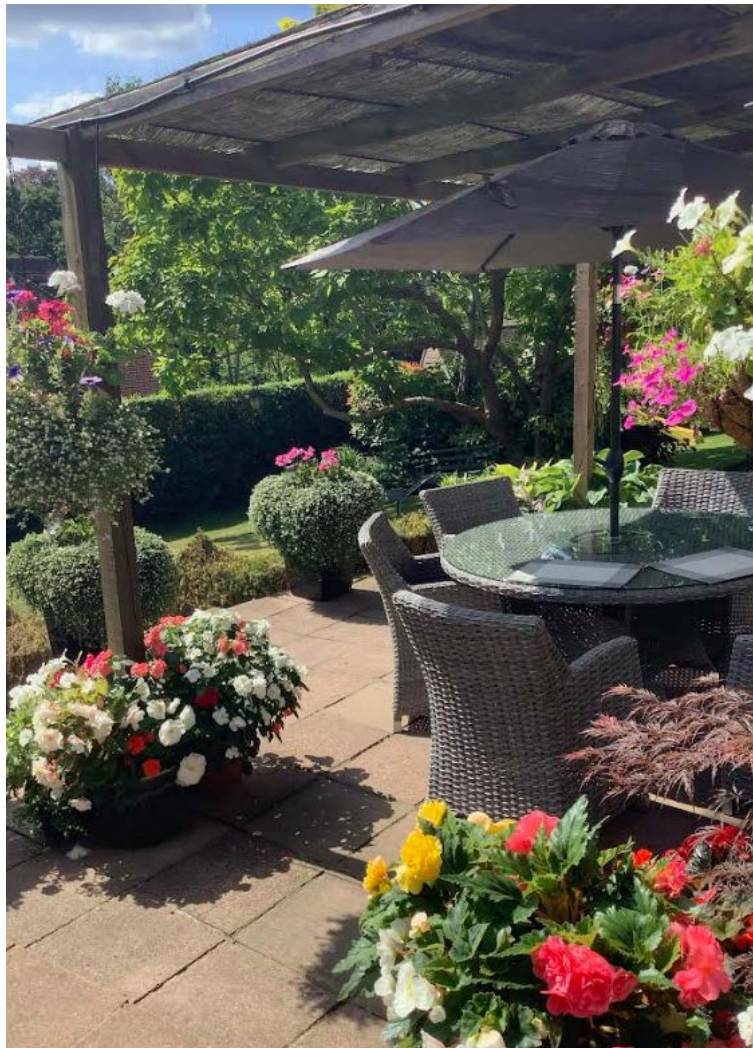


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LIFELINE



WEST FARLEIGH EVENTS DIARY

- Sat 9th Sept** **All Saints Church - Ride & Stride 10-6pm and ALSO
at Trinity Church, Coxheath - Coffee, Cake & Music 10.30-2pm**
- Sun 24th Sept** **WF Cricket Pitch - Village Rounders 1pm all welcome see p.11**
- Thu 28th Sept** **WI Hall, E Farleigh - Macmillan Cancer Support coffee morning
12-2pm**
- Sat 30th Sep** **All Saints Church, WF - Harvest Supper**

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Deadline for the next issue is 20th September 2023



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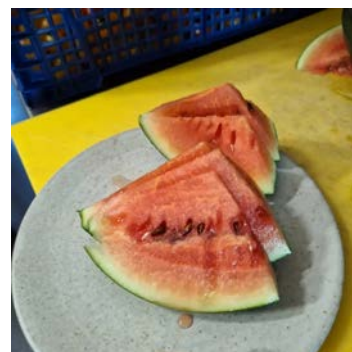
IN THE GARDEN WITH SARA CUSHING

While I'm still holding out for an Indian summer, the misty mornings we've had at the tail end of August certainly turned my thoughts towards autumn, though I'm not so keen to admit this...

The most fabulous thing for me (as I write this in the last week of August after a muggy day of stormy downpours) is that just yesterday at the farm, we harvested our first watermelon var. Blacktail Mountain.



We were warned it may be not so sweet as we are growing in the UK rather than the Mediterranean. Prepared for disappointment, we carried it up to the kitchen, still warm from the day's heat. The chefs carved it all up and we shared it out among us all working that afternoon. But ...it was the tastiest thing ever! It makes me think anything is possible... The 20^os heat and all the rain we had towards the end of the month has meant that the borders are full of colour. It's been a fabulous year for growing, plants haven't been battered by extreme heat, many flowers are still going beautifully and I expect this to carry through certainly September at the least. I remember last year's premature pulling up of many things that had died. Certainly not the case this year, so I'm prolonging the flowering period for as long as possible. I plan to keep feeding through to the end of September at least, ever with my weather eye focused on low temperatures. Deadheading to push through those final flowers, monitoring moisture levels and mulching towards the end of the month are all on the list!



In the Borders

I've been keeping all the seeds! I love all the cottage garden favourites the antirrhinums, the poppies, the foxgloves, nigella and calendula can all be sprinkled over the areas you'd like them, though you always get the rogues which appear randomly. I never mind these and love that they aren't to plan! Deadheading is still standard to keep pushing flower through for the next month, and toward the end of September and after flowering, clump-forming perennials for example Rudbekia and lemon balm can be lifted. You can divide these into more plants by splitting with a sharp spade into quarters and replanting into any bare spaces you may have. Water in well whatever you replant, though these may look a bit sad for a day or two, they'll soon pick up. Many roses are affected by Black Spot at this time of year. Because I do not use detrimental chemicals, this can be

treated with a product called Sulphur Rose, available from Greenacres Direct. This product treats the fungus and doesn't poison bees or ladybirds, which are essential to our amazing natural environment!

In the Veg Patch These conditions have meant that we've been pushing boundaries (as we do) at the Smallholding Farm. We are experimenting all the time and wondering how late we can get in final sowing of things like beetroot which many had planned for about two weeks ago. These were sown into drills straight along the irrigation lines to ensure a constant source of water and I will update you all next month! Cooler evenings in September and October will slow growth so maybe we will only get baby sized ones.

The direct sowings of peas which we did three weeks ago have just started flowering, which will lead to a super late crop, we hope! Peas should be pretty much done by now so I'm looking forward to seeing how these work. With the days of August heat, some indoor-grown tomatoes may have slightly tougher skins but these are still fine for cooking and any others coming on should benefit from slightly cooler September conditions. Cutting the leaves from the base to the next truss of fruits increases ventilation and allows sunlight through to ripen quickly.

It is likely that squashes and courgettes have leaves which are showing signs of powdery mildew. After the dry of summer, damp mornings enable this fungus to thrive. I cut these leaves off and dispose of them far from my compost heaps. This increases ventilation and my chances of the produce not being affected. Any harvestings of main crop sweetcorn, carrots, beans and baby leeks can be continued this month and celeriac can be tried, though these can be left though the next couple of months. If you've managed to keep the attacking pests from your cabbages, these should be good to go!



If you haven't had the chance, now is the time to take strawberry runners. Strawberry plants are productive for a maximum of three years, so be brutal. Weak plants aren't productive and this year I've invested in a whole new variety 'Malling Champion', producing approx 1kg of fruit per plant and which was developed in 2019. One of the latest to come from our own East Malling research station <https://www.niab.com/niab-east-malling>.

I love September because it's when we preserve with all the bits left over! Proper autumnal cooking goes on in our kitchen at home to preserve anything we can't eat at the time, so soups, passata (from tomatoes and peppers), dried seed such as coriander..

I love seasonal flavours, but you can always extend some things a little bit and push your Luck!

Happy gardening!

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COFFEE, CAKE & MUSIC!

On Saturday 9th September 10.30am-2pm there is to be a coffee, cake and music event on the grassed area around Holy Trinity Church, Heath Road, Coxheath. A warm welcome has been extended to the residents of neighbouring villages. Why not go along and have some fun!

RIDE & STRIDE – SATURDAY 9th SEPT

On **Saturday 9th September** the annual **Friends of Kent Churches Ride and Stride** event takes place. This event raises funds to preserve the beautiful church buildings of Kent by participants getting sponsorship to cycle or walk to as many churches in Kent as they can between 10.00am until 6.00pm on the day. Sponsorship forms can be obtained from Sue O'Donnell on 07429 491022 or email sueodonnell@talktalk.net.

Our own church has benefited from a grant from this organisation in the past and last year the Ride and Stride event raised £124,565.00 to help other churches too. If you're not up to riding or striding you can still support this worthwhile cause by volunteering for an hour or so to offer the riders and striders refreshments when they visit All Saints, again please contact Sue O'Donnell for more information.

HARVEST SUPPER ON SATURDAY 30TH SEPTEMBER

Saturday 30th September is the date for this year's Harvest Supper. Come and enjoy a delicious meal with your friends and neighbours at All Saints Church, West Farleigh. There will be a bar serving drinks (for a donation), a raffle and entertainment. Tickets cost £20 per person and can be reserved by contacting Sue O'Donnell on 07429 491022 or email sueodonnell@talktalk.net. This is always a popular event and numbers are limited so please book early to avoid disappointment! See you there!

WEST FARLEIGH SUNFLOWER COMPETITION 2023

by our *Farleighs in Bloom* team

Judging for this year's tallest sunflower competition took place on Saturday 12th August. And the triumphant winners were – drumroooooo!!!! please! - Ann Ayears and Rory Sharp!

Ann's magnificent sunflower reached a staggering 3.67m while Rory's in the youngsters' competition was not that far behind at an impressive 2.22m! A very well done to our green fingered winners and a massive thank you to all the others villagers who took part – each of whom received a sunflower keyring as a memento of their entry. Better luck next year!

The sunflowers have looked beautiful all around the village!
Gabby and Tina



LITTLE ANGELS

A mother and toddler group in West Farleigh Church 1pm every Friday in term time. From babies to pre-schoolers. Mums, Dads, Grandmothers, Grandfathers, and carers all welcome. Coffee for adults, lots of toys and fun for the youngsters.

PARISH COUNCIL MEETING OF 17/7/23

The Parish Council meeting was held on 17th July and the following subjects were discussed:

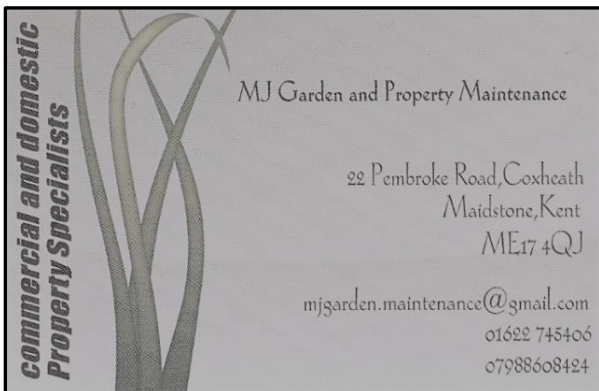
A resident spoke about how badly the footpath was left after the hedge had been cut along Lower Road between Teston and Church Lanes by KHS as the hedge trimmings had not been cleared, this will be followed up.

Becca Burns is the new village PC covering this area and crimes of any nature should be reported to Kent Police for her attention either via 101 or online. It was agreed to make a donation to the Village Neighbourhood Watch Group for the purchase of signs for the Neighbourhood Watch Scheme.

It is hoped that the recently planted oak and cherry trees will now recover following extra watering after the recent heatwave. It was agreed that better maintenance of the grass was needed in the play area and this has now been added to the grounds maintenance contract. There has already been a noticeable improvement in the tidiness of the whole area thanks to immediate action by the contractor.

Children in the village have received a commemorative coin to mark the Coronation of King Charles III. There are still a few available for purchase at £2 each or if any children have been missed. Please email the Parish Clerk - clerk@westfarleighparishcouncil.gov.uk with your contact details using the subject title "Coronation Coin".

The next Parish Council meeting is to be held on 18th September at 7.30pm in Bramley Barn, Dandelion Time, Charlton Lane.



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CANINE CORNER with Rebecca - THE BOXER DOG

The Boxer first appeared late in the 19th century in Germany. It is believed that they were descendants of the now extinct 'Bullenbaiser' breed and were crossed with mastiff, bulldog and possibly Great Dane or even a Terrier!



They were developed in Germany initially for the cruel sport of bull baiting. It is thought that their jaw, being undershot and wide, was developed in order for them to hold on to their prey until the master arrived. Boxers are famously known for their underbites. It's also thought that the wrinkles on the side of the face were bred into the boxer so that excess blood couldn't get into the dogs eyes when hunting.

With the mouth being used to hold onto prey, it was necessary for them to be bred to have a nose with larger nostrils which would allow the dog to breathe more efficiently during the struggle of the game. Nowadays we know that breeding dogs with flatter faces can actually cause issues such as breathing problems, however back when the dog was first being developed it was thought to be more beneficial than hurtful.

Fortunately for both animals, bullbaiting was eventually outlawed and the dogs became used for other working jobs including cart pulling, livestock herding in slaughterhouses, and hunting. More recently they were used as messenger dogs in WW1, patrol dogs, guide dogs and police dogs.

Why are boxers called boxers? - there are a few ideas on this but the most popular thought is that they are called boxers because of the way they play on their hind legs and box with their front paws.

The boxer has a great temperament. They are fun, intelligent, cuddly, loyal, friendly dogs that love being part of an active family. They are slow to mature and often still act like puppies until they are around three years old. Their life span is around 10-12 years old.

I have a regular called George and he has only just matured now being 4. He often played the goofy dog and was full of mischief and fun wanting nothing more than to chase his friends around and play. He's still a fun loving dog but he's chilled so much and will happily sleep all evening when he's boarding with me after a good play and a walk.

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Application forms are available from: The Clerk to the Trustees, Mrs K Cooper, Linton Park Almshouses, c/o Forge Cottage, Linton Hill, Linton, Maidstone, Kent ME17 4AW Tel: 01622 741494 email:cooperkath2@gmail.com.

HUNTON BEER FESTIVAL 2ND SEPT 12.30-6.30PM

Take your family and friends to this relaxed event at Hunton Village Club (West Street, ME15 0RS). There will be a wide range of local cask ales, a selection of unusual spirits and plenty of soft drinks, bacon and other rolls, as well as fabulous homemade cakes for purchase. Steph's ice creams is also hoping to pay a visit! There will be an area for plants and produce plus a Tombola and activities for small children. Sharon Winter will be providing musical entertainment. Entrance charge – adults £2, children free. Parking at Hunton Village Hall.



Before the beer festival, The Linton Walkers will be leading a walk (90 mins) from Hunton Village Hall car park at 11am prompt ending at Hunton Club. All welcome for £1 a head which is donated to local good causes.



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PASTORAL LETTER BY LORNA FAULKNER

Apparently, September is National Honey Month. The bees have been busy all summer and are now beginning to prepare to bed in for the winter. So, in honour of all their hard work, this month's musings are based on that rich, sweet, liquid gold; that miracle of the hive that just tastes so good on a thick crusty slice of toast or stirred into a bowl of creamy porridge.



Honey is **antibacterial**. Honey comes against the tiny little unseen beasts that burrow their way into wounds and sore places. It cleans out dirt we didn't even know was there. It helps to destroy would-be body-invaders before their nastiness gets a grip on our immune systems. Medical grade honey is applied to septic wounds, cleansing and healing.

Honey is an **antioxidant**. Honey, they say, works wonders. Dispersing poison and reversing the effects of it. It rounds up and helps to neutralise the irritants that collect and threaten to damage the fabric of our cells. (Ok, my exact honey science might be a little off, but you get the idea!) Purifying.

Honey is **anti-inflammatory**. Honey takes something angry in our system and calms it down. Where our bodies are in state of high alert, ready to fight, stressed and stretched – honey helps to disarm it. Honey is **soothing**. I can assure you that it makes a REALLY good skin moisturising mask too. Brightening and softening.

Honey also gets a few mentions in the Bible. Here's one of my favourites: 'Gracious words are like a honeycomb, sweetness to the soul and health to the body.' Proverbs 16:24.

If gracious words are like honeycomb, dripping with goodness, what might happen when we choose to use gracious words? Gracious words are antibacterial – they can come against the little niggles of life that seek to infect our friendships and families. Gracious words are an antioxidant – they can help flush out the poison meant to damage and destroy a person's sense of well-being, self-worth and security. Gracious words are anti-inflammatory – they can take a situation loaded with stress and confrontation – a situation threatening to develop into something nasty - and calm it. Disarming us, and others. Gracious words can soften hard places and brighten our view of the world and the people around us.

Gracious words are good for us. They're good for the soul – for the mind and heart. And what's good for the soul is good for the whole person. So, let's mark National Honey month in our homes and communities by gracing one another's lives with some sweet and gracious words in these coming weeks.

Happy September to you all!

Lorna

SERVICES AT ALL SAINTS

Sunday 10th September 9.30am Communion — David Jones

Sunday 24th September 9.30am Morning Worship – Lorna Faulkner

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SPORTS REPORT



FOOTBALL : Friendlies and training are going well and hopefully we will hit the ground running when both teams kick off in the Sevenoaks League in early September.



NETBALL : Our winter season starts on 12th September. Match reports will follow.



CRICKET : Weather was a significant factor for both our teams last month as four out of nine scheduled games were rained off.

The 1st XI played twice: beating Cudham Wise by 25 runs and then scoring a massive 295 runs against Betsham to ultimately only beat them by 40 runs! Meanwhile, our 2nd XI lost to Bidborough & Leigh when we bowled them out for only 132 runs but then only scored 77 ourselves!

This month's lucky Ton Up winners were:

No.9	Andy Starr	£30
No.64	Kevin Shilling	£20
No.66	Mathew Boseley	£10

WEST FARLEIGH/RINGSTEDT FOOTBALL TOUR 28-31ST JULY 2023

We welcomed our friends from Ringstedt recently for another enjoyable and successful tour. There were fewer tourists this year but what they lacked in numbers they made up for in quality! We had plenty of time socialising, we played crazy golf and had a site seeing day in London. The football itself turned out to be a Farleigh training session as the majority of our visitors were struggling with “jet-lag” – as you can see in the photo! Many thanks to all those who helped make the tour such a success. Prost!



Sunday 24th September at 1pm will see the second **annual village rounders competition**. Please get in touch to let us know if you are playing – it's not too late to enter! Call me on 07761 355518. When the apples are ripe next to our changing rooms at Charlton Lane – please come along and help yourselves!

OUR ALESSIA AND THE WOMEN'S WORLD CUP

Once again our very own Alessia Russo played a part in England's lionesses making history by making it to the World Cup Final on 20th August. Alessia played her very first football with us here at West Farleigh between the ages of 5 and 8 and can be seen below (front right) with her male team mates as the proud winners of the Weald of Kent Cup in 2007!



She had a fabulous World Cup tournament scoring three goals for England with the third against Australia being the goal that secured our place in the final! Although ultimately, the final didn't go the way we all hoped – Alessia and her team mates have certainly done West Farleigh and English football proud in recent years! Lionesses we salute you!

Yours in sport, Tel



THE EVERGREENS

Well, what a day out we had! Our group of Evergreens and friends met on Lower Road on a cloudy Tuesday in August. A coach driven by a charming young man arrived and he told us of our route off the main roads to get to Deal, via Brogdale in Faversham where we could stop for coffee. We drove through lovely countryside and some very pretty

Kentish villages. Then on a *very* narrow lane close to our coffee stop, the coach lurched violently to the left and the nearside front wheel ended up in the ditch with a flat tyre and the coach at a significant angle!! There was no panic (well maybe the odd yelp!) even when the driver tried to reverse us out of the ditch and we ended up further in it at an even more alarming angle!

He called for a replacement and got us out through the back emergency door which was now several feet higher off the ground than usual! Fortunately he was a strong young man as, he had to lift some of our more frail members bodily down to the road! So, now there were 26 of us in the middle of nowhere nearly 2 miles from Brogdale, with an assortment of wheelchairs, walkers and sticks! On contacting the coffee stop to say we were going to be late they kindly sent two knights in shining armour on their trusty steeds (in their large cars) to save us! Fortunately, this shuttle service soon had us all sat down with those much needed drinks in their very welcoming café. The replacement coach duly arrived and off we set once more – we were seeing the sea come what may!

When we finally arrived at Deal too late for our lunch bookings, we dispersed to find eateries to suit. Some had fish and chips out of the paper on the Promenade, some ate F&C inside whilst others went to an Italian restaurant, only open for a week, and had grilled cod and chips, washed down with a glass of fine Rose! (We were hungry, not very mobile and it was close by!) We didn't have enough time to go along to Walmer to explore further as planned so most had a wander around the shops or along the front in the rain before indulging in ice creams as a last seaside treat! Despite our adventures, a grand and memorable day was had by all! Nothing gets in the way of the Evergreens having fun - what a stoical lot?



THE FARLEIGHS W.I.

The August meeting opened with the usual chatter and laughter whilst enjoying the enticing refreshments provided by our hostesses. Our speaker Derek Marsh, an experienced gardener, gave an interesting, informative and sometimes humorous talk about the Secrets of a Walled Garden. He also shared his photos of his prolific vegetable garden with us all.

At the time of going to press we were also looking forward to two further August dates. A visit to the theatre to see Kinky Boots and also an excellent speaker, Kim White OBE on the 30th August at the WI Hall. Kim is an ex-policewoman and was going to be talking about her career in the Met Police. If you missed joining us for Kim's talk you are very welcome to join us in support of the very worthwhile charity Macmillan Cancer Support when we run a coffee and cake morning at our East Farleigh Hall on the 28th September 12- 2pm. All are welcome, tell your friends and family and help us to raise a great donation!

Coming up, we are arranging a Halloween Disco on 28th October so watch this space for tickets as this is also open to all. At the September WI Meeting we have an interesting speaker Leslie, talking about the healing properties of Arts and Crafts. On 29th November Tony Harris is making a return appearance when he will be presenting 'Hercules Poirot' and solving a mystery disappearance. This popular open evening fills quickly, so please book.

We are always happy to welcome new members. If you would like more information, please contact us at: thefarleighs@wkwfi.org.uk.

Pam Lindon, The Farleighs WI Hall, Forge Lane, East Farleigh.

~~FLYING~~ *around the* ~~FARLEIGHS~~ →

The more things change ...

Late August into September, it's always the same: "What's happening, where have all my garden birds gone?" Short answer? Not very far. They're either skulking in undergrowth or feeding on the mass of wild plant and insect food becoming available in the wider countryside.

The reason they skulk is because most small garden and farmland birds are moulting their old, worn feathers and growing a new set. This means they must divert energy to feather growth – easier to do when it's not needed for keeping warm – so sitting about in bushes allows them to do this. Starlings (love 'em or hate 'em) replace every feather on their body.





These two youngsters, for example, are partway through the process. Dull brown juvenile feathers can still be seen on their back and head, but they have new adult wing feathers, and one has a tail that is a mixture of both. Over the coming winter, the tips of the new feathers will slowly wear away to reveal the iridescent blue green breeding plumage in time to attract a mate next spring.



Moulting birds are no longer looking their best either! I'm frequently asked if the scruffy robin, often with gaps in its plumage where the old feather have been dropped as the new ones start to grow, has been attacked by a cat. Ironically that is more likely to happen at this time of year as birds are less nimble in flight due to lack of flight feathers so are easy prey for predators – sparrowhawks for example and, sadly, those pesky moggies. The response is usually "no, they are just having a bad hair day!"



You can see the changes in this moulting robin. Note the missing flight feather from its wing, with the new feather emerging in its place. The full moult can take more than a month so, combined with the plentiful fruits, seeds and insects in the wider countryside, it's not surprising our gardens feel strangely empty.

Migration may also be part of the explanation for the scarcity in the garden. But while most familiar garden birds remain here, many woodland and scrubland birds species move to warmer climes, often dropping off in a garden for a day to take advantage of the free food on offer to fuel their journey. They usually disappear the next day – most small birds migrate at night using the stars for guidance and to avoid avian predators. If, by chance, an unusual bird turns up in your garden try to snap it and send the pic to Lifeline for identification.

So, keep your eyes open. You'll be surprised what passes through just when you think your birds have all gone!

Ray Morris

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