

“Some sort of periodical is an essential life-line in a village such as ours”

WELCOME TO WEST FARLEIGH'S OMN

LIFELINE



5pm	Sun 10 th Dec	Carol Service at All Saints
6.30pm	Fri 22 nd Dec	Carols on the Green
10.30am	Sun 24 th Dec	Advent 4 service at All Saints
9.30pm	Sun 24 th Dec	'Midnight mass' at All Saints

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Deadline for the next issue is 20th November 2023

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PASTORAL LETTER FROM LORNA FAULKNER

While searching for inspiration for what to share in my letter this month, I came across this quote from philosopher Henry David Thoreau:

“The thinnest yellow light of November is more warming and exhilarating than any wine they tell of. The mite which November contributes becomes equal in value to the bounty of July.”

The sentiment really resonated with me – how the smallest shaft of sunshine in November feels like a gift - bringing a moment of relief into what often feels like near permanent darkness, and is something to be enjoyed with relish.



The darkness of November and the ensuing season of winter can lead to many of us struggling with our mental health and well-being – feelings of sluggishness and sadness can close in on us. Motivation can take a dip; days can feel endless (I have often suspected that we are in fact, part bear and ought really to hibernate until March, only getting out of bed occasionally to eat potatoes...) It can just all feel like a bit of a slog.

So how can we help ourselves?

Good nourishing food, plenty of rest, grabbing time in the daylight when we can – they all help - and seeing a GP if it really begins to feel overwhelming is a must. And here's another suggestion I have recently become aware of, a concept that might go a little way to help those of us who struggle with the darker months. Just as we may encounter difficult things in our days that can cause us to struggle with negative feelings – often called 'triggers' - so we can also experience moments in our days that can result in us feeling positive things – and these are known as 'glimmers' - small moments or encounters that bring a little lightness and joy.

A smile from a stranger.

The cosy flickering of a candle on a dark evening.

A song on the radio.

A kind word.

A hug from a loved one.

A beautiful sunrise.

Laughing with a friend.

Ten minutes of quiet listening to the ticking of a clock.

A ray of sunshine in the middle of a grey week.

They're all around us. We just need to look for them – the moments of light in our day. Maybe we can build some time in every day to be thankful for them. Perhaps write them down as a reminder for the days when glimmers are harder to find.

It's not new when you think about it – the old proverb 'Count your blessings' comes to mind – and the science of gratitude is well researched and documented. It is proven that taking time to recognise what we have to be thankful for is good for us! But it's good to be reminded to look for the things that bring us peace or joy or a sense of calm or connection. I'll be making a point of doing so this winter. And, if this time of year is a struggle for you, maybe you'd like to join in too.

Lorna

SUNDAY SERVICES at All Saints West Farleigh

Sunday 12th November 10.45am **REMEMBRANCE SUNDAY.**

Sunday 26th November 9.30am Morning Worship

CHRISTMAS SERVICES at All Saints

Sunday 10th December at 5pm

CAROL SERVICE

Sunday 24th December at 10.30am

Advent 4 Benefice Service

Sunday 24th December 9.30pm

“Midnight Mass”



REMEMBERING THE FALLEN

The annual Remembrance Service will take place at All Saints starting at 10.45am on Sunday 12th November.



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.



IN THE GARDEN WITH SARA CUSHING

Sara is having a well-earned rest this month!

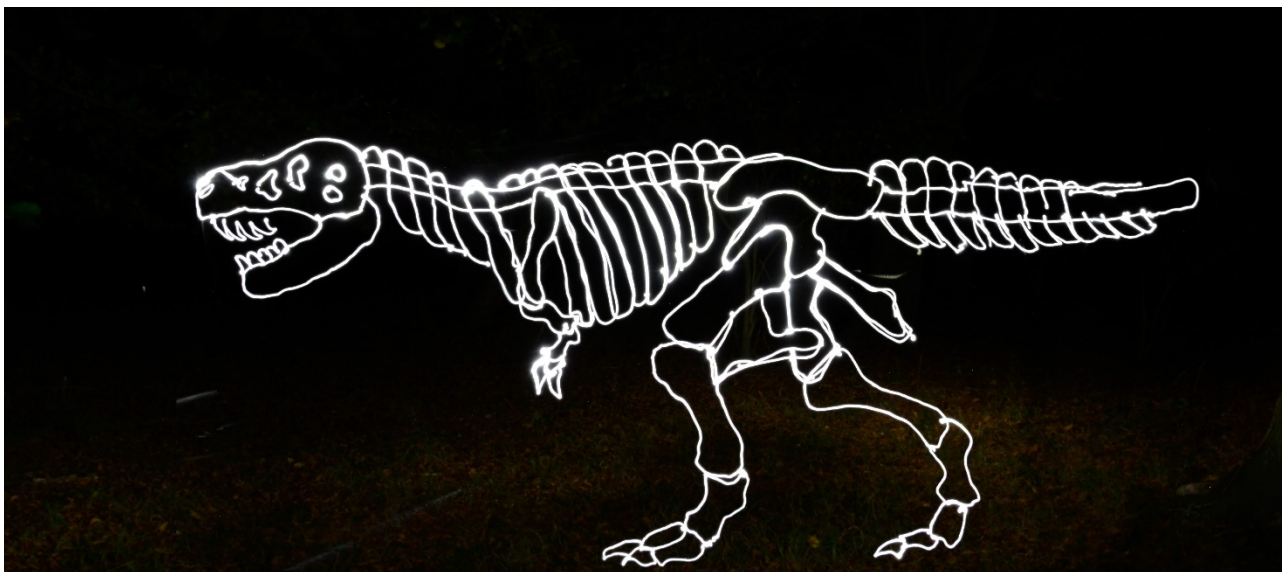
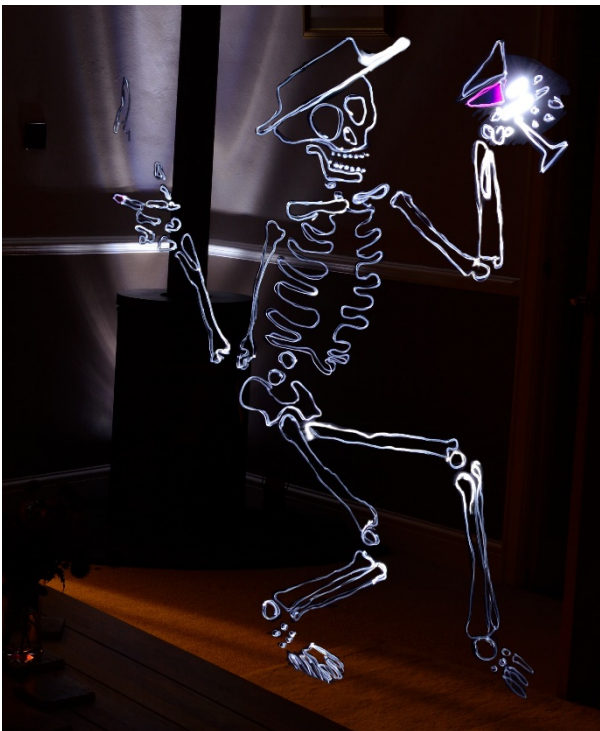
ALL HALLOWS EVE AT THE GOOD INTENT

The Good Intent is the scariest place to be this Saturday night, no doubt. The Halloween Party at the Good Intent has been running ever since Steve and Pauline arrived, and it just gets better every year. Already there are skeletons lying outside the doors and skulls that talk and clocks that run backwards, not to mention the mysterious mist that flows out of the door as you enter. All are welcome and the standards are high.

This year the party is on Sat 28th October and is in aid of Maidstone Churches Winter Shelter.

We can't show you pictures of the Good Intent decorations because they are quite scary but here are three Halloween themed and startling works of art created by Cliff Kirk-Brown using long exposures, a glowing torch and a very dark room/night...

PS. Wondering about the front cover?





CANINE CORNER with Rebecca

The British Bulldog, also known as The Bulldog, is a distinctive and beloved breed that has a rich history. The approximate date of existence is difficult to pinpoint precisely, however it is believed to have started to take shape in England around 13th and 14th Century.

Originally, bulldogs were primarily used for the once popular sport 'Bullbaiting'. This sport involved setting the bulldog against a chained bull. The dog's task was to grab onto the bull's nose, to hold on tightly until the bull was defeated. In the 19th century this sport was outlawed, and the breed faced a decline in popularity. However, a group of enthusiasts worked to preserve the breed, transforming its temperament from aggression to a more docile nature. This change in temperament was crucial for the Bulldogs survival, as it allowed the dog to transition into a companion and family dog.

During the 17th century a fictional character 'John Bull' was becoming popular in political cartoons, he was portrayed as a no-nonsense Englishman and was often depicted with a Bulldog.

During WW1 the John Bull character was used to stir up propaganda and he helped to unite and help the fighting spirit. By WW2 the Bulldog took centre stage as the symbol of British tenacity. Winston Churchill, was nicknamed the 'British Bulldog.'



Despite their intimidating appearance and muscular build, Bulldogs are not generally aggressive dogs. They are typically good with children, displaying a patient and tolerant attitude. Today, Bulldogs are cherished worldwide for their distinctive appearance, unique personality and loyalty.


How can I help my dog's anxiety with Fireworks?

Firework season is upon us, and many owners dread this time of year because they worry about how it affects their dog. Dogs can hear sounds that are four times further away than we can, and at higher frequencies.

A dog's acute sense of hearing means that loud noises that we are able to tolerate might be very unpleasant and uncomfortable for them. That paired with a previous negative experience can cause severe anxiety at this time of the year.

Here are a few tips to help you through the next few weeks.

- Try to act and behave as normal, your dog will pick up on any odd behaviour. Remain cheerful and don't draw attention to the noise by saying 'it's ok' as this will only highlight the issue.
- Your dog might try to hide so creating a cozy space like a den with comfortable bedding and toys.
- Draw the curtains and close the windows to reduce the impact of the noise.
- Try playing calming music or white noise to drown out the sound of the fireworks.
- Try to use positive reinforcement, pairing the horrible noise with treats or favorite toys can help develop a positive association with fireworks.



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LIFELINE SEEKS YOUNG TALENT!



Are you a young person living in West Farleigh? Would you like to be a writer or a journalist? Or an artist? Or work on a website?

The LIFELINE editors are looking for young talent to contribute articles, poems or graphics to the magazine. It wouldn't have to be every month, maybe a couple of times a year. Ideally we would have lots of young contributors and a youth editor

(real world experience for your personal statement?).

Here are some titles we made up just to fire the imagination:

One day from my diary

Weekend adventures: where I like to go

Photography: my pic of the month

What's new on my playlist

Reviews and opinions

- My day at Diggerland
- Scary stuff: the Addams Family at the Hazlitt
- Why I loved Taylor Swift and the Eras Tour
- I hate exams but love the results
- Super Mario Bros. Wonder is wonderful/rubbish/awesome
- Love the fajitas from the new takeaway in Barming

Thoughts on Sports

Why did the chicken cross the road? And other corny jokes.

Tricky puzzles and quizzes

Or are you good with techie things? We need some help with the village website, posting content, and moving to a new platform.

Don't delay, be bold, email editor@thefarleighs.co.uk and give it a go.

LOCAL TRADES

Business	Service	Website	Contact	Phone	email
Firefly Payroll Services	Payroll	www.fireflypayroll.com	Jason Hart	01622 934110	enquiries@fireflypayroll.com
No Muck'in About	Professional and affordable cleaning services		Sarah Dunn	07885 634559	nomuckinabout@outlook.com
Heathside Electrical	Electrical	www.heathsideelectrical.co.uk	Sam Sephton	07976 895001	heathsideelectrical@gmail.com
D. Ward	Plumbing & Heating services		Darren Ward	07973 314266	darren@dward.biz
Pest Purge	Pest Control	www.pestpurge.co.uk	Richard Lee	07758 615101	richard@pestpurge.co.uk
Top Dog fencing	Fencing and Gates		Sam Morton	07709 530166	Topdogmaintenance@icloud.com
Castle Portable Loo Hire Ltd	Events	http://www.castleportableloohire.co.uk/	Steve Millsom	07990 606067	castleplh@gmail.com
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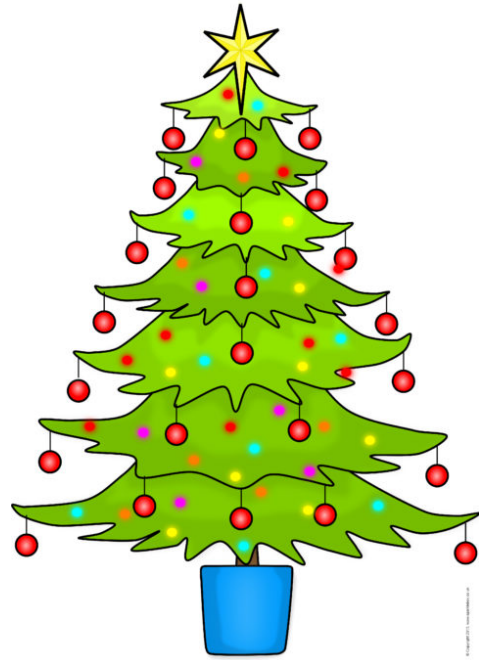
It's that time of year again! Trees available from the beginning of December, delivered to your door (within reason!). All profits go to our Sports Club.

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PS. (Trees can also be taken away after Christmas if required).



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SPORTS REPORT

FOOTBALL



After a successful start to the season our lads have struggled last month with only one win from eight games!

Our 1st XI began with a defeat against Horsmonden 4-1, this was followed by a 2-0 loss versus Penshurst and then a Cup loss 5-3 away to Woodchurch. Finally however we had a tremendous 6-0 victory against Larkfield, where did that come from?

Our 2nd XI - after winning their first two games - dropped their first points when we drew 2-2 versus Tatsfield, this was followed by another draw 0-0 against Kings Hill and unfortunately we lost our last two fixtures 3-0 to Roselands and in a terrific game eventually went down 5-4 against The Oaks.

NETBALL



After gaining our first victory last month, our girls have found it tough to follow it up this month, losing all three of their games: first, 49-32 to KG, then Headcorn 46-32 and finally Fusion 36-9. Hopefully next month we can get back to winning!

CRICKET :



All finished for another season. Our 1st XI ended up mid-table while our 2nd XI gained promotion by just one point! Thanks to everyone involved in what was another successful and enjoyable season.

This month's lucky Ton Up winners were:

127 Vicky Lowe	£30
56 Yvonne Martin	£20
122 James Reid	£10

Yours in sport, Tel



THE EVERGREENS

In October we enjoyed a quiz followed by afternoon tea. (It is worth coming along, just to enjoy the cakes!) We also had a lunch with homemade soup and apple crumble.

At our November tea meeting, Richard O'Connor will be telling us about his hobby of Pigeon Racing. If you are retired and would like to join us, call Helen 01622 814445. We can arrange transport if you are unable to get to the WI Hall Forge Lane East Farleigh.

We meet every month:

- 2nd Tuesday at 2.30pm
- 4th Tuesday at 12.30pm

Helen



THE FARLEIGHS W.I. October 2023

Ladies, did you know the Farleighs W.I has been in the village for more than 100 years and its members age range from 20's to 80's? We meet twice a month – the 2nd Wednesday each month at 7pm for a meeting with either a speaker or activity and the last Monday of each month for a catch-up lunch and natter at 12 noon.

We also have a craft/art group that meets each Tuesday morning plus a darts team, walking group. School reading group, quiz team and monthly lunch club. Regular outings and events are arranged from suggestions by members.

In addition, the W.I offers the opportunity to learn new skills, whist drives, paddleboarding and bell ringing are just some of the events members have taken up this year. Our fundraising events enable us to subsidise events for members.

The 11th November meeting has speaker Collette Lee talking about Fashion and later in the month (29th) we have the fabulously entertaining Tony Harris presenting Poirot with audience participation in solving a murder! This event is open to the public (subsidised for W.I members). We look forward to meeting new likeminded members who would like to actively be part of our Farleigh group.

If you are interested in meeting others, like craft or art, darts, walking or just talking- come along and join the other 200,000 women who are the W.I If you would like more information on the W.I or any of our events please e-mail thefarleighs@wkwfi.org.uk

Diane Scot t- President.
The Farleighs W.I Hall, Forge Lane, East Farleigh.



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A thrush with a blush?

As is all too often the case, I'm embarrassed to receive the editor's usual email chivvying me to send in my article for the next edition of Lifeline by yesterday. Bereft of inspiration (and being on holiday in The Cotswolds for rest and recuperation) I mull over the challenge on my morning walk which today is bright and sunny with a sharp drop in temperature - autumn has finally arrived in a year that so far looks to be on track to become the hottest on record.

The woods and fields are remarkably quiet if you ignore the jackdaws and raucous crows. But it's not long before the 'tic-tic' of the robin's autumn call is heard along with (I'm relieved say – as gentlemen of a certain age lose the ability to hear their high-pitched register) those of goldcrests. Add in the squeaky-gate calls of dunnocks and the scolding blue and great tits, with the intrusive "I'm here! I'm here!" shouting of nuthatches, and I'm reassured that the early autumn avian soundtrack has been switched on.

A few days ago, before leaving home, I was hoping the Farleigh hedgerows would be attracting a few of the redwings I had heard flying over at night – their high-pitched 'tseep-tseep' calls can be heard once the traffic noise stops. But though they had been reported in flocks of several hundred down the east of the country, they had yet to reach mid Kent. As soon as we left for our holiday, of course, they reportedly appeared. So, if your pyracantha has fruited well this year, watch out for these dainty thrushes in your gardens. Unlike a song thrush, which is most likely to forage on your lawn, a few of their close cousins with blush-red streaks visible under their wings are more than capable of stripping bushes laden with one of their favourite berries in just a day or so. Rowan berries are another favourite.



Along with the larger, noisier fieldfares, redwings are winter visitors escaping the cold and snow of the Scandinavian winter and both will be possible garden visitors as the supply of food on surrounding farmland begins to diminish as autumn progresses. The all-too-obvious loss of Kent's orchards means they will also become more dependent on apple-strewn garden lawns. Another excuse for gardeners, if one were needed, to save their energy and help the birds by leaving the fruit for them.

So it was with some satisfaction that on the last stretch of my walk, a small flock of redwing appeared in the hedgerow on the other side of the field. It could be they were recent overnight arrivals making their way across country. They were certainly feeding voraciously on the hawthorn berries.

They were well timed too, as the hedge on my side was already being 'tidied up' by a tractor flailing its way along and removing the autumn harvest. My satisfaction, therefore, was tempered by my dismay: why cut the hedge now? Preserving the neat, chocolate-box image of the English countryside may be good for tourists, but disastrous for the process the hawthorn is engaged in -producing berries to be eaten by birds and its seed distributed to generate more hawthorn.

Perhaps it's part of a rotational scheme where hedges are cut on a two-year rotation (where road safety is not an issue) so there is always food available for our declining wildlife.

We live in hope.
Ray Morris



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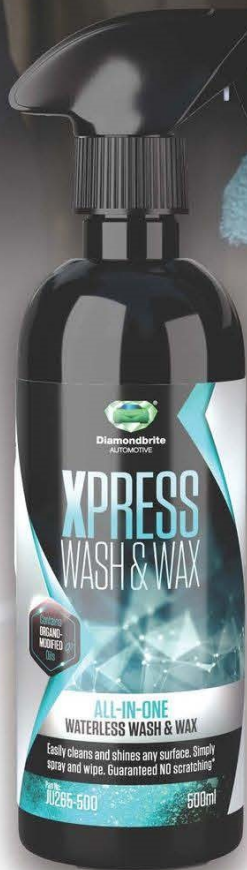
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