



Temple Ewell Organisations

Parish Council Chairman	Mr C Smithen 332139
Clerk to the Parish Council	Mrs J Coulson-Wright 820273
District Councillor	Mark Rose 07733 080861
County Councillor	Geoffrey Lymer 07960 490929
Police Community Support Officer	Gretel May 07772 226209
T E School Executive Head Teacher	Mrs Jo Hygate 822665
Friends of TE School (Sec - Trudy Adams) Sunday Club	friendsoftheschool@hotmail.com Mrs J Miles 824280
Friday Club	Yvonne Sacker 330017
Art Workshop	Antionette Tourret 826292
DDWF	Mrs J Fowler 822792
Age Concern	Mrs K Green 207268
Brownies	Mrs A Newington 827138
Community Coffee Mornings	Mrs J Miles 824280
WI	Jan Luckhurst 331051
Produce Association	Trevor Barlow 824787
Temple Ewell Players	Mr M Brodie 07766 228728
Men's Club	Mr A Ladbrook 824948
Village Hall Bookings/Enquiries	John Holness 448140
Youth Club	Marilyn Holness 448140
Tiddlers	Amanda Lomas 07506 811851
Wednesday Club	Marilyn 448140
	Trish 820966
Kent Wildlife Trust Conservation Tasks	Bob Newington827138

St. Peter and St. Paul Temple Ewell

Rev Fr Paul Christian The Rectory Green Lane Temple Ewell 822865 Church Wardens - Mr P Austen 820615 Mrs E Waller 824709 PCC Secretary - Mrs C Roberts 822850 PCC Treasurer - Mrs C Spink 824575 Choir Master - R Christian 826320

Baptist Church

Rev Ewart Graham on 375823 or Pat Clipsham on 827341

Temple Ewell Newsletter Editorial Committee

Chair	Cindy Tuson	823325
Secretary	Jacqui Axford	330073
Treasurer / Editor / Web	Jeanette Potts	826386
Vice Chair	Jenny Olpin	825011
Distribution	Jenny Miles	824280
Members	lan Dean	823184
	Gretel May	07772 226209

Hello Everyone

Spring is on the way and as Robin Williams once said "Spring is Nature's way of saying let's party!" I'm looking forward to light evenings and days in the garden.

Our Newsletter committee met recently to start planning some events for the coming months. Some possibles are another Barn Dance (the one last year was a huge hit) and a return of Hobo Jones and the Junk Yard Dogs. We were last entertained by them about six years ago and they were fantastic.



We are pretty sure that anyone who attended then will want to come again and that tickets will sell fast. I'll keep you posted as things get booked.

Editor: Jeanette Potts Email: tenews@uwclub.net Tel: 01304 826386 Address: 13 Chilton Way River CT17 0QB

We welcome all contributions to the content of the Newsletter, but please remember that the deadline date is 8pm on the 15th of the month.

NOTE: You should be aware that <u>articles are also published on the website www. tenews.co.uk</u> - please inform us if you want any part of your article withheld from that particular medium.

A copy of every Newsletter is posted on the website, including the village diary. Make sure you log on to www.tenews.co.uk





PCSO GRETEL MAY

I can be contacted on **07772 226209** for any issues that you'd like to discuss with me. My next surgery will be at the Coffee Morning on 21st April. *Gretel.*





Village Diary 2016

March

Sat 5	Clean for the Queen see ad page 10
Sun 6	Mothers' Day
Thurs 10	Coffee Morning in the Village Hall
	WI Meeting in the Village Hall
Thurs 24	Coffee Morning in the Village Hall
Fri 25	GOOD FRIDAY
Mon 28	EASTER MONDAY
Tues 29	Parish Council Meeting 7.15pm in the Baptist Church Hall
Sat 12	Easter Fayre 2-4pm at the Village Hall hosted by Branching Out

April

	•
Sat 2	Produce Assoc Spring Show 2pm in the Village Hall
Thurs 7	Coffee Morning in the Village Hall
Thurs 14	WI Meeting in the Village Hall
Sat 16	Quiz Night hosted by the WI see ad page 16
Thurs 21	Coffee Morning in the Village Hall - PCSO Gretel May in attendance
Tues 26	Parish Council Monting 7 15pm in the Baptist Church He

Tues 26Parish Council Meeting 7.15pm in the Baptist Church Hall

May

Mon 2	BANK HOLIDAY
Thurs 5	Coffee Morning in the Village Hall
Thurs 12	WI Meeting in the Village Hall
Thurs 19	Coffee Morning in the Village Hall
Fri 27, Sat 28,	BEER FESTIVAL at Crabble Corn Mill see ad page 16
& Sun 29	
Mon 30	BANK HOLIDAY

Mon 30BANK HOLIDAYTues 31Parish Council Meeting 7.15pm in the Baptist Church Hall

June

Thurs 2
Coffee Morning in the Village Hal I- PCSO Gretel May in attendance
Thurs 9
WI Meeting in the Village Hall
Sun 12th
Queen Elizabeth's 90th Birthday Celebrations From 4pm King George V Playing Field - details to follow next month
Thurs 16
Coffee Morning in the Village Hall
Parish Council Meeting 7.15pm in the Baptist Church Hall
Thurs 30
Coffee Morning in the Village Hall

July

Thurs 14 Coffee Morning in the Village Hall

WI Meeting in the Village Hall

- Sat 16 **Produce Assoc Summer Show** 2pm in the Village Hall
- Tues 26 Parish Council Meeting 7.15pm in the Baptist Church Hall
- Thurs 28 Coffee Morning in the Village Hall

August

- Thurs 11 Coffee Morning in the Village Hall Thurs 25 Coffee Morning in the Village Hall
- Mon 29 **BANK HOLIDAY**

September

- Thurs 8 Coffee Morning in the Village Hall
- WI Meeting in the Village Hall
- Sat 17 Produce Assoc Autumn Show 2pm in the Village Hall
- Thurs 22 **Coffee Morning** in the Village Hall
- Tues 27 Parish Council Meeting 7.15pm in the Baptist Church Hall

October

- Thurs 6 Coffee Morning in the Village Hall
- Thurs 13 WI Meeting in the Village Hall
- Thurs 20 **Coffee Morning** in the Village Hall
- Mon 24 **Produce Assoc AGM** 7-9pm in the Village Hall
- Tues 25 Parish Council Meeting 7.15pm in the Baptist Church Hall

November

- Thurs 5 Coffee Morning in the Village Hall
- Thurs 10 WI Meeting in the Village Hall
- Thurs 17 **Coffee Morning** in the Village Hall
- Tues 29 Parish Council Meeting 7.15pm in the Baptist Church Hall

December

- Thurs 1 Coffee Morning in the Village Hall
- Thurs 8 **WI Meeting** in the Village Hall
- Thurs 15 Coffee Morning in the Village Hall
- **Sun 25 CHRISTMAS DAY**
- Mon 26 **BOXING DAY**
- Tues 27 **BANK HOLIDAY**
- Thurs 29 **Coffee Morning** in the Village Hall

Willows



Our Mystery Tour was a success. We ended up in a little cafe in Ramsgate for teas and coffees. It was enjoyed by everyone and we even got chips before we headed back to Dover.

Our club has gone back to it's normal Wednesdays 7 - 9pm. We are getting ready for Easter and will be doing some Easter crafts soon.

Sophie

Branching Out



Everyone at Branching Out enjoys themselves at everything we do. We have been doing lots of cooking and craft activities. Richard and Luke have been doing some gardens around the local area.

We are still holding the Spring/ Easter Fayre, so if you would like a table you will need to ring Marilyn on 01304 448140 and we hope to see you there.

If you would like to enquire about Luke and Richard working in your garden then give them a ring on 01304 820258. We are looking forward to starting on our allotment soon and watching different plants and vegetables grow.

Richard







Residents offered great rates for home energy thanks to the power of collective switching.

Householders who signed up for the latest round of the Energy Deal have once again been given access to great tariffs (market leading) and can save an average of **£271.32** on their energy bills. Residents will soon get their personal offer letter or email letting them know how much they'll be saving against their current deal – how much money will be going back into their pocket.

Energy Deal was combined with a number of other similar initiatives driven by over 60 local authorities around the UK to create a collective of over 18,000 households.

Energy Deal is an inclusive scheme which is accessible to all households irrespective of whether they have internet access, are on credit or prepayment meters.

The next round launches on 22 March 2016, and the auction will take place on Tuesday 17 May 2016.

Why not join and see if you can save:-

- Internet users can register their interest in the next round now at <u>www.energydealswitch.com</u>.
- From 22 March residents without access to the internet can call 01304 872428 and leave their contact details.



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Friday Club

At the moment we are working with only fifty percent of the members due to many being poorly. This mild weather is playing havoc with our body clocks. We would like to wish you all a quick recovery.

On 12th February we had a Pancake Lunch with a pancake tossing competition afterwards, which caused a bit of a laugh and was enjoyed by all.

With Easter not many weeks away we shall be holding an Easter Basket Competition with the baskets then being donated to a local nursing home. If you want to join us, you will be most welcome and there will be a prize for the best. They must be made with fresh flowers please.

On 4th March we will be having a First Aid demonstration between 2 and 3pm. Non members are welcome to come along. As you may be aware, an Automated External Defibrillator (AED) is now located at Players' Corner (bright green in color) for the use of Villagers and this will be used to show CPR. This could be a matter of life or death so do please join us.

Until next time, take care **Yvonne**





Produce Association

The Coffee Morning, held on Saturday 6th February in the Village Hall, was very well supported with over fifty members and friends coming for a chat and a cuppa.

We will be having a trip to Hever Castle in July and have thirty names on the list already so, if you would like to come, contact John 822954.

Our Spring Show is on Saturday 2nd April 2pm in the Village Hall. We hope to see many exhibits on the tables. For those not into gardening we have a photography section with the following categories:

 Crabble Corn Mill.
Ducks and or Ducklings.
A local Landscape in black and white.
Close up of Dew. Max 5x7(13cmx18cm).

Alternatively, you could enter a craft item made by you.

Good luck to all entrants.

Those of you with a digital device can now follow us on Facebook. https://www.facebook.com/Temple-Ewell-and-District-Produce-Association-848173778603604/?fref=ts

We look forward to seeing you all at the Spring Show.

Regards Trevor



Temple Ewell W.I.

Jayne, an excercise instructor from Adult Learning, was the Speaker at our February meeting. She took us through a musical programme of chair-based gentle exercises. Jayne was very impressed with our co-ordination and enthusiasm. We are all hoping to keep up the good work throughout the year.

Our next Meeting will be on March 10th when we will celebrate our 98th birthday.

Don't forget to book for our Quiz Evening - see advert on page 16.

DODS MILL

Mill Street, Temple Ewell Newly refurbished venue available for hire Daytime, evenings and weekends 0900 - 2330 Very large room (with piano) plus separate fully equipped kitchen and social area. On site parking Reasonable rates Please note rooms are only accessible by stairs. Maximum permitted capacity 100 (middle floor) 59 (top floor) Call 07766 228728 for more information



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Parish Church of St Peter & St Paul

March services – to which we warmly welcome you. At Temple Ewell our Sunday Club meets at 10.30am during term time as advised.

Sun 6th	Family Eucharists for Mothering Sunday
	9am Lydden 10.30am Temple Ewell
	(Choral Evensong at St. Martin's, Guston with an invitation to the
	Congregations of Lydden, Temple Ewell and Charlton –
	Combined choirs 6pm)
Weds 9th	Meditation on The Way of the Cross – Joint service at Temple
	Ewell 6pm
Sun 13th	Passion Sunday – Parish Eucharists
	9am Lydden 10.30am Temple Ewell
Weds 16th	Meditation on The Way of the Cross – Joint service at Temple
	Ewell 6pm
Sun 20th	Palm Sunday (Holy Week begins)
	Parish Eucharist with Blessing of Palms 9am Lydden
	Procession of Witness with Blessing of Palms (and with ponies)
	from the George & Dragon Car Park 10.15am
	Parish Eucharist 10.30am Temple Ewell
Mon 21st	School Holy Week Service 9.30am Temple Ewell
Tues 22nd	Chrism Mass at Canterbury Cathedral 12 noon
Weds 23rd	School 'Veneration of the Cross' from 9.30am Temple Ewell
Maundy	
Thurs 24th	Sung Mass of the Last Supper, Foot washing and Watch at the
	Altar of Repose
	Joint service 8pm Temple Ewell
Good Friday	Morning Prayer, Reading of the Passion and Litany of the Sacred
	Heart of Jesus 10am Lydden
	Liturgy, Ante-Communion & Veneration of the Cross 2pm Temple
	Ewell
	Candlelit Easter Vigil Joint service 8pm Temple Ewell
Easter Sunday	Parish Eucharists of Easter
	9am Lydden 10.30am Temple Ewell

For times of midweek services, please refer to the Church Notice Board https://www.facebook.com/templeewellpepaul How encouraging I found it that the children of both our village schools were so aware of the temptation of Christ in the wilderness and the origin and meaning of the 40 day period of Lent we are now well into.

Lent began on Ash Wednesday and means 'Spring' – a time for a new Spring in our spiritual life and a new beginning. Lent is, of course, a time when we are all called to acknowledge how, in many ways, we have 'fallen short' and for us to express our sorrow for this. However, Lent is so much more that simply 'turning over a new leaf'. Rather, it is approaching the incredible love of God which confronts us from the Cross of his Son and accepting the pardon, restoration and grace which flows for us there. In addition to others listed, there are many meaningful and moving services which help us to attempt this spiritual journey into the love of God and, ultimately, to a deeper understanding of what the joy of Easter and the new life it promises is all about.

Everyone is really welcome to join us in either or both of the two churches of our benefice. This month our services are listed together.

Fr. Paul



Sunday Club

All mothers, and of course children (!) are welcome to our Mothering Sunday Service on March 6th at 10.30am, when flowers will be distributed.

The children will enjoy preparation for Easter with our Craft Morning and then we're off to a Christian Circus one afternoon in March. Anyone coming to Sunday Club will be most welcome to join us.





Temple Ewell WI 16th April 7 for 7-30pm

£4 per person maximum 8 per table

Please bring your own refreshments - Raffle

To book a table contact:

Jan 01304331051 / 07773476563 or Anne 01304827138





ANYONE FOR TENNIS?

RIVER ORIGINALS TENNIS CLUB

River Recreation Ground, Lower Road, River

We are currently looking for new Members for the Coming Season to join our already established, informal and friendly Tennis Club. We welcome all ages and all abilities from beginners to intermediates and the more advanced.

The Playing Season runs from the beginning of May until the end of September. Competitive Membership Fees (with discount for early payment).

The Club offers Adult mix-ins on Tuesday and Thursday evenings. Members are welcome to use the courts at anytime during the week. Junior coaching also available.

For further details contact the Secretary on 01304 824168 or jackie@sportyshop.co.uk

We look forward to seeing you there.



Brownies

For our Season badge we made bird food from seeds and lard. We mixed it all together with our hands and filled up cones and cups - it was great squishing it together.

We celebrated Australlia Day on 26th January by cutting out kangaroos and colouring in and cutting out boomerangs. Then for Waitangi, which is New Zealand Day on 6th February, we made a kiwi bird with a felt body, wings, beak and legs all stuck together.

We also made monkeys out of toilet rolls and put them on cardboard tubes to make the tree. This was for Chinese Year of the Monkey starting on 8th February.

We made a Winter Table Flower Arrangement out of leaves and berries with foliage in Oasis foam.

By Delphi, Millie, Nicole and Willow

Thank you to all those people who collected Sainsburys vouchers for us last year. We are collecting agaim and Lorna will take in the vouchers for us.



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Temple Ewell Baptist Church

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AM I A VICTIM?

If we have a crime committed against us, then the Police would ask for a Victim Statement which would be presented at Court when the offender is being sentenced. How do we react when we are a victim? It could be from an action which does not result in a Court case or justice of any kind. Restoration may not be possible!

A remarkable television programme called "The girl who forgave the Nazis" addresses this very issue. In April 1944 Eva Kor and her sister Miriam were sent to the notorious Auschwitz Concentration Camp because they were Jewish. The girls were 10 years old, and because they were identical twins they were kept for medical experiments instead of being sent to the gas chambers. Eva and Miriam were experimented on by the infamous Dr Josef Mengele. Following his experiments he expected Eva to die within 2 weeks but miraculously she survived. After the war Eva gave evidence at the trial of SS corporal Oscar Groning, who was convicted of assisting with the deaths of 300,000 Jews. The most unusual factor was that Eva Kor publicly forgave Oscar Groning and the Nazis for what they did to her which included killing her parents and the rest of her family. This action was deplored by other Holocaust survivors. Eva explained her actions by saying that she had been a victim all of her life but she could originate the action of forgiveness which gave her power. She was changed from being a Victor.

This surely is the same message as that of Jesus Christ who said "Love your enemies, do good to those who hate you." If we have the courage of Eva Kor, we do not need to remain victims.

Future Events



MESSY CHURCH on 12th March, 4 - 6pm. This is for children and adults and comprises about 1 hour of craft activities, 10 minute Bible based talk, a full cooked meal. Many parts of the country have had a very wet time and the theme very appropriately is Noah.

Our activities continue as usual: Sunday Family Service: 10.30am Monday Keep Fit: 7.30pm Wednesday Bible Study and Prayer: 7pm Bookings for the church hall should be made through John Woodland (telephone 01304 822982).

We are here to serve you and if there is anything you wish to ask do not hesitate to contact Pat on 827341, Jack on 825150 or our minister Ewart Graham on 375823. www.temple-ewell-baptist.co.uk



Temple Ewell Parish Council

After a year of discussions with Kent Highways to save a grass verge entering the village and stop irresponsible parking on London Road,

it was finally agreed that the Parish Council could submit a cultivation license and apply to plant shrubs & bollards as a preventive. Double yellow lines had been the Parish Council's first choice but KCC Highways did not approve this option and rejected their request. The planting was carried out in December a contractor who holds a Street Works Accreditation, which was a requirement by Highways due to the depth of digging required for the planting. This area of verge will most certainly have live electrical cables for the street lighting and other potential street works apparatus beneath the surface.

The shrubs and bollards have already made a huge difference aesthetically and cars have now completely stopped parking on the grass verge, however a few vehicle owners continue to park on the highway but this is at their own risk. The Clerk successfully obtained £1,500 worth of grant funding towards the project via the KCC Members Community Grant. See before and after pictures below.

The full Parish Council meets on the last Tuesday of the month (excluding August and December) at 7.15pm at the Temple Ewell Baptist Church Hall on the corner of the High Street and London Road. Parishioners are encouraged to report any incidents within the village to PCSO May on 0777 222 6209 or to go to the PCSO's monthly surgery. For immediate help contact Dover Police on 01304 240055 or dial 999. Parishioners are most welcome to attend and contribute to meetings.

The agenda and minutes are displayed on the Parish Council notice board by Southdown Stores and on the Council website. Should you wish to put anything on the notice board please contact either the Clerk or the Chairman. Contact details for councillors are on the website: www.templeewellpc.kentparishes.gov.co.uk

Mrs. Jane Coulson-Wright, Temple Ewell Parish Council, 5 Dour Side, River, Dover, CT17 0UX coulsonwright@aol.com





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Kearsney Parks Project Update

Kearsney Quilting Project



Local residents and park users have got together to design and make a quilt that represents the history and ecology of the parks. If you would like to get involved, come along to Dover District Council's offices (HMS Brave meeting room) at 12.30pm on Tuesday, 22 March to find out more.

History of Russell Gardens

We are trying out a new way to share the heritage of the parks and have put together an interactive history of Russell Gardens – have a look and let us know what you think.

http://ddc.maps.arcgis.com/apps/MapJournal/index.html?appid=fb3c9f8e1e824b7 89d71889556f2715b



Kearsney Parks Forum

Come along to hear about the project and share your enthusiasm for the parks. Look out for the date of the next Kearsney Parks Forum meeting at Dover District Council offices (HMS Brave meeting room).

community@dover.gov.uk www.kearsneyparks.co.uk Twitter @Kearsneyparks





Emerald Extra Care housing for people aged 55 and over coming soon.

Situated in the suburb of Whitfield near Dover, Beeches, opening in February 2016, offers 40 one and two bedroom homes specifically designed for people aged 55 and over. Every apartment has been fitted with high quality fixtures and fittings, with the two bedroom apartments providing flexible living accommodation for visiting relatives or carers. The private apartments are designed for independent living with community facilities on offer when you want to use them. They include a restaurant, bar, a kiosk selling everyday essentials, a hair salon, and lounge. There is also a hobbies, games and computer room. Outside the flower and kitchen gardens offer a chance for residents to be involved or enjoy the beautiful landscaped gardens. Beeches has a dedicated management service and on site care team offering extra care and support if you need it.

You need to be:

aged 55 years or over*

• registered for housing with Dover District Council and live in Kent. *Please note that priority for housing will be given to those with an assessed social care need

The apartments are available for rent. The rental costs will vary according to your personal circumstances but will include:

- the cost of renting your individual apartment (you will need to pay one month's rent in advance when you move in)
- a service charge which covers costs such as maintenance and cleaning of the communal areas and facilities
- the cost of your wellbeing and personal care charges that are made by Kent County Council (KCC). You will need to be financially assessed to work out how much you can afford to pay towards your planned care and the Wellbeing Charge. Your contribution will be worked out by a KCC Financial Assessment Officer.

How to apply:

For further information or to apply please contact West Kent on 01732 749400 or email enquiries@wkha.org.uk visit www.westkent.org



Dover & Deal Sea Cadets meet at their headquarters, TS LYNX, in Upper Road, Dover (behind the castle) Monday and Thursday evenings from 6.45 - 9pm.

If you are a girl or boy aged over 10 (or a parent / carer) and would like to find out more about what we do, call in any Monday or Thursday evening or ring us on 01304 219810.

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District Councillor

(i) 07733 080861 or 01304 379669
iii clirmark.rose@dover.gov.uk
iii @LyddenTempleE
iii mark.ros8 (by appointment)

I am happy to report that long requested KKC pothole repairs to Temple Ewell, roads especially around Egerton and Malvern Meadows road area, have now been completed this week. This has been protested over several months via residents; there are other roads that have also been reported and are still awaiting repairs. Highway Signs have been kept clean in the areas with another clean check by myself.

Very glad to see Burlington House is now 100% down, and the next DDC rebuild phase can start for the St James Centre - badly needed for all residents in the Dover areas. The view around these areas is far better and the incoming and out coming winds have even calmed down a little when they are bad due to removal of this obstruction creating a vacuum in the area.

Road works and new DDC structural funding in the district are being undertaken at speed. Arrangements are in place for the A20 Junction improvements. The works are designed to improve EU truck blocks and endless roundabout congestion as well as connectivity between the Prince of Wales and York Street roundabouts. There will be new multi-lingual signage installed to manage the port traffic.

I am also delighted to be reporting the good work of the recent Kent Police crack down on removal of trucks on A2/A256 and Lydden Hill areas, with many of these trucks being clamped or fined as a result of pressure to remove and educate the drivers over their illegal fly parking with unlit trucks and mud on roads. I will, along with others such as Kent Police, remain to be being very firm on dealing with this issue as being tolerant will create more problems and will not win in controlling this epidemic of damage, litter, waste ,toxic dumping and illegal disregard for the AONB village areas. I am still forwarding pictures to the Police and also engaging with them directly online to help the reporting process. Please do forward any problems to me and I will raise them immediately concerning these incidents. The pro active approach has worked wonders to inform the Police exactly what is going on locally and online reporting has been excellent.

I am grateful to Husks for reporting illegal parking blocking their entry options for their drivers. To report any further crimes regarding illegal parking you can call 101 Police crime ref 10-0333.

Please send photographs of any illegal fly parking, tipping or environmental crimes locally to my mobile 07733 080861 or directly to the village Twitter @LyddenTempleE which will be actioned in hours via DDC services.

Special thanks to Lydden Parish Clerk Glynis Farthing and Ray Newsam for reporting waste and discarded medical needles being dumped in Lydden allotments. We acted swiftly with DDC Waste Services to remove this irresponsible dumping. I have also reported again more fly tipping in Lydden Hill U-turn areas being messed up again by more parking opposite Husks, which is nothing to do with Husk drivers - who are equally annoyed about these truck obstructions.

I have arranged for both River and Temple Ewell Parish Councillors to begin discussions about the 15b bus route and I'll be meeting with Stagecoach along with residents over the next period to stop his insane idea continuing. There is plenty of evidence to suggest this route has been unpopular since its arrival being forced on the villagers in the AONB central areas of Lower Road and High Street.

I look forward to any other concerns beings raised at your next Parish Council meetings. Best Wishes, Mark Rose



LIFE JUST HASN'T BEEN THE SAME SINCE MUM TOOK UP TAEKWONDO!

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County Councillor

A new campaign has been launched, encouraging Kent parents to get "Sugar Smart" and take control of their children's sugar intake. The Change4Life campaign follows revelations that 4-10 year olds consume an estimated 5,500 sugar cubes a year (22kg), weighing

the same as an average 5year old. Currently, 22.5% of 4-5 year-olds are overweight or obese in Kent, increasing to 33% in 10-11 year-olds. This means they are more likely to become obese adults who are more prone to a range of serious health problems, such as heart disease, some cancers and Type 2 diabetes. Nationally, there are now 2.5 million people suffering from Type 2 diabetes, 90% of which are overweight or obese.

A new Sugar Smart app: has been launched nationally to help parents to see how much sugar there is in everyday food and drink. The free app: works by scanning the barcode of products and revealing the amount of total sugar it contains in cubes and grams. Change4Life has also created an eye-opening short film, which warns parents about the health harms of eating and drinking too much sugar, including becoming overweight and tooth decay. The film brings to life the excessive amount of sugar consumed by the average child per year; currently three times more than the new maximum recommended daily amount. The campaign reveals the sugar content of everyday food and drink; a 43g chocolate bar contains six cubes of sugar, a 200ml juice drink contains over five cubes and there are over nine sugar cubes in a can of cola, instantly taking children up to or over their recommended maximum for the day.

KCC Director of Public Health, Andrew Scott-Clark said: "The latest child obesity figures highlight the importance for families to cut back on sugar in the diet. Sugar is lurking in everyday food and drink, taking children well over the maximum recommended amount. We're encouraging parents across Kent to download the new Sugar Smart app and take control of the amount of sugar their family consumes, to protect them from the health risks of having too much sugar."

Dr Alison Tedstone, chief nutritionist for Public Health England, said: "Children are having too much sugar, three times the maximum recommended amount. This can lead to painful tooth decay, weight gain and obesity, which can also affect children's wellbeing as they are more likely to be bullied, have low self-esteem and miss school.

"Children aged 5 shouldn't have more than 19 grams of sugar per day – that's five cubes, but it's very easy to have more. That's why we want parents to be "Sugar Smart". Our easy to use app: will help parents identify exactly where the sugar in their children's diet is coming from, so they can make informed choices about what to cut down on."

Five million Sugar Smart packs will be given away to primary school children and their families via schools, local authorities and retailers. Download the Change4Life Sugar Smart app: to find out how much sugar is in the food and drink your family consumes every day and search 'Change4Life' for lots of free support, tips, ideas and recipes www.nhs.uk/Change4Life/Pages/low-sugar-healthy-snacks.aspx

Geoffrey Lymer Kent County Councillor Dover Ward West

Letters to the Editor

We would like to hear from you. What do you want information on? Need help with something? Want to comment on a local issue? This is the place to do it! Send to the Editor - details on page 3

Dear Editor

I am contacting you as a representative of a local sight loss charity, we are currently seeking to recruit Guide Communicator Support Workers within East Kent to support our visual and hearing impaired clients in their homes and the community. Full details can be found on our website:

http://www.kab.org.uk/working-with-us/current-vacancies.html.

I am wondering if we could advertise such a vacancy within the Temple Ewell Newsletter? Thank you in advance for your consideration.

Kind regards Katy

Katy Wright | HR Officer | Kent Association for the Blind |www.kab.org.uk 72 College Road | Maidstone | Kent | ME15 6SJ | T: 01622 691357 | Registered Charity 1062354 | Company 03339912

Supporting sight impaired people to live independent lives

We're appy to oblige Katy - Editor

WORD DEFINITIONS BY MUMARURTUTINUN: -

CRETIN	A stupid container
MISTAKE	A girl shoplifter
DIABOLICAL	A neutered Welshman
HOMESICK	Off work
METALLURGY	A rash brought on by touching iron
ADVENT	Make another hole

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All's Well That Ends Well



Last December I was absolutely outraged to hear rumours of a widow and her two children, Jill and Jack, being threatened with eviction from their smallholding in Temple Ewell. Evidently they were a few months late with their rent and the landlord would not listen to their pleas for leniency. I heard of gatherings in the village hall during the last week of January to publicise their plight. I felt compelled to go.

On arrival I found the hall packed with people and was pleasantly surprised to see that someone had even thought to lay on a supply of refreshments including wines and beers. This may have something to do with the way events unfolded. Anyway the proceedings started with a rather colourful group of characters (some of dubious gender) giving their accounts of the truth. The landlord seemed a particularly dislikeable character. He just would not listen to the widow and her rather dysfunctional family.

I began to think that something was not quite right when a lady appeared with a wand who called herself a fairy godmother? Now I'm a man of the world but I've never seen a fairy godmother before (except in panto). I decided to give them the benefit of the doubt but when the biggest goose I had ever seen laid a golden egg I began to doubt the credibility of these people! From then on the evening descended into chaos and farce with nobody taking things seriously. The audience began shouting loudly at the people on the stage. I'm not sure why but they were shouting things like "He's behind you" and "Oh no it's not". I decided to stay and watch events unfold, and am I glad I did. It was like watching a fairy tale! It was a story of greed, vanity and evil, but nobody took it seriously and it always descended

into comedy. At the end everything turned out for the best with good triumphing over evil and even a couple of weddings!

I was pleased that it all turned out well for the widow and her family and I was surprised to find I had thoroughly enjoyed the evening, but I would suggest to the organisers that if they did not supply alcohol then maybe things could have been resolved without all the laughter and shouting.

Noel Tipper

P.S. If you have no idea what I'm talking



about then you should have bought a ticket to the Mother Goose Panto!!









All photos courtesy of Weng Lim













Useful Telephone Numbers

Lydden Surgery	832160
NHS Out of hours medical service	111
Dover Health Centre	865500
Buckland Hospital	222510
Canterbury Hospital	01227 766877
William Harvey Hospital	01233 633331
Queen Elizabeth the Queen Mother Hospital	01843 225544
Dover District Council	821199
KCC Highways to report faults with roads/streetlights etc	08458 247800
Citizens Advice Bureau	03448 487978
Dover Library	204241
Dover Leisure Centre	201145
Stagecoach Dover	08456 00 22 99
Tourist Information	205108
Late Night Chemist Tesco Whitfield (open till 8pm)	867547
PCSO May	07772 226209
Dover Community Safety Unit	872220
Police Fire Ambulance - Emergencies	999
Police - to report a suspicious event	101
Police - to report a crime where the offenders have left	101
Social Services	03000 414141
Crimestoppers	0800 5551111
Gas Emergency	0800 111999
Electricity Emergency and Power Failure	0800 783 8866
Water Supply Emergency	0845 888 5 888
Waste Water Emergency	0845 278 0845
Childline	0800 1111
The Samaritans	0845 7909090
Post Office Customer Services	0845 7740 740
Dover Community Radio	744177

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