



# High Halstow TIMES



Home of the Heron

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June 2013

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### *Friends of St Margaret's*

You will see that in this month's HHT details of the Jazz Festival planned for 15<sup>th</sup> June. Please come along to what promises to be a great night out in support of your St Margaret's Church.

In terms of future events we are looking into holding a Flower Festival, possible Guided Tour of the Church with its history explained and the Christmas Tree Festival. Please watch this space for further details.

Many thanks to those who have completed the Direct Debit Mandate Form which was circulated last month. You can still complete your form as no time delay. We have been asked if people could send a cheque to 'The Rectory' or raise a Standing Order rather than paying by Direct Debit and we are pleased to say that the answer is yes to both. Please can we ask you though to complete the Gift Aid declaration if you would like us to be able to claim tax relief on your kind donations.

We are working with the Parochial Church Council to agree targets for the fund raising and we will keep you all appraised of these once agreed so you can all see what is planned.

***Friends of St Margaret's Church Committee***

### *Speed Limits*

Please can I remind people to observe the speed limits through the Village. We should all be mindful that High Halstow is a nice place to live where children, older residents and walkers should feel safe. Some may not be as aware of the traffic as they might otherwise be. Please be careful.

***George Crozer, HH Parish Council***

### *Diabetes Charity Event 21<sup>st</sup> September 2013*

An outline programme has been agreed for the Charity Event in support of the Junior Diabetes Research Foundation (JDRF) on 21<sup>st</sup> September to be held on the Cricket Ground and the Recreation Ground.

A 6-a-side cricket competition will start on the cricket ground at 10am, with the final starting at 5pm. There will be a break from cricket during the afternoon for games for young children. A variety of stalls, displays and other activities will take place during the course of the day, on both grounds, prior to evening entertainment. A centrepiece of the fund-raising will be a Grand Draw, for which tickets are expected to be on sale at various outlets from June onwards. Prizes include £500, an iPad and a Fortnum and Mason hamper. An auction of sporting items including a signed cricket bat (New Zealand and Australian Test teams) and a round of golf for four at a prestigious Berkshire course will be held during the early evening.

All village organisations are welcome, and indeed encouraged, to participate by setting up stalls and running other activities for their own fund-raising purposes. Many have already expressed a wish to take part, and a meeting is being held on 7<sup>th</sup> June in the Cricket Pavilion to develop programme details, to which all groups are welcome. The meeting will start at 7.30pm.

***David Laphorn  
HHCC***

### *Booking The Hall*

The Hall Committee is looking to increase the usage of the Hall after Phase 2 of the refurbishment is completed in September. If you are interested in hiring the hall please contact Crystal on 251849.

### ***High Halstow Gardening Club***

We enjoyed an informative and entertaining talk at our May meeting from Colin Humphrey on Growing and Showing Auriculas. Colin shared his knowledge of exhibiting nationally and developing new varieties of auriculas with the peculiarities of naming each new variety.

There are still places available on our private evening trip to Old Bladbean, Elham, Canterbury on 19 June. The minibus will leave the Memorial Hall at 4.45pm to return 8.45pm. The cost for this trip is £21 per person.

Also there are spaces on the trip on Sunday 14 July to Salutation House and Garden, Sandwich. The cost is £20 per person with the minibus leaving the Memorial Hall at 9.00am to return at 3.00pm.

If you would like to join either of the trips, please contact us.

Sue Marshall from Sissinghurst is to speak on Iris for Shady Gardens at our 11 June meeting

We are sorry that the details given on Sue Arthur in our annual report were incorrect and apologise for any upset this may have caused Sue's friends and family.

Ingrid

### ***New Police Inspectors in the West***

I took over from Insp. Dave Matson at the beginning of April in the West; I knew more changes were on the horizon so have held off until I could confirm in one swoop, that from the beginning of June, Insp Gian Chahal will also join the West. I have responsibility for Cuxton/Halling, Strood South and Strood North, and Gian has Strood rural and the Peninsula. Our Sergeants are-

Ps Andy Henshaw - Strood South/Cuxton/Halling

Ps Michelle Burgess - as above

Ps Becky Philpot - Strood rural /Peninsula

Ps Alan Downs - as above

Ps Dave Evans (will be Ps Leanne Quinn July onwards)- Strood North

My email is [adrienne.leppard@kent.pnn.police.uk](mailto:adrienne.leppard@kent.pnn.police.uk) and Gian's is - [gian.chahal@kent.pnn.police.uk](mailto:gian.chahal@kent.pnn.police.uk)

We both look forward to working with you all

Best Regards

Ada Leppard / Gian Chahal

### ***Manic May***

I've returned with the updates on the activities of the WI ladies. May was manic with visits to Stoke WI, Calender Girls at the Medway Little Theatre which was the best yet, the theatre to see 'Les Miserables', and a visit to show Hollingbourne WI, Upnor Castle with a pub lunch to follow. Also, new to us the lunch group had a successful visit to the 6 Bells at Cliffe. Coming up is a huge county celebration for the 95th anniversary of the WI at Aylesford Priory, and the next round of the darts to be played at Ryarsh.

As for me, I'm off to Cardiff for the national annual conference along with about ten thousand other ladies!! Next meeting is Wednesday 5th June when we will be celebrating our 'birthday' with invited guests from other WI's.

Margaret Whitebread

### ***Share your Thoughts, Ideas and Comments.***

Do you have a story about the history of the Village, did you go to or know anything about the old school, can you tell us a story about a picture in the Memorial Hall? Would you like to promote an event or club within the village. Is there something concerning High Halstow that you would like to share with everyone. Then please write to the editor (address as shown on the back page) or e.mail your article/letter and we will share your thoughts with the village/world.

### **Kings Kitchen**

A Coffee and Cake Café  
for the Whole Village.

Open 10.00am - 1.00pm  
every Tuesday  
in the Memorial Hall.

Why not come in and enjoy a cuppa  
and a chat.

A warm welcome awaits you.



## *High Halstow Cookery Book*

Dear Mums, Dads, Cooks, Chefs, anyone who cooks! I have not received any recipes for the second edition of the village recipe book. I know we are all busy with everyday tasks but please try to find a ten minute gap and send me your recipe. Maybe you could leave the entry to your children, I am sure we would get some surprising and amusing results if you were to ask them their favourite meal or treat. I hope the book won't be just me and the dogs, their meals don't vary much from day to day! I look forward to receiving your entries, if you prefer to leave the photo of yourself out then that's fine! Please send to:

Jeanette.dowsett@btopenworld.com

## *Come and Meet Your Parish Councillors*

Chris Watson and Gary Jerreat, two of your Parish Councillors will be at Kings Kitchen in the Memorial Hall on: Tuesday 11th June from 10.30 – 12.00pm and every 2nd Tuesday in the month.

Come and tell us your problems or find out about projects we are undertaking. If we can't answer your questions there and then we will get back to you.

**High Halstow Parish Council**



## *High Halstow Youth Club*

In Mrs Munday's submission to the Parish Council Annual Report, she wrote that the Club was about to celebrate it's Twentieth Year. What she modestly failed to include was the fact that she was responsible for it being in existence. I was Chairman of the Parish Council at that long ago meeting when she declared "we must do something for the children of the Village !" With such a challenge the Council agreed to finance the hiring of the Recreational Hall as a meeting place for at least a year, subsequently two, although I understand that the Club is self-financing now. I was one of her first helpers, sometimes finding it difficult to match her patience and forbearance coping with the unleashed energy of youngsters every Tuesday but I was still sad to eventually leave because of work commitments. I was so pleased to recently be invited to their 'birthday celebrations'. It was a joy to spend two precious hours in their company as the children enjoyed such fun without the need of mobile phones, x-boxes and such like. I only hope that over these Twenty years, parents of this Village have realised and appreciated what joy their children have experienced in that time. I salute Leslie, Chris Peek and all the helpers that have in the past and continue to carry out this work, they deserve all praise.

**John Wilson**

**Former HHPC Chairman**

## *Action with Communities in Rural Kent and British Gas*

*working together to save you money*

Action with Communities in Rural Kent, a long established charity has teamed up with British Gas to offer eligible residents in the local area free insulation. This offer is worth up to £1,000 and includes the cost of materials and labour.

Over 5 million homes in the UK have inadequate cavity wall insulation and over 7 million have little or no loft insulation! If yours is among them, you could be missing out on hundreds of pounds worth of savings on your energy bills every year. So why not take advantage?

Insulation really is the best solution to start saving money on your energy bills. The whole process is simple, all you have to do is give British Gas a call and if you are eligible, they will book in a survey at a time convenient to you. Their survey is completely free and is just to make sure that your home can benefit from any additional insulation. They will then arrange a time to undertake the work, which will be completed in half a day with little fuss or mess. There is no catch, you don't have to take out a contract, take up any British Gas products or services or even be a British Gas customer to take advantage!

To be eligible you either have to live in a specific area or be in receipt of age related, disability or unemployment benefits. British gas will check your eligibility when you phone them; calls are free. So what are you waiting for? We're expecting demand to be high so give them a call right now free on 0800 980 9037.

† If you need any help contacting British Gas or require further information please contact Action with Communities in Rural Kent on 01303 813790

Action with Communities in Rural Kent  
The Old Granary,  
Penstock Hall Farm,  
Canterbury Road, East Brabourne,  
Kent, TN25 5LL  
Tel: 01303 813790  
Fax: 01303 814203  
[www.ruralkent.org.uk](http://www.ruralkent.org.uk)



## *2013 Photographic Competition*



The High Halstow Photographic Competition has been running now for the past 4 years and we have had pictures submitted by young and old, complete novices and experienced photographers. All we ask is that the picture is taken within the boundaries of High Halstow.

There are no restrictions this year with regards to previous winners, and the categories are remaining the same i.e. Flora & Fauna, People & Places, 18's & Under. If you are submitting pictures of children, please supply parents permission (although large public events do not require such permission).

Prizes are awarded for 1st, 2nd and 3rd places within each category, and an overall winner is chosen. Winning pictures are used in the High Halstow Calendar and an exhibition of all the winning pictures and some of those that didn't win are shown at the October Parish Council meeting. Pictures can now be sent to [photos@highhalstow.org.uk](mailto:photos@highhalstow.org.uk) - all entries should be submitted by the 9th September 2013.

If you are a member of a group in High Halstow, why not send photos from an event you organised, i.e. Dramarama Summer Show, the Gardening Club, High Halstow Hikers etc. They would make great additions to the calendar produced at the end of the year, and you may win a prize for your efforts.

**HH Parish Council**

### *Table Top Sale*

The Table Top Sale/Boot Fair scheduled for July has had to be cancelled due to the work on the hall. We hope to re-schedule the event later in the year.

**Bel Shearman**

## *High Halstow Hikers*

In May, 15 of us did a 3-hour walk around the village of Brenchley just to the east of Tunbridge Wells. The village is best known for its blacksmith, Watt Tyler, who led the Peasants' revolt in the 14th Century. Although initially successful in opposing the poll tax(!) he went a bit to far in his demands and as a result was killed at Smithfields. The village still has a working forge close to where we parked. The Kent Iron Industry was also centred around here and reminders of that time continue in place names like Furnace Pond which as we found to be much more attractive than it sounds. We had excellent weather for the walk which was "complicated" by some directions which depended largely on the presence of a golf course which unfortunately had gone out of business and was now unrecognizable. Hence we saw rather more of the glorious blossom in a large orchard than we had planned. Some placed some blame on Ron's map reading but I think that was unfair: on a map it is easy to mix-up a castle surrounded by a large moat for a modest farm reservoir. Anyway we fortunately have a very tolerant group of walkers who were determined to complete the walk (or at least 90% of it) despite the diversion. Excellent beer at the Bull Inn rounded things off nicely.

The June walk is on Sunday 9th and as usual will begin at 10.00. The route is a change from that planned which was to have been around Stoke Marshes, but that one will be led by Alan Marshall in July. Instead the June walk will start from the car park at Holly Hill. This is reached by turning right at the top of Birling Hill to the west of Snodland. KCC gives a postcode of DA13 0UB. The walk will go to Luddesdown along the Wealdway passing the tiny and remote Dode Church. As usual we will walk for between 2 and 3 hours. For further details please contact Mitchell at [mitch.dowsett@btopenworld.com](mailto:mitch.dowsett@btopenworld.com) or on 01634 254428. If there are any concerns on the day that conditions might mean the walk cannot proceed please call the same number.

**Mitchell Dowsett**

## *High Halstow Cricket Club*

The season has not begun well, with all sides struggling with the weather and (it seems) consequential availability of players. This phenomenon is apparently widespread throughout the county, with a significant number of 3<sup>rd</sup> and 4<sup>th</sup> XI games cancelled and 1<sup>st</sup> and 2<sup>nd</sup> XIs falling short of the standards they expected to set after the winter break.

After 3 league games each all three of our senior sides are still looking for their first win, although the 3<sup>rd</sup> XI have been the beneficiaries of a concession. There are signs of improvement based upon fighting spirit, but further application is needed before expected success is achieved.

Regretably, several of the colts home games have been cancelled through weather and, in the case of the U11 softball team, lack of numbers. However, the U13s continue last year's impressive run of form with 3 wins under their belt already.

Once again, in conjunction with the Parish Council, the Club welcomes Medway Primary Schools Kwik Cricket to the ground. On 20<sup>th</sup> June we expect about 35 schools and a total of 300 young people to take part in what is always a good if exhausting day. There will be 8 pitches on Rayners Meadow and a further 8 on the Recreation Ground.

Finally, the Club is pleased to be helping with the Diabetes Charity Event and will be participating fully in raising funds for both the Club and JDRF. We are looking forward to a very busy and productive day.

David Laphorn  
Life President HHCC

### *High Halstow Relief in Need Charity*

This charity exists to assist those in the Village who are in need, especially widows and widowers. The trustees wish to remind the people of the parish that they will give consideration to any request for a particular need, at any time during the year. All requests are dealt with in complete confidence and there is no need to wait for the October form

The trustees are:

Rev. S. Gwilt - The Rectory  
Mrs L. Munday - 22 Willowbank Drive  
Mr S. Bailey - 27 Cooling Road  
Mrs J. Gillies - 22 Leaman Close  
Mr J. Myatt - Decoy Hill Road  
Mrs C. Peek - 2 Willowbank Drive

## *Project 90*

Ten years ago in June 2003 the Parish Council started Project Day. Over the years it has been renamed as Project 90 representing the 90 or so minutes people volunteer to try and make a difference to the Village we all live in.

In that time countless bags of rubbish, tyres etc. have been collected, along with repairs to the cricket fence, playground, Notice Boards erected, Village Hall painted, Memorial Hall Fence painted, graffiti removed, etc etc..

The Parish Council would like to thank all the volunteers who have come out over the years which has been greatly appreciated.



If there are other projects you think the Parish Council could undertake with this scheme please let them know.

We meet the Saturday after the Parish Council with the next Project 90 being Saturday 15<sup>th</sup> June starting in the Village Hall Car Park from 8.30. See you then.

### **Parish Council**

#### ***Need to Hire a Hall***

If you are interested in hiring either of the halls in the village for a party, function or meeting please contact:

Memorial Hall - Angela Forward 251756

Village Hall - Crystal Wakefield 251849

Please do not call on a Sunday.

## *High Halstow Village Hall*

### **Village Hall Refurbishment – Phase Two**

At the time of going to press you will see that the builders are in for Phase Two of the Refurbishment Programme.

This is the biggest phase of the refurbishment to the Hall and this will see the front of the Hall completely refurbished and will include the following:

- New roof over the front
- New Toilets
- New Doctors' Surgery
- New Waiting Room
- Space for the new Kitchen (to be completed at a later stage)
- Additional storage

Remember you can see the plans at <http://highhalstow.org.uk/halls/village-hall-plans>

There will be slight restrictions to the car Park which will last the duration of the works which is expected to last twelve weeks.

### **Village Hall Refurbishment – Phase Three**

The Village Hall Committee is not resting on its laurels and is looking at fund raising/grants to see the refurbishment through to completion. What is left includes a new kitchen, stairs for the new room, new wall between existing Doctors Surgery and the back door, a new main entrance which will be the door by the existing kitchen, disabled ramp to the new entrance.

### **Open For Business - Booking The Hall**

The Hall Committee is still open for business although we accept there are issues with toilet facilities in the evening but we are looking to increase the usage of the Hall in particular during the daytime. If you are interested in hiring the hall please contact Crystal on 251849.

### **Events for the Year**

We still have planned for the remainder of the year the following:

- High Halstow Open
- An Evening with Nicky Moore and Friends
- Tribute Act (to be determined)

### **High Halstow Open**

You will see the page encouraging you to participate in the High Halstow Open on July 17<sup>th</sup> this year.

A couple of questions we have been asked to answer are as follows:

**Question** Can we just sponsor a hole for the tournament.?

**Answer** Yes you just need to complete the sponsorship form part of the form

**Question** Can I enter if I do not have four players in my team?

**Answer** Yes you can, although we will keep teams together we will ensure all players are part of a team

Remember – get your forms in by 30<sup>th</sup> June.

### **Village Market**

The Village Market will be having a rest whilst the refurbishment works are carried out and the plan is for this to return in October so please watch this space.





# Friends of St Margaret's Church



Proud to present

**Jazz festival**

**15<sup>th</sup> June Rectory Garden**



Guest musicians Chris Buckwell and Chris Irvine

Tickets £5.00 including a free drink and light refreshments

Licensed wine and soft drinks bar as well as BBQ to help you enjoy what promises to be a wonderful evening of entertainment

Tickets available from: The Village Shop, High Halstow

Or

Fred Berringer 251135, June Collins 250105,  
Lesley Munday 250726, Gary Thomas 252812

## The Garden Party 2013

Starts 12 noon 6th July

The Rectory Garden, High Halstow



**BARBECUE**



Bouncy Castle, Skittles, Cream Teas,  
Strawberries, Death slide, Games,  
Shooting Range, Thomas The Tank  
Engine Rides, Coconut Shy, Books, Live  
Animals, Karmen Dancers, Live Music,  
Water Slide, and lots of fun and games



With free concert from the  
Stompers Jazz starting at 3:00pm





# Jonathan Computers

Contact Jonathan directly on the Office No: 01474 879878 or  
Freephone: 0800 321 38 79 Mobile No: 07905 120 557  
Web: www.jonathancomputers.co.uk Email: sales@jonathancomputers.co.uk  
Based in High Halstow so will be quick to respond



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### Do you want some training on using a computer?

- I Can offer help with One-To-One Training, Beginners to Advanced
- Set Up Skype Accounts
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- Set Up the internet on New PC's
- Set Up New Pc's & Laptops (Even if purchased from elsewhere!)
- Learn eBay, Amazon Etc.

**I Am Based In High Halstow So Can Be Quick To Respond**

I will deal with you personally so I can provide you with the best service. I offer a fast and friendly service and explain any problems about your computer to you in an easy to understand way.

Regards  
*Jonathan*



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## HANDY ANT Property Maintenance

Interior & Exterior ~ Domestic & Commercial  
I am a skilled tradesman who lives in High Halstow and has learned many skills in my 29 year career. I am a clean and conscientious worker who respects other people's property. Some of my skills are listed below.

Electrics ~ Washing machines ~ Dish washers  
Roofing ~ Tiling ~ Carpentry ~ Facia and Soffits  
Flat pack furniture ~ Wood flooring ~ Gutters  
Curtain tracks/poles ~ Painting & Decorating ~ Drains  
Flat screen TV's ~ Plastering ~ Plumbing ~ Fencing  
Bathroom re-fits ~ Kitchen re-fits ~ Landscaping

Insurance work undertaken  
Please contact me if the work you require is not listed or for free friendly advice  
Quotes available via phone or email for small jobs  
Hourly rate basis is £35.00 first hour  
Then £20 per hour thereafter  
Daily rates available on request  
References available  
No job too small

Mobile: 07947706106 Home: 01634 252430  
asrutherford@btinternet.com  
**ANTHONY RUTHERFORD**  
5 LEAMAN CLOSE, HIGH HALSTOW, ME3 8EZ

## PAUL HUGHES Double Glazing Repairs

NO CALL OUT CHARGE FREE ESTIMATES

- Misted Units Replaced
- Cracked Units Replaced
- Broken Hinges
- Cat Flaps Fitted
- Locks Repaired
- Damaged Handles
- Doors Re-Adjusted
- Windows Fitted



M: 07815 948637  
H: 01634 256631



## High Halstow Pre-school

Modular Building, Primary School, Harrison Drive,  
High Halstow, Rochester, Kent. ME3 8TF  
01634 255088

Proprietor/Manager Mrs Anita Russell BA (Hons), EYPS

- ✓ 'Outstanding Provider' Ofsted
  - ✓ 2009-10 Extensive Outdoor Facilities
  - ✓ Excellent Links with Primary School
  - ✓ Friendly, Qualified Staff
  - ✓ Affordable Childcare
- Open Weekdays, term time only  
8.45 am - 3.30pm

Morning, lunch, afternoon and all day sessions available.

Children are funded for 5 free sessions the term following their third birthday.

Don't take Ofsted's word that we are an outstanding provider, come and see for yourself.

Ring 01634 255088





**AGE 16-25 Years  
Bored ?**

We can help. Medway Council is looking to provide you with the chance to get active, get involved and try something new. Whatever you want to do, any sport, you tell us!

All you have to do is email [medwaysport@medway.gov.uk](mailto:medwaysport@medway.gov.uk) with what sports activities you would like to try in High Halstow. Along with your name, age and email address and then if enough people are interested we will try and put on a six week course for everyone to try.

**Dont be bored, be active!**





**L.W.P.T. PLUMBING AND HEATING**

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*Based in High Halstow*

*Tel: 07501 089323*

*leetrott@btinternet.com*



**Toddler Group**

Come and join us for a cake & a coffee while the toddlers play!

A great way for Mums & Kids to make new friends.

Babies to 4 year olds, just £1 for two hours of play.

Every Thursday, 9am to 11am at the Memorial Hall, High Halstow.

**Your first session is FREE!**

For more details, call Natacha on 254178

**HH Village Website**

Please visit the Parish Council website for everything about our village. You can see the minutes of your Parish Council or look up local groups in the village, past copies of the High Halstow Times, and pictures of recent events. Please note that there is now an RSS feed on the Parish Website where you can get automatic updates when the site is updated. Please visit [www.highhalstow.org.uk](http://www.highhalstow.org.uk) and follow the instructions on the right hand side.

**Local Groups and the Website**

You can advertise your activities free of charge on this site just let us have the details. If your details need updating with either dates or details of events please let us know by emailing [gary@highhalstow.org.uk](mailto:gary@highhalstow.org.uk). This can be used to keep your members informed and possibly attract new members to your group.

**Local Businesses**

The Parish Council is pleased to announce that the Business Page is back on the website. Should you wish to advertise your business please visit <http://highhalstow.org.uk/business-page> where you can find all the details of how to put your business on the site.



**Lots of FUN for all**

**Summer Fete**

In the garden of the  
**The Fenn Bell Inn**  
**St Mary Hoo ME3 8RF**

**Saturday 20 July 12 noon to 4 pm**

**Cake sale**  
**Crafts**  
**Card making**

**Pets Corner**

**Jump and Bounce**

**Teddy tombola**  
**Face Painting**  
**Balloon animals**

**Steph's Brass Band**

in aid of  
**Anim-Mates**  
our local  
**Animal Rescue Sanctuary**




Some of the unwanted animals who have been rescued



## Dates for Diary

### Every Tuesday:

King's Kitchen  
10:00 Memorial Hall  
Bell Ringers  
19:30 St Margaret's Church

### Every Wednesday:

Tai Chi  
10:30 Memorial Hall  
Yoga  
17:30 Memorial Hall

### Every Thursday:

Mother and Toddler's  
09.00 Memorial Hall  
Sugar Babes  
19.00 Memorial Hall

### Every Friday:

Pilates with Joy  
14:15 Memorial Hall

### Every Saturday:

Karmann Dancers  
09.00 Memorial Hall

### Other Dates:


Sunday 2nd: Family Service  
09:00 St. Margaret's Church  
Wednesday 5th: Women's Institute  
19:30 Memorial Hall  
Friday 7th: Meeting for Cricket Event  
19:30 Cricket Pavilion  
Sunday 9th: High Halstow Hikers  
Details in HHT  
Tuesday 11th: Gardening Club  
20:00 Memorial Hall  
Wednesday 12th: Parish Council  
20:00 Memorial Hall  
Saturday 15th: Project 90  
08:30 Village Hall Car Park  
Saturday 15th: Music in the Garden  
Rectory Garden  
Sunday 16th: Family Service  
09:00 St. Margaret's Church  
Friday 28th: Quiz Night  
19:30 Memorial Hall  
July 6th: Rectory Garden Party  
July 17th: High Halstow  
Golf Open  
September 21st: High Halstow 6's  
HH Cricket Club

Local groups, please let us know the dates of your meetings/events for the coming year so we can include them in the HHT and on the website.

## Learn GUITAR

Professional guitarist and guitar teacher offers 1 to 1 tuition. All ages and abilities welcome. Graduate of London Guitar Institute and playing experience includes The Who and Robbie Williams. Can inc practical, grades & theory.

**CHRISTMAS VOUCHERS AND DEALS AVAILABLE**  
HOME VISITS OR AT HOME STUDIO IN CHRISTMAS LANE  
**Call Matthew 07967 125091**



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07967 125091

## Divine Party Cakes



Cupcakes, large cakes & cupcake  
decorating parties

[www.divinepartycakes.com](http://www.divinepartycakes.com)

Find Divine Party Cakes on Facebook!

e-mail: [info@divinepartycakes.com](mailto:info@divinepartycakes.com)

Sadie 01233 501832

Sephie 01634 254175

### Your Parish Councillors

George Crozer, Chair	01634 250286
e.mail: <a href="mailto:george@highhalstow.org.uk">george@highhalstow.org.uk</a>	
Gary Thomas, Vice Chair	01634 252812
e.mail: <a href="mailto:gary@highhalstow.org.uk">gary@highhalstow.org.uk</a>	
Martin Andrews	07984 791029
Ray Collins	01634 250105
Stuart Bailey	01634 255537
Josh Gordon	07753 212179
Gary Jerreat	01634 253999
Lesley Munday	01634 250276
Christine Watson	01634 256529

Your councillors may also be contacted through the Parish Clerk:

Mrs Roxana Brammer      01474 871269



# Yoga in High Halstow



**VINYASA YOGA IN HIGH HALSTOW –  
5.30pm – EVERY WEDNESDAY**

Memorial Hall, beginners and intermediate very welcome. £5, no need to prebook. Please come along in your comfortable loose clothing and enjoy an hour just for you, mats and equipment provided.

Often starting with a joint warm up and then on to Sun Salutations (a sequence of set poses which flow from one to the next and are repeated), moving on to standing poses, hip openers, and balance. Then introducing core work and back strengthening, followed by seated poses and hamstring stretches before relaxation.

The word Vinyasa means breath-synchronized movement. So do expect movement, not just stretching. The class is energetic and dynamic and is also alignment orientated with each asana or posture being completed with an inhale or exhale. Given this, it is more fitness based and can be handy with weight loss.

Vinyasa brings a sense of calm, revitalising the body and mind with graceful movement and powerful postures, building strength, flexibility and increased energy levels.



**HelenBaker**  
Solicitor

*Helpful, straightforward legal advice.*

<ul style="list-style-type: none"> <li>• Powers of Attorney</li> <li>• Wills &amp; Probate</li> <li>• Equine Sale Disputes, Loan &amp; Livery Agreements &amp; Grazing Licences</li> </ul>	<ul style="list-style-type: none"> <li>• Civil Litigation</li> <li>• Registration of Land</li> <li>• Residential Landlord &amp; Tenant</li> <li>• Possession Proceedings &amp; Debt Recovery</li> </ul>
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*Fixed fees, weekend and evening appointments and home visits available.*

Telephone: **01634 255265** E-mail: [helenbaker@helenbakersolicitor.co.uk](mailto:helenbaker@helenbakersolicitor.co.uk)

## Body Wellness Tai Chi Classes

Qualified and experienced Instructor



Tai Chi helps to alleviate the symptoms of; arthritis, osteoporosis, rheumatism and Parkinson's.

It also helps with blood sugar control and to reduce high blood pressure. Decreases joint pain and stress. Assists with; strength, balance and a general sense of wellbeing.

Wednesdays 10.30-11.30am in the Small War Memorial Hall, High Halstow

For further information or to express an interest, please contact;

Mr B J Rance 01634 840 766 or 07876064777

Body Wellness Tai Chi is a well-established class that has been running since September 2012 with a dozen regular members so far. Members enjoy benefits such as improved breathing, flexibility and movement in friendly and familiar surroundings. It provides gentle but highly effective exercise for local residents in a convenient location. The instructor, Mr B.J. Rance, has been involved in martial arts and tai-chi for over 50 years. He has constructed a programme that suits the needs of his members and the club boasts a friendly and supportive atmosphere. It is a place to make friends with new people as well as see familiar faces. Mr Rance's class brings a specialist skill to our local population adding a new and interesting activity to the services already available in the village.

# All Age Service

For young & old and  
everyone in between!

*Cartoons, video's, stories, action songs,*

*Quizzes and a whole lot of fun*

First and third Sunday of the month

9:30am at High Halstow & 11:00am at Allhallows

For more info contact Rev Stephen Gwilt on 01634 250637



High Halstow Village Hall Committee  
are proud to announce

# The High Halstow Golf Open

Wednesday 17th July

at Deangate Ridge Golf Course

First Tee-Times 10:30am

Prizes awarded for:

Longest Drive • Nearest the Pin

Individual Best Score (Stableford) & Runner Up

Team Prize with best three scores per hole from each team

& Runner Up Team • Booby Prize

If you are interested in sponsoring a hole this can be done for £20

There will also be a raffle at the Prize giving.



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**Booking Form**

Name	Address	Tel No.	Email	Handicap (max 28)

I would like to book \_\_\_\_\_ places in the High Halstow open on the 17th July at £25 per person, to include bacon roll, 1 round of golf and sausage and mash dinner.

\_\_\_\_\_ x £25 = \_\_\_\_\_

Sponsorship: Sponsorship of hole @ £20.00 per hole (optional) \_\_\_\_\_

Total (cheques made payable to High Halstow Village Hall) \_\_\_\_\_

Payment: Please enclose a cheque (made payable to High Halstow Village Hall) for the full amount, with the completed booking form in an envelope marked High Halstow Village Hall and deliver to the Village Shop, Christmas Lane by 30th June.

### *Note from the Editor*

The High Halstow Times is a friendly point of contact and all views expressed are those of the individual. No letter will be published without the name and address of the writer being supplied to the editor, which will be published alongside the letter. If you have a matter for complaint, it should be brought to the attention of the Parish Council, which meets on the second Wednesday of every month, at 8pm in the Memorial Hall. Members of the public are always welcome.

Next edition July 2013; Contributions for July should be sent  
by 24th June to:

Carl Mitchell, 8 Marsh Crescent, High Halstow ME3 8TJ  
or e.mail to [editor@highhalstow.org.uk](mailto:editor@highhalstow.org.uk)