ACTION FORUM

AN INDEPENDENT MONTHLY FOR RESIDENTS OF RAINHAM AND WIGMORE ■

MAY 1975
NUMBER 69

Memories of Rainham

How many readers remember being in Mrs. Goodwin's class with Hilda Tong? Perhaps this photograph will jog your memory.

An Exhibition

STATION OASTS

THE PAST AND THE FUTURE

Rainham Library 23rd May to 7th June
Wigmore Library 9th—20th June

STOP PRESS

Two major attractions are now booked for RAINHAM SPECTACULAR '75 on Saturday 21st June: The Boughton Aluph Sky Diving Team (seen 2 years ago) and the Royal Artillery Motor Cycle team. More details inside.

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AF
Next Issue: JUNE 7th
Copy: 20th May, Small Ads: 28th May
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Editorial

We are pleased to announce a brand new arrival in our midst – a baby daughter, born to Barbara and Hamish Mackay-Miller on the 4th April! Congratulations to you both and sincere good wishes to the little one for a bright and happy future.

Special birthday wishes too this year for an old 'un – the Rainham Methodist Church Society is 75 years young and we are pleased to include the Reverend Pike's letter giving details of the celebrations of the anniversary. The fellowship found within the Church's walls will have prompted strength and courage to many over that period of time and we are grateful for its witness.

Speaking of birthdays and age, we note that Action Forum reached its seventh year this March. A long way to go to match the church's three quarters of a century and by that time the writer of this will be 104. I wonder what things will be like in Rainham then – it's quite a thought – if I am still around, I might just pen a few shakey lines on the subject!

Coming back to this day and age, let's look at what we have to offer this month: gardens to visit, a bird quiz to attempt and an effort to rationalise our 'IT'. What? Well, see what *you* can make of the article. We are happy to receive an item from the Royal National Institute for the Blind and would strongly commend the work it does and your support for the visit to Chilham Castle on the 17th May. Looking out of the window at the colourful flowers, the birds, trees, the sun and sky, it's a staggering thought that so many cannot have what we take so much for granted. We wonder what it must be like but this Institute does so much more than sit and wonder. It makes life meaningful to the blind and the least we can do is to appreciate their work and give our support.

There's a rumour going round that summer is on the way – just the sort of rumour to raise a cheer in us – here's hoping that this year it will bring with it some warm sunshine and give us the opportunity to feel relaxed. See you again next month then – I'll be in a deckchair down at the Strand I expect.

HELP NEEDED

Jane, who is 27, is spastic. She owns a Bedford column-change ambulance, which she cannot drive, as she cannot use her hands. She likes to go shopping during the week. Is there anyone, please, who would volunteer to take her? If so, please ring MEDWAY 361675.

Correspondence

BRITISH RED CROSS SOCIETY

Dear Editor,

Perhaps because the terms "Red Cross" and "Welfare" often seem to be synonomus in the sense that wherever the Red Cross is one of its main concerns is welfare, we did not mention the Welfare facilities provided by the Rainham/Wigmore Red Cross Centre at 46 Orchard Street in last month's issue.

Our Welfare Officer is Mrs. Dorothy Carr and she can be contacted via the Centre or at her home address, 2 Parkfield Road, Rainham (Medway 33307). Anyone in Rainham or Wigmore who is aware of someone who needs to be visited, elderly and/or infirm people needing friendly assistance or someone who would like a wheel-chair outing, in practice knows of anyone requiring help, should contact Mrs. Carr who will what she can to improve the situation.

B. Tallock (Centre Orangiser)
Rainham/Wigmore Centre,
46 Orchard Street, Rainham.
Medway 366416.

THE METHODIST CHURCH

Dear Editor,

This year Rainham Methodist Church, in Station Road, is 75 years old, and the Anniversary Services are on Whit Sunday, the 18th May at 11am and 6.30pm.

On Saturday, 31st May, at 7.30pm there will be an Organ Concert, at which local organists will play a varied selection of music. Tickets, at 20p (children 10p) include refreshments, and are available from: Mr. J. Brenchley, 275 Station Road, Rainham

Yours sincerely,
Rev.J.S.Pyke
67 South Avenue,
Gillingham.

A BUS SERVICE?

Dear Editor,

Having received 'Action Forum' for some years it seems, may I thank those concerned for its production and distribution.

I think that transport issues have been raised many times so it is possible that this particular question may have been dealt with before.

I refer to the rather poor 'bus service from Gillingham to Rainham in the evenings. From Chatham there appears to be a 15 minute service, but one can wait a considerable time from the other direction, innumerable services (it seems) terminating at the depot.

When it comes to Sundays, if one happens to be proceeding in the direction of Sittingbourne, the hourly 'bus service appears to coincide, very closely with the train which halts at Newington! Matters would appear to be likewise conversely.

Not very imaginative is it?

Yours sincerely,
R. Goldworth Grant
207 London Road
Rainham

THE ROYAL NATIONAL INSTITUTE FOR THE BLIND

CHILHAM CASTLE

By kind permission of Lord Massereen & Farrard, the 25 acres of grounds and gardens of CHILHAM CASTLE, Nr. Canterbury, will be open to the public on SATURDAY 17th MAY 1975, from 2.30 to 6 pm on behalf of the Royal National Institute for the Blind, to which all proceeds will go.

The gardens and lake at that time of the year are at their most beautiful, and well worth a visit. The Battle of Britain Museum within the grounds is also full of interest to both young and old.

This will make an ideal day out for parties and for families, especially for those who appreciate natural beauty and tranquility.

ADMISSION PRICES:

ADULTS..... 40p
CHILDREN OVER 5 YRS 25p

Ample coach parking space is available.

Further details from: Roland E. Chad, Area Appeals Organiser, 21 Crescent Road, RAMSGATE, Kent, CT11 9QU. Tel. Thanet 51427.

HOW CAN YOU FEEL COLOUR?

Give a man a fish, you feed him for a day, teach a man to fish, you feed him for life. That is the philosophy behind the activities of the Royal National Institute for the Blind.

We can all sympathize with blind people because we know, to some extent from our own experiences in the dark how difficult it is to get about without bumping into objects.

If it were to be your misfortune to join the 116,000 blind in this country you would have to completely re-organise your life. For instance, how could you tell what colour dress, suit, shoes or handbag you had chosen? You cannot feel colour. If you are not to go around with a permanently scalded finger, how would you tell when your tea cup, teapot or glass was full? How do you tell when the toast is done?

Eating too has its problems. Sighted people can see what is on the end of their fork, what remains on their plate and where it is located on that plate. A sightless person cannot unless told.

The R.N.I.B. run social re-habilitation courses in various parts of the country to train sightless people and the newly blind in particular. They are taught, among other things, to cope with everyday life within the limitations of their handicap.

More important perhaps are our mobility Centres, where the blind are taught to use the Long Cane. This specially made aluminium can enables a person to walk at an ordinary pace, with the cane screening the ground ahead. It takes three to four months of daily tuition to teach this technique but eventually enables a person to walk with confidence and ability.

Unless a blind person learns Braille or Moon, they have to rely upon someone to read to them, which is not always convenient. The R.N.I.B. supply a 'Talking Book' to any registered blind person who requires one. It is a unique tape recorder, specially built for blind persons. There is a wide choice of books available from over 2,000 titles, increasing each year by 250 new recordings. The Library Service is free and has a membership in excess of 37,000 persons.

All these activities cost money. To enable the R.N.I.B. to continue to give essential services to our blind friends we rely upon the good offices of the general public to run Coffee Mornings, Dances, Bazaars etc. and other similar events to help increase our funds. As a point of interest, only 2p of every pound received is spent on administration. The remainder is used entirely to the benefit of the blind.

The R.N.I.B. cares for and educates blind babies and children right through to the elderly for whom we have Residential Homes and Holiday Homes.

Help is always needed with money raising, and a call to The Area Organiser, Mr. R.E. Chad at Thanet 51427 will be more than welcome. He will also be delighted to talk to organisations on request.

Roland E. Chad
Area Appeals Organiser
21 Crescent Road
Ramsgate, Kent CT11 9QU

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Rainham Spectacular Raffle

The Rainham Spectacular Committee would like to thank the following local traders for donating prizes. These will be on display in their shops for 2 weeks prior to the Spectacular.
Burns Radio (portable TV), EC & WA Elliott, PAT, Quilters, Woolcraft, Swift Service, Sophisticats, The Wool Shop, Douglas's (43 Station Road), Welby, Rainham Sports, Paynes Motor Accessories, Chris's Fish Shop, Riverview-Service Station.
Watch June AF for more prizes.

Diary '75

Keeper: Christine Smith
31 Brockenhurst Close
Tel: 33098

No charge is made for Diary entries.

May 3rd – Rainham District Girl Guides Local Association Annual Sale in the Orchard Street Schools. 2.30pm.
May 5th – Young Wives Group. Films on Paris. 8.00 pm at the Methodist Hall, Station Road, Rainham.
May 5th – Deanwood Ladies Club. Rimmel Make Up Demonstration. Meetings every Monday 8.00pm Deanwood Junior School. Long Catlis Road. During term time.
May 6th – Wigmore Evening Townswomen's Guild SOCIAL STUDIES Howard's Hall 8.00pm 'Lions'.
May 7th – Berengrave Ladies Social Club. Country Dancing. Meetings every Wednesday 8.00pm at the Methodist Church Hall, Station Road, Rainham. Admission 15p including refreshments.
May 7th – Rainham (Kent) Horticultural Society Three or Four Mini Lectures. Meeting held in Orchard Street School. 7.30-9.00pm.
May 7th – Meeting of the Medway Cage Birds Society, 8.00pm. Station Road Working Men's Club. New members welcome.
May 8th – Rainham Evening Townswomen's Guild Mrs. Proctor on Victorian Needlework. Meeting held 7.15pm every second Thursday in the month (excepting August) at the Methodist Church Hall, Station Road, Rainham.
May 8th and every fortnight following – Bring and Buy all items for sale to be marked with price required and your name, 25% taken for 17th Gillingham Cubs and Scouts. 1.30pm-4.00pm, St. Margarets Hall, Orchard Street, Rainham.
May 10th – Parkwood Junior School Disco. 6.30-9.00pm.
May 12th – Young Wives Group. Films 8.00pm at the Methodist Church Hall, Rainham.
May 13th – Deanwood Ladies Club. Probation Officer.
May 13th – Medway Winemakers Circle. Monthly meetings held at St. George Hotel, 7 New Road, Chatham, 8.00pm.
May 14th – Berengrave Ladies Social Club. Material Party. Sally Dopson.
May 14th – Rainham (Kent) Floral Art Group. Demonstration: Mrs. Cresswell – DESIGNS WITH DRIFTWOOD. Meetings 7.15pm-9pm at St. Margaret's Hall, Orchard Street, Rainham.
May 16th & 17th – Wigmore MADS present – "SUDDENLY AT HOME" 8.00pm at the Community Centre, Drewery Drive, Wigmore. Tickets 40p adults,30p senior citizens and children, except on Saturday when all tickets will be 40p. Contact Mrs. Graeme. Tel.32558 for tickets.
May 16th & 17th – St. Paul's Drama Group will present – "SAILOR BEWARE" by Philip King and Falkland Cary at St. Paul's Methodist Church Hall, Third Avenue, Gillingham 7.30pm. Admission 30p adults, 15p Children and Senior Citizens. Refreshments available. Tickets from Michael Duffin, 157 Station Road, Rainham.
May 16th, 17th, 22nd, 23rd & 24th. The RATS present – "HOUSE ON THE CLIFF" at the Oasthouse Theatre, off Rainham High Street. 8.00pm. Tickets 40p adults, 30p Senior Citizens and Children. Contact Mr. C. Hamlyn. Tel: 33852 for Tickets.
May 17th – Deanwood Ladies Club. Ramble.
May 17th – Mamouth Jumble Sale and Nearly New Sale 11am-4pm, St. Margaret's Hall, Orchard Street, Rainham. Admission 2p.
May 19th – Young Wives Group. Material Party.
May 21st – Berengrave Ladies Social Club. Talk on "Old Rainham". Mr. B. Anderson.
May 21st – Rainham & District Wine Guild Talk on "Beer" (Monthly Competition STOUT). Monthly meeting held 8.00pm at St. Margaret's Hall, Orchard Street, Rainham.
May 21st – Wigmore Evening Townswomen's Guild GUILD MEETING Smallholders Hall, 8.00pm Queen Victoria & Kensington Palace. A talk by Mrs. Bishop.
May 23rd – Rainham Secondary School for Girls. PTA DANCE 8.00pm. Tickets from school or Committee members.
May 23rd – 31st inclusive. THE MEDWAY LITTLE THEATRE CLUB present: "ABERLARD and HELOISE" by Ronald Millar. Produced by Marinne Martin. Curtain up 7.30 pm. Tickets and Information from Mrs Jean Paul 196 City Way, Rochester. Telephone: 41559.

THE ROUND TABLE SPRING FETE

in Gillingham Park, GATES OPEN 1.45pm

Bank Holiday Monday, 26th May, 1975

May 28th – Berengrave Ladies Social Club. Open evening 'Kathy's Candbo'.
June 1st – Rainham (Kent) Horticultural Society Trip Borde Hill, Haywards Heath.
June 2nd – Young Wives Group. Medau – Keep Fit.
June 2nd – Deanwood Ladies Club. Mr. Brown – Training Development Officer.
June 4th – Berengrave Ladies Social Club. Fashion Show.
June 4th – Rainham (Kent) Horticultural Society. Upchurch Society Visit

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GLASS CUT WHILE-U-WAIT OR DELIVERED

Diary '75 cont.

June 5th – Medway Winemakers Circle. Wooden Spoon Competition at Faversham,
June 7th – Deanwood Schools Association SUMMER FETE.
June 7th – 8th Gillingham (Wigmore) Scouts Group SUMMER FAIR 2.00pm. Headquarters, Edwards Close.
June 7th – Wigmore Men's Fellowship COUNTRY AND WESTERN EVENING 8.00pm. Community Centre, Drewery Drive, Wigmore. Tickets 75p. Tel: 35518, 35578, 33376.
June 9th – Young Wives Group Visit to Rainham Police Station.
June 9th – Deanwood Ladies Club. Guest speaker Lady Isobell Barnet.
June 10th – Medway Winemakers Circle. Speaker: [illegible]urs. A. Beall. Sweet Red competition.
June 11th – Berengrave Ladies Social Club. Country Dancing.
June 11th – Rainham Floral Art Group. Competition: "JUNE ROSES" – A design A.N.P.M.
June 12th – Rainham evening Townswomen's Guild. Mr. Ballard–Jumble Kraft stone polishing competition: nicest bloom in my garden. 7.15pm;

Gillingham Young Conservatives meet every Wednesday. Conservative Club, High Street, Gillingham 8.30pm. Social and Political functions – anyone welcome to come along.

White Elephants

RAINHAM SPECTACULAR

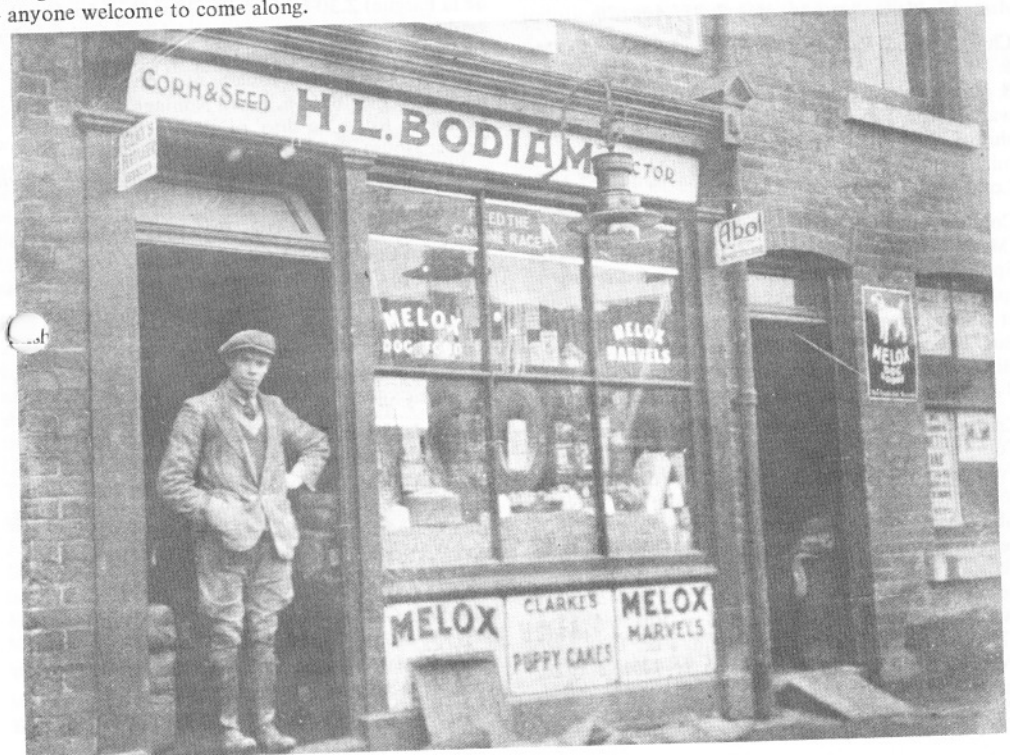
Ladies – are you just doing your Spring Cleaning? If so, please don't forget that we provide good homes for all your bits and pieces that are too good to throw away. We undertake most carefully to place unwanted china, jewellery, clothes and furniture, etc., with the very best families where they will give years of pleasure. Don't fail us – call now and arrange delivery or collection.

Mrs. Sue Payne
107 Edwin Road,
Rainham
Medway 34070

Miss Madeleine Rye
117 Edwin Road
Rainham
Medway 31044

PHOTOS OF OLD RAINHAM

This picture of H.L. Bodiam's shop (now Simes) in the 1920's is one of very few photos of pre-war Rainham held by the Library. Miss Blackwood, the Rainham Librarian is trying to compile a photographic history of the area. If you have any old photos please take them to Rainham or Wigmore Library. They will be copied and returned to you within 10 days.



National Gardens Scheme in Kent

Through the generosity of their owners, the gardens in this list will be open to the public on the dates shown. The proceeds will be principally devoted to the Queen's Institute, to make provision for the needs of retired District Nurses, who derive little or no benefit from the State Superannuation Scheme, and to help younger nurses in cases of special need. In return for its help and support, an agreed percentage will be given to the National Trust to help in the preservation of certain gardens of historic and national importance.

Betsoms, Westerham (Mr & Mrs L. Hugh Newman) 2-7. Adm. 15p, Chd. 5p. Downland garden with extensive views; fine beeches & chestnuts; hedges, lawns, flower borders, flowering trees; greenhouses & vegetable garden, orchard & paddock. Turning off A233 on Westerham Hill, 100 yds N of the Pilgrims' Way. Westerham 1½ m. Bus: Green Line 705 to Betsoms Farm at foot of Westerham Hill. Chartwell & Squerryes Court nearby. *Sun. May 11*

Brattles Grange, Brenchley, SE of Tonbridge (Malcolm Sanderson Esq) 2-6. Adm. 15p, Chd. 5p. NO DOGS. Well-designed shrub & woodland garden. Rhododendrons & stream garden. Spring flowers. Early Tudor half-timbered house. Bus: MD 97 Tunbridge Wells-Cranbrook. Garden 1 m. from Brenchley village. Tea Cherry Trees, Matfield. *Suns. May 4, 18, Aug. 17; Weds. April 16, May 7, 21, Aug. 20.*

Chance Wood, Parkfield, Seal, NE of Sevenoaks (Mr & Mrs Owen A.A. Aisher) 2-7. Adm. 15p. Colourful & photogenic. Attractive layout; lovely lawns & water garden; rhododendrons, azaleas, flowering shrubs. Bus: MD 9 Sevenoaks car park to Seal, 6 mins walk to Parkfield; Green Line 704 & 705 London-Sevenoaks. *Sun. May 18.*

Coldharbour Park, Hildenborough, NW of Tonbridge (Mr & Mrs E.C. de Rougemont) 2-7. Adm. 15p, Chd. 5p. Fairly large garden; flowering trees & shrubs; spacious lawns; herbaceous borders. From A21 turn at Hildenborough into Coldharbour Lane & on 1 m. Bus: Green Line, London-Tunbridge Wells, alight Hildenborough, 1 m. Picnic areas. *Sats. & Suns. May 3 & 4, May 10 & 11.*

Crittenden House, Matfield, SE of Tonbridge (B.P. Tompsett Esq) 2-7. Adm. 15p, Chd. under 12, 5p. Free car park. Garden around early 17th-cent. house completely planned and planted during last 19 yrs on labour-saving lines. Featuring spring shrubs (rhododendrons, magnolias), roses, lilies, foliage, waterside planting of ponds in old iron workings. No professional photography except by prior permission of owner. Station: Paddock Wood, 3 m. Bus: MD 33 & 97, alight Standings Cross, Matfield, 1 m. Tea Cherry-trees, Matfield Green. *Mon. March 31; Mon. May 26; Suns. June 8, July 20.*

Croach's, Ide Hill, SW of Sevenoaks (Mr & Mrs John A, Deed) 2-7. Adm. 15p, Chd. 5p. NO DOGS please 4 acres of lawns, woodland with bulbs & flowering shrubs & trees (inc. rhododendrons, camelias, azaleas & cherries) with views to Ashdown Forest. Between Sevenoaks & Edenbridge; ¼ m. S of village on B2042. A few cars can park in drive; alternative parking at Village Hall, Ide Hill, 8 mins. Station: Sevenoaks, 4½m. *Sun. May 18.*

Crown Point Nursery, nr Ightam (Messrs G. Reuthe Ltd) 2-7. Adm. 15p, Chd. 5p. NO DOGS please. Woodland garden of 8 acres for culture of rhododendrons, azaleas & other shrubs. Car parking facilities at clearing in drive up to Nursery from main road. Station: Kemsing, 1½ m: Sevenoaks, Bat & Ball, 2 m. Bus: MD 9 Maidstone-Sevenoaks, alight nr Jeffry Amherst Arms. Tea Ightam; *Sun. May 11*

Doddington Place, 6 m. SE of Sittingbourne (John Oldfield Esq) 2-6.30. Adm. 15p, Chd. 5p. Light TEAS. Large garden, landscaped with wide views; trees & yew hedges; woodland garden with azaleas & rhododendrons. From A20 turn N opp. Lenham or from A2 turn S at Teynham; both turnings signposted 'Doddington 4½ m'. *Sun. May 18 & Sun May 25.*

The Dower House, Knowlton, SE of Canterbury (Mrs de la Fargue) 2.30-6.30. Adm. 20p, Chd. 5p. Small garden with great variety; enclosed rose & lily garden; fine Italian well-head; good vegetable garden. Small house of Tudor brick, usually used only for large mansions. E of B2046. From Nonington, 2 m. along Sandwich Rd, a 'no thro' rd' sign; right turn to Dower House. Station: Adisham, 3 m. No reliable public transport. Tea Eastry & Sandwich. *Sat. & Sun. May 17 & 18;*

Downgate, Sandhurst, 2 m. SE of Hawkhurst (Mr & Mrs John Colegrave) April 27, 2-6; May 17, 2-6.30. Adm. 15p, Chd. 5p. Medium-sized garden; camelias, magnolias, rhododendrons & azaleas a speciality. Georgian house (not open). A21 to Flimwell; turn E on to A268, Flimwell-Hawkhurst-Rye; 2 m. E of Hawkhurst turn right into Silverden Lane. Bus: MD 84; alight Silverden Lane, 500 yds. *Sat. May 17.*

Everlands, 3½ m. SW of Sevenoaks (The Lord & Lady Colgrain) 2-6. Adm. 15p. Chd. 5p. NO DOGS please. Azaleas, rhododendrons, flowering shrubs, grass terraces & beautiful views. A25 turn off to Ide Hill at Sundridge lights; A21 turn off to Ide Hill at top of Riverhill. Tea Sevenoaks or Ide Hill, 1½ m. *Sun. June 1.*

Hall Place Gardens, Leigh, 4 m. W of Tonbridge (G. H. Hope-Morley Esq) 2.30-6.30. Adm. 25p, Chd. under 14, 5p. Free car park, DOGS must be kept on leads. TEAS. Large informal garden with 11-acre lake, the lakeside walk crossing over picturesque

bridges; garden contains many interesting trees & shrubs, well labelled. From A21 Sevenoaks-Tonbridge; at Hildenborough turn W on to B2027 & on 2½ m. to Leigh. *Sun. May 18 & Sun. June 8.*

Hever Castle, 5 m. SE of Edenbridge (The Lord & Lady Astor of Hever) Gardens 1-7 (no admittance after 6); castle 2-7 (no admittance after 6.15). Entrance gates close at 6. Adm. (inc. VAT) gardens only 25p, Chd. under 12, 10p; castle 35p extra, Chd. under 12, 15p. No adm. to castle without prior payment for adm. to gardens. (See Gardens Open Frequently). TEA in garden. Formal Italian & landscaped garden with statuary, sculpture & topiary; lake & moated castle, once the home of Anne Boleyn. Mid-way between London & S coast, off B2026. Bus: MD 93 (weekdays) Tunbridge Wells-Edenbridge. *Every Wed., Sun. & Bank Hol., March 30 to Sept. 28.*

Hole Park, Rolvenden (D.G.W. Barham Esq) 2-7 (Oct. openings 2-6). Adm. 20p, Chd. under 12, 5p. NO DOGS. Light TEAS. Set in beautiful parkland; formal garden with herbaceous borders, roses, extensive yew hedges & many fine trees; natural garden containing rhododendrons, azaleas, spring bulbs, daffodils, conifers, dell & water garden; bluebell wood; October, openings: autumn colour. Bus: MD 12 Maidstone-Hastings; 97 Ashford-Tunbridge Wells; alight gates. *Suns. May 17, 25, Oct. 12, 19.*

Horton Priory, Sellindge, 6 m. SE of Ashford (Mrs. A.C. Gore) 2-6. Adm. 15p, Chd. 5p. Parking for cars in front of house & along drive & garage area. Herbaceous & rose border, lawn, pond & rock garden. Priory dates back to 12th cent.; church itself was destroyed in reign of Henry VIII, but remains of west doorway & staircase to south aisle of nave can be seen by front door; all Norman buttresses along whole of west front are genuine; all windows in west front 14th-cent. (some restored); one genuine small Norman window. Outer hall only open to visitors. From A20 Ashford-Folkestone, 1 m. from Sellindge, turn E along Moorstock Lane, signposted Horton Priory, Bus: from Ashford & Folkestone; alight Sellindge, 1 m. *Sun. June 1 & Sun. July 6.*

Ingham House, Goudhurst (Sir George Jessel, Bt) 2nd July 20, 11-7). Adm. 20p, Chd. 10p. Parking free. Flowering shrubs, rhododendrons, camelias, azaleas & magnolias. July opening: flowering shrubs, mixed borders & roses; bog garden. Garden was subject of articles in Country Life & House & Garden. Bus: MD 97 Goudhurst-Tunbridge Wells. Tea Goudhurst. *Suns. May 18, July 20.*

Mere House, Mereworth, 7 m. W of Maidstone (John J. Wells Esq, M.P.) 2-7. Adm. 20p, Chd. 10p. NO DOGS. Medium-sized garden; ornamental shrubs, lake, lawns. Picnics allowed (but no fires). From A26 Maidstone-Tonbridge turn on to B2016 & then into Mereworth village. Bus: MD 7 Maidstone-Tonbridge; alight Mereworth village, ¼ m. *Sun. June 15.*

Mount Ephraim, 3 m. E of Faversham (C.A.W. Dawes Esq) 2-7. Adm. 15p, Chd. 5p. Herbaceous border; topiary; rose gardens & terraces leading to a small lake; Japanese rock garden with pools. Picnicking permitted, From A2 turn N in Boughton; or from M2 & A299 take turning for Hernhill at Duke of Kent inn. Bus: EK 3 Canterbury-Faversham, alight Woodman's Hall, ¾ m. *Sun. June 22.*

Scotney Castle, Lamberhurst (Mrs Christopher Hussey; The National Trust) 2-6 (except March, April & Oct. 2-5); May 26 *only* 11-6. Adm. 30p. Chd. under 12, 15p. (See Gardens Open Frequently.) NO DOGS. Garden only; romantic landscape garden framing moated castle, 14th cent. & later. Flowering shrubs & quarry garden. On **May 26** the **old moated castle,** temp. Richard 11, will also be open. Adm. 5p extra. On this date also light TEAS will be available. 1 m. SE of Lamberhurst on A21. Bus: MD 80 (weekdays) Tunbridge Wells-Hawkhurst passes gate; 78 (weekdays) Tunbridge Wells-Wadhurst, alight Lamberhurst Down, 1½ m; MD E4 London-Hastings, alight Chequers Inn, Lamberhurst. Tea Lamberhurst or Goudhurst. *Every Wed., Thurs., Fri., Sat & Sun & Bank Hols., March 29 to Oct. 31.*

Bird Quiz

Mr. Don Coast has offered an incentive to enter the quiz. He would like to offer a prize for the first correct solution – for an adult – a year's membership subscription to the Kent Ornithological Society and for a junior – a year's membership subscription to the Young Ornithologists Club.

So come on all you ornithologists, young and old – prove you know what you talk about and send your answers to:

Mr. Don Coast
127 Snodland Avenue,
Chatham.

1. A few birds' names describe their individual calls i.e. they are onomatopoeic, e.g. cuckoo – give 2 other examples.
2. Why does the heron raise its young to early in the year?
3. 'Wheatear' has nothing to do with wheat or ear. Why the name?
4. Likewise, why redstart?
5. How can you tell the difference between male and female great tits when they come to your bird table?
6. Which of the following are resident species and which summer or winter visitors?
   Wheatear, Yellow Wagtail, Gargoney, Blackcap, Brambling, Waxwing, Redwing, Fieldfare.
7. What is a raptor?
8. Why are owls such quiet and effective hunters?
9. Why do birds fluff out their feathers in cold weather?
10. Which common birds are locally known as
    (a) Molly
    (b) Peggy Dish-Washer?

Answers next month.

Gerald Lukehurst

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HOW WOULD YOU LIKE TO HANDLE "IT" BETTER?

"Handle what better?" You may well ask. For a reply you get: "IT".

"IT?".....Yes, IT".

"O.K. What is IT?"

IT is that something that causes you some trouble; something that makes you a little mindful of how you do certain things in case you land yourself in trouble. It is that something that makes you feel perhaps just that little bit inadequate or inferior when you really have no need to be. IT creeps up behind you and creates many a situation that you could well do without. It stops you from being what you want to be, from doing what you want to do, from having what you really want.

It is something that you feel ought to be handled, shown who is the boss, brought to heel, made to [illegible]e before your determined gaze. Something really ought to be done about IT!

And do you know something? Something *can* be done about IT, that is, if you really and earnestly want something done about IT. And, *you* are the one who can do it!.....Yes!.....YOU!

Mary was a housewife. Mary had an IT. Mary's IT was housework. No matter how she tried to get everything clear, neat and tidy, completed enough to go out for an afternoon's shopping, or a trip to mother at the other end of town, she found that there was just too much work for just too little day. No sooner than she felt that she was managing to see the end of a cycle of activity, another would rear up to confront her, and before she could come to terms with that, she would hear the key in the front door: Jim was home from work. Oh, my goodness! No meal ready! Where did the time go?

Just one of those bad days? Not on your life!

Let us look at Mary and the things that she did during a typical day.

Jim was a good husband. He rose without having to be called. Washed and shaved and then prepared breakfast for both of them. Called Mary with a cup of tea.

Mary would arrive downstairs just as Jim was [illegible]shing his breakfast and preparing to leave. There would be a hasty 'Goodbye', a dutiful 'peck' and the front door would close leaving Mary alone to face yet another day,

Mary ate her meal thinking of all the things that must be done today, and growing a little more anxious as each thought added yet another burden to the load she had to bear.

Never-the-less, with a determined air, she cleared the table and set about washing the dishes: only to find half way through that she had forgotten to fetch a tea cloth from the linen cupboard.

Leaving the washing up she dried her hands on her apron and went through to the hall to climb the stairs to the landing where the airing cupboard was located. But in passing the lounge she noticed the dust on the coffee table. Mary did not like dust. So, she returned to the kitchen for a duster and then made her way back to the lounge, but not before remembering that the milk was still outside, and she just had to get that in in case the neighbours thought really nasty thoughts about her: so it was back to the kitchen to put the milk bottles on the kitched table, then to the lounge.

The dust removed from the coffee table, she made her way up the stairs to be affronted by a large dirty mark on the stair rail. Fortunately, she had the duster still in her hand, but the mark remained in spite of furious rubbing. Now there was only one thing for it, she would have to go back into the kitchen to get the bottle of 'Rubitorf".

As her foot touched the lower stair, a letter fluttered from the letter box to the hall mat.

An unopened letter to Mary is one of those strange vexations that leads the mind to conjure up a multitude of possibilities, most of them 'unthinkable', few, really feasible. Thus we find Mary stooping to pick up the letter. Fortune smiles upon Mary today. It is a letter from her friend, Jane. Therefore, it simply must be read immediately.

This leads Mary back to the kitchen to sit at the table and enjoy the latest titbits of a very informative Jane.

Cheered beyond words by Jane's communications, Mary switches on the radio just in time to hear the disc jockey flash the time of "Ten-thirty on this bright and lovely day".

Oh! It can't be that late! Why, the breakfast things have not yet been washed up. Oh, well... back to it.

The water in the sink is now cold which means starting all over again. Oh, yes! The teacloth. Mary moves from the kitchen to the hall to.....

Is there any need to follow Mary to know the general pattern of her day? Not really.

Mary has a big IT.

You will realise by now Mary's butterfly approach to her housework. She is simply not organised. She is affected by every little thing that she comes across and she feels each time that she must do something about it; but little gets really done. She is just not efficient enought to cope.

O.K. Mary is an extreme case. But consider for a moment: how many of us have a little bit of the Mary in us? How many of us are sometimes the effect of the things around us? How many of us have an "IT" of some sort or another that we could well do without?

If you find you do have an "IT" of some sort, there is one vital question that you must ask yourself.

DO YOU WANT TO HANDLE IT BETTER?

Think very seriously about this, it is so easy to say yes and mean no. In this respect I am thinking of George.

George was a really nice fellow. George was overburdened with "ITs". He would often discuss them

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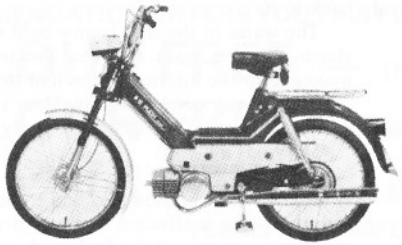

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'IT' continued

with me and I would dutifully point out ways in which he might tackle his "ITs". He would tell me how so right I was and then would go away only to arrive later with another "IT" that was really the same "IT" as before only this time under a different label. After a time, I got to realise that George really loved his "ITs" and would not part with them for anything. After all what would he talk about, what would he worry about if he got rid of his "ITs"?

So if you really want to do something about your "IT", then read on, there may be something here for you.

Well, now, what is the next step?

You write a description of your "IT".

Be ruthless, commit it to paper. Then having done that, leave yourself some space to add anything t might occur to you later on.

Now read it. Now own that it is yours. Own it lock, stock, and barrel.

Now look at what you have written and find in it *the* thing that wants your immediate attention. Look for the thing that you wish to handle more than anything else. UNDERLINE it in RED.

Next look for any others that need your attention and handling but are not so pressing. Bracket these in RED. Good. You are already making progress.

Next write down what it would be like if you handled your "IT". Write down all the advantages of an "IT" well and truly handled.

Leave some space for any additions that you might like to make later on.

Underline in red the most important advantage.

How are you feeling? Better already? That's fine!

O.K. Now write down what you are doing now in relation to your "IT". Write down how it affects you and what happens. Be as truthful as you possibly can.

Very good!

Apart from writer's cramp you will have a good idea of your situation. You might even have thought some solutions. This very often happens at this e.

Do not worry if no solution appears at this stage.

The next stage is a very important stage. You can start to handle your situation in two ways. You can go for the big prize or you can work through the smaller prizes.

I mean by this that you can go back to your first list. The one that contains the big red underline. Or you can decide to tackle the smaller problems in the brackets.

Either way you handle your "IT". Going for the big prize requires resolution and determination but like magic all the problems in the brackets go POOF.....Gone! The moment you really handle the big one.

Going the way of the brackets means that you approach at a gradient and knock them off one by one. Very often you get so able at this that you have a shot at the big one and 'hey presto'.

O.K. Make your decision.

Well take a good look at the one underlined or the one in the brackets and ask yourself:

WHAT WOULD HAVE TO HAPPEN FOR THIS TO BE HANDLED?

Write down what comes to you. Keep asking the same question every time your mind goes blank or something.

You are going to surprise yourself.

Well now you KNOW what would have to happen.

O.K. Now you know, start to make it happen!

Draw up a plan of campaign. Write out the steps you are going to take.

RIGHT! **NOW TAKE THE FIRST STEP.**

Have you done that? Fine!

NOW TAKE THE NEXT STEP.

Keep doing this ticking off each step as you successfully complete it.

You will then come to the time when.....Hey! .....Where's that "IT"?.....I had it around here somewhere.....

Stop looking, **YOU'VE HANDLED "IT".**

If you have any queries concerning this article Mr. E.J.F. Hinkley will be pleased to give any assistance that he can.

Mr. E.J.F. Hinkley
36, Haig Avenue,
Rochester
Kent ME1 2RZ

Rainham Spectacular Programmes

Once again Programmes will be 10p in advance (including entry) or 20p on the day. They will be available from Sophisticats, Station Road; Trembeths, High Street; Bredhurst Post Office:

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The Rainham and Wigmore Community Association have secured two major attractions for this year's Spectacular on 21 June. The Royal Artillery Motor Cycle Display Team – with its splendid and varied mixture of team and individual riding – will perform at the beginning and end of the afternoon, thus catering for both early- and late-comers.

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