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Temple Ewell Newsletter



Temple Ewell Organisations

Parish Council Chairman	Mr C Smithen	332139
Clerk to the Parish Council	Mr Andrew Howard-Grigg	361774
District Councillor	Mark Rose	07733 080861
County Councillor	Geoffrey Lymer	07960 490929
T E School Head Teacher	Mrs A Matthews	822665
Friends of TE School (Sec - Trudy Adams)	friendsoftheschool@hotmail.com	
Sunday Club	Mrs J Miles	824280
Friday Club	Yvonne Sacker	330017
Art Workshop	Antionette Turret	826292
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 Ladbroke	824948
Village Hall Bookings/Enquiries	John Holness	448140
Youth Club	Marilyn Holness	448140
Tiddlers	Amanda Lomas	07506 811851
Branching Out	Marilyn	448140
	Trish	820966
Kent Wildlife Trust Conservation Tasks	Bob Newington	827138
Short Mat Bowls Club	Roy Parks	824618
Allotment Manager	Dominic Castle	07836 388458

St. Peter and St. Paul Temple Ewell

Church Warden - Mrs E Waller 824709 Dr Judith Shilling, 827692
PCC Secretary - Mrs C Roberts 822850
PCC Treasurer - Chris Tyler 07715 078882
Choir Master - R Christian 07920 057763

HOWEVER PLEASE NOTE:

For Weddings - Dr Judith Shilling, 827692

For Baptisms - Christine Roberts 822850

For Funerals - Liz Waller 824709

Baptist Church

Rev Ewart Graham on 375823 or John Woodland on 822982

Temple Ewell Newsletter Editorial Committee

Chair	Jenny Olpin	825011
Secretary	Tonia Watts	823274
Treasurer / Editor / Web	Jeanette Potts	826386
Vice Chair / Distribution	Jenny Miles	824280
Members	Ruth Horton 268998 and Cindy Tuson	823325

Hello All

Easter this year is the latest it has been since 2011, when it was 24th April. I've often wondered why it falls on a different date every year, so looked it up and this is what I found:



The predominant reason why Easter falls on a different date each year is because we now use the solar, Gregorian calendar rather than a lunar one. This means the full moon occurs on different dates each year, and therefore so does Easter. Dr Greg Brown, astronomer at the Royal Observatory Greenwich, said Easter is based on a combination of the seven-day week and the cycle of the phases of the Moon. "The March equinox is the date when the sun crosses from the southern hemisphere of the sky to the northern hemisphere marking the beginning of spring. "The day and night of the equinox are of approximately equal length. As neither the calendar year (365 days) nor the cycle of the phases of the Moon (29.5 days) divide evenly by the seven-day week, the date of Easter Sunday can move irregularly by up to a month, from between late March and late April."

So, clear as mud now! My most memorable Easter was the year my youngest son was born - Good Friday 1976. It was 16th April and also memorable because we had a heatwave that year for the second year running.

Whatever you're doing I hope you all have a lovely Easter and that the weather is kind to us for the Holiday weekend.

Editor: Jeanette Potts

Email: templeewellnews@gmail.com 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 for the next issue is 8pm on the 15th of the month.

NOTE: You should be aware that articles are also published on the website www.tenews.co.uk - 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

tenews.co.uk
Temple Ewell Newsletter



Village Diary

April

Thurs 11	Coffee Morning in the Village Hall
	W.I. Meeting in the Village Hall
Fri 19	BANK HOLIDAY - Good Friday
Sun 21	Easter Sunday
Mon 22	BANK HOLIDAY
Thurs 25	Coffee Morning in the Village Hall
Tues 30	Annual Parish Meeting in The Baptist Hall

May

Mon 6	BANK HOLIDAY
Thurs 9	Coffee Morning in the Village Hall
	W.I. Meeting in the Village Hall
Mon 27	BANK HOLIDAY
Tues 28	Parish Council AGM in The Baptist Hall
Thurs 30	Coffee Morning in the Village Hall

June

Thurs 13	Coffee Morning in the Village Hall
	W.I. Meeting in the Village Hall
Sat 15	QUIZ in aid of Newsletter funds in the Village Hall
Thurs 27	Coffee Morning in the Village Hall

July

Thurs 11	Coffee Morning in the Village Hall
	W.I. Meeting in the Village Hall
Sat 20	Produce Association Summer Show 2-4pm in the Village Hall
Thurs 25	Coffee Morning in the Village Hall

August

Thurs 8	Coffee Morning in the Village Hall
Thurs 22	Coffee Morning in the Village Hall
Mon 26	BANK HOLIDAY
TBA	W.I. Meeting in the Village Hall

September

Sat 7	Produce Association Autumn Show 2-4pm in the Village Hall
Thurs 12	Coffee Morning in the Village Hall
	W.I. Meeting in the Village Hall
Thurs 26	Coffee Morning in the Village Hall

October

Thurs 10	Coffee Morning in the Village Hall
	W.I. Meeting in the Village Hall
Thurs 24	Coffee Morning in the Village Hall

November

Thurs 7	Coffee Morning in the Village Hall
Thurs 14	W.I. Meeting in the Village Hall
Thurs 21	Coffee Morning in the Village Hall

December

Thurs 5	Coffee Morning in the Village Hall
Thurs 12	W.I. Meeting in the Village Hall
Thurs 19	Coffee Morning in the Village Hall
Weds 25	CHRISTMAS DAY
Thurs 26	BOXING DAY
Tues 29	Produce Association AGM 7.30-9pm in the Lower Village Hall

Temple Ewell Art Workshop

Meets in the Village Hall every Wednesday during term time
2-4pm.

New members are welcome.

River Art Group

We currently have vacancies in our Class that meets on Tuesday mornings 9.30-11.30 in River Village Hall. Our teacher is local well-known artist Penny Bearma. Call Jeanette on 826386 for more info.



Temple Ewell Players

Spring has officially begun, bringing with it our May show, *Sister Act*. And, new beginnings – we are moving into the technical age with the introduction of online ticket sales!

Tickets officially go on sale at the hall on Tuesday 9th April at 6pm at a price of £9.50, please note that an additional 15p booking fee will be charged per ticket. Thereafter, tickets will be available online at www.trybooking.co.uk/JFX, or by phone – please ring Adele Deakins on either of the following numbers: 01303 893621 or 07831 197512.



There will also be the opportunity to buy tickets from the hall between 7.30pm and 8.30pm on Tuesday evenings.

Thank you and we look forward to seeing you soon!

Holly Philpott

GUESS THE SHOW!

These pictures are from one of our old shows - did you see it? Do you remember when and what it was? The answers are on page 37.





Southdown Stores & Temple Ewell Post Office

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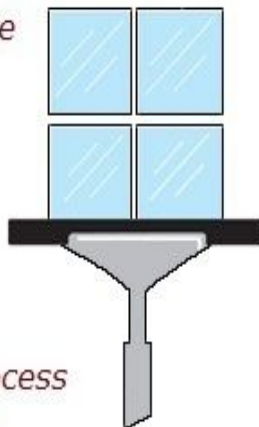
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Parish Church of St Peter & St Paul

April Services, to which we warmly welcome you

At Temple Ewell our Sunday Club meets at 10.30am during term time – as advised.

For details of our services please go to www.facebook.com/templeewellpepaul

7th	10.30am, Holy Eucharist, Fr Robert Farrell
14th Palm Sunday	10.15am from bottom of Temple side for procession to Church, Fr Michael Morris
18th Maundy Thursday	7pm, Fr Richard Woods
19th Good Friday	2pm, Fr Robert Farrell
20th Easter Eve	8pm, Fr Peter Sherred
21st Easter Day	10.30am Holy Eucharist, Fr Robert Farrell
28th	10.30am Holy Eucharist, Fr Michael Morris

For the special services from Thursday to Saturday we will be joined in Temple Ewell by our friends from Lydden Church. Everyone is welcome to all services, although Easter Day is always an especially joyful service.

Holy Week is the name given to the week beginning on Palm Sunday and ending on Easter Sunday. Holy Week is when the church remembers the last week of Jesus' life and is the most intense week of the year for Christians.

On Palm Sunday Jesus arrived in Jerusalem to crowds and cheers. His triumphant entry into Jerusalem has been celebrated on the Sunday before Easter since the first centuries of Christianity. We celebrate this in Temple Ewell too as we process through the village with palm crosses and hopefully a pony instead of a donkey!

Maundy Thursday gets its name from the Latin word *mandare* meaning to command. We remember Jesus' command: 'Love one another as I have loved you'. At the Last Supper Jesus washed the disciples' feet. This is not only an important reminder of the nature of Jesus, but also the kind of service we are meant to demonstrate in our love for one another, and we remember it with foot washing during our service.

Good Friday is the day when Christians remember the crucifixion and death of Jesus Christ. It is a sombre day where churches meet, pray and reflect on the sacrifice Jesus willingly paid for all our sins.

For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

The Easter Eve is the first service of Easter and is celebrated on the evening of Holy Saturday (the day before Easter Day). We gather outside the church waiting around a fire for the resurrection of Jesus on Easter morning, and this is represented visually by a large Easter candle, which is lit from the fire and brought into a darkened church. This depiction of new life and light represents Jesus' resurrection on the first Easter morning. The congregation then light their own candles from the Easter candle, representing their own new life as followers of Jesus. The Easter Vigil is generally a quiet and thoughtful service, but one full of reassurance.

Easter Day service is one of joy and celebration.

Easter is a time of renewal, and whilst it can be easy to renew things outwardly, for example our clothes, our appearance, renewal on the inside can be more difficult. After realising that Jesus had risen from the dead the disciples were transformed from the inside with an inner strength and the need to share their beliefs with the world. Today that first Easter still offers hope and as we enjoy eggs and rabbits this spring, that message is still worth pondering.

Liz Waller





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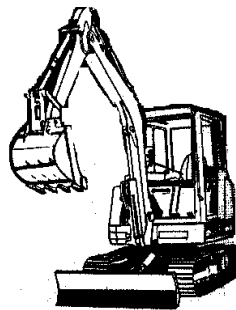
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Life in the Park

Location - Kearsney Abbey

Saturday 6th April 2019 (12:00-14:00)

Photographer Lisa Derand will be in the park today to display some of the photos she took earlier this year. The photographs are of people in Kearsney Abbey, along with their quotes of why they love the parks. More information will follow shortly.

Art in the Park - Kearsney Interpreted screenings

Location

Silver Screen Cinema

Friday 12th April 2019 (17:00-20:00)

On Friday 12th April, a number of videos and animations will be screened at the Silver Screen Cinema in Dover, as part of Art in the Park - Kearsney Interpreted.

The project involves a series of artist residencies and the work produced through the residencies includes sculptures, one-off performative events, photographs and artists' films.

Programme:

Phil Saunders Nature's Guardian Animation 7'42 min.

Louise Webb Stretches of earth shared, exchanged and collected 8'17 min.

Jamie Jenkinson Chalk Stream 3' 46", Bridge 5' 21",
Umbrella 6' 07" and group video 13' 42"

Group Video Contributors:

Alma Tischlerwood, Anna-Marya Tompa,

Clare Smith, Janet Dray, Joanna Jones,

Mike Tedder, Phil Goss & Steph Wallace

Katharine Beaugié Documentary of the twilight event: River Song 4' 08"

BREAK

Clare Smith, Watercress and Daffodils, 50 mins

BREAK

Park Bench, a DAD Production, directed by Joanna Jones with original soundtrack Richard Bundy 40 mins

There will be a 15 minute break after the short video programme and a 15 minute break after Watercress and Daffodils. Entrance is free, but places must be booked on the Eventbrite booking page, accessible from our website.

These events are part of Art in the Park – Kearsney Interpreted, a project that is funded by the Arts Council and is being delivered in partnership with Dover Arts Development (DAD).

Keep in touch

If you have any comments or questions, please email us on kearsney.parks@dover.gov.uk or follow us on Twitter @Kearsneyparks

www.kearsneyparks.co.uk
kearsney.parks@dover.gov.uk



Friday Club

We are a bit quiet at the moment but looking forward to having Pat and her guide Dog Zebedee visit us. She came last year and gave us a talk on her life as a blind person. Very interesting it was too and made us feel humbled.

On 5th April we will have our Annual Dinner at The Fox which is always enjoyed by our members.

We celebrated a big 'O' birthday for Daphne Andrews this month, so 'Happy Birthday Daphne'. Unfortunately we lost one of our members, Ivy Bowles, and condolences go to her family.

The clocks will have gone forward by the time you read this - Hurrah! Take care and keep well.

Yvonne



T E Produce Association

By the time you read our news we will have had our Spring Show. I will give a report in the May issue.

On 4th May we have a coach trip to R.H.S. Wisley Gardens and are hoping the weather will be kind to us.

Our next Show is the Summer one in the Village Hall on Saturday 20th July 2-4pm. We hope to see you all there.

Regards Trevor



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Temple Ewell Parish Council

Elections - 2 May 2019

Just a brief reminder to everyone that elections to the Dover District Council and the Parish Council will be held on 2 May 2019, with voting hours from 7am to 10pm. The Parish Council has 12 seats and we have soldiered on through recent years with a number of vacancies. It would be wonderful if we could have a few extra candidates at the elections this time so that the Parish Council can be reinvigorated with some fresh Councillors. There must be people out there who have so much to offer and the role of a councillor is only as demanding as you want it to be. Ten meetings a year that each lasts for about an hour and a half is hardly demanding is it? And, after all, if you don't do your bit and don't, at the very least, turn out to vote you can't very well criticise those who give up their time on your behalf can you?

That's all very well, I know, when I have already let it be known that I am retiring and won't be standing for election this time, but I have been Chairman for 10 years and was previously Chairman at Capel for more than 20 years. Now it's down for someone else to have a go. Who knows? You may even find it rewarding!

So far as my position is concerned, I was beginning to feel a bit tired and I'm sure that it was time for a change. I wish the new Chairman and Parish Councillors well and promise not to attend every meeting to make sure that all is going well.

The Annual Parish Meeting will be held on 30 April at 7.15pm in the Baptist Church in High Street and I hope that as many residents as possible will come along. This is the meeting at which we review all that has happened over the past year so it should be informative for everyone.

Colin Smithen - Chairman of the Parish Council

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 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

Mr Andrew Howard-Grigg (Clerk to the Council)

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Temple Ewell Baptist Church

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EASTER OR EATER?

We seem to remember all the special occasions in life by having something to eat. Easter is no exception and chocolate in various forms seems to abound, followed by the waist-line.

Lamb was also consumed in many families to remember the origin of Easter, but this has declined in line with the rise in lamb prices. The use of lamb refers back to the start of Passover, when the Jewish people remember being saved from death and slavery in Egypt. Many years later Jesus was killed on the anniversary of The Passover, which was highly significant.

At Easter we not only remember the death of Jesus, when he gave his life for you and me, but, just as importantly, that he was resurrected by God. The importance to us cannot be over stated. In the blackest times in our lives, there is hope because of what Jesus accomplished. Even in the extreme blackness of death he offers us his resurrection life.

**He wants us all to have -
A VERY HAPPY EASTER**

Our activities continue as usual:

Sunday Family Service: 10.30am

Monday Keep Fit: 7.30pm

Wednesday Bible Study and Prayer at 10.00am at 60 Lyndhurst Road, River

LENT LUNCHES every Wednesday 12.00 - 1.30pm. from 13th March.



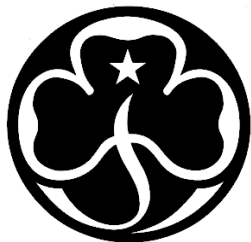
14th April at 4.00pm. All ages, craft activities, Bible story and a meal, all free of charge The theme is 'Easter'. All welcome.

Maundy Thursday 18th April at 7.00pm. Memorial Service.

Easter Day Sunday 21st April at 10.30am. Celebration Service.

***If we can help in any way please do not hesitate to contact June on 822982
Jack on 825150 or our minister Ewart Graham on 375823.***

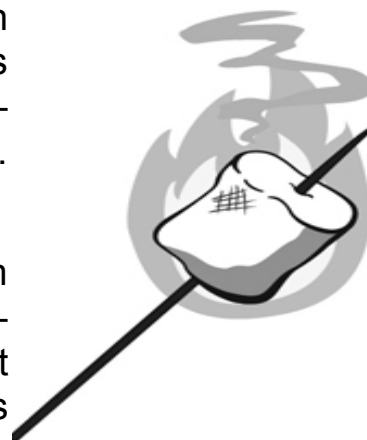
www.temple-ewell-baptist.co.uk



Brownies

We celebrated Thinking Day on Friday 22nd by choosing different countries around the world. I chose Egypt, Canada and UK. We looked on the map to find the countries and then placed a picture of a Brownie in their uniform on it. We then said their Promise and Law and lit a tealight candle. It was the first time I had lit a match. We then toasted marshmallows on sticks and between biscuits over the candle ... yummy!

We also pinned up a display of Brownie uniforms from around the world on our board. I made an edible architectural tower by stacking up chopped vegetables. I called it Tardes Tower. It was made up of carrots, parsnips, potatoes and courgettes.



Charlotte



Dover Flower Club

**The April meeting for the Dover Flower Club
is on Monday April 29th at Whitfield Village
Hall at 7.15 p.m.**

**We have a floral demonstration by Ellouise Hesler Smith
entitled The May Day Event**

Cost for Guests £8, Members free

We always welcome guests and new members to our friendly club

For more information please contact ,
Maureen Edmond - Edmond.randm@talktalk.net
Janet Gray - janetegray@btinternet.com

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Ploughmans Platter with mixed cheeses, ham, pickles, salad and homebaked bread £8.95

Wholetail Breaded Scampi with handcut chips and peas £8.95

Baby Back BBQ Ribs with Handcut chips, salad and coleslaw £8.95

Cumberland Sausages with Fried onion mash and peas £8.95

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COURIER FRAUD - BEWARE

Kent Police have advised that they are seeing between 10 and 15 attempts of this type of Fraud in the Dover area each week at present.

Victims are on average 70 years old and lose between £7500 and £10000.

Fraudsters cold call you pretending to be from your bank or from the police. They claim there is an issue with your bank account or request your assistance with an ongoing bank or police investigation. The ultimate aim of this call is to trick you into parting with your money either in person, online, via a money service bureau or in a bank. They may even ask you to buy high value goods, foreign currency or gift cards such as iTunes.

How it works:

Criminals call you claiming to be from the police or fraud department of your bank. They claim they are conducting an investigation, often saying it involves corrupt bank employees or police and ask for your help or say your account is at risk. If they manage to convince you, they instruct you to carry out a task which effectively involves you handing over your money. These include:

Asking you to attend your bank branch to withdraw a large sum of money which they will then collect from you for evidence. They may claim the money may be counterfeit, or that it is going to be sent off for forensic or fingerprint analysis.

Asking you to withdraw large amounts of foreign currency, which will similarly be collected by a courier from your home address.

Asking you to provide details over the phone, including typing in your PIN then handing over your cards to a courier sent to your address (often after you have cut them up as instructed).

Asking you to purchase high value items, such as expensive watches to 'clear criminal funds which will again be collected by a courier.

Please be aware that neither the Police nor your Bank will ever ask you for your PIN number.

This is sadly just one of many different types of Fraud that Criminals will try to use to get their hands on our hard earned money. More information can be obtained by going to www.actionfraud.police.uk and reading the "Little Book of Big Scams". Copies are also available at most Banks.

High energy bills a pain in the neck?



Why not find out if you could get a better energy tariff? Energy Deal, Dover District Council's Collective Energy Switching Scheme is free to join and gives residents the chance to make an informed decision about switching energy suppliers in a safe, and supported environment without any obligation to switch.

Auctions are held 3 times a year (February, May and October). The next auction will be on 21 May 2019 with registration opening on 2 April 2019.

How can I take part?

- Online at www.dover.gov.uk/Environment/Energy-Advice/Cut-Energy-Bills
- Residents without internet access can call 01304 872428 (you will receive a callback)
- Registration only takes a few minutes and is completely obligation free
You will receive your personal offer
- You decide if you want to accept your offer and switch
-

If you've previously taken part in the scheme you'll need to re-register each time you wish to take part.

How does the collective switch work?

- Energy suppliers are invited to take part in the auction to bid against each other to offer the best deal. The Spring auction takes place on 21 May 2019
- The winning supplier will be the one making the lowest offer
- Your personal energy offer is based on the energy usage information you provided. You are not obliged to take up the offer: it is your choice
- If you decide to accept the offer you need to do so before 2 July 2019
- The entire switch is taken care of for you, meaning the whole thing is as smooth and hassle-free for you as possible

The recent Winter Auction (held in February) secured tariffs not available direct from the supplier or through price comparison services. Both online (Octopus Energy (100% renewable energy)) and paper billing tariffs (E.ON) were between £270 and £282 lower than the standard tariff cap (based on Ofgem average consumption figures).

Sign up and see if you can save.



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Temple Ewell W.I.

We celebrated our 101st birthday at the March meeting, welcoming members from other WIs in our group and guests from our local head office.

The Speaker that evening was Tony Harris whose talk was entitled 'My Life as a Film Star'. Tony gave us an amusing insight into his 'acting career'. He started acting as an eight year old at school and this was his only experience for many years. He worked as a GPO engineer for 40 years before taking early retirement.

Tony was also secretary of the Baptist Church in Whitstable and at one time was approached by the BBC who asked if they would be able to use the church for filming. The film being made was about the Dunkirk evacuation and Tony was cast as a minister of the churchif you blinked you would have missed him! Filming took place over a few days and told the story of the ten days of the Dunkirk rescue, when one third of a million men were saved using a fleet of small boats to ship them back to England. A memorial service was held for one of the men who was killed during the rescue mission and this was the subject of the film.

After his talk Tony and his wife joined us for a superb buffet and our birthday cake was cut.

The next meeting is 11th April.





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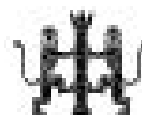
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Scout Hut at River

Friday - Beavers 4-30 to 5-30pm

Tuesday - Cubs 6-30 to 8-30pm

Monday - Scouts 6-30 to 8-30pm



Co-op Group's Local Community Fund



This year the Friends of Temple Ewell Primary School have been chosen to benefit from the Co-op Local Community Fund.

At a time when funds for charitable organisations are becoming more difficult to access, we're incredibly grateful for this opportunity to make a real difference in Temple Ewell.

We are raising funds for the outside area of the Millennium Hall (Church access and Early Years Areas). We are looking to get the area resurfaced and made more accessible for access to the hall from the Church and a nicer area for the young children in our school and Tiddlers to play, learn and grow.

To help us raise vital funds, we'll be relying on Co-op shoppers. Every time they buy Co-op own-brand products they get a 5% reward for themselves, and a further 1% goes to local causes like ours.

Co-op members can decide which local group they would like to back by going online www.coop.co.uk/membership. We really hope that people will visit the website and choose to support us.

We're supported by
The co-operative membership
Community Fund

Dover District Residents – Have a Say about the NHS

In the near future there will be more significant changes in the way NHS services will be delivered in this area.

It is important that residents of Dover District have an equal say in the development of these changes. At two recent events discussing the introduction of Urgent Treatment Services (UTC's) in South East Kent I was the only representative from Dover District whereas there were double figures in those representing Deal and Shepway.

If you are already a member of your local surgery's Patient Participation Group (PPG) or a concerned resident who can spare a couple of hours every two months PLEASE come and have your say at the next Forum on 1st May 2019 at 2–4pm at the Ark, Noah's Ark Road, Dover, CT17 0DD. (Numbers are restricted so if you would like to attend please call 03000 424169 / 07545934705 or email southkent-coast.ccg@nhs

If you just want to find out more please email southkentcoast.ccg@nhs.net or phone 01233618362 and become part of the HEALTH Network.

Carol Coleman - Resident of Whitfield

ANYONE FOR TENNIS?



RIVER ORIGINALS TENNIS CLUB

River Recreation Ground, Lower Road, River, Dover, CT17 0LW

We are currently looking for new Members for the 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.

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

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

We look forward to seeing you there.

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REGISTERED MEMBER





Kent County Councillor

March into Spring with a Free Health MOT

"NHS One You teams" are currently busy with a series of special events across Kent, providing free on-the-spot Health Checks and health 'MOTs' in local venues including high streets and shopping centres.

Kent Community Health NHS Foundation Trust's One You advisors are teaming up with 'WellbeingPeople' this month to offer Health Checks in Gravesend, Maidstone, Canterbury, Dover, Folkestone and the Isle of Sheppey. Figures for these areas show that they have some of the county's highest levels of heart failure and disease. Cancer, heart and lung disease also account for a large percentage of premature deaths (under the age of 75) in these districts while stroke is another major health issue.

Health experts advise that prevention, and spotting and managing the early warning signs such as high blood pressure, is an important part of how we can help people to look after their own health. While many people will already be receiving treatment from their doctor and local health services, it's feared others may be unaware of potential health issues.

If you are aged 40 to 74 years old and with no relevant pre-existing conditions, you can sign up for a free NHS Health Check for advice on keeping yourself healthy and active. Your blood pressure, height and weight will be checked. You will be given a small finger prick test to check your blood cholesterol and you'll also be asked some questions about your lifestyle and family history. The check will identify the risk of you developing heart disease, kidney disease, diabetes or dementia in the future.

Mark Cummings, One You Locality Manager for Kent Community Health NHS Foundation Trust (KCHFT) said: "We know that some people don't like to go to the GP, so our One You Roadshows are helping people across Kent to get a free NHS Health Check in a convenient location; or some simple lifestyle advice to support them to make the change to a healthier lifestyle. We're really grateful to all of our venues for hosting us this month – particularly Morrison's who have been especially helpful."

Health Checks are led by KCHFT and commissioned by Kent County Council. A series of events were carried out in Thanet and Swale earlier this year. Andrew Scott-Clark, KCC's Director of Public Health, said: "There are many people suffering from debilitating conditions and reaching the end of their life prematurely which is a tragedy as many of these conditions and premature deaths can be prevented

through simple lifestyle changes such as quitting smoking, reducing how much alcohol you drink and increasing physical activity.” He added: “High blood pressure and high cholesterol often cause no symptoms whatsoever, so unless you have a check you won’t know you have them. High blood pressure can trigger an irregular heartbeat which increases the risk of a stroke. If you know that you are at risk, there are services that can help you to get on the right track.”

For advice about small changes you can make to improve your health and wellbeing, and find more support in your area regarding your lifestyle, see www.oneyoukent.org.uk You can also sign up for a Health Check at that website or call 0300 123 1220 (option 4) to find a clinic near you.

For more information on the Health Checks events, check out KCC’s Facebook page or the One You Kent Facebook page.

Finally, Dover District Councillor elections take place on the 2nd May, if you wish to research councillors, go to the Dover District Council web site, where you can research the Ward they may serve currently, their political party, their attendance record and contact details.

Geoffrey Lymer

Kent County Councillor Dover West Ward

Village Life

A village is defined as a clustered human settlement or community, larger than a hamlet but smaller than a town, with a population ranging from a few hundred to a few thousand. Though villages are often located in rural areas, the term village is often still applied to what have become suburbs of the nearest town. It could be argued that places like Temple Ewell and River are now suburbs, but we still like to refer to them as villages. And of course they still maintain the attributes of village life, often centered around the village hall and local school.

So what else defines village life? A village pub, where like in Cheers, everyone knows your name? The hub of socialisation, where you can pop in for a quick drink and a snack or spend a fun evening with friends? Is it the village shop / post office where you can get your daily paper and those last minute groceries or stamps?

I believe that one other very important thing that defines a village is the people. Each village has a core of those who ‘do’. They are always the ones at the centre of village events, giving their time and energy for the benefit of the whole community.

We all know who they are in Temple Ewell, so let’s say ‘Thank You’ to them, may they long continue to help enrich village life for us all.

Wardrobe Warfare

How many of you out there
have worn a jumper inside out or back to front?
Put on odd pairs of shoes or boots
and worst of all, gone out dressed as such.

Phew! I thought I was the only one.

Regarding the footwear, I told someone who had remarked
that I had a similar pair at home.

But it didn't fool her.

How can you, though, excuse a label showing what size jumper you wear?
I have heard sniggers – I swear.

Petticoat hems a'drooping and
bra straps all showing, or skewiff.

Hosiery laddered or torn.

Men don't know they're born when clothes are worn.

Hands up, you ladies,
do you know of a Male's nightmare when
they are out looking very smart?
Surely, there must be at least one
nightmare!

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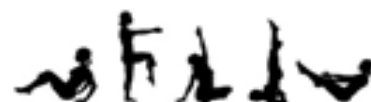
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Contact me for further information:

07597949241 or maxinephillips@live.co.uk



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Easter Recipe

Malted milk blondies



PREP: 20 MINS

COOK: 35 MINS

plus 2 hrs setting



EASY



CUTS INTO 12 SQUARES

A dessert full of white chocolate and Maltesers is the stuff dreams are made of. One seriously good looking blondie to slice and share this Easter

* undecorated after baking

Nutrition: per serving

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
339	16g	9g	43g	27g	1g	5g	0.5g

Ingredients

180g butter, melted, plus extra for the tin

250g light brown sugar

3 medium eggs

75g malted milk drink powder

200g plain flour

1 tsp baking powder

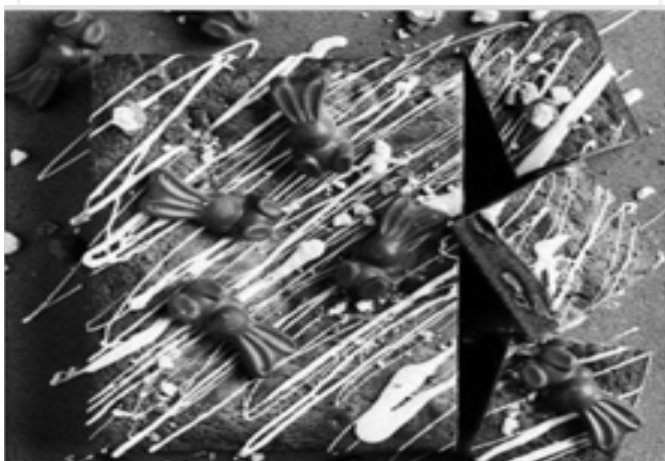
103g bag Maltesers, plus MaltEaster Bunnies to decorate

50g white chocolate, melted, for drizzling (optional)

Method

1. Heat oven to 180C/160C fan/ gas 4, butter a 20 x 20cm brownie tin and line the base with parchment. Mix the melted butter with the sugar, beating until smooth, then beat in the eggs. Add the malted milk powder, flour and baking powder, stir to just combine, then fold in the Maltesers. Spoon the mixture into the prepared tin and bake for 30 mins until cooked around the outside but still wobbly in the middle.

2. Resist the temptation to eat the blondies straight away and put the tin in the fridge to set for 2 hrs. Once set, top with the bunnies, drizzle over the melted white chocolate (if using) and cut into 12 squares.





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

Newsletter Distribution VOLUNTEER NEEDED!

We need a delivery person to do the houses are in Kearsney Court and the road leading to it, Bushy Ruff House and later, when the new apartments open, the house in Bushy Ruff. There are 22 Newsletters but the volunteer needs to enjoy a good walk – with or without a dog!.

If you are able to help, please ring Jenny on 824280. Maybe someone in the local vicinity may be able to help. Thank you in anticipation.

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Queen Elizabeth the Queen Mother Hospital	01843 225544
Dover District Council	821199
KCC Highways to report faults with roads/streetlights etc	03000 418181
Citizens Advice Bureau	03448 487978
Dover Library	204241
Dover Leisure Centre	201145
Stagecoach Dover	08456 00 22 99
Tourist Information	205108
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
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Electricity Emergency and Power Failure	0800 783 8866
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Waste Water Emergency	0845 278 0845
Childline	0800 1111
The Samaritans	116 123
Post Office Customer Services	0845 7740 740
Dover Community Radio	744177

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