

The Keston Magazine

News of your Parish and Village



June/July 2019

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Front cover: Rosebay Willowherb © Sally Churchus

Light is sweet, and it pleases the eyes to see the sun. However many years anyone may live, let them enjoy them all. *Ecclesiastes 11:7,8*

Thought for the month

Bamboo and the Bonham-Carters!



If you walk on the Common behind Ravensbourne Lodge you may have read the information board that explains how in 1853 Joanna Maria Bonham-Carter purchased an extensive amount of land on which she built the lodge in 1861. She then surrounded her home with a large garden which must have been beautiful in its day, and we can see the remains of it today. When you walk on the Common you may see clumps of bamboo, Japanese butterbur, (top of photo), cherry laurel or even Japanese knotweed, (bottom of photo) – all of which Joanna planted.

Now, if you know a bit about plants you will already have widened your eyes as cherry laurel and Japanese knotweed are very invasive and damaging plants. Knotweed needs a prolonged programme of treatment to rid an area of it and can invade houses causing huge damage. Today we would be more cautious of what we plant in our garden!

I can't help wondering whether we are as cautious about what we 'plant' in our minds and souls. What we allow to take root and whether it will add to the 'eco-system' or invade and cause damage!

We are living in the midst of the information era – the computer, digital or new media age. Information, information, information... but where is wisdom? The statistics for mental health and wellbeing (*or lack of it*) suggests that the overload of information is not producing a landscape of beautiful minds – in some instances the information is simply invading! And, often families who would like to engage in a spiritual practice or come to church on Sunday can't because too many other things vie for their time.

When we enjoy a summer garden with all the lushness and colour we can reflect on the choices we made earlier in the year and realise that those choices have made a beautiful garden for us to relax in and enjoy.

The Bible gives us an idea of what we need to be 'planting'.... Fix your thoughts on what is true, and honourable, and right, and pure, and lovely, and admirable. Think about things that are worthy of praise. (Philippians 4:8)

Just as we have the choice over what we plant in our gardens so we have the choice over what we allow into our minds and souls – what we watch on TV, what we listen to and what we read. This is wisdom. Wisdom is the ability to discern or judge what information is beneficial for life, health and peace.

Why not join us on a prayer walk on the first Tuesday of the month and you too will get to see the 'beautiful' plants added to the landscape by Mrs Bonham-Carter.

Rev'd Carol Morrison

Joanna Bonham-Carter's Garden plants to look out for on the Common



Cover Story

The colourful Rosebay Willowherb photo was taken in June at the edge of the Ravensbourne Open space behind the children's playground at the end of Lakes Road. It is also known as Fireweed due to its rapid growth on burnt sites. It quickly colonised bomb craters in London during WW2 and even gets a mention in JRR Tolkien's *The Fellowship of the Ring* (Book 1). In Russia fireweed is made into herbal tea known as ivan chai and is believed to have an anti inflammatory effect.

Prayer Walk

We will be meeting at 9.30am on the Green opposite the Greyhound Pub on Tuesday 4th June and Tuesday 2nd July. We start with a simple prayer and then proceed to walk and chat as we make our way across Keston Common. We stop a couple of times for prayers that are creation themed, taking the time to appreciate the natural environment around us. We end our walk in the Greyhound Pub where we have tea and coffee. Do join us at 10.45am if you don't wish to walk.

One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon – instead of enjoying the roses that are blooming outside our windows today. *Dale Carnegie*

Defibrillator for Keston Village



Keston Residents' Association appealed for someone to be responsible for a defibrillator in the village. As a nurse I know how vital these devices are, and I was keen to ensure the village had one that could be accessed within a few minutes. I volunteered to be responsible for this, however, I found that a defibrillator had actually not yet been sourced. Thankfully a kind donation towards the cost meant I could write to the British Heart Foundation, who operate a charity scheme allowing certain applicants to purchase a new machine at a greatly reduced cost. One could argue if this device even saves just one life it will have been worth it.

It is vital the defibrillator is able to be accessed easily 24 hours a day. If someone collapses, is unresponsive, and has no visible breathing, they will often need a shock to the heart. Giving a shock within 3-5 minutes of collapse can improve survival greatly. This time is lost if you wait for the paramedics, who can take several more minutes to arrive. Each minute the shock is delayed reduces chances of survival by 10%.

The defibrillator machine is kept in an unlocked alarmed cabinet in the porch of The Greyhound Pub.

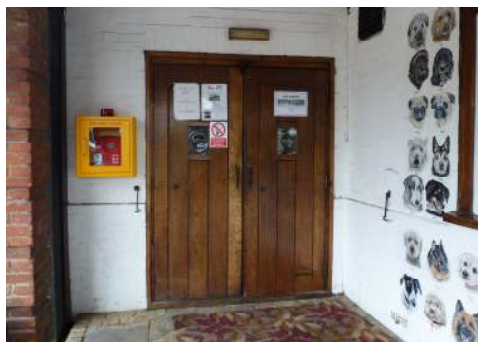
Courtesy of a local London Ambulance contact I arranged some training for myself, seven pub staff and three local residents. The paramedic kindly donated his time for free, and he delivered some of the best training I have ever had – even in my emergency nursing days.

You do not need specialist knowledge to operate the defibrillator – it is fully automated and speaks to you to tell you what to do. It can never deliver a shock to a patient who does not need it.

It is important to give chest compressions in between the machine working as this oxygenates the brain, and increases the chance of survival. If you would like to know more about the machine or would like to get training on basic life support and chest compressions, please email me on catjackson73@hotmail.com

Please help us by keeping an eye out for the defibrillator – it is in an alarmed cabinet but is unlocked for ease of access, but if you see anyone tampering with it please report it to the pub staff.

Catherine Ross



Keston Church Car Park Improvement

Despite having our first planning application rejected by the Planning Department and suffering a further rebuff by the Appeal Inspector, we still believed we had a genuine and justifiable case – that very special circumstances existed – and a second planning application was submitted. The size of the proposed enlargement was reduced from 26 to 20 cars. Landscape improvements were suggested in terms of planting two English Oaks and 10 native wild cherry trees in place of the existing unsavoury rubbish surrounding the car park. Again, there were substantial letters of support from the congregation, residents, neighbours and users of the Church Hall – a telling factor. There were no objections whatever.

This planning application was “called in” by Ward Councillor Alexa Michael which meant it had to be considered by a Plans Sub-Committee of Councillors in open session, where the public were allowed to be present. At the first hearing a decision was deferred pending a Road Safety Audit by two independent auditors. This was provided and deemed satisfactory.

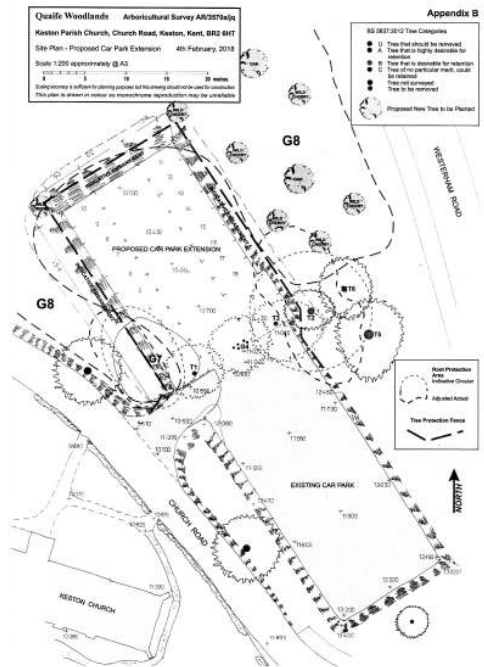
At each hearing of the sub-committee, I could speak in favour of the application for three minutes. The planning department recommended rejection. The Councillors discussed the application at length, raising matters of concern and inviting my responses. This was a thorough and exhaustive examination. The Councillors clearly decided that special circumstances did

apply with our proposal and voted seven to one to approve our planning application. Praise the Lord!

We are very grateful to Bob Cogram for his professional advice, patience and determination in dealing with the applications, a process which has taken two and a half years. We are greatly indebted to our Ward Councillors Alexa Michael, David Jefferys and Robert Mcilveen for their invaluable support and guidance too.

Now we must seek tenders and raise funds to implement the details of the planning application both for the benefit of existing residents and users of our church and hall – and equally for posterity.

Frank E. Netscher



Plan showing new car park will be almost a mirror image of the existing one

My Faith Journey

In the place where I was born in 1982, (Ukraine), religion was officially forbidden. Therefore, I was Christened secretly at home by a Greek Catholic priest and so considered myself a Greek Catholic for a long time. By the time I was eight or nine years old many things had changed and local churches had been reopened and people were allowed to attend services openly.

I remember at about that time my great aunt sent me a 'First Communion set'. I felt so solemn wearing that white dress. I attended almost every service, helped to clean the local church and took an active part in all the church activities.

Time passed, I became a teenager and drifted away from faith. Now when I think about that period, I think that many of the problems and disappointments of that "difficult" age could have been avoided had I been closer to God and trusted in Him more.

Later, when I was studying Ecology at university, I met my husband who I could then share my feelings with and who has supported me greatly. After we both graduated and started working, we got married. Our wedding ceremony was in a Greek Catholic church and this was when I remembered how close I was to God in my childhood. But I was still far away. Only when I was on maternity leave and had a lot of time at home did I start reading the Bible properly. Before that I had only been reading children's or youth versions of the Bible. The stories of Jacob and Joseph were what struck me the most. God was constantly with them, helping them to get out of many situations that



seemed really bad at the time but always turned out for the best in the end. Then I began to realize in my heart that God is very close to us all the time. We just have to calm down, quieten ourselves and feel His presence. It was like a revelation for me. Since then, I have tried not to lose that feeling.

Later our family moved to England and we settled in Keston. Before that I had not been abroad so I was a bit anxious about how life would be here. However, all my worries went after my children and I visited Keston church for the first time. We were met by Rev'd Carol and other church goers with such friendliness and understanding that I really felt at home here. Almost four years have passed since that time and we are very happy to be a part of Keston parish church. I keep praising God for being near and for supporting me on my life journey.

Iryna Sioma

Football matches and church goers



While on a train one Saturday morning recently there were some football supporters on their way to watch a match. It made me think of an article in another church magazine about the numbers of church goers and football match goers:

John Humphrys, the Radio 4 Today presenter, recently lost his bet! He had bet £5 that more people attended football matches on a Saturday than people went to church on a Sunday with Giles Fraser, an Anglican priest who sometimes gave “Thought for the Day” on the Today programme. But 5% of the population go to church on Sunday whereas only 3% watch a football match according to sportingintelligence.com. John said he would make his bet into £50 for charity.

It is true that church numbers are declining but the figures in the latest (third) edition of UK Church Statistics, published as the “2018 Edition”, show that the church isn’t about to die anytime soon. Forward estimates in the books suggest there are likely to be 4% of the population still attending church in 2030.

The group growing fastest, however, often not seen as churches in themselves but as part of a church’s

outreach, are the Messy Churches, with almost 100,000 in attendance across the UK in 3,200 separate units, accounting for 6% of all the churches in the country, and growing in attendance at the rate of 11% per annum!

In 1980, 10% of the English population went to church but by 2015 had dropped to 5%. The two fastest growing groups of denominations are the Pentecostals and New Churches – interestingly they have the highest percentage of men in their churches, respectively 49% and 50% against an overall average of 43% in England. In England, the denominations with the lowest percentage of men are the Methodists and United Reformed Church.

It is possible to go to a football match and church as well of course!

With thanks to Stomp Magazine, Hemel Hempstead

SC



Please come & join in the fun

from

3.30pm-

on

Tues 16th July

Keston Church Hall

venue

Church Road, Keston

Lots of fun and crafts
followed by a short act
of worship in church,
then finishing with

High Tea

All Ages

are welcome, children
need to be accompanied

Free Admission

but donations
towards costs much appreciated

Church Services

CW = Common Worship H & W = With prayer for Healing & Wholeness

2nd June

10.00am

Sunday after Ascension Day

First Sunday Communion
(Shorter all age service)

9th June

10.00am

Pentecost

Holy Communion (CW)

Wednesday 12th June

10.30am

Holy Communion (CW)

16th June

10.00am

Trinity Sunday

Holy Communion (CW) H & W

23rd June

10.00am

1st Sunday after Trinity

Holy Communion (CW)

30th June

10.00am

2nd Sunday after Trinity

Holy Communion (CW)

7th July

10.00am

3rd Sunday after Trinity

First Sunday Communion
(Shorter all age service)

Wednesday 10th July

10.30am

Holy Communion (CW)

14th July

10.00am

4th Sunday after Trinity

Holy Communion (CW)

21st July

10.00am

5th Sunday after Trinity

Holy Communion (CW) H & W

28th July

10.00am

6th Sunday after Trinity

Holy Communion (CW)

From the Registers

Wedding Blessing

6th April

Ashim & Kerrie Bhatta

Funerals

25th March

Alison Pullinger (aged 62 yrs)

15th April

Eric John Davies (aged 90 yrs)

1st May

Vanessa Kate Stimpson (aged 51 yrs)

Interment of Ashes

27th March

Jean Winifred Chapman (aged 88 yrs)

Found – One Axe

By Chalkpit



A visit for a coffee and a chat to Leonard, a gentleman I have known nearly all my life is always a pleasure. He has a long association with the parish both on a business connection and from personal contact with so many Keston residents across the years. On this occasion he had a box containing mementoes that he had collected over time, treasures of all kinds, including war time relics from both world wars. From another box he produced a beautifully crafted Stone Age axe, which immediately brought the past to life. As with all Leonard's keepsakes he had a story to tell and this axe was no exception. With the bombing of Biggin Hill Royal Air Force Station in August 1940 by the Luftwaffe not all bombs fell on their target, one bomb fell at the east end of the Church, damaging the wall and window. Before commencing the work a small hole was dug beside the wall, this revealed the absence of any foundations, the wall had just been constructed on the chalk bed. In Mr Smith's professional opinion substantial foundations were needed to be put in place, and with the agreement of the church authorities the necessary work was approved. Before taking down the

damaged wall, the church roof was securely braced by large timbers and fixed with iron stakes. The dismantling of the wall judged to have been built about 1250 AD was seen to have been built on four earlier graves cut into the chalk face, these contained no human remains or grave goods having been removed when the wall was originally built. Nearby remains were identified, one was the skull of a woman between the second and sixth centuries, but close by in a pocket of sand a pointed Paleolithic hand axe was discovered. Whether deliberately placed there, or lost, could not be established by the Archaeologists present at the time. With the abundance of flints found in the parish and surrounding area it was not the first time evidence of Stone Age activity was to be found in Keston. In 1897 the same firm when constructing a large house at Commonsides, (Millfield), workmen found within the floor area nearly a thousand flint flakes which would suggest a site for the knapping of flint tools.

The Paleolithic period is characterised by the use of stone tools and the axe is a perfect example of such work. It would have required great skill and patience to have shaped such a useful tool and a sad blow to the owner if it was lost.



Keston Church building works



North wall inside

When elected to the PCC I volunteered to join the buildings committee and have been assisting Martin Becker and John Molnar (the other 2 members) in maintaining the premises. I learnt that John Paddle had for some time been dealing with the damp problem in the church walls and, with an appointed historic buildings surveyor, had been working on a plan to improve the situation. This time last year I took over the work from John and since then we have tendered for work and appointed builders. Unfortunately the lime



South wall outside

mortaring and plastering required cannot take place between September and May as the cold weather can affect the lime working. Work started this year in March to remove the internal plaster on the north wall to allow the damp to dry. The plan was to then re-point the outside of the north and south walls along with removing some soil down each side and fill with pea shingle to improve the drainage. Unfortunately the work has expanded as when the mortar was removed to enable re-pointing some of the flints fell out especially on



North wall outside

the south wall where the mortar had turned to dust. This meant some rebuilding then re-pointing. The outside work is due for completion mid May and then plastering inside will take place. The plaster inside will take time to set and in early July the wall will be painted. The organ loft will be unwrapped after the plastering stage which will please David Cook who has had to put up with a baby cam to see what is going on in the church!

Geoff Carr

Kindness Rocks



I was having a bad morning: slept through alarm, broke favourite mug and lost school tie. Muttering, “come on, hurry up” through gritted teeth, I marched the

children through Keston Common to school. Suddenly, a gleeful cry of, “look mummy” broke through my grumpiness. My eyes followed the outstretched hand to a bright, turquoise rock, with a painted sunshine face on it, half hidden in the roots of an old beech tree. The rock was round, smooth and wonderfully tactile. It had been decorated with thoughtful care.

My daughter was enchanted with her treasure find and insisted on carrying it around with her all day. My mood brightened and cheered by the unexpected discovery, made me think of how the smallest of actions can mean so much more.

Intrigued by the stone, I followed the “F Orpington Rocks” clue on its reverse, to discover a Facebook Group with pictures of rocks adorned with beautiful artwork and delighted children. I was surprised that the group had 2,600 members and one of the Orpington Rocks had travelled as far as Corfe Castle in Dorset!

Facebook – being what it is, also revealed that three of my friends, (or more correctly their children), were

fellow rock finders in Devon, Worcester and Scotland. Opinions of their rock experiences differ from, “*they’re such a good idea as it gets children out walking*” to “*my children stash them in our house and never leave them for anyone else to find*”. I also discovered that there are themed rocks, such as poppy ones left around Remembrance Day and a Save the Trees one, which was found at Keston ponds.

But when and where did it all begin? And who was the first rock artist and discoverer? I found the website www.thekindnessrocksproject.com and listened to Megan Murphy’s story. She often walked along a local beach in Cape Cod, to look for signs to answer her problems. One day, she almost absentmindedly took a marker pen out of her pocket and wrote a “you’ve got this” on a rock, before returning it to the shore. A friend of Megan Murphy’s happened to find the stone and recognising the hand writing, phoned her to tell her how much the message meant. The Kindness Rocks Project grew from there, with a mission that “one message at the right moment can change someone’s entire day, outlook, life”. The sunshine rock certainly changed my outlook that day and I secretly sneaked it out of our garden and re-hid it in the hope to change someone else’s.

Fiona May



Keston School Part 3: The Teachers in the early years



Mr Taylor standing alongside the pupils of Group 1, who look very tidy, especially the younger girls in their smocks – an essential garment for the protection of more precious dresses. The absence of extra rooms on the Master's House dates this picture as pre 1906

The first Master and Mistress were Mr Lockyer and his wife who were appointed in 1858; he was described by the School Inspector on his initial visit as an *'excellent master'*. Within a few months his health deteriorated and he was forced to take sick leave and the school was closed until January 1859. Despite his offer to resign the Managers felt he was able to continue his duties and requested he stayed in post. The Inspector's report for 1862 described the school as, *'conducted tolerably satisfactorily and appears to be improving, but standards of attainment were scarcely so high as might be expected. The discipline is tolerably good and the children neat and orderly'*. The Master's health worsened in 1863 and he died some months after submitting his resignation. His wife carried on running the school with the help of temporary assistants until 1864, when

Mr and Mrs Carrington were appointed. Quite what happened in the next few months is not clear, but by March 1865 the Managers recorded that, *'he was not acting rightly'*. One problem was Mrs Carrington's objection to teaching the Sunday school when she wished to visit London. Relations between the Managers and the Master quickly worsened and his contract was not renewed. Mr and Mrs Nettingham replaced them and on his appointment Mr Nettingham asked if the school would install a piggery, to which the Managers agreed, but once again, the contract was interpreted very differently by Master and Managers who recorded in their minutes just a few months after his appointment that he *'was not assiduous in his duties'*. They wrote to him listing the areas where they considered he and his wife were remiss.

1) Not holding night schools three times a week between 7.00 and 9.00 pm at a fee of 1d per evening.

2) Not playing the organ (church) in the holidays or finding a substitute for which the payment was 10 shillings (50p) per year.

3) Mrs Nettingham to teach at Sunday school.

4) To consider the experience of other schools in setting up a children's savings club.

The Inspector's report of 1866 was less than favourable and in March 1867 Mr Nettingham resigned. This inauspicious start for the school continued for a few more years. Mr Lambert Weston and his sister Frances accepted the job in 1868 only to be replaced by Mr Shergold in 1874, but he was unhappy with the demands of the contract and level of pay and quickly resigned from his post. A few months after being appointed his successors, Mr and Mrs Peate, were recorded in the Managers' minutes as *'failing to maintain the registers regularly'*. As a consequence the school treasurer was instructed by the Managers to stop his quarterly pay until this was rectified. Between 1876 and 1889 Mr and Mrs Eusebius Sears led the school and provided better aim and purpose but in later years Mr Sears suffered from poor health and eventually found the task beyond him and was asked to resign.

Not until the appointment of Frederick George Taylor in 1890, did the Managers find a Master who undoubtedly turned it into a successful School.

Tudor Davies

Obituary

Vanessa Kate Stimpson 'Ness'

3/12/1967 - 30/3/2019



Vanessa was an inspiration to me. Even though, in her twenties after her accident, she had to face the prospect of spending the rest of her life in a wheelchair, she came through it all, and certainly while I knew her, she never succumbed to bitterness – I saw no sign of that.

She was blessed in coming from a good home with parents who loved her dearly, and I think that helped to give her serenity and a level of acceptance. Only this year, after one of her all too frequent spells in hospital, she said "I think that the Lord might yet have a purpose for me". He most certainly did – she inspired so much love, and I, for one, will never forget her, her sweet nature and her beautiful face.

Ida Beckett

We do not inherit the earth from our ancestors; we borrow it from our children

What I Do

Over thirty years ago I was in a train waiting in Tonbridge Station when I caught sight of a postbox in the wall of one of the station buildings. I realised that this one was completely different from the one in the village which I normally used. I decided to investigate and joined the Letter Box Study Group. This was the beginning of many journeys to track down and photograph unusual boxes throughout the country. Subsequently I have given over 150 talks on the subject.

Like most boxes, the pillar box outside our post office in Keston is made of cast iron and painted a particular shade of red. It has the letters GR which indicates manufacture in the reign of George V.

A visitor to Harrow School Speech Room may notice a pillar box on the shield of Anthony Trollope, a famous former pupil. Originally he worked for the Post Office and was asked to report on improvements to the mail service in the Channel Islands. The French had introduced roadside letter boxes and Trollope, who had been to see them, recommended their introduction to the Islands. Jersey had the first in 1852 but the oldest one still in existence is a hexagonal pillar box in Guernsey installed in 1853.

The design of boxes was left to local surveyors and a competitive element came into play. The reason that I am in the photograph is to emphasise that size had been allowed to get out of hand in some areas. By 1859 National Standard designs were adopted although local variations still appeared until the hexagonal designs of J.W Penfold in

three different sizes in 1866. These were sufficiently ornate to avoid local variations. Unfortunately they were a problem to handle and standard cylindricals became the norm in 1879 and have remained to this day.

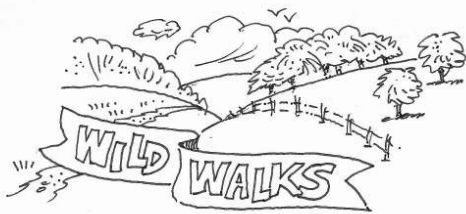
Boxes set in walls had become common from 1857 as they did not impede rights of way and were cheaper to make. Boxes attached to posts came into use in 1896, although there were problems with the public not realising that LETTERS above the aperture did not extend to packets so the word ONLY had to be added after the first few had been made.

Mind you, there have been cases of wall boxes being used as used as pillar boxes and lamp boxes acting as wall boxes!

Neil Lloyd



In 1856 the dome and crown were added to the original Midland Region design



“Stop looking down” my mother used to say when, as a family, we would go for country walks. Ah! But it paid off for on one such walk at about 14 years of age I found a ten shilling note! (£10 value today). Now, as I was trailing behind my family I have never been sure if it had been dropped purposely. I was shortly to go camping on the Isle of Wight and my savings didn’t add up to much. I’ll never know.

The week after Easter I was on the footpath leading from Leaves Green to the top of Salt Box Hill. The view across the valley to Jewels Wood was beautiful, with fresh green leaves appearing on the trees, but what was this in the hedge? A sledge... and another... a blue one and a red one, both plastic and split, abandoned from the winter – did we have any snow this year?

Back in the 50’s my aunt in Germany sent a toboggan to us for Christmas. A proper toboggan made of wood. Unfortunately my father had to pay import duty on it and he wasn’t too pleased! However, it lasted for years and my children even used it. On one occasion in the 80’s my son Peter lay on top of me and we both hurtled down the slope near Jewels Wood. Halfway down was a path, made by horses, leading to a water trough. As we crossed this at speed the sledge took off and we took off – only to land back on the

sledge with an almighty thump, which left me with bruised ribs for months!

Coming back to the present, a month or so ago I was walking along a track made by badgers to their setts. One sett had been cleaned out and in the mound of earth lay an old green bottle on which was moulded ‘R. White & S. Ltd.’ I’ve already got several old bottles and one has on it just ‘R. White’. Which is the older? Another bottle dug up a long time ago elsewhere says ‘Wm. Batey – Kingsland Road – London’. I’ve looked it up and it’s the continuation of Shoreditch High Street. Another one is really old – it’s oval and lies on its side. It says ‘HD Rawlings Nassau Street London’. That’s just off Goodge Street – so you can go there on the tube!

Richard Geiger



Keston Walks

Guided walks run by the Friends of Keston Common are open to everyone. Meet at 2pm under the Village Sign off Commonside (opposite The Greyhound pub), on Wednesday 5th June and 3rd July. Well behaved dogs on leads welcome. Walks can last up to 2 hours. See their website for more details.

Cream Teas in the Garden



Edward and Maureen Williams' delightful garden at 104a Leaves Green Road will be open to the public for the 17th year running in aid of The Primrose Centre charity, (helping local people with breast cancer), on Sunday 23rd June from 1-5pm. Tickets must be purchased in advance for £9 (children under 12 free), and include a cream tea. Please send cheques payable to M. Williams at 104a Leaves Green Road, Keston, Kent BR2 6DQ. (An sae would be appreciated). With the popularity of the event growing, parking is sometimes a problem, but there is free parking on Leaves Green Common just a short walk away. Any enquiries please contact Maureen on Tel: 01959 573997 or alternatively email maureenwilliams01@btinternet.com.

If you have any unwanted gifts that would be suitable for the tombola, old tools or garden bits or even plants that could be sold they would be most welcome. Please contact Maureen or the Primrose Centre on 01689 880218. Thank you.

The Most Popular Bible Verse

The makers of the YouVersion Bible app have named the passage from scripture which was shared, bookmarked and highlighted on its platform more than any other in 2018. The most popular verse was Isaiah 41:10 which says: "Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand". This verse overtook Joshua 1:9 which was the most popular quote in 2017: "This is my command: be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go".

Offering 1,800 versions of the Bible in 1,250 languages, the YouVersion Bible app has now been downloaded more than 350 million times globally since its launch a decade ago. Founder and pastor, Bobby Gruenewald said: "This year's data shows people world-wide are continuing to turn to the Bible in search of comfort, encouragement, and hope".

WI News

In April Norma Hale told us about her 'Life in Stitch' – saying how she became interested in quilting and how it progressed. She showed us some of the many lovely quilts she has made.

In June Jonathan Fryer will tell us about 'The humorous side of acting' and in July we will hear members' memories.

Do join us at 2pm on the second Wednesday in the month in Keston Village Hall.

Shirley Newman

Magazine Deadline

Please send copy for the August/September issue of The Keston Magazine by Sunday 7th July at the very latest to Sally Churchus on editor@kestonparishchurch.org.uk or Tel: 020 8462 8750. Thank you.

Laughlines

☺ Have you been there?

I like to travel, but I've never been in Kahoots because you can't go there alone.

But I've been in Cognito, and no one recognised me.

I have often been in Sane and I was driven there each time by my family. I refused to go to Conclusions because they like you to jump all the time and I'm not fit.

I've been in Flexible, but only when it was very important to stand firm.



*The Flower Arrangers always kept
the Rector's hay fever in mind*

Sometimes I find myself in Capable and I expect to go there more often as I get older.

A great place to be is in Suspense because you feel you are living life on the edge and at my age I need all the stimulus I can get.

☺ Olny srmat poelpe can raed tihs

I cdnuolt blveiee taht I cluod aulacly uesdnatnrd waht I was rdanieg. Its the phaonmneal pweor of the hmuan mind. Aoccdrnig to rscheearch at Cmabrigde Uinervtisy, it deosn't mtttaer in waht oreDr the ltteers in a wrod are, the olny iprmoatnt tihng is taht the frist and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can sitll raed it wouthit a porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlefl, but the wrod as a wlohe. Amzanig! And I awlyas tghuhot spleling was ipmorantt!

COUNTRYSIDE DAY at Keston

**Sunday 30th June
From 2pm - 5pm**



A wide range of organisations connected with conservation and countryside pursuits will be present plus a display by the Ravensbourne Morris Men and music by Keston Primary School Hosted by Friends of Keston Common and Keston Village Residents' Association
www.friendsofkestoncommon.btck.co.uk



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