

ISSUE 61

FEBRUARY 2022

FREE

Three Parishes

Serving the Communities of Tillington, Duncton & Upwaltham

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Save the Date

P19-21

First Aid

In the middle

Kids' Pages

p.28-29

Heat Pump

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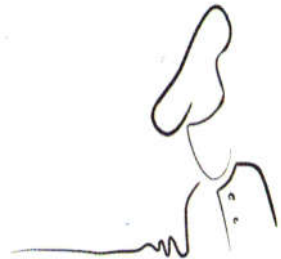
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EDITORIAL

Again we arrive in February with another New Year for Three Parishes Magazine. February is for many the least favoured month of the year, the glow of Christmas having long faded and the feeling of new beginnings from the start of the year not quite what it was a few weeks ago. But the fireside is welcoming and the landscape so often exquisite in this cold, short month, the last of the winter. To the photographers out there, we would love to see your pictures.

The name of February comes from the ancient Roman festival of Februa, a spring cleaning festival of washing and purification which took place in the middle of this month. It would be interesting to know whether modern day spas are particularly busy at this time, although, if they are, I suspect it may be more to do with Valentine's Day than very ancient rituals. If a "spring clean" is not your idea of a romantic Valentine's gesture, look no further for inspiration than to Marilyn Walker's easy but impressive Valentine's Supper recipe (see page 18).

This month we have some meaty items to offer you, including advice on first aid kits and what to think about if considering switching your heating to air or ground source heat pumps. And, to delight you, Tina Bahns has provided the most wonderful account of her bicycle ride over the Outer Hebrides. We hope you enjoy these and the wealth of other items which make up this edition.

We are grateful to our regular writers whose contributions make up the backbone of the magazine (and long may these continue) but we would like to take this opportunity to appeal again to our wider readership to become involved. We know there is a wealth of diverse experience, talent, humour and practical know-how within the bounds of the three parishes and want to encourage submission of your articles and ideas, as well as photographs and your own desert island discs, pet portraits and signature recipes, etc. We are also open to feedback on existing content and format.

Finally, an important word about advertising. At the beginning of the year we are able to welcome more advertising. Please help make this known. We are so grateful to those who do advertise with us as it enables this magazine to be distributed—by volunteers—to the whole parish without having to charge. A big thank-you to our advertisers—please do use them and, maybe, mention where you heard about them.

Welcome to Theodore Aubrey Griffith Ford born 27.11 21

FROM CHURCH COTTAGE

Let's not mention The Ashes. At least, not the men's Ashes. I am hoping that the England women's team fare better down under.

Should this magazine reach your letter boxes ahead of 30 January, I want to encourage you to come to our five-church, fifth-Sunday service at St Mary's Fittleworth, where we shall celebrate the great feast of Candlemas at 10.30am with a procession, candles ablaze and some high-class refreshments afterwards. It seems possible that Covid restrictions will have been lifted by then, so we may be able to gather and sing without masks. I do hope so. I also like to think that we shall see some snowdrops in time for Candlemas. I think of snowdrops as the bravest of all flowering bulbs. As I write this, in mid-January, I can see plenty of snowdrops poking through the soil, undeterred by some recent sharp frosts. Bravo!

On the following Sunday, 6 February, it is the 70th anniversary of Her Majesty the Queen's accession to the throne and we are all warmly invited to St Mary's Church, Petworth, for a beautiful choral Evensong from the Book of Common Prayer. The parish councils serving our local villages have been planning other events for this Platinum Jubilee year, so we shall be hearing more from them, I think.

I am now noticing the lengthening hours of daylight. February is usually a quieter month in the church, so a good one to make plans for the rest of the year. Lent will soon be upon us and, although it lies a few days beyond the end of this short month, on Ash Wednesday (2 March), I shall be leading short services with imposition of ashes at Tillington (10am) and Fittleworth (7.30pm). Annie Sneller, our Tillington Lay Reader is putting together an exciting Lent course, drawing inspiration from works of art, and I will share details of Lent and Easter plans next month.

We have lots of weddings booked – no fewer than seven this year at Tillington, all between May and September – so we can feel pleased that our simple parish churches continue to be valued. Our Christmas and January attendances at Tillington, Duncton and Upwaltham have been good, so thank you to all who support us.

With the return of some fundraising events in recent months, my church treasurers have reported that 2021 was a better year. Inflation is rising, however, and the projected costs of heating our churches are concerning. If you can help by setting up a modest standing order—gift-aided if possible—please, that would truly be appreciated. And please also let me know if you would like to join my weekly mailing list to be notified of the services and events going on across the churches.



In friendship, David

NOTICE BOARD

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3parishesmagazine@gmail.com, headed Notice Board.
*The Tillington and Duncton Facebook pages have proved useful
for some of us - use these as well.*

**All Hallows, Tillington
Come and join us
for our All Age Breakfast Church
Sunday 6th February at 10.15am**

Gone Fishing

All ages welcome
Pancakes from 9.45



MEN'S BREAKFAST ON SATURDAY 5th FEBRUARY

Come and hear David Cole speak on the intriguing title
The Press We Deserve -and now I shoot my Neighbours ...
David was for 60 years a Press photographer, finishing as a Night Picture
Editor of *The Sun*.

**Tillington Village Hall, 8.15 for 8.30 breakfast.
All men welcome, £7. No booking necessary. .**

ADVANCE NOTICE :

Joint Breakfast of the Men and Ladies on Saturday March 5th.

Our speaker will be the popular political commentator, Tom Newton Dunn.

Tom was in Basra as Defence Correspondent of the Mirror, then Political
Editor of *The Sun* for many years, and is now Presenter and Chief Political
Commentator of *Times Radio*. He presents a 3 hour Sunday Morning pro-
gramme called T&G, covering the top political stories of the week.

Piers Morgan calls him, "One of the smartest journalists in Britain".

SAVE THE DATE



QUEEN'S PLATINUM JUBILEE CELEBRATIONS

Thursday 2nd JUNE 2022

THE LIGHTING OF THE BEACON

This year, Her Majesty the Queen will become the first British monarch to celebrate a Platinum Jubilee after 70 years of service. Get involved in celebrating Her Majesty's historic reign.

<https://www.royal.uk/platinum-jubilee-central-weekend>

In Tillington, on Thursday 2nd June, we are planning a community celebration at the Recreation Ground for all ages from 6.00pm, ending with Fireworks and the lighting of the Beacon at 9.15pm. Food, music, games, and drinks will all be available as we all pay tribute to our remarkable Queen. Please save the date but also anyone wishing to get involved to help with the planning/contributing please contact:

Jo Clevely jo@joclevelydesign.co.uk 07973 258469

CHRISTMAS AT ALL HALLOWS, TILLINGTON

Christmas was celebrated in many ways at All Hallows. We enjoyed the Christingle Service outside with a procession of all the Children's Christingles glowing in the dark and remembering the work of the Children's Society who care for and protect many vulnerable and distressed children in the UK.

The Traditional Carol Service with 6 lessons and Carols, followed by mulled wine and delicious home made mince pies, drew a great crowd and we thoroughly enjoyed getting into the true spirit of Christmas together.



The Nativity Procession saw many families playing a part and joining in the Christmas Story, helped by Harry the pony who carried Mary to Bethlehem and Joseph who led them both to the Inn (the Horse Guards) and then the stable. It was a great occasion for all of us and we enjoyed meeting up. Even with masks we could wish one another a truly blessed and joyful Christmas.

On Christmas Morning we celebrated the birth of our Lord Jesus in the Stable, with a Family Communion, and sang Hark the Herald Angels Sing! Though we all had much Christmas fun to look forward to, we remembered that Jesus is the greatest gift to the world, as He is God with Us ... which is one of His names, Emmanuel.

SINGING IN THE RAIN CHRISTMAS AT DUNCTON

Christmas Eve in the churchyard at Holy Trinity saw a great turnout of 40, including half a dozen children, for the crib service. With Reverend David in his Christmas jumper (would have been worthy of the Vicar of Dibley), we gathered around the new crib set of figurines sourced by Bente Darley and the wooden stable made by Shaun de Burgh housing the beautiful nativity figures. Standing outside enjoying the warmth from a huge firepit lent for the occasion by the Aitchison family to sing carols and listen to the Christmas story in the pouring rain made the crib service at Holy Trinity one to remember.



HEARTSMART WALKS FOR FEBRUARY

Wednesday 23rd February to see the deer



Duration: 1.5 hours Distance: 3 miles. Dogs welcome.

Meet: The Horse Guards Inn, Upperton Road, Tillington, GU28 9AF. SU963 220.

By car: 1 mile west from Petworth on A272, then, in the middle of Tillington, turn north following brown tourist sign to The Horse Guards. Parking in road. What 3 Words reference:///lifted.using.earlobes

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Contact Gerald if weather uncertain on 07748 597 568.

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PERMISSIVE PATH

Permissive Path No. P 30

CLOSED

TUESDAY FEBRUARY 1st

RE- OPENS

WEDNESDAY FEBRUARY 2nd

This is the path that goes from the top of the Glebe field in Tillington, alongside the vineyard and comes out on the Upperton Road near the recreation field.

Gerald G C. (Tillington Foot Path Warden) 01798 342151

FROM THE REGISTERS

All Hallows Church, Tillington

Wedding: 11 December 2021 Lily Worcester and William Vanderspar

Funeral: 23 December 2021 Derek Robinson (1934-2021)

Holy Trinity Church, Duncton

Funeral: 18 January 2022 John Booth

THE HORSE GUARDS

BACK IN THE SADDLE AND UP FOR THE 'FIGHT'

What with Brexit and the lack of immigrant workers from abroad, and the Covid pandemic with initial lockdown and now social distancing, the whole hospitality sector has taken a major hit. Many previous employees have now taken advantage of 'full employment' with higher wages and more sociable hours in different jobs. As a result, many pubs have gone to the wall, but the Horse Guards Inn at Tillington has accepted the challenge, and, helped by the Government 'Furlough' scheme, it has bravely come through the worst.



Every one of the key staff has worked extra hard and for extra hours to maintain the very high standards of cooking and service. Joint bosses Sam and Ben Beard now run the kitchen and front of house respectively. Sam says that like everyone else they have been trying to recruit a quality chef for months, but without success. However, while he is in charge of cooking the food remains excellent. He is helped in the kitchen by the long-term stalwarts Lee, Jordan and Laurie.

Whilst for some Sam may be missed as 'Mine Host' out front, this role is now the monopoly of brother Ben, who does it with great natural charm and efficiency, aided by the perpetually cheerful and welcoming Dan and Kate. They, in turn, have all been overwhelmed by the support sustained by the 'locals' during the thin times, and also by loyal customers from London and afar. They are of course an integral part of the Tillington Village community, and we know that, unsung, they do a lot behind the scenes to support the less able and needy struggling at home.

The Horse Guards Inn is now fully open again for lunch and dinner from Wednesday to Sunday, but capacity is slightly reduced by the need for social distancing, so booking early is still a very good plan.

Well done Sam and Ben for taking all the pressure and keeping the show on the road, and maintaining a really good pub at the heart of the Village. We all benefit from that.

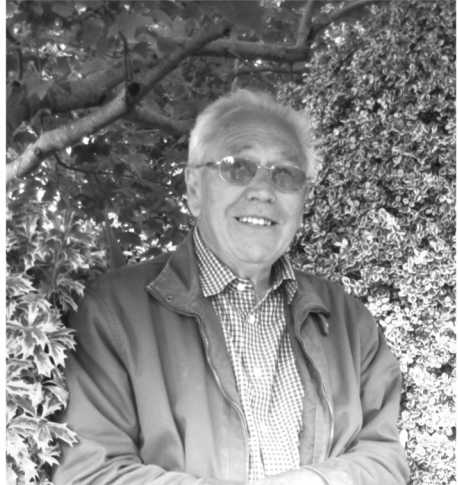
So what can we do for them? Best of all, keep supporting them. Perhaps volunteer to do a shift to help out when staff are off. Possibly offer a local room for rent for late staff with no transport. Or simply just encourage and be kind to them and their loyal staff.

DEREK ROBINSON - 19.09.1934 TO 06.12.2021

Derek Robinson was one of the great men of Tillington. Moving to Westside in 1975, he would have already known many local people from his job as the milkman.

He was a man of laughter and fun, always looking for a joke; the fount of all knowledge about people, wanting to know any local news and always happy to make new friends.

Every time I visited him I would have thoroughly read the Death Notices in the *Midhurst & Petworth Observer*, as he would have looked through them and he liked to tell me about those he knew. It sounds morbid, but it was most interesting hearing about connections and the old days. His catchphrase was, "What d'ye know, then?"



After he retired early (avoiding computers), he busied himself around the village helping people with their gardens. He especially enjoyed looking after the grass, trees and paths of the Tillington Cemetery, which is now considered one of the most peaceful and attractive cemeteries in the neighbourhood.

He was a Vice President of the Tillington Cricket Club and would be at all their home matches without fail. He was Chief Supporter of the Petworth Football Club, over 50 years on the touchline, and it was fitting that at their first match after his death, the Club held a two-minute silence to commemorate him.

I so enjoyed his friendship and humour, and, looking after the cemetery with him, the bonfire and lime trees.

I shall miss him. He and Pat were devoted to each other; they were married for 53 years.

We send our condolences to Pat, and to their children Richard and Claire.

Gerald Gresham Cooke

THE OWL AND THE PUSSY-CAT BY EDWARD LEAR

The Owl and the Pussy-cat went to sea
In a beautiful pea-green boat,
They took some honey and plenty of money,
Wrapped up in a five-pound note.
The Owl looked up at the stars above,
And sang to a small guitar,
“O lovely Pussy! O Pussy, my love,
What a beautiful Pussy you are,
You are,
You are!
What a beautiful Pussy you are!”

Pussy said to the Owl, “You elegant fowl!
How charmingly sweet you sing!
O let us be married! Too long we have tarried:
But what shall we do for a ring?”
They sailed away for a year and a day
To the land where the Bong-tree grows,
And there in the wood a Piggy-wig stood,
With a ring at the end of his nose,
His nose,
His nose,
With a ring at the end of his nose.

“Dear Pig, are you willing to sell for one shilling
Your ring?” Said the Piggy, “I will.”
So they took it away, and were married next day
By the Turkey who lives on the hill.
They dined on mince, and slices of quince,
Which they ate with a runcible spoon;
And hand in hand, on the edge of the sand,
They danced by the light of the moon,
The moon,
The moon,
They danced by the light of the moon.

SHELLEY FERGUSSON'S DESERT ISLAND DISCS



Romeo and Juliet by Prokofiev

This was the first ballet Fergie and I ever saw, to celebrate our 1st Wedding Anniversary. Fonteyn and Nureyev were dancing and we have been ballet struck ever since. Every note brings the dancing to life and the meaning of our life together.

St Matthew Passion by J S Bach. Karl Richter conducting. Janet Baker singing

Impossible to describe the importance of this music for my whole life. The music is sublime and the Passion will uphold me on my island. Janet Baker is the best.

Nat King Cole. When I fall in Love. Arrangement by Gordon Jenkins

In my parents record collection, reminds me of them, our home and that wonderful gramophone!

Brahms 2nd Piano Concerto played by Van Cliburn

Brahms became my favourite and it's hard to choose. My first ever classical LP was Brahms when I was an au pair in Paris in 1964.

The Beatles Help!

Pretty suitable for the island, but this is so full of memories of starting nursing, new friendships and joy.

Walton's Symphony No 1.

A mind-blowing experience at the Festival Hall on a free ticket. I had never heard anything like it and I was hooked. I would like to have Belshazzar's Feast on the same record as well.

Rachmaninov Piano Concerto no 2

I don't think I could live without this piece of music, it is sometimes too beautiful to bear. It will be perfect on a starry night.

Shout to the Lord, all the Earth, Let us Sing! Hillsong & Darlene Zschech

A worship song that bubbles up every time I am overcome by the marvels of creation. I shall sing loudly and often. Maybe 'they' will hear me and rescue me?

Book. Bill Bryson's Short History of Nearly Everything.

Luxury: Contact lens fluid so I can keep on seeing everything.

INTIMATE VALENTINE SUPPER

This is a very simple but delicious one pot supper. If you are feeling romantic you could make it a Valentines meal by adding a starter of an avocado peeled and cut in half and a v shape cut in the top (so heart shaped) and dressed with a simple vinaigrette. For pudding, a Pavlova with heart shaped strawberries and cream!

Main Course: **Easy Spanish Paella**

1 tbsp Olive Oil
1 clove of garlic peeled and crushed
1 medium red onion peeled and chopped
1 red pepper deseeded and chopped
1 large chicken breast cubed
1 to 2 strands saffron
125g paella rice
6 to 8 large cooked prawns
500 ml vegetable or fish stock
Seasoning
55g frozen peas
1 tbsp chopped parsley
2 lemons cut into quarters

Signature Recipe

Heat oil in large paella or frying pan, add onion, garlic and red pepper and cook for 5 minutes until softened. Add chicken breast and cook for 5 minutes, stirring until golden.

Add saffron and rice and stir-fry for 2 minutes, then add stock and cook for 25 minutes until tender. Fold in prawns and peas and continue to cook for a further 3 to 5 minutes,

Serve scattered with parsley and lemon wedges.

Marilyn Walker

*Why are artichokes so beloved?
They're known for their hearts.*

FIRST AID

I have been asked to write an article about first aid kits that we keep in our homes. Although I am a practice nurse, my husband would tell you that I am least well qualified to do this ! Whenever he wants something from our first aid kit, he is always bitterly disappointed with the lack of essential items and can rarely find what he is looking for. Having written this article, I shall resolve to get our own box in order. I did actually give him a proper kit for Christmas and a decent thermometer, which I think he was very pleased with!

There are many useful websites, which I list at the end of the article. You will find a wealth of information and a lot about basic first aid, which I will only touch on briefly. I thought it might be helpful, to go through the five most useful first aid treatments for common occurrences in the home. But first I will run through first aid kits.

Of the huge range of kits to choose from, I would probably opt for a fairly basic one and then add some other things to it. Most contain a lot of bandages including triangular bandages. I honestly can't remember when I last used one of these, and I never managed to tie one correctly on all the first aid courses I attended! Looking at the first aid kit I recently bought, it contains 4 bandages. I think two would suffice. Non adherent dressings are useful, but I personally prefer to use Mepore dressings, which are readily available at any chemist. If applying these to cuts and grazes, it is important to put a layer underneath the Mepore that won't stick, especially if using on children. This needs to be slightly "greasy", such as Inadine, an iodine impregnated gauze. Although some may consider this quite old fashioned, is an extremely effective antiseptic.

A pair of sharp scissors and a decent pair of tweezers are essential. The tweezers supplied in most kits are plastic and frankly useless, particularly when trying to remove a splinter. Buy a decent metal pair with pointed ends. There is usually a supply of alcohol wipes and wound-cleansing wipes. You can very easily make a cleansing solution at home, and then use the sterile gauze pads provided. Simply dissolve salt into boiled water and allow to cool. An ice pack is good for sprains and strains, but again one can easily use a bag of frozen peas. Steristrips would be a very useful addition. Where you have a cut or graze, and there is a skin flap, the skin edges can carefully be brought together and then apply a crisscross of steristrips and cover. This is possibly a bit involved, but it is actually easier than it sounds !

You should also keep a good selection of plasters. You will normally find an eye dressing, and again this is something I have never used. But having something to irrigate the eye, if there is a foreign body lodged, would be very useful

You can use clean water to flush the area, pulling down the lower lid, and using a plastic syringe or you can buy an eye wash solution. Definitely keep some antihistamine tablets and cream. We had a friend of the children staying with us last year. He did not tell us he was allergic to pine nuts and we had pesto on the pasta. Shortly after the meal, he started to have difficulty breathing, his lips swelled up and his skin reddened. Soon after he had taken an antihistamine tablet, his symptoms reduced dramatically. Luckily he only had a mild reaction, but for anything more severe, you must of course seek medical help urgently.

Lastly, keep a reliable thermometer with new batteries. Most are now the non-contact infra-red ones, which seem to be commonly used. It is worth having a look from time to time at expiry dates on all the items in your first aid box. It has always amazed me that bandages and plasters have expiry dates! To be honest, unless they are clearly damaged or dirty, I tend to keep them. Certainly, though, any solutions, medications or swabs should be kept in date. I am sure you know this, but do buy the basic paracetamol and ibuprofen from any pharmacy or supermarket. They are so much cheaper than the branded ones, and nearly always contain exactly the same medication. You can check the contents on the packet.

The main occurrences requiring first aid are listed below. I would urge you to look at the St. John Ambulance website for a lot more detail, and expertise!

A cut: Wash under running water and apply pressure, elevate. and cover with a plaster or sterile dressing.

A burn: whether from hot water, food, or spitting oil. You absolutely must keep the area under a cold running tap, for as long as can be tolerated, if possible ten minutes or more. Cover with cling film, and then have it seen by a professional if necessary.

A sprain I was told of the acronym RICE. Rest, Ice, Compression, Elevate. Again you may need to see a physio, and compression isn't always appropriate, but certainly the others would help.

A wasp or bee sting: if you can, remove the sting. Wash and apply a cold compress. Some people use a Waspeze pen, or try an onion cut in half. You could take an antihistamine tablet. (onions for bees, vinegar for wasps)

Eye injury: wash the eye with an eye wash or water and remove any foreign body. Again, seek medical attention straight away for anything serious.

Choking: it is probably best to have a look at a video on YouTube. But if someone is choking, you can make all the difference, by acting quickly, so do try five sharp back blows, with the heel of your hand, between the shoulder blades. If this doesn't work, it becomes more technical, but you could try the Heimlich manoeuvre. Again have a look online.

I could go on but think by now I may have put some of you to sleep ! This is obviously not an exhaustive list of occurrences needing first aid and it goes without saying that you can /must call 111 or 999 if you're in any doubt or for any medical emergency. If you want more information do have a look at one of these web sites.

St John Ambulance-First aid, is excellent and can be downloaded as an app on your phone. www.NHS.uk/conditions/first-aid is also full of very helpful information.

It is always worth considering a minor injury unit for medical attention, rather than A and E. Often the waiting times are much less. There are units in Haslemere and Bognor Regis.

Now .at last, list of my own first aid kit essentials:

2 / 3 bandages
Antihistamine tablets
An eye dressing / eye wash
Ice pack
Inadine dressings
Mepore dressings - various
Paracetamol
Plasters
Scissors
Sterile gauze
Steristrips
Tweezers
Vinyl gloves
Wound cleansing wipes.

Ruth Aitchison

TILLINGTON CHARITABLE TRUST

Well done to all the contributors to our small local charity. Between the Car Boot Sale and the Wednesday coffee mornings Vegetable and Plants exchanges we have raised the record sum of £370.05p exactly.

This has already, or will in the future, benefit our local village community and help somebody in difficulty. Let's redouble our efforts for this worthwhile cause and think of seeds to order and plants to grow. It will keep out the blues of these dark winter months.

Catherine Rolfe

SEXTON BEETLES: SUBTERRANEAN CORPSE-DISPOSAL BLUES

by Michael Blencowe of the Sussex Wildlife Trust

"Now, you got a corpse in a car, minus a head ..take me to it." In Quentin Tarantino's movie *Pulp Fiction*, Winston Wolf provides a professional clean-up service for two incompetent hitmen when they have a little 'problem' that needs solving urgently. Hopefully, illicit corpse disposal isn't a regular dilemma for readers of this magazine - but in the natural world death, disposal, decay and decomposition are vital, constant processes which recycle the nutrients that keep our planet functioning. This clean-up duty is undertaken by a cast of unsung underworld characters. Bacteria and blow-flies, fungi and foxes, worms and woodlice all put their tendrils, talons, mandibles and molars to the task. But if you want a corpse removed efficiently and cleanly you had better call in the professionals: the sexton beetles.

The sextons are members of the family Silphidae. At about 3cm long they are amongst the heavyweights of our county's 3,000 beetle species. Some sextons can be identified by their lurid orange wing-cases; a hi-vis jacket befitting a worker at the scene of a tragedy. Now, let's say you've got a dead blue tit in the back yard. Its little soul will have winged its way to that great peanut feeder in the sky and now it's time to return its earthly body back to the soil. Sextons, armed with super-sensitive chemoreceptors in their clubbed antennae, can detect the sweet smell of death from a mile away.

The male flies in first and assesses the scene. First job - call for backup. He secretes a stink from his rear end to lure in a female and his partner arrives. Next job - secure the corpse. The beetles start beetling around the blue tit, stripping off the feathers. But - phew-wee! That smell will soon be luring in every fly in the neighbourhood and the sextons don't want to draw attention to their work. So, they baste the body with their antibacterial and antifungal chemicals, slowing down the decay and preventing the pong. Now the sextons live up to their name. Working together, they dig a grave and line it with feathers. The corpse is tenderly lowered down into the earth. It's here, in this cosy crypt, that the sextons will raise their family. Eggs are laid and develop into hungry larvae which, unusually for an insect, 'beg' for food and are fed by their devoted parents. The bird's body is slowly stripped of flesh and reduced to a simple skeleton. After pupation, new sexton beetles emerge from the soil and fly away, perhaps to find their own corpse or to become food for birds themselves. No eulogy, no flowers, yet it's still a dignified, life-affirming send off. So, when it's my time to go, just drag me into the garden and let the sextons do their job.



GARDEN NOTES FEBRUARY 2022

This is such a good time of year to wander round the garden and notice any plants that need to be moved (do it now!) and **shrubs** that have become congested and need thinning out, **roses** that need pruning (rule of thumb – roses should be cut back to about a third, remove all weak, crossing and diseased stems, feed preferably with a seaweed fertiliser and mulch and remove old wood from the base to encourage new). Clean **greenhouses**, remove any diseased leaves to stop grey mould. Check **compost** for seeds and young plants.

Cut down ornamental **grasses** before the fresh shoots appear. Prune winter-flowering shrubs eg. **Mahonia, winter jasmine, and heathers** once they have finished flowering. Clear leaves away from **hellebores**.

Prune late flowering **clematis**, Group 3, e.g. Prince Charles, Jackmanii, Viticella and herbaceous types. The stems need to be cut back to healthy buds from the base.

Prune **wisteria**. (Remember 2 and 8, February and August are the best months). Pruning while the plant is dormant and leafless makes it easier to see where to cut. Reduce the shoots that were shortened in summer to just two buds. Remove any unwanted or dead branches, cutting right back to the main branch. Tie in any lateral long shoots to replace.

Buy seed **potatoes** for chitting. Hardy vegetables such as **spring onions, beet-root and spinach** can be sown in the greenhouse. **Garlic** bulbs must be planted now.

We are waiting to see whether our squirrel deterrents have worked where we planted **tulips**. We fear they have cleared the beds but hope not the pots; perhaps the chilli flakes have worked better than the curry powder, which keeps on being washed away.

Happy gardening! Gillie Ross

**TILLINGTON, DUNCTON AND UPWALTHAM CHURCH SERVICES
DURING FEBRUARY 2022**

	All Hallows Church, Tillington	Holy Trinity Church, Duncton	St Mary's Church, Upwaltham
Wednesday 2 February	BCP Holy Communion at 10am		
4th Sunday before Lent, 6 February	Breakfast Church 9.45am/All-Age Service at 10.15am		
3rd Sunday before Lent, 13 February	Parish Communion at 9.30am	Parish Communion at 11am	
Wednesday 16 February	BCP Holy Communion at 10am		
2nd Sunday before Lent, 20 February	BCP Holy Communion at 9.30am		Country Service at 11.30am
Sunday next before Lent, 27 February	Morning Prayer and Praise service at 9.30am	BCP Holy Com- munion at 10.30am Revd Canon John Bundock	

Sidespeople and/or Readers for Tillington

Date	Sidespeople	Reader	Reading
6 February	Team	Team	Luke 5:1-11
13 February	Mr & Mrs Pye	Mrs Pye	1 Cor 15:12-20
20 February	Mrs Blunt & Mrs Tester	Mrs Fergusson	Rev: Ch 4
27 February	Mr & Mrs Fergusson	Mr Fergusson	2 Cor 3:12-4;2

Additional services in our group during February:

6 February: 9.30am Parish Communion at Fittleworth;
11am BCP Holy Communion at Stopham

13 February: 8am BCP Holy Communion at Fittleworth;
10.15am All-Together Service with breakfast (from 9.45am) at Fittleworth;
4pm BCP Evensong at Stopham

20 February: 9.30am Parish Communion at Fittleworth;
11am BCP Holy Communion at Stopham

27 February: 9.30am Parish Communion at Fittleworth;
11am BCP Matins at Stopham

Contact Rev. David Crook for joining details at davidcrook15@btinternet.com or www.allhallowstillington.org.

Kids' Pages

Happy

Valentine

What do you call a colourful book?
"Well Red"

What did the stamp say
to the envelope?
I'm stuck on you!





CHINESE NEW YEAR is on 1st February and is the year of the Tiger

Chinese New Year is a time of great celebration. A lot of noisy fire-crackers are let off and children are, very often, given little red packets with money inside.

One of the most exciting things that very often happens at Chinese New Year is the **DRAGON DANCE**. The dance is performed by a team of experienced dancers who manipulate a long flexible figure of a dragon using poles positioned at regular intervals along the length of the dragon. The dance team simulates the imagined movements of this river spirit in a sinuous, undulating manner.

You can make a dragons head: see the opposite page. You can watch a dragon dance on You Tube.



A DRAGON HEAD BOX



You will need, tissue box, craft paint, glue stick, marker/pen, things to decorate — googly eyes, pipe cleaner, egg carton or foam balls for eyes, buttons, stickers, fun fur, fun foam, feathers, cotton wool, and anything else you can find!

Remove inner plastic film from the box.

Prime and paint your box with craft paint or use spray paint for quicker results or you could stick some coloured or pattern wrapping paper on the box

Paint the inside back of the box black.

Draw to reshape the mouth opening if you like and cut out.

Cut a strip of white fun foam to the width of the opening.

Make some eyes from the buttons or cut out some from the foam.

Stick the eyes on the pipe cleaner or one the side or top of the box

Give the dragon some hair, could be lots of different colours.

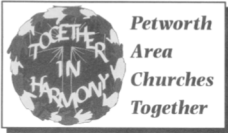
Cotton wool can be coloured in by dipping in paint, then you can pull it apart and make sort of funny hair.

HAVE FUN

You could put a coloured tissue in the dragon's mouth, so it is eating something

I WANT TO BE LIKE YOU!





PETWORTH AREA CHURCHES TOGETHER
working together in harmony

Thanks to the appeal, we have two new Coordinators for our Petworth Food Bank. Andrew Brooke and Ines Garcia have kindly agreed to jointly take responsibility. They both independently enquired about the post, so it was decided to harness both of their skills sets. We welcome Andrew taking over from Geoff Pye. Some of you may know Andrew as a local solicitor for many years.

The Petworth food bank covers Petworth, Coldwaltham, Fittleworth, Loxwood, Plaistow, Northchapel, Wisborough Green, and Pulborough and even as far as Storrington and Rudgwick.

There will be a *Festival Thanksgiving Service* celebrating the 70th Anniversary of Her Majesty's succession to the throne on Sunday February 6th at 4pm. at St. Mary's Church, Petworth GU28 0AD. All are warmly invited to join.

Hopefully, we can get a similar good response for this next vacancy request. Kate Ayling has been writing this PACT News for many years, and now wishes to retire. We are looking for another writer. Monthly news will be provided by PACT and me. Anybody who would like to help, please ring 01798 342151. Gerald Gresham Cooke

RAINFALL FOR NOVEMBER AND DECEMBER 2021

Year	November	December	Year Total
2021	26mms	120mms	1,030mms
2020	106mms	182mms	1,022mms
2019	136mms	155mms	950mms
2018	136mms	150mms	996mms
2017	42mms	120mms	889mms
2016	112mms	19mms	778mms
2015		99mms	810mms
2014		49mms	1,144mms
2013		183mms	785mms

John Mayes, Haymarsh 01798 368345

PETWORTH & DISTRICT OVER 60S CENTRE –
THE FRIENDSHIP CENTRE – FEBRUARY 2022

Our Christmas Tea in the URC Hall on Saturday 11 December, which followed a long delayed AGM, proved to be a great success, thanks to a magnificent tea prepared by Kate Knight and wonderful entertainment by KIPH-RA handbell ringers marking a joyful end to a dismal year. My thanks to all involved, including Caroline Perry and Ros Hitchens for ferrying everyone there and back.

We are still not back to our full schedule but will hold Bingo sessions on Wednesday 2 and Wednesday 16 February at 2.00 pm.

I really must reiterate my plea for more members to come forward to help with serving tea; we are unable to open every day that we would like to open due to lack of help.

Caroline Stoneman – House Committee Chairman (01798) 342942

PETWORTH VILLAGE BUS

The Petworth Village minibus does shopping trips on the first and third Friday of every month, to Worthing (visiting The Trading Post at Barnham on the way home) and occasionally to Horsham and other destinations at the passengers' request. We have space on the bus and would welcome anyone from Tillington who would like to join us. We pick you up from your door, between 10.30 am and 11 am and drop you back at around 5.00 pm, carrying your shopping for you if you need help.

You need to be a member of the West Sussex Minibus Association, which costs £8.00 per year (a little less than 70p per month), and the bus fare is around £6.00 per trip.

During the Covid-19 pandemic we assume that you have been fully jabbed (or have an official medical exemption) and require you to wear a mask while on the minibus.

Interested? Phone Caroline on 01798 342942 for further details

What do you think will happen in 2022?

We will get flowers

How do you know that?

I've planted some.

PORTRAIT OF OUR PET

Pearl arrived ‘on approval’ (of us, not of her) one day in September 2018. A neighbour had noticed that this small tabby cat was unable to tolerate the presence of two other felines and 3 boisterous dogs in a busy household on our street in Camden. Her owner, who had adopted her as an Islington street cat, was apologetic about the possible imposition but pleased at the prospect of finding her a good home.



We were immediately smitten by this very pretty cat but Pearl herself was rather less so and disgraced herself on our doormat – a protest that, happily, she has never repeated. Having made her point, however, she settled down immediately and adopted her comfortable place on the sofa. She worked out within 24 hours how to use the cat door we had installed and did her best to keep the squirrels at bay, also regularly seeing off a much larger, feral cat by fluffing herself up and yowling at him.

Spooling forward to our moving to Burton Park, we were a bit worried that she would get lost in the much larger available area but she seems to have good spatial awareness and has always found her way back to her cat door without difficulty. Her star turn, however, is to keep the rabbits at bay, pretty much completely, in our garden and those of our two neighbours: if only she could tackle the badgers (or the foxes or the muntjacs or the squirrels), but that would be a lot to ask of a small cat. Her only prey is an occasional shrew, which she plays with until we manage to catch it for her and remove it, we hope to a safe escape.

Luckily she loves being brushed and, maybe as a result of this, she moults very little – a relief! She is also good at sharpening her claws on the doormat, rather than the chair legs and tolerates many a cuddle. Being a cat of course, all her movements are so graceful and a pleasure to watch.

We seem to be the sole cat owners on Lodge Green, where most of our neighbours have a dog or two, but both of us have always been *cat people* and are devoted slaves to Pearl’s every whim! She is a most charming and friendly companion and follows us around wherever we are and especially outside, when we are gardening. And if we have been out, she greets us at the door, purring: we couldn’t imagine life without her.

Hilary Bauer, Lodge Green

WOULD A HEAT PUMP WORK FOR YOU

We are going to be hearing a lot more about heat pumps from the Government and from the people who sell and install them. From 1st April, Ofgem, the energy regulator, will be offering a one-off grant of £5,000 to have a heat pump installed, replacing the current Renewable Heat Incentive programme which pays an annual sum over a period of seven years. Who would readily admit that they don't want to do their bit for the planet? But a heat pump may not deliver equally good results for everyone and not everyone will be eligible for the Ofgem grants, as it depends on whether your home is insulated and other factors.

The heat pump concept was first developed by Peter von Rittinger who used latent heat in water vapour to evaporate salt brine in the Austrian salt mines in the 1850's. Theoretically, a heat pump uses only a small amount of electricity to pump and has no other "fuel" cost since it is pumping in existing heat from the air. So the Government would have us replace our gas or oil boilers with a heat pump. Most of the literature will tell you that heat pumps work best in new homes with efficient insulation and underfloor heating because the heat drawn from air or water needs to be spread across a wider area to offer effective warmth in the home. And so the installer will likely tell you that all your radiators will have to be replaced or that you need a network of underfloor heating pipes.

Suddenly that relatively modest, grant assisted purchase of a heat pump has become a major project with chunky ancillary costs. "No problems, Madam, we can take up your floorboards and remove your radiators but have you considered you really should have all your windows replaced too with double glazed ones. No, the £20,000 or so cost we have quoted will only cover the heat pump itself and its installation."

The government grants will help offset the initial capital cost of replacing a boiler but not the ongoing running costs. The cost of energy needed to run a heating system can be measured in cost per kilowatt hour or kWh i.e. the total cost of energy used in your house to burn 1,000 kilowatts, whether in appliances such as kettles and washing machines or the heating system. It is difficult to compare energy costs produced from different fuel types but it can be done. In ballpark terms, gas costs around 4 pence per kWh. Oil in comparison would be around 5.4 pence but most of us are paying between 16 and 20 pence per kWh for our electricity. Manufacturers of heat pumps suggest that running cost of the unit pulling in the "free" heat may be around 5 pence per kWh, which might be true in certain circumstances.

How is this measured ? The efficiency of a heat pump of whatever type and there are a number of different types, whether air to water, water to water (using heat from streams and ponds) or ground to water (vertical boreholes or “slinkies” which are horizontal coils buried in the ground, taking the heat from the sun warming the top layers of soil, is measured by its “co-efficient of performance” or “CoP.” This is the ratio between how much energy the heat pump produces and how much it consumes. A CoP of 2 means you input 1KWh of electrical power and it delivers 2kWhs of heat.

Current air source heat pumps have a CoP of 2 or a CoP of around 4.5 for ground-to-water ones and if you are lucky enough to have a water source next to your house and could use a water to water heat pump, it will have a CoP of over 4. The performance of air to air heat pumps, which are what most of us would have to use, falls noticeably when temperatures drop below zero degrees centigrade, which is just when you might need the extra heat most. Ground source heat pumps can freeze the ground around the flow and return pipes when high performance refrigerants are used compared with water containing anti-freeze and the frozen plug of earth around the flow and return pipes may prevent any further conduction of heat, so people have encountered problems with this type too.

To work out whether a heat pump might save money on your long term energy costs, just divide the electricity tariff you are on by the heat pump CoP to see whether it will be close to or cheaper than your current heating fuel, which for most of us will be oil priced in litres. One litre of oil nominally contains 10kWhs of heat. Propane gas has nominally 14kWhs per kilogram.

If your electricity price is 17 pence per kWh, a heat pump with a CoP of 2 will cost 8.5 pence per kWh to run. A heat pump with a CoP of 4.5 would cost approximately 4 pence per kWh to run. That is the current price of natural gas but since in this rural area, we don't have natural gas, we would be comparing with oil, wood and propane.

Could the Government and the manufacturers be trying to pull the wool over our eyes ? Who is brave (or well heeled) enough to go first and report the result to Three Parishes Magazine to help us all decide what the right solution will be for us ?

www.renewableenergyhub.co.uk – under Information, you will find “A Complete Guide to Heat Pumps”

For grants available, see. www.gov.uk and then search “domestic renewable heat incentive”

Sue Laker and Mike Eyre



The Lavington Park Federation
Graffham CE Infant and Duncton CE Junior School

We write at the start of our Spring Term, when we have much to look forward to – not least, we hope, some Spring sunshine and somewhat warmer, longer days!

Last term was packed full of incident and activity. Sadly in December we were not able to reintroduce all of our accustomed Christmas traditions, though we did manage to enjoy a magical Christingle service with Reverend Crook outdoors in the last week of term (our Year 6s made all of the Christingles for both Duncton and Graffham children), and also to feast on a hot Christmas lunch together whilst wearing our Christmas jumpers!

Over the weeks since September we have been able to begin returning to slightly more normal operations in school - though we are still super careful about social distancing, frequent hand washing and adult mask-wearing. We very much look forward to the day when we can be more relaxed about welcoming parents and other visitors back into our school.

This term, alongside regular learning activities, our children are getting stuck into fascinating historical topics and learning all about the Stone Age, the Ancient Greeks and the Ancient Egyptians. We feel some dressing-up days coming on in the weeks ahead!

Find out more about our school – including ‘virtual tours’ - on our website, at www.graffhamandducton.w-sussex.sch.uk

What do you say to an octopus on Valentine’s Day?

I want to hold your hand, hand, hand, hand, hand, hand, hand, hand!

LONG LIVE THE VILLAGE SHOP

Petworth is not that far but for those who live in Duncton or along the A285, a quick stop off at Heath End Stores for a pint of milk or a loaf of bread can save a six-mile round trip in time, fuel and carbon emissions. During lockdown last year, some of the elderly and more vulnerable did their entire weekly shop there and the shop was a lifeline responding to our needs with a safe environment.

Too many rural shops have closed in the last few decades and Heath End Stores may have come close to it in 2019, when the former owner decided to retire and the shop shut for three months. Like white knights to the rescue, Jeeva and Vasu saw synergies with the Graffham village shop which they have run for over twelve years and found a lovely staff member in Liz. A smile and a chat make for a good village shop. Liz knows the regulars and makes sure she orders in what they request.

Stocking a village shop is not easy and perishable produce is necessarily limited in range but Heath End Stores has good local produce – all of the milk, Hallgate Farm eggs, Duncton Wood honey (currently waiting for the bees to make some more in the Spring), bread from the Sodr Bakery, meat and sausages from local farms and wines from local estates such as Wiston and Nyetimber and you can order newspapers to pick up there and find a birthday card in an emergency.

Not a typical village shop in that Duncton is a drive through village and the Heath End Stores is sited on an old filling station forecourt, but it does allow passing motorists to pull in and stop for a sandwich and a coffee. And that is also its strength. It is a great quick stop shop. Locals take it for granted but we shouldn't. Shops being businesses respond to demand. We must provide the demand to ensure that the goods and services are there and that local suppliers benefit from an outlet for their produce. We all lose much more than a local shop if we don't use it as the suppliers need village shops to stock their high quality locally produced produce to keep going.

Is anyone out there audacious enough to contradict national treasure Mary Berry's view that free range eggs are infinitely superior to "barn" eggs if that is the right euphemism for the pale yolked eggs from poor old caged up hens fed a monotonous diet of reprocessed protein. Worth a few tens of pence more to enjoy an egg with a deep gold yolk and a good flavour. Anyone dare to disagree with Mary ?

And for the rest of you, why not make a point of stopping off whenever you pass Heath End Stores to pick up a few eggs and a treat or two. Shop local and show your support. (see new advert on page 3)

Sue Laker

CURLEWS

As you may know, Britain's most iconic wader and talented singer, the Eurasian Curlew, has been facing a terrible decline in numbers for many years now. This is happening for a number of reasons, including intensive farming methods and silage cutting, changes in forestry and habitat destruction, disturbance by dogs on walks, and the growing impact of uncontrolled predators such as foxes, rats and crows. Since 1970, the UK has lost well over 65% of our curlews, meaning it is getting harder and harder for them to breed.

This is scary for a couple of reasons. Firstly, curlews are long-lived birds with good rates of adult survival, so with their incredibly low breeding rates, it's very possible that we are not yet seeing the true extent of the decline in their population numbers. When the oldest birds (who are still alive from a time when breeding was easier) start to die, the numbers could drop off a cliff and leave us with a miniscule population. Secondly, the decline of the curlew is not just bad news for one bird. Curlews are considered a *bioindicator species*, whose population health is indicative of the health of its environment. This means the things which we are doing to cause curlew decline, such as using more intensive farming methods and adapting animal habitats for human use, are highly likely to cause decline in a whole host of other species of flora and fauna. And similarly, things we can do to protect curlews will also protect those other species, especially its fellow ground-nesting birds, and the animals in its ecosystem.

Humans are linked to almost all of the major reasons for curlew decline, and reversing these processes is up to us. For this reason, from March-May this year I will be walking 1000 miles, from Southampton to Cape Wrath on the North West coast of Scotland, to raise money for our small charity, Curlew Action. This is a vital cause which needs all the support it can get to be successful. We have already set up government partnerships to coordinate curlew protection, resource packs such as our fieldworker toolkit, and a network of schools working together to encourage learning about both conservation and the curlew, among many other things. We won't stop until the curlew's numbers are safe again.

If you would like to support, or share this with your contacts, then it will be hugely appreciated. Please go to the link below for more information.

<https://www.curlewaction.org/roger/>

Roger Morgan-Grenville



*Who always has a date on Valentine's Day? **A calendar.***

*What Valentine's message can you find in a honeycomb? **"Bee mine."***

*What did the love-obsessed candle say when it was lit?
"I found the perfect match!"*

ELECTRIFYING BICYCLE RIDE OVER THE OUTER HEBRIDES

Last September, the dream of cycling the entire length of the ‘Hebridean Way’ finally came true! The route traverses the ten main islands comprising the Outer Hebrides, from Vatersay, in the south, to the Butt of Lewis in the north. It crosses six causeways and involves catching two ferries (or swimming). The trip had already been derailed thrice by cancer and covid restrictions, and so imagine our elation when the lighthouse at journey’s end finally came into view through low cloud and wind! We had pedalled for 268 miles in all, including numerous detours to investigate the islands’ fascinating history.

Navigating airport security wearing both a surgical-grade mask and a luminous yellow cycle helmet, and carrying all my worldly goods for a fortnight packed into two plastic bags was undoubtedly deemed suspicious. All ‘liquids’ were requisitioned into a specialist machine checking for explosives. When nothing combustible was found, I was allowed to meet my old friend and co-adventurer, Margaret, in Glasgow. There we boarded the Twin Otter aeroplane bound for the island of Barra. All twenty seats were occupied, and since there was no room for an air steward/ess, the routine safety briefing was left to the pilot. He pointed out the emergency exits, explaining that only one had steps. “But if your a... is on fire, you’ll jump” he added cheerfully. On that note, we took off and were blessed with a cloudless blue sky for the entire journey and fine views of Western Scotland and the coastline of Arran.

Approaching our destination at Traigh Mhor, we swooped down low over the sea, landing on the only beach in the world used for scheduled flights. Our bags were waiting on a table next to the long, white, sandy beach, and the e-bikes with panniers that we had hired were conveniently parked nearby. We eventually glided away unsteadily, trying to balance with loaded panniers, saddle-bags and backpacks. Margaret promptly fell off into a ditch, and although the landing was soft, she was unable to move for laughing too much. Some days later, the strong wind blew Margaret off onto the road, causing spectacular bruising and a later-identified cracked rib. However, it did nothing to daunt her determination and enthusiasm to complete our journey with her customary good humour and can-do attitude.

Each of the ten islands has its own distinct character, and we were soon immersed in a kaleidoscope of windswept open moorlands, countless miles of wild heather and bogs, vast expanses of white sands and empty beaches, enchanting causeways, and the beautiful machair, the low-lying fertile, grassy plain, bordering parts of the coastline. The almost total absence of trees gave the wind a free rein. Whenever it dropped, midges galore, always waiting patiently, launched their attack.

Whilst staying in the hostel in Castlebay, we met an extraordinary lady who had just conquered the Hebridean Way solo from north to south, by foot and by inflatable raft. (Much of the Outer Hebrides consists of water.) Walking overland, she had carried her kit and tent, as well as a three-kilogram raft and paddle whenever they were not in use. She had wild-camped throughout, once in the middle of a loch on an island only the size of a small room, eight feet above water level.

The mainly single-track roads and prolific outbreak of camper vans made progress slow at times. There was plenty of time to marvel at the old-fashioned haystacks, at the manual peat diggers and the numerous ruined blackhouses, as well as at the rusting farm machinery littered everywhere. We visited the medieval church of St Clement which was unexpectedly stuffed with tombs instead of pews. An owl and golden eagles flew overhead; stone circles, a chambered cairn, the iconic Callanish Stones and the giant 19-foot Clach an Truschal Standing Stone mercifully remained firmly rooted to the ground. Carloway Broch was built 5,000 years ago but it is still covered in scaffolding.

Something unexpected would appear around every corner, such as an impromptu bagpipe lesson opposite the Co-op; or a café where we had planned to eat breakfast, mysteriously metamorphosing into a gin palace; or advertisements for tweed face masks posted by the roadside.

Our only disappointment was the absence of sea-otters at Langass, a place where they were supposed to appear. We visited on Saturday, but the otters evidently knew that the guided otter-spotting parties only came at 10am on Wednesdays.

A highlight of our journey was a visit to Na Gearrannan Blackhouse Village on Lewis. Blackhouses are traditional thatched cottages with rounded dry-stone walls, inhabited by Hebrideans for hundreds of years. The people lived side by side with their animals, who warmed the houses. The original buildings had doors in the middle but no windows or chimneys to expel smoke from the central peat fires. Instead, the smoke became lodged in the roof above. Consequently, the thatch was often replaced during the summer by the menfolk who also needed to muck out the house: the thatch and dung made ideal fertiliser for their crops! Meanwhile, the womenfolk took the animals to the shielings (rough huts in the mountain pastures, occupied only during the summer grazing period). Eventually, new health regulations introduced in the late nineteenth century required that byre and human dwelling were separated by a wall. Houses built from then onwards became known as ‘whitehouses’, and they had chimneys, windows and separate areas for animals.

The blackhouse is now a relic of a forgotten way of life, although, extraordinarily, some were still lived in until the 1970s! At Na Gèarrannan, several blackhouses have been renovated into a museum, hostel and café, as well as into self-catering cottages. The village (below) is in a wonderful setting and shows how the community must have appeared. The building that is now the museum is preserved exactly as it was vacated in 1974 when the last occupants moved out. It is surprisingly comfortable and homely, with its peat fire and proper chimney, as well as a partition wall to separate people from animals.



A recently opened museum in the Community Hub in Leverburgh, Harris, is also a real gem. We were privileged to be shown round the historical exhibition by a gentleman who grew up in a blackhouse, without electricity or running water, and is a lifelong inhabitant of Harris. He showed us many old photographs, such as of the local postman on horseback in the 1920s!

The sun only shone on our arrival and departure days, and made a fleeting appearance during the long, steep slog over the mountains of Harris, illuminating a spectacular vista of Loch Seaforth. Fortunately, we only had to contend with strong winds and driving rain for the last three days of our ride. Then we sometimes even needed to pedal downhill to make any progress!

At our final overnight stop on Lewis, the guesthouse proprietor was amazed that we turned up in good spirits, having enjoyed every minute of our epic journey. Many of his cycling guests arrived aggressive, grumpy, exhausted and furious with the constant buffeting wind and rain present throughout the three days they had allocated to cycle the entire route of the Hebridean Way. Those noses-on-the-ground, posteriors-in-the-air, shrink-wrapped lycra cyclists sadly saw nothing but tarmac, and no wildlife except for perhaps the odd slug or two on the road. With my non-aero-dynamic, billowing mountain-biking shorts and bulging panniers, I was glad to have taken a leisurely ten days in the saddle to savour the overwhelming beauty and majesty of the Western Isles. These are memories to be treasured for ever.

“ Tina Bahns

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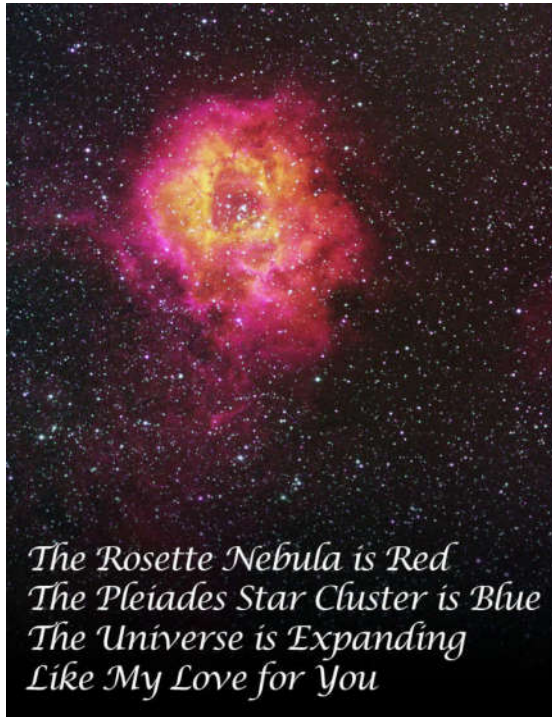
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NEWS FROM THE VALLEY

The valley has been quiet, although with the road from Duncton open once again, it has regained a bit of normality. It was a strange time being cut off by the two months of roadworks.

The Four Nations Memorial Service which is normally held during our February service will, this year, be on 20th March rather than during February.

Do come!

There is a family of six people
A, B, C, D, E & F.
F and C are brother and sister.
B is the brother of E's husband.
D is the father of A and
grandfather of F.
How many male members
are there in this family?



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Every Wednesday	10.30 am to noon	Coffee Shop open, Village Hall	T
Every Friday	7.30 am	Prayers for Church & Community (Zoom)	T
Every Friday	5.00 pm	Men's & Women's Groups - Old Rectory	T
Wednesday 2nd	10.00 am	Holy Communion (said BCP)	T
Saturday 5th	8.30 am	Men's Breakfast in Village Hall	T
Sunday 6th	10.15 am	All Age Service (Breakfast 9.45 am)	T
Tuesday 8th	10.30 am	Coffee morning at The Cricketers	D
Sunday 13th	9.30 am	Parish Communion (Common Worship)	T
	11.00 am	Parish Communion	D
Wednesday 16th	10.00 am	Holy Communion (said BCP)	T
Sunday 20th	9.30 am	BCP Holy Communion	T
	6.00 pm	Evening Prayer Service on Zoom *	Z
	11.30 am	Country Service	U
Sunday 27th	9.30 am	Morning Prayer and Praise	T
	10.30 am	BCP Holy Communion	D

* Contact Rev. David Crook for joining details at david.crook15@btinternet.com or www.allhallowstillington.org.

The possibility of restarting village lunches in Tillington remains under consideration. Any decision and dates will be announced separately and in future magazines.

Other services, including baptisms, weddings and funerals will be held in church as arranged.

All 3 churches remain open each day; all are welcome to come in for private prayer and reflection

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Neighbourhood Watch	Susan Thomas	01798 344352
Primary School	Vanessa Dudman	01798 342402

TILLINGTON – See front pages for Church, Bell Ringing, Parish Council and Village Hall.

DUNCTON – See front pages for Church, Parish, Council and Village Hall.

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