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From the Church

There once lived a very old wise man. So great was his wisdom that people were willing to travel many miles,

just to speak to him and to meet him. He was incredibly wealthy and in his own words had everything a man could desire. Yet he knew deep inside that something was missing. He set himself upon a journey of discovery to explore the meaning of life. The question he set himself to answer, what made life meaningful and truly worth living?

We all desire meaning in life. For many that search is a winding, undiscovered road. We experience joy, pain, hope, disappointment in our journey of life and realise that hope and joy often fade quickly. So too was the experience of this wise man. He searched high and low for true meaning and happiness. He was not alone. So many in life today search for these things in success, power, money, work, knowledge etc. They all eventually find the same dead ends that give no real answers. This very old wise man lived through the same process, finding no answers in the things of this world. He observed the many pursuits of others to find meaning. He wrote about his experience and the words were written down in a book called Ecclesiastes. His name was Solomon, and he was a king. When he took the throne, God offered to grant him whatever he wanted because of his obedience and the obedience of his father David. Solomon asked for wisdom and discernment so he could be a good king.

He concluded at the end of his book that only God helps humans find real meaning. He discovered that life is a series of dead ends without God. Meaning he found, was walking with God, who journeys with you on the winding road of life, but only if you want Him to. Solomon discovered that those who put their hope in God, find happiness comes from centring their lives on Him, and not themselves.

We enter the season of Autumn, and humans experience many different seasons in life. Seasons can also be an experience you find yourself in, like a time of struggle, hardship or great joy. Whatever the season, all things change. The old wise man recognised that change was part of life, seasons were part of life, and that hope comes from facing them with God at our side. Walking with God we are never alone, no matter what we face or the road we walk. The old man offered some helpful insights.

Ecclesiastes 3:1

There is a time for everything, and a season for every activity under the heavens:

In his book he concluded and said, meaning is found in living a life for God, avoiding doing what is wrong in His sight, enjoying the blessings He bestows, and accepting that He will accomplish His purposes in His time. Fighting God's timing or will is an act of futility, but there is true hope and joy in living for Him.

Tim

ST JOHN'S CHURCH - Directory

Tel: 01732 833 596

Website: www.stjohnshildenborough.co.uk

Please ring the church office or email any time, if you would like to discuss any pastoral or administrative matter

| Role | Name | Contact Details |
|------------------------------------|-----------------------|--|
| Vicar | Rev Tim Saiet | 07973 136 968 tim@stjohnshildenborough.co.uk |
| Children and Youths Pastor | Lisa Glasscote | lisa@stjohnshildenborough.co.uk |
| Lay Readers | Trevor Long | 07513 420 509 |
| Warden | Vacant | |
| PCC Secretary | Vacant | stjohnspcc@outlook.com |
| Foodbank and Community coordinator | Adele Hopkins-Ballard | 07942 148 175 adele@stjohnshildenborough.co.uk |
| Safeguarding | Kate Lake | 07579 821 956 safeguarding@stjohnshildenborough.co.uk |
| Treasurer | Richard Lake | 07579 210 122 treasurer@stjohnshildenborough.co.uk |
| Archivist | Howard Dolling | 01732 833 364 |
| Church Centre Bookings | Cynthia Fawcus | 01732 833 397 cynthia@stjohnshildenborough.co.uk |
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Our Services

Sundays

9:15am Contemporary service with breakfast served in Church from 8:45am

Refreshments served between services in the Church Centre. All welcome.

11am Traditional service

Tuesdays

11:15am Morning Prayer



Contact the office to receive the monthly Church News and Notices or follow our Facebook page (<https://www.facebook.com/stjohnshildenborough/>) for the most up to date information.

Women's Prayer Day

"The Silence of the Silenced"

- A special day dedicated to prayer for our persecuted sisters in Christ.
- Refreshments and a light lunch will be provided for all attendees.

Date & Time:

Saturday, 21st September

10:00 AM - 3:00 PM

Venue:

St. John's Church, Hildenborough. TN11 9HR

RSVP:

Please let Val know if you wish to attend by emailing:

valeriemarsh1947@gmail.com



HIVE
HILDENBOROUGH VILLAGE

The Hive Youth Group

For school year
6-13
£1 for this
session



Sunday 22nd September

A visit from Animalia Encounters.
There will also be a pizza supper.

All youth leaders hold a valid DBS

For more information please contact
Lisa Glasscote
lisa@stjohnshildenborough.co.uk
5-7pm at St John's Church Centre



CAFÉ THEO



After School Youth Café

Starts back Friday 20th September

For school years 6-13.

Open 1st and 3rd Friday in term time
4-5:30pm

St John's Church Centre, Hildenborough.

For more info email...

lisa@stjohnshildenborough.co.uk

- Games tables
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- Consoles
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From the editor

I hope you're enjoying the magazine. I'm always looking for ways to improve Keys and enhance our local community.

I've tried a "help wanted" page for a year or so but I don't think it has had much of an impact. In the coming months, I'm going to look to print interviews with representatives of various groups to show case what their voluntary role looks like, to show what getting involved looks like. If you would like

to be featured, please get in touch at keysmag@hotmail.com.

I also know that we have some readers who live outside the parish and so we are looking to build and launch a new website for Keys where you can choose to receive the magazine by email once a month. We are exploring other features for the website and so if you have any ideas, we'd love to hear from you.

Keys will still be printed and delivered for free each month.

Rob



WANTED! VOLUNTEER CAR DRIVERS



Supporting local residents
to get out and about

Contact Dial2Drive
0300 777 1200

volunteering@imago.community

My wife and I would like to put on record our appreciation of the splendid service that you are providing to us through Dial 2 Drive.

My health forced me to give up driving recently and the service which you have provided for hospital visits for both of us has proved essential.

My wife attends a regular group and, without intervention, not being able to continue this activity would leave a huge gap in her life.

Your drivers also need a huge thank you of course and they have been brilliant without exception. Together you form the 'dream team' – keep up the good work!"

Dial 2 Drive passenger



Angel Café Patio Project

We need your support!!

On 22nd September, we are walking a marathon with *Walk Tonbridge* raising money to make our outdoor space safe for pre-schoolers by adding low level fencing. We have raised £500 so far with a target of £1,800 to complete the job. We will be walking for approximately 8 hours and need all the encouragement we can get.

Angel Café is our much-loved community café with play space at St John's Church, Hildenborough. In the warmer weather we love to use the outdoor space. We need your help to make this a safer space for parents and carers with young children. Plans have been agreed to install low level, tasteful, fencing that can easily be closed when the area is in use. This will greatly improve the area making it a much more relaxing safe space when in use by both Angel Café customers and other community groups using the church, especially those with young children. Four of us from Angel Café, Brionnie, Jess,



Louise and Katie (below), will be walking a marathon. 26 miles is a long way and your support would mean so much to us.

It will be so rewarding to see our efforts transform the space. You can donate through the gofundme website:

<https://www.gofundme.com/f/6ydnr-patio-project>

Brionnie



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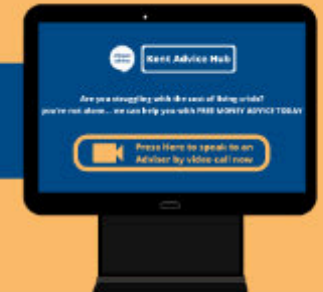
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**Thursdays and Fridays
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The Hildenborough Forget-me-not Café remained open for August, and we welcomed Eliza Emery (right) who has a wonderful singing voice with a great vocal range and is an accomplished pianist. Eliza has performed in many venues throughout the world and her performance at the Café was uplifting and fun! Many of the patrons enjoyed getting up and dancing to “Let’s twist again” and singing along to many of the well-known songs as “New York, New York”, “Dancing Queen”, “Hound Dog” and “Sweet Caroline”. Eliza also brought her dachshund, Merlin with her who was also popular with our patrons.

the Family Room of the Church Centre at St. John’s Church Hildenborough. There is plenty of free parking and disabled facilities on site.



The Café is open to anyone who would like to get out of the house for a couple of hours and meet other people for some conversation. If you are feeling lonely and would like someone to chat to please come along.

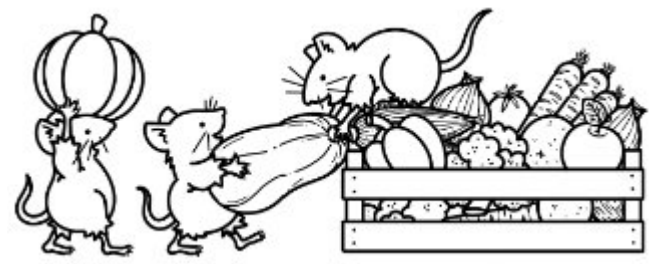
Whilst some of those who attend the Café live with a dementia diagnosis, others have mild memory loss, others care for a person with dementia, others would like company and a chat. We meet at 11.00 am – 12.30 pm on the second Wednesday of the month in

There are many groups, Cafés and events locally that happen weekly and monthly.

If you would like more information on the Forget-me-not Cafés or would like to be put on the mailing list for the monthly programme of all the Cafés contact Elaine on forgetmenot.sadfc@gmail.com on 07946 534 476.

For groups and Cafés that meet in Tonbridge please contact Christine Parker on chrisparker002@icloud.com.

Julie Rhodes



HILDENBOROUGH GARDENERS' SOCIETY

Founded in 1896

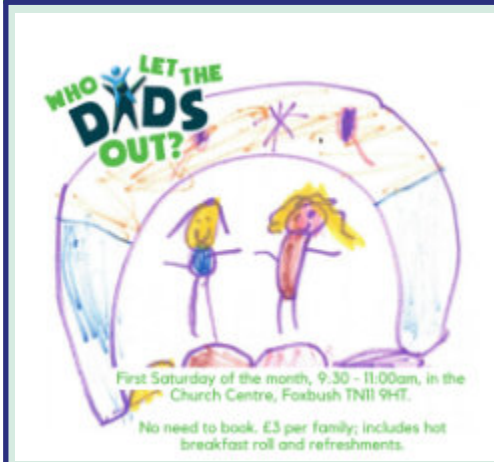
Hildenborough Gardeners' Society

The society will be holding its autumn show, the last of the year, on Saturday September 7th in the Village Hall. This show normally attracts the greatest number of entries of the year, as members show the produce they have worked hard to grow over the summer. Public visitors are welcome from 2pm with free entry and refreshments, etc. available.

On October 11th we are holding a quiz evening in the Village Hall. Teams of 6 will answer questions on a wide variety of topics, not just gardening. If you would like to enter a team please contact David Haugh on 01732 832 869.

This year we organised two outings to gardens - one to RHS Hyde Hall and one to Waterperry Gardens near Oxford. The English weather was kind to us and a great day was had by all who came with us. Next year we will have different venues to visit. Membership of the society is open to all in the village and surrounding area, and costs a mere £6 per year. This gives access to shows, talks, outings, and of course the garden store in the Recreation Ground in Riding Lane. This stocks most of the materials you need to use in your garden, and saves travelling to Sevenoaks, Tunbridge Wells or further, as well as being cheaper – we sell at cost price. The store re-opens on September 14th.

David Haugh



On the first Saturday of the month between 9:30 and 11, we hold a relaxed play group for kids aged 0-6

and their dads at St John’s Church Centre.

We have a bouncy castle, bouncy slide, ride on toys and soft play. We also have a quieter area where you can colour in or play with some toy cars.

It costs £3 per family which includes, tea, coffee, biscuits, bacon or egg rolls and on occasion we get some muffins and doughnuts!

The Night Sky in Hildenborough – September 2024

The ringed planet, Saturn, is becoming more obvious in our evening skies with it reaching “opposition” on the 8th. This refers to the time that Saturn, or indeed any planet that orbits beyond the Earth, is opposite the Sun. In simple terms it means that on that date the Earth, Sun and Saturn will lie in a line with the Earth in the middle i.e. the Earth and Saturn lie on the same side of the Sun. This means that Saturn will then be at its closest to Earth and therefore it will appear at its largest and brightest making it an ideal time to observe it. The other advantage of opposition is that because the planet is opposite the Sun in the sky, as the Sun sets, Saturn rises and is visible throughout the night until sunrise the next day when Saturn will be setting.

At the beginning of the month Saturn is rising close to the east as the Sun sets (around 8pm) close to the west. The ringed planet will be 20° high in the south east by 10:30pm and then almost 30° high in the SSE by midnight. At this time, the other gas giant, Jupiter, and the red planet, Mars, are just appearing over the north eastern horizon although it will be an hour or two before they are clear of the atmospheric turbulence that occurs close to the horizon. The map shows the position of all three of these planets mid-month at 1am.

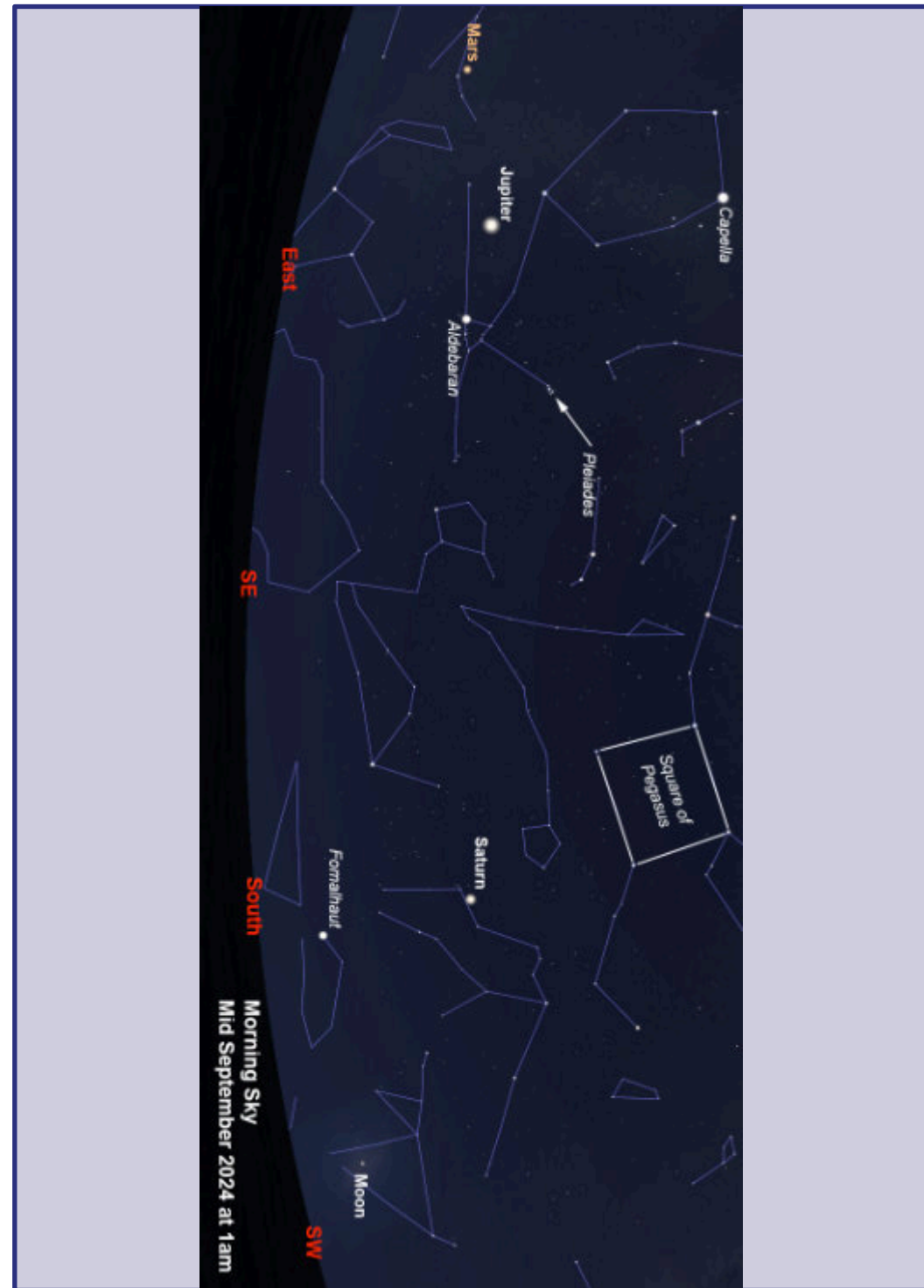
By the last day of the month Saturn rises in daylight and culminates (lies due south) at 11:30pm which is when it will be at maximum altitude.

If you prefer your observing to be of the early evening variety then Venus is visible now immediately after sunset but it is very low down. On the 1st it is 7° high between west and WNW, on the 30th it is the same altitude but closer to the south west. Please take care not to look for Venus with any type of optical aid before the Sun has set, otherwise you risk permanent eye damage if sunlight accidentally enters your eye.

Astronomical phenomena sadly often occur at unsociable hours, and such is the case on 18th September when there is a partial lunar eclipse. It begins at 3:12am and concludes at 4:15am with the maximum amount of the Moon being eclipsed at 3:45am. However, be aware that only a very small part (3½%) is eclipsed so it will look as if a small chunk is missing from the Moon’s north western edge (on a clock face around the 2 o’clock position).

It seems only yesterday that I mentioned the summer solstice but now we are already approaching another autumnal equinox. To say that day and night are approximately equal on 22nd September is true but something of an over simplification because the equinox occurs at a specific moment in time and on this occasion, it is 1:44pm. At that moment the plane of the Earth’s equator, projected out into space would cut the Sun’s disk precisely in half.

Brian Mills FRAS





We had a fun time during the school holidays, holding our children's activities which involved lots of yummy food from Olympic Torch ice-creams to Eton Mess and Fruit Kebabs. Gary Poleykett also ran a Circus Workshop which was great fun.

time making sure the Market ran smoothly every week. They were all given a gift of appreciation but it is hoped that they will continue to come to the Market just to relax and have a coffee.



On the 13th August we said a very big "Thank you" to Janet Richardson, the Market Manager and the Secretary, Julie Kury who have decided to hang up their green shirts and badges to retire. We also said "thank you" to Annie Hawkins also retiring from the committee. They have all been a part of the Market Team since it started 16 years ago and dedicated a lot of their



As this article is being written in the middle of August to meet the Magazine deadline, we are hoping that our change of venue from the 20th August has all gone to plan and we have successfully moved to the Hildenborough Village Hall and you,

our customers, have been able to continue shopping and meeting for a coffee in the Café section.

The Market is now under new management, Nick Aldridge, assisted by Steve Sinclair, have taken up the reins and can be contacted on: managerhildenboroughfm@gmail.com

Other familiar faces around the Market have remained the same, serving coffee and welcoming you as usual.

During the summer we have received some lovely messages from our customers: -

"Thank you so much to everyone who makes the (children's) activities happen. They have created so many special summer holiday memories for us over the last few years".

"A huge thank you to all of you at the Farmers Market for all that you have done for the customers. Good luck to the new team as you move location"



FARMERS MARKET RECIPE

Blackberry and Apple Crumble

For the filling

900g/2lb Bramley Apples
350-400g/12oz-1lb blackberries
175g/6oz demerara sugar
2 lemons

For the topping

225g/8oz plain flour
175g/6oz butter
55g/2oz demerara sugar
125g/4oz muesli or a mixture of oats, seeds and chopped nuts (optional)

1. Preheat the oven to 200°C/400°F/Gas 6.
2. Peel, core and chop the apples into small chunks. Cut the lemons in half and squeeze

the juice over the apple and mix well. This not only adds flavour but prevents the freshly peeled apples from discolouring.

3. Layer the apples, blackberries, and sugar in a large pie dish (a lasagne dish is ideal).

4. Place the flour in a large bowl and then rub in the butter until it resembles breadcrumbs - leave a few lumps of butter so that the topping is not too fine. Add the muesli or oat/seed/nut mixture and the sugar and mix through.

5. Use a spoon to sprinkle the crumble topping evenly over the fruit. Bake for 45 minutes or until the fruit is cooked and bubbling juices seep through the topping.

6. Cool for a few minutes and then serve with custard, fresh cream or ice cream.

T.M.B.C. News

Increase in Housing.

Last month I had to ask the Editor to retract one of my sections, due to the change of Government. I had written about the imminent publication of the Regulation 18B Consultation, but TMBC decided to pause the local plan having heard about the new government plans, especially regarding the Metropolitan Green Belt (MGB).

It appears, whereas we were directed to build 850 houses a year across the borough; we are now required to allow for 1057. As to where any of these houses are to be built, your guess is as good as mine! The Deputy Prime Minister and Secretary of State for Housing, Communities and Local Government, Angela Rayner MP, wrote to all Council Leaders and Chief Executives. (Letter available from .Gov website, or I can send you a copy). In the letter she clearly states, in bold, 'would see **Councils required to review boundaries and release Green Belt land, where necessary to meet unmet housing or commercial need**'. That is a very clear statement.

This could happen, for example by recalling all previously suggested sites that were suggested at the initial stage of the current local plan development. There were quite a number in Hildenborough and one very large one between Hildenborough and Tonbridge. For now, it is wait and see. Since 1987, the Parish of Hildenborough has suffered very little from Green Belt incursion, things could be about to change. Before the Local Plan was paused, members were shown the interactive plans available to view via the

TMBC website. The interactive plans have been designed to be easier to navigate and NO Login will be required. These plans will be available when more is known about the way forward for the Local Plan.

Highway Water Leaks.

I am indebted to the lady who rang me about the water leak on the B245 near to the Flying Dutchman, before the road was resurfaced. She also had been trying to talk to someone at South East Water with only little success. So maybe her efforts and mine encouraged SEW to fix the leak before the road was re-surfaced. It was only a shame that another larger leak appeared at the junction of Riding Lane and the B245 resulting in the closure of the B245, which in turn, caused traffic to bypass the closure using Mount Pleasant, Knowsley Way and even Half Moon Lane. South East Water really should have realised that a diversion route was necessary as it is them who should have organised it. The subsequent repair of the road surface, post water leak repair, thankfully, appears fine.

Leigh Barrier.

If you are on the mailing list for the barrier work, you will have received the Spring/Summer 2024 newsletter. If not, work slowed due to the very wet winter and early spring rain. Completion is still anticipated for the end of 2025. The new sewer pipes serving the Hawden Close pumping station which are diverting the flow of foul water to enable the Penstock to be constructed are being laid. At the barrier site, electrical works are being installed for the control structure prior to

removal of the first gate. All the 3 new gates have arrived on site in sections and are being welded together. Each gate weighs about 12.5 tons. This is only a brief résumé, please email me if you would like the newsletter or alternatively contact LEHES@environment-agency.gov.uk

K.C.C

KCC are undertaking a consultation until October 8th about their statutory Local Transport Plan. The plan will set out KCC's priorities for transport investment in the County as a whole and across each district/borough. The link is www.kent.gov.uk/ltp5

Council Meetings.

Please remember Council meetings are still streamed on You Tube, however public attendance is permitted in the Council Chamber.

Contact.

Councillors are here to assist with any matters relating to Borough Council business although we have been known to chase after a great many other matters. Please contact your Borough councillors at any time if you require assistance.

Cllr Mark Rhodes

The bulk of my recent correspondence from Hildenborough residents has expressed concern over roadworks, new house building and the cost-of-living crisis. As a local councillor in an opposition party, my powers are extremely limited but let me try to address what I can.

Firstly, roadworks. Goodness me what a palaver! Between planned resurfacing works and emergency waterworks, it has felt like there are roadworks everywhere! For the roadworks by Riding Lane, the official diversion was down Noble Tree Road. Many drivers however, decided to make their own diversion and one of the contractors said that a local resident had moved the diversion sign! Consequently, there was a great deal of dangerous driving and a couple of minor collisions. Roadworks and maintenance of the highways is a KCC issue rather than TMBC, however I have requested extra traffic wardens when dangerous parking

has exacerbated the issue, and you can report dangerous driving to the police or report a parking problem to parking.
office@tmbc.gov.uk.

We have a new government, who announced in the King's Speech the Planning and Infrastructure Bill, including a 1.5 million new homes target across the nation. Of course, this will affect TMBC and Hildenborough as we need to build our share of new and affordable homes. All I can say is please rest assured that I will be fighting to preserve our green spaces, ancient trees and local biodiversity as much as I can by scrutinising and speaking up about any developments that threaten these.

Finally, local resident Anthony Bales contacted me about encouraging people to address the matter of home insulation. Many of us could cut down on our heating bills by addressing this matter simply and effectively. TMBC

are introducing a thermal imaging camera loan scheme which should be operational from October. Details of the scheme are currently being finalised however, it will help residents to identify weaknesses in their property's insulation and thus with taking the next steps needed to improve insulation, efficiency and comfort as well as reducing heating bills and carbon emissions. Energy loss areas such as doors and letter boxes can be sorted out simply by residents themselves using draught

excluders but matters such as cavity wall insulation and loft insulation will require more guidance. Useful information, including details of existing grant schemes can be found on the TMBC website www.tmbc.gov.uk/housingupgrade

Please don't hesitate to contact me with any comments or questions.

Cllr Kath Barton

Borough Councillors

Kath Barton
c/o TMBC, Gibson Building, Gibson Drive, Kings Hill, ME19 4LZ
Kath.Barton@tmbc.gov.uk

Mark Rhodes 01732 369 405
39 Cranford Road, Tonbridge
mark.rhodes@tmbc.gov.uk

TMBC - 01732 844 522

Kent County Councillor

Harry Rayner 03000 421 606
harry.rayner@kent.gov.uk

Contact the Parish Council via
clerk@hildenboroughparishcouncil.gov.uk
or by telephone (07818 329 029)
**Hildenborough PC, Riding Lane,
Hildenborough, TN11 9HY**

Hildenborough History Society

Our book "Hildenborough Our Village" sold out both print runs faster than hot cakes but, we are pleased to say that a re-print is under way and, it is hoped, to be ready in October at a price to be decided. Anyone who is interested in having a copy should contact Howard Dolling but note that his number is now 07876 451 168.

Gilly Halcrow's talk in July was very well received and we now look forward to hearing what Lynne and Peter Flower have to say at our next meeting on Friday 18 October. The subject is "Cutting down trees". Don't get too down hearted at the thought as Lynne and Peter do have some good news.

Future speakers are:-

George Buswell on Tonbridge and the English Civil War on Friday 24 January

Dr Geoff Doel on Legendary and Ghostly Kent on Friday 25 April

Our membership has swelled to 92 at the last count in July. This is a tribute in part to the excellent quality of the speakers and interesting subjects which can be enjoyed at our gatherings.

If you are not a member but would like to be, come along on 18 October where you can join for the Year at £5 or just pay for the night at £2.

Pat Davies

Hildenborough Village Preservation Association

The 4th July saw a change to a government with radically different policies from the previous government. From the Association's perspective, we see the significant issues are as follows.

At the time of writing, government statements had been issued to reinstate the previously withdrawn annual housing quota, now 350,000 with encouragement to utilise grey belt sites to meet housing needs.

The implication for the village is that there will be renewed pressure on the local authority to approve new developments which in turn will result in Hildenborough being scrutinised for suitable sites. It is likely that the sites previously identified under the recent *call for sites* campaign will be resurrected.

Development of the village is inevitable but does not have to be detrimental. The key issues are to ensure that any new development is appropriate and includes enhancements to the local infrastructure.

In practical terms, this needs to be reflected in the sighting of any new housing away from flood plains and in appropriate positions such as not to compromise the road network, particularly the well-used B245 (London Road). Issues such as mains

and surface water drainage also need to be carefully considered.

Any additional housing will increase the pressure on the two schools and the doctors surgery and consequently improvements will be required.

The association will be monitoring the situation closely with improvements to the infrastructure being a condition precedent to improve facilities for existing residents. The Association's view has greatly influenced past decisions on local planning policy. In this respect the greater the number of members, the more the influence.

On behalf of the Association, I would urge residents who are not yet members to join to ensure that you have your say. In this respect we would welcome participation at Committee level particularly from those local residents with skills associated with development, planning and construction backgrounds. Secretarial and accountancy skills would also be very welcome.

Details of how to join Hildenborough Village Preservation Association are available from the website, www.hildenboroughvpa.wordpress.com.

David Vanns

Hildenborough Cricket Club

Another month - another hundred! Henry Martin starred with bat and ball as Hildenborough win by three wickets against Chevening Amblers in their first home game of the season.



He took 4-12 in six overs with Dave Oughton chipping in with 3-10 in his seven overs as the visitors totalled 153-8 in 35 overs. Martin dominated the reply, hitting 10 fours and eight sixes in his 66 ball knock before retiring on 102 - adding 49 with Tom Collier who made 1, as the hosts got home with six overs to spare.

Two run-outs by Digby Russell and Tim Walford's direct hit gave Hildenborough a good start in the field at Farningham. However, the home side recovered from 40-3 to make 199-8 off 35 overs. Greg Smith stayed 118 balls for his 32 as the visitors ended on 94-4 - Tim Walford made 18.

A good all-round display resulted in a five wicket win at stand-in opponents Capel Development. Dave White, Digby Russell and Dean Sands all claimed two wickets - Greg Smith, Tim Walford, Matt Richards and Dean Sands held good catches - and run-outs by Stephen Wood and Pete Wood completed a good day in the field as Capel totalled 170-9. Tim Walford made 57, Greg Smith 41 and Barry Webb 27 not out as Hildenborough made 174-5 to win with 16 balls remaining.

Tim Walford top scored with 60 in Hildenborough's 153-7 against Wrotham, before retiring with heat stroke on one of the hottest days of the year last month. David White (36) and Steve Waite (22). Wrotham (154-2) won by eight wickets. **Peter Wood**

Hildenborough Library

*And then the sun took a step back,
the leaves lulled themselves to sleep,
and autumn awakened. - Raquel Franco*

Good luck to all the children going up to the next class, or school this new school term. And well done to the parents and grandparents for surviving another summer holiday! Clubs will be returning to the library this month, which are supported by such fantastic volunteers. I especially want to promote the Craft session on a Saturday from 1030-1130, run by Lisa. It is a great free session which is fun and creative, so please support the library and its volunteers by coming and seeing what it is all about. No booking needed.

Hope you all have a lovely September.

Jacie



Tonbridge U3A invites you to its Open Afternoon at The Angel Centre on Wednesday October 2nd from 2pm until 4 pm. If you are retired or semi-retired this is for you.

It is a chance to meet some of our friendly members.

Current members looking for new activities also welcome.

Learn about the many activities TU3A runs including sporting, academic and just plain fun groups.

Find out more about TU3A at www.tonbridgeu3a.uk

Ollie Johnson

Wildlife in your garden

There are days in the summer when the insects are most busy. They like the warm days as the sun's warmth provides them with the energy they need. Those of us who have a garden can sit out in the sun and listen to the buzz and hum but even on a country walk or visiting someone else's garden you can enjoy the buzz of the insects visiting the flowers. Whether the flowers are cultivated in formal beds in the garden you are in or just weeds growing at random, the insects do not discriminate. They are busy finding food. This idyllic setting of gentle buzzing is not all it seems.

When you look closer you come across a whole world of competition and deception. Each insect tries to get its share of the food the plants offer without itself becoming food. The source of this food is the pollen and nectar produced by the flower. The flower does this to attract the insects so they can spread the pollen to other flowers as they try to reproduce. It is rich in sugars and protein and bees can turn this into honey. Watch as a bee arrives at the flower, its hind legs are fatter and more hairy than the other two pairs of legs. These are the "pollen baskets" where the bee will put the pollen to carry it back to the hive. The wild bees "Bumble Bees" also have honey baskets but if you see a bee without these honey baskets they are "Cuckoo Bees" bees that imitate the true bees and will lay their eggs in the nest of a true bee.

Pollen can have up to 35% protein in some flowers and it is also rich in carbohydrates making it a very important source of food for many insects and young spiders. These in turn are an important food source for young birds. Your pleasure at looking at garden flowers you have grown gives pleasure to you, but it also supports a whole pyramid of other animals. The fat "grub" you may see being fed to blackbird chicks can trace its food to your garden flowers. Weed flowers are just as beneficial as the flower of your prize rose so

when your weeds grow consider their importance further along the food chain.

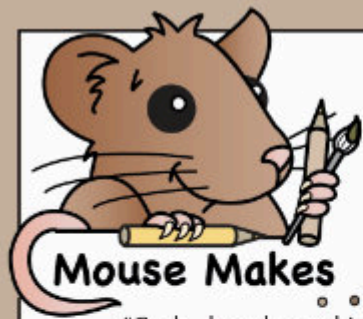
Sometimes as you watch, you will see a trail of fragments coming from the flower, down the stem, and into the soil. Look closely and you may see that the plant fragments are being carried by an army of ants. The ants are well organised, some will be carrying food (often pollen), others will be carrying freshly



Aphids feeding on Bean Plants

cut leaf fragments. These are food for tomorrow. The leaves will ferment generating heat for the colony and fungi will grow to be food for the future. Ants also use aphids, greenfly or blackfly, in the way we would use cows. The aphids are "milked" for the honeydew they produce. This is the product of the sap the aphid takes from the plant. If you have ever wondered how your row of beans may be free of blackfly when you go to bed but smothered when you visit next morning you can blame the ants. They will move the aphids to new plants to get the best supply of honeydew. They take with them the spores of the black mould which discolours your plant and adds to the weakening of your plants.

George Gorham



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 _____ you, O God!
 May all the peoples praise you!
 The land yields its harvest;
 God, our God blesses us."
Psalm 67:5-6 NIV

"God ... has shown kindness by
 giving you rain from heaven
 and crops in their seasons.
 He provides you with
 plenty of _____. He fills
 your hearts with joy."
Acts 14:16-17 NIV

"Let us fear and respect
 the Lord our God.
 He gives us autumn and
 spring _____
 at the right time.
 He makes sure that we
 have the harvest at
 just the right time."
Jeremiah 5:24 ERV

"Honour the Lord with your wealth
 and the first part of your harvest."
Proverbs 3:9 ERV

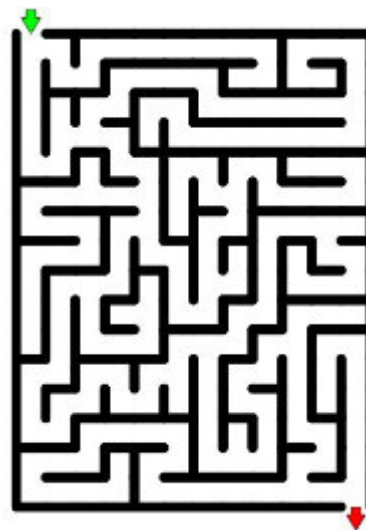
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Find the words from the questions too!

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Puzzle Page



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 Defeat
 Satan

Appearances
 Gabriel

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Keep your body moving

'Let's Move It' is BBC Radio 2's current campaign to get the British public exercising. In between playing the nation's favourite pieces of music they are encouraging listeners to exercise: 'incorporate more movement into your day to day lives, whatever your ability or fitness level'.

This is not the first campaign to get us moving, and it won't be the last. We all need encouragement and motivation to start, continue and maintain an active body for our physical and mental wellbeing.

The benefits when we exercise regularly are priceless and numerous. There's no doubt about it that exercise improves our mood, concentration and alertness for emotional wellbeing as well as gaining physical strength to get on with our everyday lives with more ease. This month of September is Alzheimer's Awareness Month. It has been shown that exercise can also possibly slow cognitive decline.

If you are not already active, why not start with small manageable and achievable goals. There is a plethora of activities out there from gentle to more vigorous forms of exercise, even ideas to help you move and stretch when you're sitting for long periods of time during the day.

Doing some research as to what there is in your local area that you might enjoy is a good start. Engaging in positive activities that you enjoy will naturally help to make you feel good. It's also worthwhile challenging yourself and trying something new.

Don't be discouraged if negative thoughts try to take a hold and you don't manage to achieve what you set out to do. Replace them with encouraging positive statements that can in time change negative thought patterns. Take a step at a time. Small steps climb big mountains.

Hopefully the recent Olympics, with many team and individual sport disciplines, has also motivated and inspired you to start, continue or maintain an exercise regime of some description. There are benefits to group classes: the social aspect, accountability, helps boost motivation and it can be fun. For some, having one-on-one sessions is preferable and sometimes better in certain situations. Perhaps having a mixture is a good balance.

Remember to hydrate more regularly when exercising and always seek advice from your GP before commencing any form of exercise. Please visit the NHS website for more helpful information www.nhs.uk/live-well/exercise/

In wellness

Kirsten, Body Wellness Pilates, www.bodywellnesspilates.org



From our MP: Tom Tugendhat

As you may have seen I have decided to stand to be the next Leader of the Conservative Party.

While I was honoured to be re-elected to serve Tonbridge, Edenbridge and North Downs Villages at the General Election in July as a Conservative candidate, in too many other communities across the country the Conservative Party lost the trust of local people. We did not do what we said we would.

I hope you have seen that during my time serving our community here in Kent that if I say I will do something, I will do it. A lot of people try to make politics complicated. It's not. Let your values tell you what you should do. Tell people what you will do. Do it. That's it.

The Conservative Party needs to unite after years of factionalism, rebuild the trust of the British public, so it can go back into Government.

Over the summer I am spending a lot of time travelling the country speaking to Conservative Party members hearing their thoughts on the future. No matter what happens with my campaign, I will still be representing our wonderful towns and villages.

We have achieved so much together in the 9 years that I have been a Member of Parliament, and I would like to achieve so much more, locally and nationally. As I held my first surgeries in my Tonbridge office after the General Election, it was great to be back helping people, as I enjoy this most. If you would like to share your thoughts with me or have any issues I can help with, please contact me using these details:

E-mail – tom.tugendhat.mp@parliament.uk

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Local Directory

Church Contacts

Home (Connect) Groups
Prayer Chain
Bright Sparks, (Mondays, term-time)
Generation Creation (Sundays)

Church Office **01732 833 596**
Cynthia Fawcus **01732 833 397**
Lisa Glasscote **01732 833 596**
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Community Groups

Evening Women's Institute
Beavers (Ages 6-8) Thurs 5.15-6.30 pm
com

Miss Lorna Stapley - **01732 832 871**
hildenboroughbeavers8thtonbridgescouts@hotmail.com

Cubs (Ages 8-10.5) Monday 6.30-8 pm
Scouts (Ages 10.5-14) Friday 7.30-9 pm
Guides

hildenboroughwolfcubs@gmail.com
8thtonbridgescouts@gmail.com

Brownies
Hildenborough Conservation Group
Hildenborough Farmers' Market

Sharon Roberts - **07960 782 178**
hildenbrownies@outlook.com
Mrs Lynne Flower **01732 355 080**

Hildenborough Gardeners' Society
Hildenborough History Society
Village Preservation Society

Janet Richardson **01732 838 903**
David Haugh **01732 832 869**
Judith McQuillan **01732 834 610**

Hildenborough Litter Pickers
Hildenborough Parish Council
Hildenborough CofE Primary School

David Vanns **01732 835 289**
Emily Simons **07715 113 899**
Julia Church **07818 329 029**

Stocks Green Primary School
Stocks Green Pre-School
Village Hall Bookings

www.hildenborough.kent.sch.uk - **01732 833 394**
www.stocksgreenprimary.co.uk - **01732 832 758**
www.stocksgreenpreschool.co.uk - **01732 834 115**

West Kent Concert Band
Floodline

Hilary - **07734 544 412**

Hildenborough Speedwatch

wkcb@muzodo.com
0345 988 1188

KENT POLICE (Non-emergency calls)

jonathan.ashton.bidwriting@gmail.com
101

Hildenborough Sports

Badminton
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Hildenborough Cricket Club
Hildenborough Friendly Badminton Club
Stoolball Club
Tennis Club (membership)
Hildenborough Road Races
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Kathryn Stewart **07809 299 553**
David Chambers **01732 833 612**
Barry Webb **01732 838 422**
Ivan Kirkpatrick **07730 888 429**
Bill Richardson **01732 838 903**
www.hildenboroughtennis.co.uk
Amy Pay - **hildenroadrace@gmail.com**
chairman@tonbridgeswimmingclub.co.uk
Lionel Shields **01732 355 919**



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CHILDCARE ACCOUNTS CAN SUBSIDISE SUMMER CHILDCARE COSTS

If you have children under 12 who attend a nursery, after school club, playscheme or childminder, or you are considering sending them to a summer camp, you should think about setting up a tax-free childcare account. The government adds 25% to the amounts that you save in the account - up to £2,000 for each child - so £8,000 is topped up to £10,000

(a higher amount applies if a child is disabled).

The account is then used to pay Ofsted registered childcare providers. Note that it doesn't need to be the child's parents paying into the account; Uncles, Aunts, Grandparents and others can also make payments. The government have noticed that

many families who are eligible for this scheme are yet to set up their accounts, so if you are an employer you could bring this to the attention of your staff to increase the take up.

Note that parents are not eligible if either of them have adjusted net income in excess of £100,000 for the current tax year.

If you would like any advice, please contact us on **01732 838877**

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