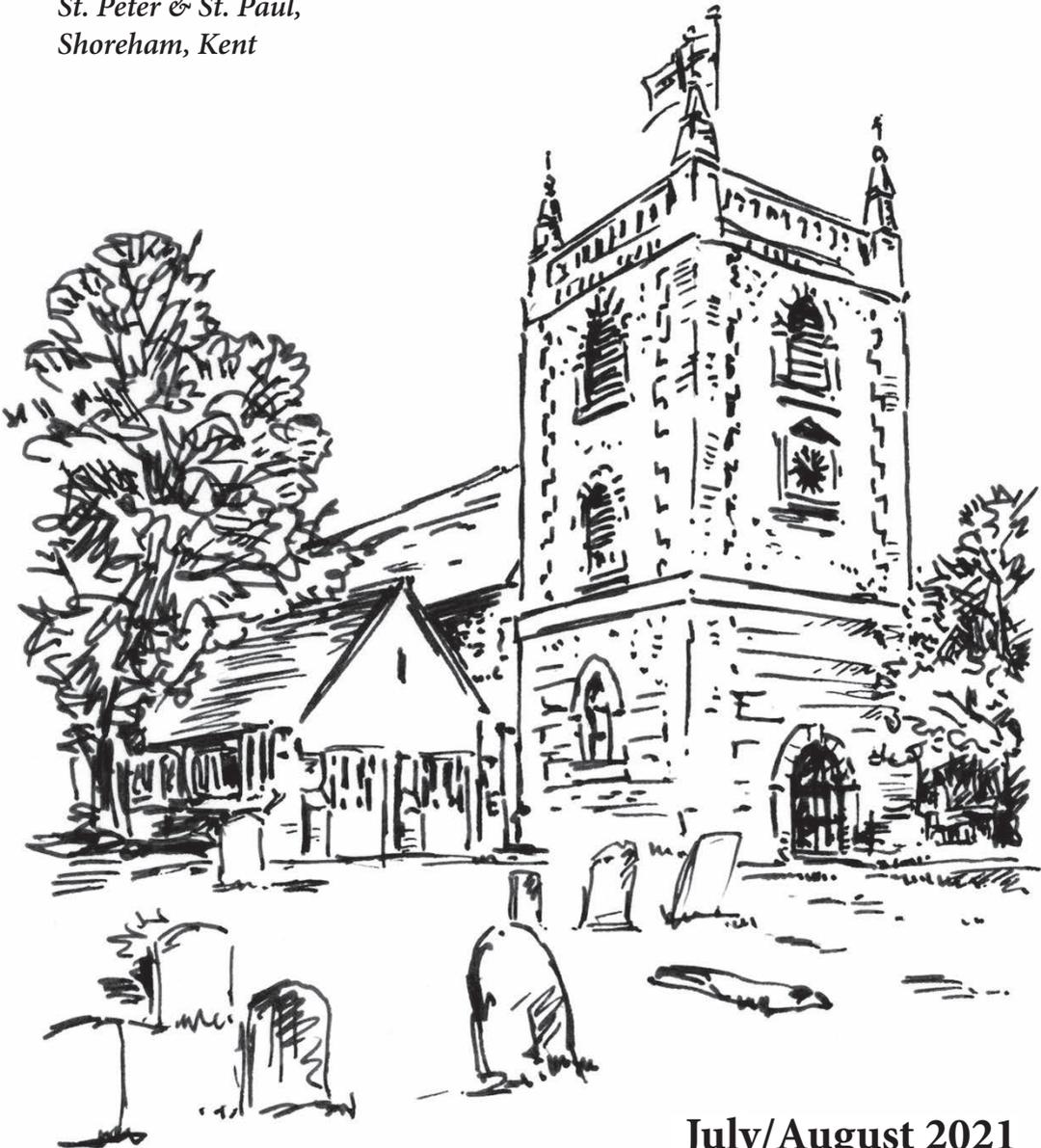


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If you'd like to be on the list either permanently or temporarily, or you know someone who would, then please contact Sarah Moon, the Parish Clerk on 0791 2611048 or via email at clerk2012@shorehamparishcouncil.gov.uk . If you are giving the details of another person please ensure you have their permission and agreement.

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VOLUME 53 SHOREHAM GAZETTE NUMBER 6
JULY AND AUGUST 2021

SERVICES OVER THE SUMMER

4th July - Trinity 5

9am Communion in church

10am Sunday worship on Zoom

11th July - Trinity 6

10am Holy Communion in church

18th July - Trinity 7

9am Communion in church (BCP)

10am Sunday worship on Zoom

25th July - Trinity 8/ James the Apostle

10am Sunday Worship in church ending with communion for those who want to stay

1st August - Trinity 9

9am Communion in church

10am Sunday worship on Zoom

8th August - Trinity 10

10am Holy Communion in church

15th August - Trinity 11

9am Communion in church (BCP)

10am Sunday worship on Zoom

22nd August - Trinity 12

10am Sunday Worship in church ending with communion for those who want to stay

29th August - Trinity 13

10am Sunday Worship in church ending with communion for those who want to stay

5th September - Trinity 14

9am Communion in church

10am Sunday worship on Zoom

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HOLIDAY HABITS

Social scientists tell us that about 40% of our daily actions are driven by our habits. A habit is a behaviour that occurs automatically, over and over, often unconsciously. Habits develop over time, sometimes deliberately, sometimes unintentionally, and they form us for good or bad.

Social scientists also tell us that it takes about six weeks to develop or to break a habit. It always strikes me that the period of Lent, a time when we often give up something or take something on, to prepare for Easter, is also about six weeks. If I have managed to be consistent with my giving up or taking on during Lent, I have often found that I've continued with my Lenten practice. I have, in essence, developed a habit or broken one.

Over this last 16 months or so, whilst we have been living with various restrictions and lockdowns, we will have formed new habits, some helpful and some unhelpful, and lost some old habits, some helpful and unhelpful.

As restrictions ease (hopefully) and we come to the school holidays (also about 6 weeks long), it is perhaps a good time for some reflection on our new habits. With the aim of weeding out the unhelpful ones and committing to the healthy ones over the summer and beyond.

I offer this 'Habit Checker' from CPAS, in case it is useful. Identify your new habits, helpful and unhelpful, and list them under four headings: Physical, Relational, Spiritual, Mental. Then grade them on a scale where 1 = unhelpful and 5 = helpful and then use your list to decide your next steps.

Perhaps over the 6-week school holiday you could identify a couple of habits to start or maintain and one to stop ... or if you're up for a challenge ... follow Justin Earley's suggestion, in his book *The Common Rule*, and go for 8 habits - four daily and four weekly.

It is also thought that there are keystone habits, smaller habits that lead to bigger changes. This quote, which I read recently, illustrates this idea: "Being thankful changes who you are". It's been buzzing around my head since I read it and as a result, I'm trying to pray the Examen each night before I fall asleep (thinking of 3 things in the day that I'm thankful for and handing over 3 things I found challenging or difficult to God).

It is certainly the case that habits play a large part in shaping our lives. Consequently, if we can be more aware, more intentional about our habits, develop a kind of 'rule of life', we can perhaps live more wholly and healthily ... to the summer and beyond.

Rev Diane



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SHOREHAM CHURCH IN THE MEDIA

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<https://www.facebook.com/groups/ShorehamChurch>

FROM THE CHURCH REGISTERS

Burial

Monday 14th June Doris Maybank

Friday 18th June John Louth

Interment of Ashes

Monday 28th June Jeanette and Eileen Steward

VACANCY FOR A CHILDREN AND FAMILIES WORKER AT SHOREHAM CHURCH

The Church is planning to start a group on Monday mornings for parents and carers, toddlers and babies from September. We are looking to appoint someone to set up and run the group, working 4 hours a week. Do you know someone who would be interested? The closing date is 9th July. More details from the Church website: www.shorehamchurchkent.org/recruitment. *Bill Latimer*

AUGUST CREAM TEAS IN THE CHURCH

It is with great regret that I have decided I do not feel able to organise the Cream Teas previously held in the church on August Sundays in the current climate of uncertainty. I do know that we have to return to normality in time but people do have very different views of what is "safe" and I think the extra measures required would need a very large number of volunteers every week. I do hope you understand.

All good wishes

Lesley Spence

Thank you Lesley

On behalf of us all thank you so much Lesley for organising these amazing cream teas for many years. Always served to a very high standard: Tea was served in a proper china tea pot, milk in a jug and pretty china cups and saucers. Pots of cream and jam to go with the scones, delicious homemade cakes. Young and old enjoyed serving the public who poured into our lovely church or sat in the porch. The thousands of money raised over the years to sustain Shoreham Church was wonderful. So many thanks

Ann Ball Deputy churchwarden

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HORTICULTURAL SOCIETY - AUTUMN SHOW

We have made plans to hold Our Autumn Flower and Vegetable Show on 11th September in the Village Hall. The Hall and Judges are all organised and we are optimistic. Clearly circumstances ruling at the time will influence our final decision.

We are very keen to see you all, many first-time exhibitors and visitors, again. Staging 10am to 12 midday, judging 12.14pm and doors open for viewing with tea and cake at 2pm. Prize giving at 3.15pm

Please email shorehamhortsoc@gmail.com for a schedule and guidance of how to join in. If you have grown a plant(s) or vegetable(s) which you are pleased with please share them with us. You will be most welcome. Let's hope it will be a great success.

Jasper Dale

THANK YOU TO NHS WORKERS.

Please support our [Crowdfunder Campaign](#)

Our NHS workers have held us together this past year. Putting themselves at risk. Working on the frontline. Pioneering treatments. And being there for our loved ones when we couldn't be.

But it has taken its toll. The COVID-19 pandemic has put healthcare workers under intolerable pressure. They are stressed and exhausted, with widespread reports of burn out, PTSD and depression. Recent research by King's College London and University College London found that 40% of ICU workers are likely to meet the threshold for PTSD.

Gratitude isn't enough. Now is the time to give something back to the people who've spent the pandemic putting our needs over their own?

How? To contribute to a sponsorship fund to run a series of day and residential programmes for NHS workers that will help restore their health and wellbeing. Participants will be introduced to simple tools and practices that help regulate stress and anxiety with the aim to build a sense of wellbeing and resilience when they return to their everyday lives.

The residential (two-nights) and one-day programmes include restorative workshops (yoga, meditation, and group sessions), wild swimming, organic food and campfires. It's a chance for stressed NHS workers to take themselves out of their normal routines. To take time to focus on themselves. To connect with nature, and with other people.

The first stage of the project has already been designed, developed and tested. Last autumn, we ran a two-day retreat programme for healthcare workers who had experienced high levels of stress and exhaustion during the pandemic and on 19th May this year we ran a one-day programme for an NHS team from central London.

The programmes were hugely beneficial. As one participant put it, "getting that space was a Godsend, the answer to my prayers for the downtime I needed for my mental health and wellbeing." Another said, "It gave us the opportunity to reconnect with nature. I felt calm, peaceful and rested; it enabled me to press the restart button."



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Now, we need your help to support more frontline NHS workers.

We'd like to run more one-day and two-day retreat programmes as soon as and as regularly as possible over the next 18 months.

Through a crowdfunding campaign launching on Friday 28th May we're aiming to raise £12,500.

£12,500 would fully fund one two-day retreat and five one-day retreats over the next four months (90 people).

As we also ask attendees to contribute to their place, on a pay-what-you can basis, we would likely be able to provide more than this amount.

If we raise less than that amount, we will go ahead with the maximum number of retreats we can offer.

The Quadrangle, retreat staff and our partners are working at reduced rates or in-kind to keep costs as low as possible.

£40,000 plus would enable us to extend the project to be able to deliver NHS restorative retreat programmes in different parts of the country through our network of retreat centres and practitioners.

We are keen to collaborate with others to develop this project and reach those most in need. Please get in touch if you would like to explore working together jessie@thequadrangle.co

More information on the campaign and how to donate see: [Out in the Field](#)

Jessie Tegg

THE MILK ROUND

My father took the tenancy of Oxbourne Farm in 1929 when he got married. Several previous tenants had not stayed long because they couldn't get the house fire to burn without filling the room with smoke. The fireplace was a part filled inglenook; my father climbed up there and hand swept all the soot down and then it burnt alright, so they stayed. The milk round came with the farm and my father must have bought it from the outgoing tenant. Oxbourne was the small farm of the Mildmay Estate.

The milk, cream and eggs provided on the round were delivered by pony and milk float starting at the farm and finishing at Shoreham Place. The delivery was early in the morning every day and they expected to be at The George by 8am (nearly the end of the round). If they were ever late there might have been a complaint shouted across the street, "My husband had to go work with no milk in his flask of tea!" The outlying houses at Cockerhurst and Shacklands Road had milk delivered by father in his car.

My father was young and progressive and sold his milk in bottles printed with OXBOURNE FARM in green. There were ½ pint, 1 pint and a few quarts. There were ⅓ pint bottles for the school milk -one for each pupil. These were wider necked than



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modern bottles, with a cardboard press-in cap. There was a place in the cap for a straw. All the empty bottles were collected and were then washed and sterilised with steam ready for the next day.

In the 30's my father had a Kelvinator fridge cooler fitted which interested many other milk producers and many others. The milk would have been milked from the cows by hand then cooled and bottled; all by hand, ready for the next morning. Cream was obtained by separating some of the fresh milk, preferably still warm from the cow, with a hand cranked separator. Sometimes there would be an order for a large amount of cream from one of the big houses like Shoreham Place, so someone would have to stand and crank the separator for an hour or so to get four or more pints of cream. The skimmed milk went to the pigs as it couldn't be sold. It was a legal requirement, regulated by the Milk Marketing Board, that all milk should be sold "as it was from the cow" to ensure milk was never watered down.

There were a few customers who bought their milk from Rogers and Marchant from Otford, who said they had a herd of Guernsey cows. My father slowly changed his breed to compete but he was way ahead of them because he had his cows tested for TB. He had to have every bovine animal on the farm, from the oldest bull down to one day old calves, tested every year which earned him an extra four pence per gallon for his milk. His was the 17th herd in Kent to become 'attested'. This was largely by help of William Alexander of Eynsford, the grandfather of the present William, a very good friend to a young farmer from Somerset.

Frank Hitchcock



Photograph of Ben Clifton from Frank's album

NEWS FROM SHOREHAM VILLAGE SCHOOL

As ever, when we end the school year in July, I always remember to take time to celebrate the successes and achievements that we have had this year, to reflect on what went well and think about what we have learned from things that did not 'go to plan'. This year in particular as we have tried to get back to some normality although, inevitably, some of our usual events have had to be adapted significantly.

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Rather than a whole school production, this year we held class assemblies for Barton, Palmer and Moore Classes who demonstrated their learning through song, dance and acting in incredibly creative ways. Cameron Class put on a production of the 'Wind in the Willows' for their families which was initially postponed due to rain. It was wonderful to see how our oldest pupils have developed since joining us in Reception Class over six years ago and performed with panache and flair.

We were pleased to be able to organise a school trip for each class before the summer holidays. Moore Class visited Bore Place as part of their 'Strumdidlyumptious' topic, to find out more about how eating good food and being active are important parts of leading a healthy lifestyle. They had a tour of the organic dairy farm where they learnt how the cows are looked after, what they eat, what they produce and where they live. They also discussed how we can reduce, reuse or recycle our waste. Palmer Class enjoyed visiting Kent Life and Barton Class are looking forward to a trip to Castle Farm to learn about lavender farming and also a visit to Stonepitts for strawberry picking with their Cameron Class buddies. Meanwhile, Cameron Class are eagerly looking forward to their three-day residential trip to Windmill Hill in East Sussex. We also still have a whole school trip to Hastings, our sports day, a mini-mudder challenge, bikeability and Chance to Dance performances at The Stag Theatre to enjoy

Finally, to finish off the year, we will laugh and cry during the leavers assembly as we say goodbye to our Year 6 children, wishing them every success when they move on to the next steps of their education.

We will then start to look forward to September as we welcome all new Reception pupils and their families to Barton Class. I would like to wish you all a happy, healthy and restful summer.

Mrs Gillian Lovatt-Young, Headteacher

HEAT NETWORK FOR SHOREHAM

We have excellent news for the heat network scheme and a request for action by you.

Shoreham Parish Council welcomed the project at their meeting on 9th June and we have now become a Committee of the Council. The status will help a great deal in preparing our application for grant funding from the Rural Community Energy Fund (RCEF) to carry out a Feasibility Study. This £10 million programme is designed specifically to support rural communities like Shoreham in developing renewable energy projects. We know that there will be increasing restrictions over the next few years on the use of oil and other fossil fuels for heating and want this project to help make the village future-proof. The engineering consultants that we have been talking to are enthusiastic about the opportunities offered by a variety of potential heat energy sources in the valley.

Now the request: for our application for funding to be successful in August, it is crucial that we show community support. Many of you have already been in touch to support this initiative but we need more expressions of that support. If you have not already done so, please email us at greenheatingshoreham@gmail.com - your comments will make a huge difference to our case. We shall also add you to our mailing list for updates.

Bill Lattimer, Peter Kasch, Sarah Newman, Nick Copeman, Mike and Heather Sillitoe

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SUSAN PLATTS – AUCTION OF PAINTINGS

The Auction of Paintings that was due to take place on Sunday 4th July looks like it will fall victim to the Government's latest Covid guidelines and we will have to cancel this date. These paintings can still be previewed by sending me an email to nick@walker4bm.co.uk whereby I will send you a Dropbox link, and the 'virtual gallery' will (hopefully!) appear miraculously in your inbox.

Once there is further clarity regarding Covid arrangements, I hope we will have something more encouraging for the next edition of the Gazette in September.

Nick Walker

SHOREHAM VILLAGE PLAYERS

During the dark and dreary months of lockdown the Players have been busy scheming some exciting things to entertain you. We really want to use this emergence from lockdown to reinvigorate the Players and for that we need you; whether that's coming to enjoy our shows or becoming a player and getting involved in front or behind the scenes.

We're a friendly bunch of all ages, drawn together by a love of creating theatre that everyone can enjoy whether that's panto, musicals, drama or comedies. So come along to one of our workshops or events and see what it's all about.

Here are a few things to look forward to:

Summer

On the 27th July at 2.30pm we're having a get-together in the village hall for anyone interested or intrigued by the Players. The main reason is to get an idea of who's interested in being involved in our panto (see below), but it would be lovely to see you even if you're not sure how you might want to get involved.

Autumn

We'll be running a series of workshops on things like stage combat, bringing the stage to life through light and sound, acting and building a character. In October we're going to have an evening of music and laughter put together by Henry Desmond.

Winter

These workshops will build towards an audition for our next panto – Aladdin in February 2022. This promises to be lots of silly fun with big and small parts for all ages and lots of opportunity for those crafty types to get involved in props costume and scenery.

If you want to get involved you can always email shorehamvillagePlayers@gmail.com

See you soon

Elie Williams

EASTBOURNE TRIP Saturday 3rd July

The Eastbourne coach trip is still going ahead. Mike has spoken to the coach company and they have confirmed that nothing has changed. For those who are coming....you will need to wear a mask on the coach for the journey unless you are exempt. The coach is not completely full, so you can space out a bit, if you want to. We leave, from the car park, at 9.00am prompt and leave Eastbourne at 5.00pm. Fingers crossed for good weather!
Lorna Robinson

SHOREHAM SOCIETY

It's been a long time, but we're beginning to make cautious plans for a lockdown-free life! This applies particularly to the more community-based activities for the Village.

There has been a further collection of the disintegrating plastic tree guards up on the Terrace. Our intrepid collectors filled jumbo bags full of degrading plastic – much better than the black plastic sacks used on the first collection! (And reusable.) Our flowers and bird life will be the focus for walks later in the summer, with dates yet to be decided.

Neighbourhood Reps

In the good old days, the Shoreham Society had a scheme for neighbourhood representatives who were there to support people in the Village and help them feel involved and make the most of Village life. This was particularly useful for those new to the Village or who were not linked in other ways to Village organisations. This is something that we are considering reviving, particularly in the light of the great support network which was set up during the Covid crisis. Do get in touch if you feel that this is something you might give a little time to. (shorehamsociety@gmail.com)

The Shoreham Story in words and pictures

August Bank Holiday Weekend – there will be an exhibition covering Shoreham's fascinating history and showcasing the great works of our local photographers. Much is still to be decided and, if you think you might like to be involved, do get in touch. This is in conjunction with the Historical Society and, if you are interested, the more the merrier! (christineuman@yahoo.co.uk)

And Trains!

A great time to jump on a train – they're very clean and very empty. Did you know that there are connecting trains every fifteen minutes from Shoreham to Victoria? Two involve changing at Otford and two at Bromley South: a total journey time of about 50minutes. And don't forget the fast trains from Sevenoaks! (Contact John Saynor saynor9@gmail.com)

Christine Euman Co-chair, Shoreham Society

SHOREHAM WOMENS INSTITUTE

After fifteen long months of not being able to meet up we were hopeful that it was going to be possible to finally do this in July when we were due to celebrate our 103rd birthday. Sadly, this will now not be possible but we do however, hope to hold an afternoon tea in a member's garden in August, and to re-start our meetings in September. Once again we will be keeping everything crossed, that we will finally be able to get together as a group.

I'm sure lots of you have missed our monthly community coffee morning so I just wanted to let you know that, all being well, we plan to re-start them in September. It will be lovely to welcome you all once again.

Unfortunately, there seems to be a bit of a delay with the delivery of the cabinet for the Defibrillator. We hope it won't be too much longer as we are keen to get it installed and ready for use as soon as possible.

As many of you know, Pat Gillingham has moved house to be near to her family in Cornwall. Pat has been a member of Shoreham WI for many years and has served on the Committee as Treasurer. On behalf of all our members I would like to thank her for her support and her friendship over the years. We really are going to miss her but we all send her our good wishes as she embarks on a new adventure.

If anyone would like any information about joining the WI and to find out about what we do, please email me at vicks306@hotmail.com for more information.

Mandy Vickers - President

SHOREHAM ALLOTMENTS ASSOCIATION

Thank you to all of those who supported our Plant Sale in May, it was a pleasure to see the villagers getting their bedding plants and veg sorted for the new season.

The AGM of the Allotments Association has been re-organised to take place on Tuesday 6th July at 7.30pm in Shoreham Village Hall.

Jeremy Tooley

TALES FROM THE HILL

I recently heard an extract from Alistair Cooke's interview with PG Woodhouse back in the sixties. Alistair Cooke asked Woodhouse if the characters in his books were modelled on real people." No they were more types of people rather than actual people." "Not even Bertie Wooster." Alistair asked, Woodhouse hesitated. "Well there was one chap that was definitely a Wooster type, Anthony Mildmay the steeplechase fellow." I find this comparison a little difficult, The Times obituary described Lord Mildmay as a brave steeplechaser and 'Last of the Corinthians.'

SHOREHAM GAZETTE INFORMATION

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This recollection reminded me of the other two rather eccentric landed gentry of Shoreham. Lord Dunsany and Sir Herbert Cohen.

The late Jack Brice who worked on the Highfield estate for many years told me how Sir Herbert Cohen would fill his pockets with acorns and as he walked round his estate he would poke them into the ground with his stick, consequently Warren Farm is well endowed with oak trees. Once at a function Sir Herbert had previously filled his dinner jacket pockets with acorns as was his habit and during the course of the evening accidentally spilt them over the ballroom floor, much to the amusement of the assembled company.

Lord Dunsany wins the eccentricity prize, Alan Hitchcock told me how one day there was a knock at the door of Oxbourne Farmhouse, Alan's mother opened the door, there stood Lord Dunsany and without a word strode into the kitchen and sat down. Mrs Hitchcock asked him if he would like tea or something, but he just sat there. Eventually he got up and left without saying a word. It came to light that he was putting on a play in London and as a scene was set in a farm kitchen he wished to absorb the layout and ambience!

Lord Dunsany enjoyed shooting game, on one occasion he set out in the snow dressed in his home-made camouflage, namely a white linen sheet with a hole cut in it for his head. Walking through a field of Brussel sprouts he saw a movement, he took a shot, it was followed by a cry from a farm hand who was picking sprouts. The poor chap was not badly hurt, just lightly peppered with shot, he was helped home by his workmates.

There was no apology, a few days passed there was a knock at the door, the injured man's wife opened the door, there stood Dunsany he held out a five pound note and without a word departed.

In memory of our dear neighbour Alan Hitchcock

John Bovington

DONATIONS

Donations to the Gazette are always welcome and can be sent to The Editor or direct into the Church Account with the your surname and the word "Gazette" .

Account Shoreham PCC Account Number 00193703 Branch 09 01 55

VILLAGE DIARY

| | |
|-----------------------|--------------------------------------------------------------|
| 6 th July | 6.30pm - Shoreham Allotments Association in the Village Hall |
| 10 th July | Henry and the HD Show Band at The Mount |
| 27 th July | 2.30pm – Shoreham Players Get Together in Village Hall |

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