly modified his traditional Catholic beliefs, as revealed seven years earlier as part of Archbishop Cranmer's inquiry into the state of the Canterbury



diocese. For in 1543 he had been accused of going to Walsingham two years running at Easter rather than staying at home and according to the local curate 'obstinately refuses' to recite key prayers in English rather than in Latin. Returning to his will, for even though he acknowledges King Edward as 'defendor of the feythe and in either of the church of England and Irelande the Supreame hed', he was still concerned to leave his soul to Almighty God, our Blessed Lady and all the holy company of heaven which his medieval forebears would have seen as right and proper, but his Protestant neighbours would not, seeing faith in Jesus Christ as sufficient. Furthermore, he intended that on the day of his burial, his executors should spend 13s 4d on bread and drink for poor people for the health of his soul, again a matter his ancestors would have endorsed as a 'good work' which had been at the core of medieval charitable giving and illustrated in many parish churches through their painting of the Last Judgment, now whitewashed over in most cases. Some of his other bequests equally point towards a medieval Catholic belief in the value of charity in the desire for salvation, including the giving of barley malt and oat malt to several named people, who seem to have been poor (or poorer) individuals. Similarly, he saw a way of using a bequest of a pair of boots as a means to indirectly aid the poor, Richard Wod, the recipient of the boots expected to distribute 20d to poor people in exchange. Hopefully, these two brief cases have offered some ideas concerning the historical value of wills, whether you want to investigate ideas about emigration or religious beliefs during the Reformation.

Sheila Sweetinburgh

The third and final Farming Topper

Olive has done it again! We've had cows, then sheep and now it's time for the fruit and veg. And the topper is completed with a red Massy Ferguson, like Peter used to have.

Thank you for the reminder Olive that we have some great local growers who we should support, stick to what is in season and cut out all those miles imported food has to cover.





TENTERDEN SINGERS PROUDLY PRESENTS

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17th May

at St Mary the Virgin, Rolvenden

6.30pm for 7pm start

£10 per ticket

**IN AID OF ROLVENDEN PRIMARY SCHOOL'S
COMMUNITY FUNDRAISING PROJECT**





On behalf of the Friends of St Peter's



Plans for the Newenden Annual Duck Race to be held on Sunday 27th July at 3:00pm move steadily forwards, The tension continues to mount in the dark space that is the home of the Newenden Flock. Duck sellers will soon be out and about ready to take your £2 sponsorship for a duck – pro rata for those who wish to hedge their bets and sponsor more. The prize money continues at £100 for the sponsor of the winning duck.

So far so normal...but...as your Special Duck Correspondent I have been picking up a persistent rumour of a powerful rogue - a super duck even, who is being put through a relentless training programme of daily dry gym

exercises and wet pool endurance drifts. My source is very close to the household where Super Duck is held. Is he being held against his will, and subjected to cruel treatment damaging his body and mind? Or is he a willing member of the group that seeks to disrupt one of the premier events of the Rother Duck Racing Season? My informant is not clear on this point. But he has suggested he might be able to obtain photographic evidence as to Super Duck's health and well-being.

Meanwhile another of my network of informants has talked to me in strictest confidence about an organisation that she thought I ought to investigate. From one quick photo shot on her mobile as she ran for a train, I have managed to track down the organisation called Duck World and with some cunning use of Google have found this amazing claim made by the Duck World Corporation: 'Welcome to Duck World's Quack-tastic Duck Racing Headquarters! Hosting a duck race and need some quacking racers to make a splash? Our ducks are designed to float and race like champions, ensuring a thrilling experience for all participants.'

Well, who knew such an organisation existed? You couldn't make it up! Is there any connection with Super Duck and could this newly discovered species of duck from afar be a threat to our own much-loved Newenden Flock?

I have alerted the Keepers of the Flock and they are going to make sure our chaps are not disturbed by any rumours. We must all stay vigilant. A great Newenden Tradition could be under threat!

Special Duck Correspondent



Rolvenden Gardening Society

Spring Show 2025



We held our Spring Show in Rolvenden Village Hall on Saturday, 15th March. Looking back at last year's report for the Spring Show, I commented that many flowers had finished before the show, possibly because of climate change and a mild winter, but what a difference a year makes! This year we had experienced a cold, wet winter and even on Show Day, there was a chilly breeze. Consequently, this was reflected in the number of entries: 130 from 18 members. However, the hall still looked beautiful and some scents were quite intoxicating.

There were several daffodil entries adding a splash of yellow, but many of the "special " daffodils were yet to bloom. However, there were 10 entries for the miniature daffodils. Richard Coleman won a first for his primulas displayed beautifully in a bowl of moss. 8 amazing displays of hellebores were shown. and this class was won by Graham Tiltman. Marilyn Gower extracted a wonderful comment from the judge with her lovely floral arrangement entitled "April Showers", displayed in a small pair of wellington boots. "Didn't you do Wellie!" said the judge. This year, there were only 4 camellia entries, compared to 9 last year, but they were all stunning in shades of pink. Tony Abrahams achieved a first with his blue hyacinths which had a heavenly perfume. Outstanding amongst the vegetables were Ashley Bradshaw's impressive giant leeks and Richard Coleman's celeriac. There were 4 photos depicting rural scenes and a first went to Margaret Hewitt with a picture of a dog in the snow.



Cookery exhibits were down but well done to Gill Pooley and Cynthia Crowley for their excellent results in these categories. Congratulations again to Richard Coleman for his Easter Garibaldi biscuits: the only entry in the men's cookery class.

We were again grateful for the support of the Preschool who displayed 16 colourful butterfly collages. Well done to them all! During the afternoon the sun came out and we were pleased to welcome several visitors to view the exhibits and enjoy a cup of tea. Thank you to Jean and Ian Clifton for running the raffle which made £142. Sue Clout, the Show secretary thanked people for coming, for the exhibitors, the tea ladies and those who helped to set up. She mentioned the sad loss of Maureen Brooks, a staunch supporter of the Society who will be sorely missed.

Finally, prize winners were announced and forth coming event dates read out. Thank you, Sue, for your hard work as Show Secretary, too!



ADULT PRIZE WINNERS OF A CERTIFICATE were:-

- 1st. Jan Gambier with 6 Firsts, 3 Seconds, 3 Thirds.
- 2nd. Richard Coleman with 6 Firsts, 3 Seconds, 2 Thirds.
- 3rd. Tony Abrahams with 4 Firsts, 4 Seconds, 2 Thirds.

Maralyn Button

FUTURE EVENTS:-

- 10th May:- Our Coffee Morning at Jean and Ian Clifton's, Rolvenden Layne.
- 13th May:- A trip to Leonardslee to view the azaleas and rhododendrons.
- 14th. June :- Our Summer Show.
- 5th. July :- A Garden Safari locally with the Preschool. Look out for more details of this event.

E	U	L
L	A	F
C	R	Y

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 middle one.



Weather and Nature Notes

Looking back at my records since I started recording rainfall in 2016, this March was the driest with 18mm. Only 2017 (32mm) and 2022 (39.5mm) came near and both of those were dry years overall, hopefully it is not a sign we are in for a hot drought year. As I write, April has yet to produce any rain. For now, nights are often still chilly or frosty but give way to lovely sunny days with blue skies often without a cloud, just aeroplanes contrails criss-cross the sky from worldwide travel; why would you want to fly elsewhere when Spring has officially arrived here? To be in the garden or out walking about is a pleasure to be savoured at this time of year, how lucky we are.

In what seems a short space of time everything is burgeoning at once. The garden and countryside have come into colour and insect numbers are rising. Bats are out flying by as I close my curtains and slow worms are starting to come out of hibernation, everywhere you look there is something new to see. Viewing pussy willow catkins against a blue sky is a pretty Spring sight, but on closer inspection you will notice activity. As I stood briefly beneath a willow tree my attention was constantly distracted by various bumble bees, a chiffchaff, a peacock butterfly and a pair of blue tits all feeding from the tree. The chiffchaff attracted by the insects, and the bees' and butterfly fed on the pollen and



nectar, also the pair of blue tits were getting energy from this source too, the white feathers on their little faces stained yellow with pollen. As I walked along a sheltered sunny area, I encountered a few duelling Peacock butterflies as they circled up into the air, also disturbed by my passage some flew a short distance before resuming their sunbathing rather camouflaged amongst a few old leaves scattered on the green grass. Some other butterflies on the wing I have seen are: Holly blue, Brimstone, Speckled wood and Orange tip all fluttering along with the business of finding a mate and the appropriate food plant for their eggs to hatch on, caterpillars are often specific, a reason why it is important to have a wide variety of plants available. The first swallow I saw was on the 11th of April, I heard the twittering overhead announcing his arrival. I replied "hello it's good to see you back safely"

I found a beetle upside down in my garden, mislaid with legs waving, I could see it was a dung beetle, but needed my book to be more specific. She was a minotour beetle, so called as the males have three horns on their "shoulders" which makes them easily identifiable, the females have small points, as hopefully can be seen in the photo.

They can grow to about 2cm (nearly an inch) and have always caught my eye in insect books, so I was delighted to meet one. According to my research they are fairly widespread but scarce, increasingly so the further north you go. I remember seeing on television a few years ago that dung beetle numbers are declining partially due to the use of wormers in livestock.

Minotour beetles favour rabbit dung, which wouldn't be affected, but rabbit numbers have been low for a long time so they will also use sheep or deer dung. They emerge in Autumn, then

feed up until mature enough to mate. They can be attracted to light whilst flying at night looking for food or a mate. A couple will dig a tunnel up to a metre and a half long (over 4ft) which is incredible for a beetle, presumably where the temperature and soil moisture is more even. The eggs are laid in little chambers off of the main tunnel. They roll pellets of rabbit or sheep dung down the tunnels for the larvae to feed on and the horned male protects the tunnel. Later in the Summer after all this industry the adults die, and the new generation will emerge in the Autumn. All the members of the large group of dung beetles are very beneficial. The ancient Egyptians recognised this with the scarab beetle a symbol representing the sun god Khepri, and the circle of life, death and rebirth.

Hazel Beaney





NSPCC QUIZ NIGHT

The NSPCC Quiz Night held in Rolvenden Village Hall on Saturday, 5th April was another successful event with around 100 people forming 14 teams. The questions were set by Peter and Tina Garrott and were both fun and challenging.

After expenses, £1,272 was raised for the NSPCC, which included £305 taken on the raffle. It will be an invaluable amount for the work of the NSPCC. Thank you to all who supported the evening or generously gave donations or raffle prizes. However, our biggest thanks must go to Peter and Tina who did an amazing job of hosting the evening and allowed the event to run smoothly. A great time was had by all!

OUR NEXT EVENT - A COFFEE MORNING!

Rolvenden NSPCC Committee is holding a Coffee Morning on Saturday, 28th. June, 2025, from 10.30 until noon at 9, Thornden Lane, Rolvenden Layne, by kind permission of Jean and Ian Clifton. Admission will be £5 which will include a cup of tea or coffee and biscuits. We will be holding a raffle and there will be cake and plant stalls. Any donations to these on the day will be gratefully received.

Jean and Ian's garden is beautiful and well worth a visit if you are able to join us on the day for a wander around. We are very grateful to them for allowing us to use their garden for such a worthwhile cause.

We hope you can join us there!

Maralyn Button

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by Oscar Wilde

a production from
National
Theatre

NT Live:
The Importance of Being Earnest
11 May



Dad's Army:
The Radio Show

29 May



Chapel Down
Wine Tasting Experience:
A Taste of England's Best

7 June



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If you have a passion for early years childcare and education and some time to spare then we would love to hear from you.

We have a **paid position** available for a **qualified (minimum level 2) practitioner** to support the current staff team for between 8 and 11 hours per week (term-time only). We also have positions available for volunteers to work alongside staff in the pre-school and to help us get out and about around the village. **Hours are flexible around your current commitments.**

We are a small, friendly team dedicated to giving the children in our care the very best start to their early education. We value the unique contribution that different individuals can make – as they say – it takes a village to raise a child.

If you would like a rewarding role in this vital village asset, please contact Helen Harris (Manager) at the pre-school on **07729718181** or rolvendenps@gmail.com.





FOOD, GLORIOUS FOOD!

Coffee



For many people around the world the day starts with a cup of coffee to kick start their day. Making coffee is far more than just a drink, it's a culture, and a comforting ritual. But have you ever wondered how a little bean has evolved into the global obsession it is today?

It is believed to have originated in the Kafa region of Ethiopia. There is a well-known legend which tells of a goat herder named Kaldi who noticed his goats were acting weirdly after eating the berries of a dark green shrub with yellow and red berries. He tried some berries and found he had more energy. To satisfy his curiosity he took some of the "magic berries" to the nearest monastery to ask the chaplain to explain the effects to him. The chaplain claimed they were a devilish temptation and threw them on the fire. Before long there was the unique smell of roasted coffee, the berries were quickly rescued from the fire and led to the first brew of coffee. Whether the story is true or not the idea of goats on a caffeine high creates an amusing picture.

From Ethiopia coffee made its way to the Arabian Peninsula. By the 15th century people in Yemen were cultivating coffee plants and making a drink closer to what we know today. During the 16th century coffee was widely drunk in the Islamic world and coffee houses, were opening up all over Cairo, Mecca and other cities. It wasn't long before traders and travellers introduced coffee to Europe where it quickly became an obsession.

The coffeehouses became hubs for intellectuals and for socialising, here they were known as "penny universities" as a cup of coffee cost you a penny and you could listen in on the interesting conversations which were being discussed, politics, philosophy and business ideas,



some of which came to fruition, a prime example being Lloyd's of London which started out in a coffeehouse.

As coffee became more popular it started to be cultivated outside the Middle East and North Africa. Among the first were the Dutch Java and from there it spread to the French Caribbean, Brazil and then to the Americas.

There are two main types of coffee beans, Arabica and Robusta. The Arabica is grown in higher altitudes and tend to have a wider range of flavours and are less bitter. They are more expensive to grow but have a more delicate flavour.

Robusta is grown at lower altitudes and are the more resistant to pests, they have a stronger, sometimes bitter taste. They are often used in instant coffee or espresso, they contain more caffeine.

Of course, it is not just the type of bean that's important, how they are roasted makes a massive difference, whether light roast, which keeps more of the original flavour and a little acidic, medium, which is probably the most popular, and is well balanced with a little sweetness and finally dark which is strong and smoky, a hint of chocolate or nuttiness but with a loss of some of the beans natural flavours.

Having decided on which coffee bean and which roast and blend, the next decision is which method of brewing you prefer. The most popular are, cafetière, percolator, or filtered.

Over the last twenty years or so coffee shops and cafes have opened up all around the country in staggering numbers, I have counted at least ten in Tenterden alone, but it is big business with the U.K. coffee shop market being estimated to be worth around £10 billion.

Lavinia





Health Issues - About Dementia



This is the start of a four-monthly series of articles on health issues. I hope you will find them interesting and helpful. I am a person with Parkinson's, a neurodegenerative disorder, of which dementia, multiple sclerosis, Huntington's disease and other progressive disorder of the nervous system are classified.

The views are solely mine, based on my experience as a retired nurse lecturer and my voluntary work with Parkinson's UK charity. The facts given are extensively

researched with the publication references at the end of the article.

This month, I am writing about dementia, a cognitively impaired and progressive condition. Cognition is about our thinking and learning processes. Dementia causes changes in our brain cells (neurons) due to buildup of abnormal proteins inside and between neurons. These proteins are called amyloid plaques, as normal amyloid proteins ingested in our diet become mis-entangled. Scientists are still working on why this happens. Genetic and environmental factors are likely to be involved. The Lancet Commission in UK Dementia Research Institute (UKDRI 2024) reports that the brain's vascular health is linked with dementia risk. Conditions such as diabetes, high cholesterol level, hypertension, smoking, obesity, air pollution and head injury are linked to vascular dysfunction of the brain.

Almost 7 million people in the US, 1 million in the UK, currently live with dementia. Professor Claire Steves from King's College London claims we could make lifestyle changes to boost our cognitive reserve to reduce the risk of dementia (ZOE Editorial 2024, UK Dementia Research Institute 2024) and to slow its progress, (Alzheimer's Research Association 2022).

There are several lifestyle changes that can support your brain health and build up your cognitive reserve (ZOE Editorial 2024):

1. The Power of Food and the Gut-Brain Axis

Compounds, called flavonoids, in our diet are really important for brain health. Eating a Mediterranean style diet, plenty of fruit, vegetables, nuts, seeds and olive oil, protects your brain health through changes in the gut microbiome. Ensuring a healthy gut bacterial environment is vital for developing the cognitive reserve.

2. Physical Activities

Physical exercise promotes the production of new brain cells (neuroplasticity), stimulates communication between cells and prevents the loss of brain volume as you age (Davies 2024).

The easiest way to incorporate 25-30 minutes of moderate intensity aerobic exercises each day is to have a daily walk. Swimming, dancing and jogging can also exercise your mind and body simultaneously. My neighbour, at 90 plus,



loves dancing. Being rather unsteady on her feet, she holds onto the back of her armchair to strut her 'John Travolta' moves to music!

Physical activity increases dopamine and decreases the production of stress-related hormones, so there are indirect benefits. Some of the clients I look after find they sleep better, some report improved mood. A client with dementia I looked after suffered from 'sundowning'. He got aggressive towards his wife in the evenings. Interestingly, she noticed a change of mood when he returned home from 4 hours of chair exercises, singing and art therapy at the dementia day club.

3. Social Interactions

To build cognitive reserve, you need variety. Interacting socially with others is one of the most complicated things to do with our brain. On the cellular level, social engagement encourages new connections in the brain and is one of the ways to prevent cognitive decline (Alzheimer's Research UK 2022).

Stretching and Stimulating the Brain (Reshef in Davies 2024)

4. Keep your brain active by doing the following:

- a) Adopt flexible thinking by analysing situations from many points. Try listening to a different style of music, watching a TV show you haven't seen before, cooking a new, unusual recipe
- b) Nurture your brain's creativity by solving problems or puzzles, learning a new skill or a foreign language, playing card games, memorising shopping lists
- c) Meditation or mindfulness exercises

All this helps you become more focused, self-aware and find clarity when your mind feels cluttered.

Final Note: If you are interested in participating in research on dementia, please contact the PROTECT Study on:

<https://www.protectstudy.org.uk/>

Author: Carroll Siu MA, MSc, BSc, RN, RM, RNT

References

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- Alzheimer's Research UK (2022) *Alzheimer's Research UK's Five Year Research Strategy Online:* <https://www.alzheimersresearchuk.org/wp-content/uploads/2022/10/Alzheimers-Research-UK-Research-Strategy-2022.pdf>
- Davis, A. (2024) *The best brain exercises to sharpen your mind. Patient Info Online:* <https://patient.info/news-and-features/the-best-exercises-to-sharpen-your-mind>



St Nicholas Church, Sandhurst (Kent)

Friday 30 May at 7pm

Meet the Choir and have some light refreshments at 6pm

Nordic choral sounds

Haga Motettkör from Sweden

Conductor: Michael Dierks

Church Road, Sandhurst, TN18 5NS

Tickets £10 on the door, or pay online via QR code



Rolvenden Parish Council - May



The Parish Council has been involved with a number of activities.

The Neighbourhood plan has progressed through the Steering Group. The Group has self-determined that it will be a community led body, and has elected its own chairperson and secretary. A number of councillors remain as active participants. This will ultimately be signed off by the Parish Council once it has been completed. The Plan continues to be very ably developed under the professional guidance of planning consultant Alison Eardley.

The Rolvenden Allotments had their AGM at Moneypenny. Reports from the officers were given, and a voting process for election of officers determined. The vote was by ballot which concluded 2 weeks later, the result being the re-election of the existing officers. This attended by myself together with the ballot count overseen.

The Village Hall continues to struggle with insufficient trustees, in particular the resignation of the treasurer, which is a critical position. The upgrade of the heating system has been given the go ahead and contractors quotation accepted. We are now waiting on an installation date. The funding will be largely met by grants which have been obtained.

Thoburn Trust has now gained full bank account control in line with regulatory guidance. We continue to pursue the correct registration of the land title via the solicitors originally involved. A variety of registrations to allow for correct management and grant application have been put in place and we continue to monitor the opportunity to apply for grants as they become available. This will allow for fencing, tree maintenance and other environmental improvements. The internal audit has successfully been carried out for the Parish Council's 2024-2025 accounts.

Antony Hinge

Chairman of the Parish Council



More than a Long - Distance Commute

Early in May 1994, I was contacted by the Fine Arts manager of a worldwide moving company, their name was Trans Euro, I knew the fine arts manager very well. He explained that his company was having problems with damage done to furniture that they had shipped. He asked if I would be prepared to go abroad to restore it. How much would I charge for a week's work etc? At this point he had not told me where I would be going. When I asked, he said, 'Hong Kong, all expenses paid!'

I could not refuse.

As you can imagine, a cabinet makers tools, plus polishing items on board an aero plane are not the easiest things to transport. I flew Virgin Atlantic. They were very helpful, but they would not allow some of my tools on the flight deck. These were packed by a customs officer and handed to the flight crew. When I collected my case, a customs officer found me and returned my tools. From the old airport in Hong Kong, the only way to leave was by taxi. Just my luck the driver did not understand

a word of English, I had been told where he was to take me, and by which route, otherwise it would have been a tour of the Island at my expense.

A message flashed up on the TV screen. This was from the guy who was to look after me during my stay, his name was Cheung Kamwa Daily.

Daily picked me up at 8.30 each day to take me to a high-rise building, floor 9. I met the lady who owned the furniture I had come to restore. She was delighted that at last a furniture restorer from England had come to restore her items. Let's just say that whoever had carried out the repairs had no idea how English furniture is made and polished. Why would he? He was Cantonese, and had made a real mess of this lady's pieces. I managed to restore all the pieces.

The owners were more than pleased, took me out each evening to see the Island, and to dinner. That was an experience! As all the menus were written in Cantonese, the husband had to order. Goodness knows what I ate but it was delicious. On my last day I was invited to breakfast by the director of Santa Fey Shipping. We had a delicious Dim Sum breakfast, then a tour of the island. What I did not know was that I had saved my friend's job, and the Hong Kong contract the was worth, 6 million per annum to his firm. *John Walters*

Journeys' is a regular space for your memories: could be a special trip, long or short, or that ghastly journeys where everything went wrong, or it could be the footpath you follow every day with the dog. This is your space to surprise your fellow readers. Ed.



Rolvenden History Group

Friday, 2 May 2025

'The Women's Land Army'

Ian Everest



The Women's Land Army was often referred to as the Cinderellas of the Fields. The talk will look at its history – how it started, its role during two world wars and its recognition in more recent times. A wide range of photos will show the women at work and look at the huge contribution they made in feeding the country in times of war.

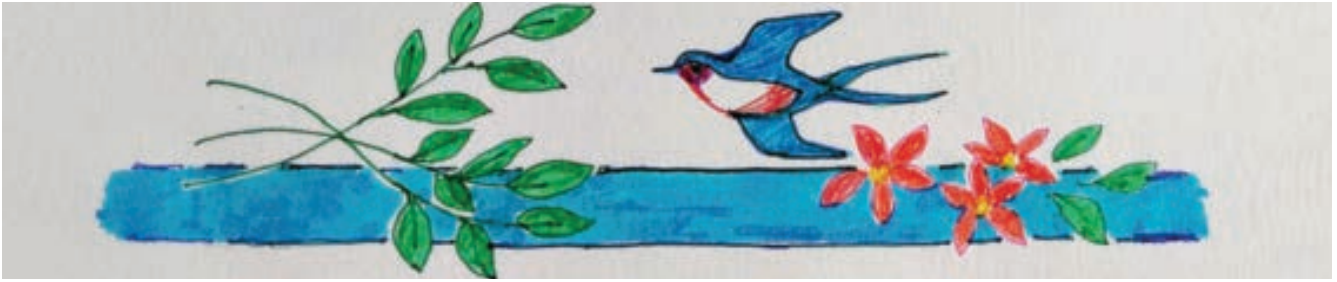
Venue: St Mary's Church, Rolvenden

Coffee and biscuits

7.00pm for AGM, lecture starts at 7.30pm

Everyone welcome - Non-members: £4

<https://therolvendenhistorygroup.wordpress.com/>)



Newenden Wildflower Meadow



Don't forget! Friday 16th May at 7pm is our Friends of Newenden Meadow Meeting . Come and join us in St. Peter's Church to find out what we have done in the field throughout 2024 and what we are planning for this year. Also, there will be refreshments to enjoy. Please come whether members or non-members. All are welcome.

In the April magazine I mentioned that there were thousands of tadpoles in the shallow water in the meadow. I was concerned that the water may dry out and at the time I wondered if I should move some of them to deeper water. As it was I left them alone and they have now disappeared, maybe they were eaten by the mallard ducks that feed around the scrape. It's always tempting to interfere with wildlife and part of me wishes I had removed some to a safe place until they were developed enough to survive and then return them to the field.

Here at home we are helping a robin by feeding him and his now growing fledglings. He is bold enough to come to our hands and there is something marvellous about those tiny feet standing on your fingers as he eats some meal



worm for himself and then takes a beak load to the nest a couple of gardens away. Male robins feed their mate to help prepare for egg laying, and also to help strengthen the bond between them. After successfully rearing the first brood, he will concentrate on feeding his mate again and so produce a second brood. At the end of this endurance marathon he is faded scraggy and worn. Last year we thought the robin we were feeding would not survive the winter and he disappeared. Now we wonder if this is the same bird who has become even bolder. Whoever he is, he gives us a lot of pleasure and you could say we are interfering with the wildlife, but the difference is that he has chosen to come to us and we are just happy to give a helping hand.

Leaving so soon?

The time has almost come when we must say goodbye to Andrew, Rhona, Arthur and Rowan. This has come as no surprise because we knew they would be with us for only three years at the most. Andrew has served his time as assistant curate and must now take up the reins elsewhere. And so, in June (on a date to be announced soon) Andrew will become Priest in Charge of Blofield and Broadside, a group of parishes a little east of Norwich.

Andrew's last Sunday here will be the 25th May and we will be holding a farewell service and tea at Rolvenden Church at 4pm, to which you are all invited. Andrew is someone of who we are all very fond and we will miss him. His ministry here has been exemplary, and he will be a fine parish priest. We wish Andrew, Rhona, Arthur and Rowan every happiness, and a fulfilling life in their new home.

Andrew found a special place in Rolvenden where he could show his deep love of the outdoors. St Mary's churchyard was where he led Forest Church. It was always thoughtful and fun!





A Tapestry of Habitats

Second instalment of Keith Barron's article from *The Tenterden Terrier*



Bluebells on the embankment, just part of the rich tapestry.

I have joined the Romney-Rother Catchment Partnership (much of the line runs through the Rother Valley) set up by the South-East Rivers Trust, and we have offered the group an exploratory trip along the line, which is like a remote county lane without the traffic. Approached by James Clow, Kent Tree Senior Strategy Officer for Kent County Council, we have planted ten disease-resistant elm trees as part of a reintroduction strategy along the edge of a two-acre wildflower field the railway owns. One of the two species it can support is the white-letter hairstreak butterfly which is very rare. Perhaps we can manage a reintroduction for that too. It was through James that we were introduced to Emily Davies, of the Kentish Stour Partnership, who came to survey a large lineside pond with a view to restoring it to a state where it can support great crested newts. This is funded by Natural England.

From the outset I have regularly updated the Director of the High Weald National Landscape (formerly AONB) about our discoveries and developments,



Volunteers planting disease resistant elm trees between the line and a flower meadow on the Rolvenden stretch.

opportunity has arisen to see how the complete rebuilding of a railway line can improve biodiversity. *Keith Barron*

but perhaps the most significant partnership that we entered last autumn has been the Kent Medway Making Space for Nature project. This is one of forty-eight Local Nature Recovery Strategy groups set up under the 2021 Environment Act based on a report by Sir John Lawton. After attending workshops and introductory meetings, it has been possible to establish the railway's identity as a green corridor with the tapestry of habitats that can contribute at a landscape level to nature recovery. Through their interactive mapping system, we are logging our findings and hope to play an active part in their strategies for the future.

In the next three years, working with the Rother Valley Railway, who are reinstating the last three the last three and a half miles from the main line at Robertsbridge to Bodiam, the



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Spring - time message from Katie Lam MP



Few things are more beautiful than our countryside in spring. The snowdrops and daffodils are in bloom, and the cold winter is finally coming to an end. We have just celebrated Easter a time of change, renewal and hope.

And a time when people come to their local parish churches, not only to worship but also to catch up with friends and neighbours. In villages throughout the Weald of Kent, parishes are at the heart of both spiritual and civic life. They offer support and sanctuary all year round – even if it's often at Christmas and Easter that we come to appreciate them the most.

Most of the work churches do is down to a few selfless volunteers, who do everything from ring the bells to run Sunday schools and play groups. Church wardens are also at the forefront of fundraising to protect our historic buildings. But they can't do it all on their own – a church roof can easily cost £20,000 to repair.

That's why, earlier this year, I joined other Conservative MPs in fighting to renew the Government's Listed Places of Worship Grant Scheme. It's not (confusingly) actually a grant scheme, but a tax rebate, refunding VAT paid on maintenance and repairs to listed churches. Thankfully, the Government listened and will be extending the scheme for another year. But there's more to be done. I'm working to protect the long-term future of the scheme, since I know how vital it is for parish churches like St Mary's Rolvenden and St Peter's Newenden. Churches, along with our local councilors, farmers, teachers, doctors and business owners, are crucial to the flourishing of the Weald of Kent – we can't take them for granted.

It's not just our churches that need financial support. The state of our roads and public transport is something I'm really worried about, especially after reading the results of the Transport Survey I sent last month. I'd like to thank everyone who took part; your feedback will help me work with Kent County Council to fix our potholes, put an end to disruptive street works, and get our villages better connected by public transport. I'll also be holding the Government to account on their promises to improve transport services across the country, making sure rural areas like the Weald of Kent don't get left behind.

As ever, if there's anything you'd like to speak with me about, don't hesitate to get in touch. You can email me at katie.lam.mp@parliament.uk, or speak to me on 01580 388344.

I wish you all a happy and joyful Eastertide!

Katie Lam



Rolvenden Neighbourhood Watch

May 2025

Our focus this month is being proactive and fraud prevention.



1. Petition: Make the sale of catapults/ammunition and carrying catapults illegal

Further to a member of the public reporting anti-social behaviour: pellets smashing a window, likely to be catapulting, at the council meeting on 20 February 2025,

I passed the local concerns on to Ashford Neighbourhood Watch volunteer, Peter New. He has met with one local MP and has requested another meeting. This problem persists across the whole Ashford District area including villages. I encourage you to sign this petition:

Make the sale of catapults/ammunition and carrying catapults illegal

<https://petition.parliament.uk/petitions/701064>

As the Mag goes to print, it has 19750 votes which means there will be a government response. Please sign and share widely with friends and family.

Once you sign the petition, you will receive an email to verify your signature.

If you see anyone using a catapult, report it with the date, day, time, location, information about the culprits: gender, approximate age, physical description (height, weight, hair colour, complexion, including any special features, clothes and if there were any other witnesses).

2. E-scooters

These are classed as motor vehicles under the Road Traffic Act 1988. This means the rules that apply to motor vehicles, also apply to e-scooters including the need to have a licence and insurance.

If you own an e-scooter, you can only use it on private land, such as in a garden but you must have the permission of the landowner to do so.

If you see anyone riding an e-scooter on the pavement or road, please report this. Further advice regarding e-scooters is available via the link below:

<https://www.kent.police.uk/advice/advice-and-information/rs/road-safety/advice-escooters/>

3. Look out for the new cost of living scams

April 2025 saw increases in Council Tax, heating and water rates and going forward changes in benefits, all of these may lead to an increase in scam emails and text messages.

Criminals are very adept at changing their scams to take advantage of changes in the economy. They may send messages offering reductions in bills or requesting that you renew your benefits by updating your details via links in their messages. They may even contact people by telephone, impersonating well known organisations.



So, it is important to be on your guard.

Remember our scam awareness message of ABC

Never Assume **Never Believe** a call is genuine **Always Confirm.**

If you get a call from a company, always ring them back via a trusted number and confirm that the offer is genuine.

If you think that something is suspicious, then report it. You can forward suspicious text messages to 7726 and suspicious emails to report@phishing.gov.uk

If you think that you may have been a victim of this or any other type of scam, then contact your Bank immediately, which you can do by calling 159 and report it to Action Fraud at www.actionfraud.police.uk or call 0300 123 2040.

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/>

Hearing or speech impairments. If you are deaf or have a speech impairment and you've pre-registered with the emergency SMS service, you can use the textphone service: 18000 or text 999.

Siân Reeves

Rolvenden Neighbourhood Watch

Mapping Heritage Assets – A Parish Through Time

Rolvenden has a long history and is referred to in The Domesday Book. There were fourteen households with two lords, namely Thorgisl and Azur Roote. Neither of these names recur in the records and it is probable that they were killed at the Battle of Hastings.

Archaeology has pushed human occupation back even further in time. Roman remains have been found at Puddingcake Lane; there was an active Roman presence in this area. Key players in national history have resided in the parish, and ordinary people who have lived and worked here have left their mark on the environment. The past makes us who we are now and shapes the world around us.

The Rolvenden History Group would like to create a map of sites of historical interest in Rolvenden parish. Many minds make light but interesting work in such a project. It may be that readers of this magazine have knowledge of sites linked to agricultural or industrial heritage, or of interesting sites such as the training areas for the D-Day landings, or buildings that have a history that wants to be told, or you may know of the history of a name or a lane.

If you would like to be involved in this project, please contact s.hatt72@gmail.com.



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 JUNE ISSUE IS 5:00pm

TUESDAY 13TH MAY

Note for distributors: ★ Rolvenden Magazines available for collection on Saturday 24th May. ★ Newenden Magazines available for collection on Sunday 25th May.

The online version will be available from 1st June 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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The Tenterden Family Foodbank EC30 times as above.

Food boxes for people suddenly in difficulty due to
late credit payments, unexpected bills, loss of job etc.
info@themildredtrust.org or info@ec30.co.uk, phone 07745 694748
Emergencies only please call: 07805 840493

**For further available help with the weekly
shop, please see the next two pages**



Kent Savers for affordable loans www.kentsavers.co.uk

Regular Events

KCC Mobile Library Service visits Rolvenden every
2 weeks on Tuesday:

- High Street between 11:30am and Noon
- Monypenny between 12:10 and 12:55pm

To join phone: 03000 41 31 31

For those living with short-term memory loss and their supporters

- Memory Café and Friends every Friday

Meets every Friday 2 – 4pm at St Andrews Church Hall,
Ashford Road, Tenterden

- Musical Memories meets every Tuesday 10:45am – 12 noon
Highbury Hall, Highbury Lane, Tenterden,
a singing for health group.

- Monthly Lunch Club Meets 4th Wednesday 1:15 for 1:30pm
Groves Restaurant, Tenterden Garden Centre Reading St.

For all 3: Contact Jan Bridger

Tel: 01580 762932 Mob: 07445971791

Tenterden Parkinsons Café Please note that the monthly Parkinson's
Support Group meeting is now scheduled in the afternoon between
2:30-4pm every third Monday of the month.

We are still meeting at the EC30 cafe at Tenterden Recreation Ground
Road (next to Ivy Court Surgery).

CARM Rolvenden Meeting Point, every second Wednesday 10:00am
to noon in Monypenny Lounge, drop in and meet friends old and new.
<https://carmromneymarsh.org.uk/>

Is your
smoke
alarm
out of date?



Kent Fire &
Rescue Service

together

Check your smoke alarms are in date!

Kent Fire and Rescue Service (KFRS) is urging people to check the expiry date on their smoke alarms, as they only have a lifespan of up to ten years.

Having an in-date smoke alarm is important in helping keep homes safe, as once they expire the sensors in the alarms become less reliable. This means that they might fail to sound in an emergency or could go off for no reason and could impact how effectively they work if there was a fire.

"Making sure your smoke alarm is in-date is so simple to do and provides an extra level of safety in your home that could make a real difference in case there is ever a fire."

How to check your smoke alarms

The expiry dates for smoke alarms, whether battery-powered or wired-in, should be on the back or side.

To check it, you might need to remove the alarm from the ceiling. Depending on the type of alarm you have, here's the most common ways how:

- twist it counterclockwise to remove from the base; or
- use a screwdriver to unscrew it from the base; or
- (for some wired alarms) push a screwdriver into the slot to release it.

If there's no expiry date, it means you'll need to replace the alarm and even if the smoke alarm still sounds, if it has expired then it needs replacing as soon as possible.

If your smoke alarm is out of date, you can buy a new one on any reputable website or in a hardware shop.

If you can't change the smoke alarm safely, we recommend asking a friend or family member for help.

But if that's not possible,
give us a call us on 0800 923 7000 for advice
and to book a free Home Fire Safety Visit.

For more information visit:

www.kent.fire-uk.org/smoke-alarms-10-year-lifespan

Refuse Collection

Waste food bins, small black with orange lid, are emptied weekly. All other bins, grey, green and brown are emptied fortnightly. To see which of your bins are emptied when type 'Ashford BC Find my bin' into your web browser. You have 2 search tools:

- Grey (household) or Green (recycling)
- Brown (Garden refuse)

You can also download a calendar.

Collection dates do not vary through the year except across the Christmas New Year Holiday season.

Please keep an eye out for neighbours who may not be connected to the web. If neighbours are not getting the bins right have a friendly word and tell them which bins to put out when.

For new arrangements on such things as clothes, shoe and electrical items please see the Ashford BC – How do I dispose of?

- Yellow sacks, where supplied, will be collected weekly
- For all queries about recycling or waste disposal:

On-line, see ABC website: www.ashford.gov.uk/waste

Telephone ABC on Tel 01233 330646

Our parishes lie in the Parliamentary constituency of the Weald of Kent

Our MP is Katie Lam

Email: katie.lam.mp@parliament.uk

Office tel: 01580 388 344

Website: <https://www.katieforkent.com/>

NEWENDEN PARISH COUNCIL

www.newenden-pc.gov.uk/

Parish Clerk: Mrs Lauren Dobson.

C/o Carpens, Hobbs lane,

Beckley. East Sussex, TN31 6TT

Telephone: 01797 260364

e-mail: enquiries@newenden-pc.gov.uk

Annual Parish Meeting and Annual

Village Meeting will be on Tuesday

6th May in St Peter's. Parish at 7pm.

Village at 8pm.

ROLVENDEN PARISH COUNCIL

www.rolvendenparishcouncil.org.uk

Parish Clerk: Mrs Louise Goldsmith,

5 Artisan Road, Headcorn, TN27 9AZ

Telephone: 07900 693572

email:

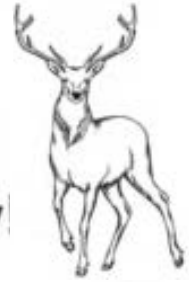
clerk@rolvendenparishcouncil.gov.uk

Parish Council will meet at 7:30pm

15 May in 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.*

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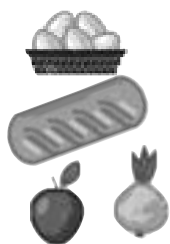


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