

ISSUE 76

JULY/AUGUST 2023

FREE

Three Parishes

Serving the Communities of Tillington, Duncton & Upwaltham



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In the Middle

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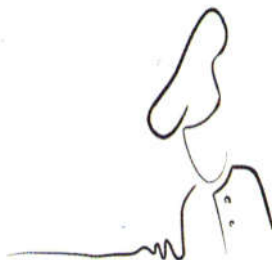
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Churchwardens:	David Tupper	01798 342343
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EDITORIAL

Perhaps we all choose to live in gentle West Sussex because it is quiet and cushioned from the heaving masses and frantic speed of life in the metropolis. Yet all is not as peaceful and sedentary as it seems. A hot sunny June has produced gardens blazing with scent and colour, magnificent wisteria, dazzling rhododendrons, stunning ceanothus and the best display of roses for years. And there is more. Bees are back in greater numbers (read all about them in two articles pages 13 and 14) Huge excitement on Gwenan's farm as Pygmy goats have 13 kids and Bella the roe deer has two fawns (page 18). Not to be outdone, there is also an equine maternity ward in Duncton (page xx).

All three parishes celebrated the coronation of King Charles with parties, lunches, picnics and a day of 'community help'. In Tillington the causeway fence has been completely rebuilt using 488 specially cut lengths of two-year-old sweet chestnut generously donated by Tom Compton, the chairman of the Parish Council. Please read the stories on pages 21 and 22. June was truly 'busting out all over'.

So maybe July is a time to put your feet up, watch the end of Wimbledon or listen to the cricket against the Aussies on Test Match Special. Did you know that the new England vice-captain Ollie Pope scored the fastest ever Test Match double century in the recent game against Ireland, and, more importantly, his grandparents live in Upperton?

If you are feeling more active, and are short of ideas to entertain the children or grandchildren this summer, you may like to take inspiration from the ideas on page 26

It is so rewarding for the editorial team to record so much excitement, so many wonderful gifts of nature, and frequent tales of generosity of kind as all of you contribute to the wellbeing of your neighbours. West Sussex is a great place to live. Long may it remain so.

We welcome the several new advertisers to our magazine. Do please use them and tell them where you found their advertisement. Among them is Jackson Stops, Bear, Lawnhopped Services, Eureka Shutters, enjoy!

We wish you all a very happy and peaceful summer.



FROM DAVID CROOK, OUR PRIEST-IN-CHARGE

Do you know what your children or grandchildren get up to at night? I don't, either, in the case of my grown-up boys, but I'd like to think nitrous oxide plays no part in their evening entertainment. As I was expecting to clear the cider cans discarded by the underage and unofficial youth group, which meets in the bushes on summer evenings in Fittleworth's Church Lane, I recently caught sight of six bin bags and two smaller bags, full of nitrous oxide canisters and cartridges, in the bushes. There were many party balloons, too. Such is my naivety that I had to educate myself, courtesy of Google, about this unedifying matter. The sheer amount of discarded paraphernalia suggests to me that a car-boot-full of the stuff was dumped, and that this was not the leftovers of a single night out. Thankfully, Chichester District Council cleared the mess very quickly and, with luck, police patrols will now be passing more often. It's not a nice thought that this is happening in our villages.



I'm taking some leave in July and am having a couple of retreat days in August, so the schedule of church services set out on the grids is a little different, but there are still plenty of options to come to church. There are five Sundays in July and, on the final one, 30 July, there will be a single service – actually a Pet Blessing Service – outside in the churchyard at Tillington. I shall be surprised if there are any animals to bless other than dogs, but I shall be happy to see any of God's creatures. Well-behaved owners are welcome too, of course, ideally bringing a camping chair and perhaps a rug. The weather will be perfect on 30 July and the England cricket team will be on the point of completing an Ashes clean sweep. Well, I hope so, anyway!

If you are taking a summer holiday over the next couple of months, I wish you a wonderful time. And if you are not, I hope that you can slow down a little and perhaps enjoy your gardens and the wonderful views we have of the South Downs. The mad rush of Spring weddings slows a little, but the churches of Tillington, Duncton and Upwaltham each have two weddings over the coming two months, with a couple of Tillington baptisms also scheduled. With fewer school commitments in my diary, I have plenty of time to visit during the second half of July and most of August, so please think about inviting me for a cup of tea and a chat in your garden.

In friendship,
David

NOTICE BOARD

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

I am looking for a **small quantity of local stone** to repair a small wall in the garden. Does anyone one have some that they would like to sell? If so, please contact Brian Lever on 07786 625024.

This corner-shaped bath would make an **ideal fish pond!**
Free, buyer collects from Tillington- . 01798 342507..
Dimensions are 1500mm x1000mm at widest point.



FROM THE REGISTERS

ALL HALLOWS CHURCH, TILLINGTON

Baptisms

3 June: Robyn Billman
24 June Poppy Ridland

Weddings

2 June: Jessica Davidson and Harry Stephens
10 June Annabel Cliff and Edward Fox

HOLY TRINITY CHURCH, DUNCTON

Wedding

17 June: Emily Shepherd and Robert Kemp

ALL HALLOWS, TILLINGTON

Come and join us for
our All Age Service

on Sunday July 2nd

GOLIATH facing up to our own goliaths

And on Sunday 6th August

ELIJAH A man who trusted God for the impossible

At 10.15. Bacon butties from 9.45





WALKS FOR JULY AND AUGUST

Friday 14th July – 10.30am – Ancient Tree Walk - Petworth Park Pt. 2

Leader: Gerald

Time: 1 hr 30 mins. **Distance:** 3 miles. PART 2 of the Ancient Tree Walk. Marvel at some of the oldest and largest trees in the country, from 350-800 years old. See an unusual hollow Common Lime this is difficult to age as the trunk has fragmented, but perhaps it is 500 to 600 years old, with a girth of 7.46m. The Park is also dotted with magnificent oaks, beeches and chestnuts with some of the most ancient trees in Europe. Our walk passes Capability Brown's famous view across Upper Pond to the House.

Meet: The Horse Guards Inn, Upperton Road, Tillington, GU28 9AF. SU963 220. at 10.30am

If weather uncertain, Gerald on 07748 597568. Dogs are welcome.

Thursday 17th August-10.30am PETWORTH—SHIMMINGS VALLEY. Leader : Gerald.

Time: 1hr 30 mins. Distance: 3 miles. See "Little Switzerland", as the locals call the beautiful Shimmings Valley (east side of Petworth).

A long upwards slope to Lover's Lane and Brinksole Heath (see the best sign in Sussex), and return via Byworth, crossing the Haslingbourne stream and back via Virgin Mary Spring.

Some uneven ground at the end.

Meet: Petworth Library, Rosemary Lane, High St, Petworth GU28 0AU.

Contact Gerald if weather uncertain, on 07748 597 568. Dogs welcome.

MEN'S BREAKFASTS

SATURDAY JULY 1ST,

Our speaker will be Maureen Truss, a volunteer at Petworth House. Her title is "At Your Service"! She will be talking about the servants at the House and she will emphasise the men working there.

SATURDAY AUGUST 5TH

Robert Inglis from Duncton will speak on 'A Career in International Oil & Gas Projects' covering highlights from his 36 years working for Shell. He will include a Powerpoint presentation of the exotic places that he has lived

Both Breakfasts will start at 8.15 for 8.30 in the Village Hall.

No booking necessary. £7 on the door

TILLINGTON VILLAGE LUNCHESES—12.30pm at Village Hall

Friday 28th July

No lunch in August

Friday 29th September



FRIENDS OF SOUTH DOWNS—CENTENARY STROLL

It's difficult to imagine a world in which people could build without restriction on a landscape of outstanding beauty, yet that is the threat that our predecessors faced almost 100 years ago.

After witnessing the construction of Peacehaven on the chalk cliffs to the west of the Ouse, the founder members feared what would happen to the rest of the eastern Downs in that time without effective planning controls. To counter that threat they joined together in 1923 to form 'a society for the preservation of the Downs', which soon became the Society of Sussex Downsmen. They later changed the name to the South Downs Society and are now known as the Friends of the South Downs.

CENTENARY EVENT—SPECIAL STROLL AT FLEXHAM PARK

THURSDAY 10TH AUGUST—10—1pm

By kind permission of our Patron Lord Egremont, we are privileged to be able to take a pleasant and relaxing stroll through the woods of Flexham Park. Neil Humphris, the very knowledgeable and articulate Head Forester of the Leconfield Estate, will take us on a tour. There will be a stop for coffee half-way.

Booking is via Eventbrite, but is free. Limited to 50 people.

Booking by email to: enquiries @friendsofthesouthdowns.org.uk.

Details then on where to meet. Leader will be Gerald G-Cooke 07748 597586

A FEATHER IN TILLINGTON'S CAP

For some years, we have been asking the organisers of the Petworth Festival if they would like to use our lovely Church building.

I'm now delighted to say that they have agreed and thus on

Saturday July 15th at 12 noon to 1pm, the Asaka Quartet, a string quartet, will play a world premiere composition called Bignor Hill.

The composer is Ned Bingham (Viscount Mersey of Bignor Park).

In an all-English programme, and the other programme includes further music by Frank Bridge and Arnold Bax.

Tickets £12.50 (18 and under £5). from www.petworthfestival.org.uk

Please welcome the Festival Concert goes in our midst!

Gerald.

A LITTLE CHAT ABOUT HONEY—(AND BEES!)

It is a pity that the old belief that eating a little local honey every day can help sufferers from hay fever by desensitising them to local pollen is not supported by science. But there are other reasons to enjoy locally produced honey.

Sally, whose Haslingbourne Honey is sold in Heath End Stores, first started beekeeping when she moved to Duncton 10 years ago.

“If you’d like a closer look at the bees, we can put on bee suits and look in the hive”, said Sally. “No, no that’s fine—perhaps just a chat?” I replied. There is a mystery about bees, and before taking up beekeeping, Sally, who has a natural interest in wildlife and insects and a degree in life sciences, thought it would be just a case of getting a hive and some bees and collecting the honey. How wrong that was and even a decade of bee keeping is not experience enough, she says. For example, last year, we harvested 200 pounds of honey whereas the year before, the crop was just 20 pounds. Every year is different and, like wine, you cannot be sure of what each year will bring.

The beekeeping year starts in Spring when the bees begin to leave the hive in search of pollen, nectar and water and the Queen Bee starts laying eggs. Eventually the colony can become overcrowded which is when the worker bees start to build “queen” cells, feeding the developing bees inside these cells with royal jelly which causes them to develop into new queens. As these mature the ‘mother’ queen will swarm taking many of her worker bees with her, first having sent out scout bees to find a new home, often in a tree, outhouse or chimney. The beekeepers task at this time is to prevent the swarm happening to prevent losing the bees that would be making the honey crop.

By the end of summer the bees have continued to collect honey and store it to sustain the colony through the winter. This is the main time when the beekeeper will extract the honey. Modern hives allow honeycomb to be built up on the inside of the hive whilst keeping the queen in a segregated section to ensure that she does not lay eggs and develop larvae amid the honeycomb.

Lifting out the supers or frames to which the honeycomb is attached often needs a helping hand and the honey extraction can be a sticky business for the inexperienced. Understandably, the bees are not keen on predators, human or otherwise, stealing their honey. At least the apiarist will replace the honey with sugar syrup, but wasps will just steal the precious honey.

An even worse enemy for the bee colony is the Asian hornet, a non-native predator which kills the bees and is becoming more prevalent in this country. Later in the summer and early autumn the bees need to be treated for the

Varroa mite, which is a bloodsucking parasite and although it does not actually kill the bees will cause them and the colony in general to weaken.

It's a tough life for a honey bee. In recent years, our warmer winters might cause the bees to leave the hive early and, finding no flowers or pollen to bolster their energy, end up using up their precious stores. The colony can then run out of food and can easily they die especially if there is a snap of cold weather. The beekeeper needs to top up their feed in the hive to keep the colony going. Even in Winter bees use energy to keep warm by huddling together in a vibrating buzzy ball.

The lovely pale gold Haslingbourne Honey has been produced from a diversity of flowers; the bees collecting pollen and nectar from a radius of about 3 miles from the hives. Thank goodness the farmers round here are not growing so much oil seed rape any more, said Sally. It makes the honey solidify in the comb and is difficult to extract.

Beekeeping it seems is quite a palaver but luckily Sally has no intention of giving up her hobby any time soon and we don't have to risk bee stings to get our hands on some of the lovely honey.

+++++

BEESWAX PRODUCTION

Everyone knows that bees produce honey, and that they are a hugely prolific source of cross pollination, essential for crops and plants of all sorts all over the world.

What is not so well known is how they manufacture beeswax, necessary for the construction of honeycombs, but also used by mankind throughout the ages in multiple ways. Over 62,000 tonnes of the wax are produced each year, some 38% in India, followed by Ethiopia and Argentina.

The wax is produced by the adult female worker bees from eight little glands situated on each side of the ventral (underside) plate. It is secreted as very fine clear crystalline flakes 1mm thick and 3 mm across. It is said that it requires 1100 of these flakes to produce one gram of beeswax. The glands tend to get smaller and less productive as the worker bee ages.

The 'worker' bees deposit the wax flakes back in the hive where they are chewed over by the 'hive' bees. These 'hive' bees macerate it and regurgitate it to make the cells for honey storage, the honeycomb. The original clarity of the wax changes to become more yellow and opaque as it is contaminated with pollen and the hive bees' maceration. At the average hive temperature of 30-

33c the wax has the important quality of becoming very hard and durable, so necessary to protect the honey securely. It is estimated that 2lbs of wax is sufficient to store between 50 and 65 lbs of honey.

Cera alba, (a Latin name for Beeswax) has been in use since ancient times. We have prehistoric evidence of its use to waterproof and lubricate all kinds of objects. Some have been found in Egyptian tombs, Roman ruins, and Viking shipwrecks. It never goes bad. It just keeps on being its' wonderful self. It shows up in so many spheres of life it is amazing.

The Romans used wax tablets as portable and reusable writing surfaces, as they did in ancient Turkey in the 14th century BC. They were so convenient they were used up to the Middle Ages. Beeswax has history! Medieval archers used it in the fine art of longbow making. Tailors and cobblers have added it to their thread to enhance strength and pliability through the ages. Musical instruments of all kinds were rubbed with beeswax for added pliability and versatility. In the absence of a decent dentist in past times, beeswax acted as a reusable tooth filling. May we not need to test out its efficacy ourselves these days!

Artists have used it for 'lost wax' casting on glass and metals and many other creative processes. Javanese Batik designs employ it to create the intricate patterns and colours that we so admire. Surfers get extra speed to whizz through the waves on their waxed boards. And billiard and snooker tables are made with slate and beeswax for a perfect smooth finish. Its versatility is astonishing.

I haven't even mentioned candles yet. The beeswax candle is held in very high esteem as more fragrant, bright shining and longer lasting than its rivals. Though costly, churches throughout the world use them in religious ceremonies. Their qualities are greatly valued.

In today's world, we use beeswax to polish our furniture or soften leather. It is unparalleled for its effective restoration of wood; it gives a glow of happiness to the most exhausted wood surfaces.

Countless beauty products of every kind contain beeswax, such as lip balm, salves and moisturisers. moustache wax for Hercule Poirot and pomades for the smooth look. Huge numbers of other products will be enhanced by adding *Cera Alba*. Try looking out for it!

Considering the enormous effort required by the bees to make this marvellous substance, a huge round of applause must go to our busy little buzzing friends.

How doth the little busy bee (excerpt) by Isaac Watts

How doth the little busy bee
Improve each shining hour,
And gather honey all the day
From every shining flower!

How skilfully she builds her cell!
How neat she spreads her wax!
And labours hard to store it well
With the sweet food she makes.

TILLINGTON TENNIS CLUB

The Tillington Tennis Courts are situated next to the cricket green and pavilion overlooking the downs. Tillington has two well maintained hard courts recently resurfaced. These are open to members at any time. Just turn up and play!

We have a regular membership of 30-40 families from Tillington, Upperton and surrounding villages.

Our annual membership fees are £85 for a family and single membership is £50. The membership year runs from April to April. When membership is paid a code is given for the court padlock.

Every year the club's funds are allocated towards cleaning and maintenance of the courts and surrounding hedges and trees. We are also building a capital reserve for full resurfacing of the courts in future.

For further membership details please contact

Olly on oliverbamber@gmail.com or

Sophie on sophielouisebamber@icloud.com.

Look forward to seeing you on the courts, Olly and Sophie

What's a bee's favourite flower? A bee-gonia.

CARING FOR OUR CEMETERY & CHURCHYARD IN TILLINGTON

The Tillington Cemetery, and the Churchyard at All Hallows' are of course the important resting places of much-loved members of our village family .. many of us walk through them on our way around the village, and whilst we stop to reflect on the memory of those no longer with us, we can also enjoy the seasonal flowerings of snowdrops, crocuses and bluebells in the Cemetery – cherry blossom, daisies and wild grasses in the Churchyard.

As any gardener will know, a very wet early spring, followed by warm dry weather has led to an explosion of growth this summer .. and the Cemetery is no exception. Caring for this large area is a major undertaking and from March to October each year, the work is broadly shared between a contractor who manages a large area around and between headstones and much of the hedging (our thanks to the Leconfield Estate for care of the hedging on Cemetery Lane); and a small group of valiant volunteers who look after the remainder. Caring for individual plots is a matter for family, but we are very grateful for the contributions from some family members, who mow adjacent areas whilst caring for their own plots.

Some readers may have noticed that the area of land at the south end of the Cemetery, is left fallow each year to allow wild flowers and grasses to flourish, supporting bees and insects (and perhaps even the odd hedgehog). A path has been cut through the 'meadow' and alongside the headstones on the boundary. In the Churchyard we enjoy the support of the Chichester District Council, who provide a monthly mowing visit from April to October each year. As in the Cemetery, an effort is being made to support the environment, by mowing only edges and a standing area (much appreciated by high-heeled wedding parties), in the high season, leaving the remainder to grow freely.

Contractor services in the Cemetery have to be funded by the church, helped by a regular grant from the Parish Council, and occasional gifts from families and the Friends of Tillington Church. Nevertheless, the current arrangements would be unsustainable without the generous gift of time and effort from a small band of volunteers (Gerald G-C, Thomas H, Bob S, Paul L and Nigel W). In addition to the mowing and strimming, unseen tasks include regular clearing of debris and leaves, the occasional but necessary bonfire, organisation of rotas, servicing of equipment and provision of fuel, even plumbing – not to mention liaison with all the parties. We thank them for all their efforts – and needless to say, new volunteers are always very welcome (*speak to Gerald*).

So, whilst our Cemetery and Churchyard provide a focus for memory and reflection, we hope that they can also play their part in supporting nature and providing places of beauty and peace for all. Spare a thought for the busy volunteer bees, whilst we do our best to encourage the winged variety!

Jenny Williams

WELL WHAT A BUSY YEAR IT'S BEEN ALREADY—BELLA

I started kidding earlier this year, because it turns out Pygmy goats can get pregnant through a 5 bar gate! This happened twice in the autumn, unbeknown to me until they showed signs of pregnancy and that along with a barren (so I thought) Pygmy also having kids; made the total of 13 does giving birth to 25 kids; so much for an easier year. A record number of twins and a set of triplets. I do have a few on top up bottles, but staying with their mums. The sheep however were a lot easier having reduced numbers drastically during the drought last year, I only had 5 ewes, producing 13 lambs. 3 of these are also on the bottle in the stable, the weakest of triplets and one which was rejected, her twin having been stepped on by the very unwilling mother and sadly didn't make it.

We have no cattle this year, due to bovine TB, with several farms in the area testing positive, so instead we have a few in-foal mares and some young ponies keeping the grass under control.

We have a blue tit nesting in a gate latch hole, she gets very cross when we slide the bolt out, hissing at us like a snake, pretending to be very dangerous. Swallows, robins and all other song birds are busy feeding chicks around the garden and farm, the big rookery is very loud and busy, lining up on the roofs to steal the animal feed as soon as my back is turned. We also have to be vigilant with the chickens now, as foxes are desperate for enough food to feed their hungry cubs and it's up to me to make sure that the hens are safe behind a high fence when we're not around.

Sadly, I am now having to resort to same tactics and fencing for the goats and sheep, as we've had two dog attacks again on the farm. One goat suffered a badly broken leg and another had her jaw broken in the vicious attacks. Both had to be put down due to their injuries, which is not only awful for me, but the pain and stress they suffer is heart breaking. A few others have superficial injuries also, but will heal. The two attacks (that we know of) happened around 10 days apart and we don't know if the dogs came under or over the fence or whether they were alone roaming/escaped, or being walked or even who's dog(s) they were, as no one came forward to tell us, which would have saved hours of pain for our animals if they had!

I have many people ask if this could have been done by a fox. The answer is simply no. Foxes just do not have the jaw or body strength to even consider attacking an animal of this size and we often see them in with the goats, minding their own business.

As I lamb and kid inside, there are no new-borns, which a fox would easily catch and take, so they stick to mice, worms, rabbits and of course chickens if they can!

So, as it would now appear that it is no longer the responsibility of dog owners to prevent their dogs from attacking and worrying livestock, or even reporting it! I have had to take matters into my own hands and erect a high fence all along the road, using security panels, just as I would to keep my chickens safe, which sadly spoils the view a little, but I must to be able to keep my animals safe, and the stress and cost of this whole ordeal is very high! Now after several weeks, they are looking more relaxed, feeling able to lie in this glorious sunshine after grazing, they had been running back in every 30 minutes, feeling exposed and unsafe after their ordeal.

I also felt confident enough to bring the does and their kids up to these fields to enjoy the good grazing with the rest of the tribe, now the fence is done and no dog can jump over or under.

I drew inspiration from Bella the roe deer's safely fenced area, which I was able to finish in April, with thanks to the very kind donations from everyone. Bella was very nervous to leave the safety of her stable and would only go into the woodland if I accompanied her. It was so lovely to see her grazing in the meadow with the sun on her back after almost 3 months of care inside. All her wounds have healed nicely and you wouldn't know her leg was injured, until she tries to leap away or run up the steep bank to greet me. Most astonishing of all, was that after all she'd been through, she had the tell tale signs of pregnancy and she'd let me feel the fawn kicking and moving in her womb in exchange for a biscuit. Then on the 18th of May, she gave birth to two girls, one of which was very small and struggling to breathe and quickly got very cold. She had probably inhaled fluids as she was born, something I see often in goats and sheep.

Despite taking her to the house and warming her up and feeding and caring for her for 3 days, life was just too much for her and she sadly passed in our arms. Bella and her remaining fawn are doing great though, and on occasion proudly shows her off her easily startled daughter just feet away, I'm unable to breath or move, when I do, the fawn streaks back into the woodland in a flash, causing Bella and I to jump in the process. At other times she has indicated distress and I'm very quickly having to learn that staring out of her fenced area followed by furious nodding in the same direction, means her fawn has slipped through tiny gaps under the fence and "Whilst you can't see her, she is most definitely there and you need to fetch her back!!" I'm then treated to seeing her mother and feed her at close proximity which is both humbling and magical.

When I constructed Bella's safe haven, I hadn't expected it to keep a fawn the size of a rabbit in, so I've had to push earth and sticks along the 3inch gaps and Bella soon tells me if she out and I fetch her back in, although this will not be possible as she get bigger and stronger. This is the only time I handle her and she is completely wild, but as she grows, she will hopefully be too big to get out and we can both relax a little.

It's too early to tell what the future of this fawn will be as she will stay with Bella for 18 months or so, by which time she may be too accustomed to human presence, but as I plan to keep saving and raising the money needed to expand her area, there is plenty of space for two. I also have a plan to release the fawn should the time come, but for now I'm just enjoying the privilege of watching the two of them together.

Gwenan Jones



WHERE DOES YOUR WOOD COME FROM?

Sussex is the most wooded county in England with 23% woodland cover, double the national average. But the UK imports over 80% of all its timber from abroad, mainly the EU and Scandinavia but also the Americas and until last year Russia. Historically, timber from all the British colonies was a very valuable resource, exploited without sentiment.

Our well managed local estates plan their woodland management to produce timber along with all the other benefits for biodiversity, water catchments, soil and tree carbon sequestration and are very pleasant places to live in and around.

The palisade fencing for our new “Coronation Causeway” is sweet chestnut, a naturally durable timber due to high levels of tannin in the wood. *Castanea sativa* was introduced by the Romans to England mainly for the pannage or edible fruits the tree produces. Roasted Chestnuts are an autumn treat and ground dry nuts make a fine flour and are the base for many Italian delicacies. The timber though is also very good quality and can be used for joinery and furniture.

There is a fine line of Sweet Chestnuts along the north side of cemetery lane but the trees from whence the palisade fencing came grew on Ambersham Common and were coppiced by the Cowdray Estate a couple of years ago. We bought the logs, transporting them to our sawmill and through & through sawing into one inch waney edge planks of timber. These fresh planks need to air dry before being useable so are sticked and stacked up for a couple of years. Finally these planks are recut precisely to the dimensions needed, in this case fencing for Tillington Parish Council.

Coppicing is a management practice where the tree is cut and the stool (stump) regrows automatically. No replanting is needed and in fact coppiced stools need regular re-cutting to maintain their vigour. It is the ultimate in renewable woodland management. Being from southern Europe it likes warmth and so will do well as our climate warms.

Local supply of all our material needs, including timber makes so much sense and it gives me great pleasure to know exactly where that fence has come from.

Tom Compton, Managing Director, English Woodlands Timber Ltd

*‘Isn’t it funny how a bear likes honey?
Buzz, buzz, buzz, I wonder why he does.’*

NEWS FROM TILLINGTON PARISH COUNCIL MAY 2023

April and May have been busy months looking after the fabric of our Parish. The most visible has been along the Causeway where on “The Big Help Out” 8th May holiday 25 volunteers helped Nick Blunt renew the unsightly old fence. Some have suggested that it might now be known as “**Coronation Causeway**”. With many hands what seemed like a daunting task was completed in short time and we now look much smarter. The palisades are made from sweet chestnut prepared and gifted to the Parish by English Woodlands Timber.

Thank you to everyone who came and helped and particularly to Nick Blunt and his men who did most of the preparation work on the Friday before.

The new Coronation orchard is establishing well and a profusion of wild grasses and flowers have emerged. To enjoy the space a bench has been installed made by a talented young furniture maker Jarrad Belton and is a gift from the Chairman of the Parish. The curved top is of oak originating from a tree cut on the Leconfield Estate. The legs are also oak, charred black to promote durability.

Lastly the **Cart Shed** in Upperton has been fully renovated and made much more structurally stable. The roof has been completely stripped back and tiles reset, skylights renewed, cladding stripped off and replaced, structural timbers both replaced and scarfed jointed with new wood and the foundation wall reset and pointed. A major project for the Parish Council it has now secured this important Grade II listed building for the Parish for many years to come. The original structure is at least 200 years old but in the 1920’s an internal grain store was constructed with an external access door on the east gable end. The original roof was hipped at both ends with this alteration now part of the buildings history (no planning permissions needed then!).

The expertise and project was run by Ben Kirk of Manorwood, an expert in old timber structures and also winner in 2022 of a Sussex Heritage Trust Award. The space will now be re-let for modern day carts, relieving the on road parking in Upperton.

Looking ahead the next **Annual Meeting of the Parish** is scheduled for **Thursday 13th July 6.30pm** at the Recreation Ground Pavilion. All are welcome and our new Chichester District Councillor Harsha Desai will be attending.

Tom Compton

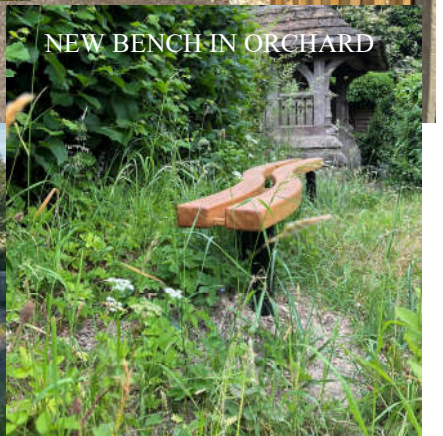
*When do bees get married?
When they've found their honey!*

NEW CAUSEWAY FENCING

CART SHED BEFORE



CART SHED AFTER



GARDEN NOTES

At the Chelsea Flower Show I was so delighted to see many gardens showcasing wildflowers (previously known as weeds). I know it is a divisive issue, but the reason Chelsea designers included these, and that Monty Don talked liberally about the benefits of these, is that like it or not, gardens as we know them are on the way out. The climate is changing and much of what we have traditionally grown in the past cannot cope with our prolonged hot summers, droughts and hosepipe bans. Wildflowers prosper where they chose to seed. They don't require us to plant them, water them or nurture them, and maybe this is what we are unwilling to accept. They don't need our intervention like our chosen plants and shrubs do. They just march on regardless of us. But perhaps the thing we hate most is that they were not invited.

I've thought about this a lot and wonder how much snobbery there is in gardening? We want invited guests only, rare, sought after, perhaps tricky to grow. We want to demonstrate our gardening prowess. There is no pride in a garden full of weeds. We prefer to flaunt our exotic 'foreigners' over and above our natives. We want some control over our parcel of land. We want to be the boss and feel the satisfaction of perfect straight lines, mown grass, clipped edges, forked over soil. But nature is creeping in every moment we take our eye off the ball. Twisting around our precious stems, peppering our dark soil with annoying green seedlings, self seeding recklessly and promiscuously everywhere! It's enough to drive one quite mad.

Unless we stop a while, sit and watch. The hum of insects enjoying all the nectar on offer, with no preference for the more expensive or exotic blooms. The birds sitting in our native overgrown hedgerows feeding on the abundance of insects that flourish when the habitat is looser, wilder and more varied. The bats flying around our gardens at night.

Perhaps we are also afraid of becoming redundant in our own gardens? Not allowed to mow our grass, not allowed to weed out wildflowers, not encouraged to cut back herbaceous vegetation. What on earth is there left for us to do? Our time would be spent very wisely indeed if we grew our own food crops, if we put in more wildlife habitats; ponds, bat/bird boxes, home made bug hotels, brash piles etc. If we sowed annual flower seeds to flower in amongst our plants and the wildflowers to add more and more pollinating flowers. But most importantly, if we took time to sit, relax, socialise and enjoy our garden space. Constantly, in past gardens of mine, I have never been able to sit and relax because all I saw was more work to be done in the garden to get it looking just right. That pinnacle is never achieved in a garden. It always looked better the week before visitors came, before the storm winds or torrential rain or six weeks of drought. By loosening our grip, allowing more unexpected guest wildflowers, relaxing on edges and tidying and mowing, what we will achieve is PEACE. Something priceless indeed.

Beverly Exall BSc, MCIHort, MPGCA, 07867 544845

www.gardensrevitalised.co.uk

TILLINGTON, DUNCTON AND UPWALTHAM CHURCH SERVICES

	All Hallows Church, Tillington	Holy Trinity Church, Dunton	St Mary's Church, Upwaltham
4th Sunday After Trinity, 2 July	Breakfast Church 9.45am/All-Age Service at 10.15am		
Wednesday 5 July	<u>No BCP Holy Com- munion service</u>		
5th Sunday after Trinity, 9 July	Parish Communion at 9.30am We welcome Canon Andrew Pearson	<u>There is no service</u> Please attend Tillington (9.30am), Fittleworth (10.15am) or Stopham (6pm)	
6th Sunday after Trinity, 16 July	BCP Holy Commu- nion at 9.30am We welcome Canon Andrew Pearson		<u>There is no service</u> Please attend Tilling- ton (9.30am), Fittle- worth (9.30am) or Stopham (11am)
Five-parish Evening Prayer online via Zoom at 6pm. Please contact David to register for his weekly email with Zoom links.			
Wednesday 19 July	BCP Holy Commu- nion at 10am		
7th Sunday after Trinity, 23 July	Morning Prayer and Praise at 9.30am	BCP Holy Communion at 10.30am We welcome Rev'd Canon John Bundock	
8th Sunday after Trinity, 30 July	<u>Five-Parishes, Fifth-Sunday Pet Service at Tillington at 10.30am</u>		

Additional services in our group during July

2 July: 9.30am Parish Communion at Fittleworth; 11am BCP Holy Communion at Stopham

9 July: **No 8am BCP Holy Communion at Fittleworth;** 9.45/10.15am Breakfast/All-Age Service at Fittleworth; 6pm BCP Evensong at Stopham

16 July: 9.30am Parish Communion at Fittleworth; 11am BCP Holy Communion at Stopham.

30 July: **No services at Fittleworth or Stopham**

TILLINGTON, DUNCTON AND UPWALTHAM CHURCH SERVICES
DURING AUGUST 2023

	All Hallows Church, Tillington	Holy Trinity Church, Duncton	St Mary's Church, Upwaltham
Wednesday 2 August	BCP Holy Communion at 10am		
The Transfiguration of our Lord, 6 August	Breakfast Church 9.45am/ All-Age Service at 10.15am		
Tenth Sunday after Trinity, 13 August	Parish Communion at 9.30am	Parish Communion at 11am	
Wednesday 16 August	BCP Holy Communion at 10am		-
Eleventh Sunday after Trinity, 20 August	BCP Holy Communion at 9.30am		Country Service at 11.30am
	Five-parish Evening Prayer online via Zoom at 6pm. Please contact David to register for his weekly email with Zoom links.		
Twelfth Sunday after Trinity, 27 August	Morning Prayer and Praise at 9.30am	BCP Holy Communion at 10.30am We welcome Revd Canon John Bundock	

Additional services in our group during August:

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

13 August: 8am BCP Holy Communion at Fittleworth; **No Breakfast/All-Age Service at Fittleworth**; 6pm BCP Evensong at Stopham

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

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

3 September: 9.30am Parish Communion at Fittleworth; 11am BCP Holy Communion at Stopham

Kids' Pages



Find 10
differences



Many thanks to the Sussex Wildlife Trust for all this wonderful information about bees
You can sign up for lots more information about all sorts of wildlife from the Sussex Wild Life Organisation

Fantastic facts about wild bees

Queen bumblebees

are one of the earliest pollinators
to emerge in spring

They can **vibrate and warm up** their flight muscles
enabling them to fly in cooler weather

Tree bumblebees

arrived in the UK around a decade ago
and are now widespread.

You may even find them **nesting in a bird box**
in your garden

There are between

200-500

individuals in a **nest of bumblebees at its peak**

A foraging bumblebee
with a **full stomach**
is only ever about
40 minutes
from starvation

Some bumblebees, like honeybees, are
'nectar robbers'!

Instead of pushing their bodies into the flower
to reach the nectar, **they cheat by cutting a hole**
in the base of the flower.

Bumblebees are known
for nesting in strange
places - nests have been
found under a disused
lawnmower and inside
a rolled-up carpet



Leafcutter bees cut their
nesting materials from
plants. Some species have
a liking for roses

Bumblebees

collect pollen to take back to the hive in
'pollen baskets'
on their back legs



© Jon Hawkins

A bee sitting on top of a bee hotel made by Rodney Wood hatch of Tillington.





All information taken from the wild bee action pack of Sussex Wild Life Trust



RAINFALL FOR MAY 2023

Recorded by Fran Trimming in River
(previous years recorded by John Mayes in Haymarsh)

Year	May	Year-to-date
2023	26ml	377ml
2022	48ml	208ml
2021	103ml	331mms
2020	12ml	309ml
2019	21ml	208ml

KIDS CLUB IS BACK!

Between Monday 24 and Friday 28th we have our Summer Holiday Bible Club at the Herbert Shiner Community Hall, Petworth for all Primary School age children. £3 per child daily; £6 per family daily. This is followed by a Family Fun Picnic Lunch 12.30-2pm.

An innovation this year is that Kirsty Hewitt from Family Support Work will be running a toddler drop in at the SBC Centre for younger children from 10am -12 noon.

Bookings can be made via the PACT website.

<https://petworthareachurchestogether.com/kids-club/>

If anyone from the PACT churches wants to get involved then please contact Annie Sneller (thesnellers@gmail.com 07790107377) as all adults will need DBS checks in place which can be done through the SBC. We would also love to hear from any volunteers who could help serve tea and cake during the lunchtime drop-in sessions from 12.30 – 2pm. No DBS needed for this as parents will be present.

What do you get if you cross a bee with a dog?

A beegle.

GOSSIP FROM THE HORSE'S MOUTH

Last month, in the field adjoining my garden in Duncton, old Bess was the first to foal giving birth easily, her little foal appearing one morning; its piebald markings a miniature image copy of her Mum's.

It's easy to imagine the conversation between the mares clustering together in a horsey sort of Mother's Union. "Madame Brune is so stand offish. No sign of a foal and still showing off in her fancy French way. We Gypsy Cobs are made of sterner stuff – can't imagine what the master thought he was doing buying a French Trotter".

"I'm worried about Griselle – still no sign of a foal. Must be tough, it being her first. It's such a beautiful time over the summer when master leaves us alone in the meadows to have our little ones. It'll be a different story in the autumn when he decides who will be up for sale – hope it's Madame Brune. He won't want to keep her if she can't produce a foal".

"I do enjoy these lovely days rolling on the warm grass among the buttercups – our foals won't be with us for long. It is heartbreaking when the master comes to take one. Last year I whinnied all night and all the next day when he took my beautiful little one up to the sale in Appleby. This year, he took the gelding so we're all safe until next summer."

Griselle finally foaled two weeks later but was much more intent on grazing herself, not letting the little one latch on. "Let's go and have a word" said Bess. "She needs to stand still or the foal is at risk. Her foal is small too – same Dad as my little one. About time the master got a new stallion – still our chap has done well this year. Even Madame Brune was supposed to give birth."

"Oh she did - just the other night but the foal didn't make it – still in the sac and didn't break out. If only the master had been here sooner, something could have been done. You can see why she is so upset and keeps coming up to our foals and realising that they are not hers."

"Poor Madame Brune – I didn't know. She does seem very down. Lets go over and cheer her up. "Dear Madame Brune – I am so sorry you lost your foal. I am sure next year, you will be luckier".

"Merci dear Bess – your foal is lovely. I 'ave never seen such a one before with two blue eyes. I suppose she will 'ave the long mane and feathery fetlocks like her Maman – in France we are better groomed but you are kind. I am feeling much better already".

Sue Laker

PETWORTH & DISTRICT COMMUNITY ASSOCIATION PRESENTS

FETE IN THE PARK

PETWORTH PARK

8TH JULY



12PM – 5PM FETE ♦ 5PM – 8PM CONCERT

FUN FAIR • FACE PAINTER • MAGICIAN
CIRCUS SKILLS & STILT WALKER • TOWN BAND
SCOOTER DISPLAY • SCIENCE DISPLAYS
PETWORTH UKULELE GROUP • PETWORTH PLAYERS
CELTIC SIMBEL • STALLS • FOOD & DRINK

www.petworthcommunity.org

SCHOOLS (NEARLY) OUT FOR THE SUMMER

It is that time of year again, the long weeks of summer holiday are looming on the horizon. We are fortunate to live in this beautiful and varied area, it offers all sorts of ways to entertain the children, or grandchildren, whatever the weather. Here are just a few suggestions for you to consider:

Walks and Parks:

Queen Elizabeth Country Park: woodland walks, assault courses, a dog agility area, and various mountain bike trails (for adults and children)

Harting Down

Butser Hill

Kingley Vale

Lurgashall Loop

Many longer trails can be explored in short sections

<https://discoversussex.org/walks/>

The Monarch Way

Serpent Trail

West Sussex Literary trail

Places to visit:

Stansted Park: beautiful house & grounds, but the children will probably be more interested in the maze and the light railway (and possibly the tea rooms!) Check website for opening times of the railway and maze.

<https://www.stanstedpark.co.uk/>

Sky Park Deer Farm (West Harting)

Butser Ancient Farm (Chalton): <https://www.butserancientfarm.co.uk/>

Bignor Roman Villa: <https://www.bignorromanvilla.co.uk/>

Gilbert White's House, Selborne: <https://gilbertwhiteshouse.org.uk/>

Weald & Downland Museum: <https://www.wealddown.co.uk/>

Watercress Line - heritage steam railway, from Alton to Alresford <https://watercressline.co.uk/>

Historic Dockyard Portsmouth: <https://historicdockyard.co.uk/>

Winchester Science Centre: <https://www.winchestersciencecentre.org/>

Beaches:

West Wittering

Hayling Island: huge variety along this large stretch of beach, choose the section that suits your needs

Titchfield Haven Nature Reserve

Or for an inland lakeside "beach" try Frensham Great Pond

Sailing / Water sports

Try out the Andrew Simpson Centre in Portsmouth or Cobnor activity centre near Chidham, who run sailing courses as well as water and land based activity days.

Music & Theatre

Chichester Festival Theatre and Kings Theatre in Portsmouth are worth a look for great family friendly productions and events.

Brighton has various theatres, the Pavilion, pier etc.

The Victorious Festival in Southsea is a 3-day music festival with a dedicated Kids Arena. <https://www.victoriousfestival.co.uk/>

Day trips:

Isle of Wight. Get the hovercraft from Southsea to Ryde. Potter along Ryde beach, take a picnic, or treat yourself to lunch in the delicious Dell Café. Alternatively visit the Isle of Wight Steam Railway, which you can get to via the Island line from Ryde Esplanade. <https://iwsteamrailway.co.uk/visit/suggested-itineraries/itinerary-from-ryde/>

London—trips on the river, theatre, concerts, historic house, changing of the guard, bus trips, museums, zoo etc.

Rainy day outings: Library / cinema / bowling / indoor rock climbing / swimming

Home days: Everyone needs some down time. A blanket and some kitchen chairs are all your children need to make a den for themselves, or their soft toys. Send them on a hunt for leaves and sticks, and the odd larger stone to make “bug hotels”, or make your own bowling alley with a tennis ball and some empty tin cans or milk cartons. Rediscover “French cricket”, or just kick a ball about. Indoors you could try collage making, “potion” making, easy sewing or model making, learn a new card game, or dig out your favourite board games or puzzles.

And finally, you don’t need to over-plan, “empty” time can be good too.

As my very wise mother always says, “A bit of boredom is good for you”!

Molly St John

WHY I LOVE MY GARDEN

You have possibly read the name of the author of this piece before you have started reading, and you've carried on. Thank you for trusting me. I can quite see that anyone who has walked by my garden recently might be sceptical. Should the headline perhaps have read "Why I don't like gardening" or "Why I like gardening but only when I'm watching Monty Don."

I can assure you, however, that, despite the bindweed and brambles that sometimes over-assert themselves in my once carefully-planned Tillington plot, I really do love my garden and have loved tending a garden for as long as I have been a homeowner. But a love of flowers started much further back in time, to when my maternal grandfather used to regularly walk pre-school Barbara round his garden testing me on plant names ... *Ageratum*, *Alyssum*, *Antirrhinum* ... the plants he grew from seed and sometimes sold in boxes outside his suburban semi with its beautiful rose arch over the garden path. My green-fingered father, too, in his patient and creative way, produced an explosively colourful and meticulously planned garden every summer. It took an enormous amount of time and effort but family and friends, and many a passer-by, were delighted by it. I loved my childhood garden and, although I suspect I did very little to help, I did watch, and I did learn. The warm greenhouse, with the odour of soil and young plants (also paraffin!) was also great place for an idle teenager to sit and read her latest romantic novel!

I took what I had learned to the small garden of my first property and tended it carefully in the style of my father and grandfather – mainly annuals for a colourful summer garden. Then my late husband John and I moved to Walton-on-Thames and took ownership of a long, narrow garden. It was such an exciting prospect and although initially I would grow thousands of annuals from seed for a strong summer display, gradually the garden morphed into one with more shrubs, perennials and climbers, then fruit and vegetables, and then a pond. John was the pond man (as well as the careful protector of the asparagus plot and the barbeque area!) and went on to expand pond number one to accommodate more and more fish.

It's hard to leave a garden when so many years of thought and effort have been ploughed into its creation but, apart from the fish, the new owners seemed delighted by it and keen to develop it.

When we moved to our Tillington home, the garden here was effectively a blank canvas, leaving a great deal of work to do. And that was good. John was entirely happy to leave it to me, provided the space allowed for his pond.

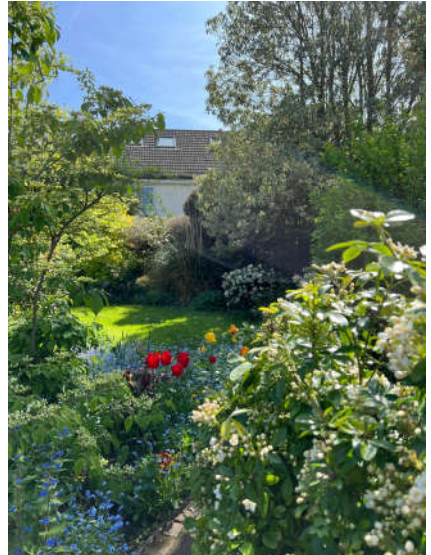
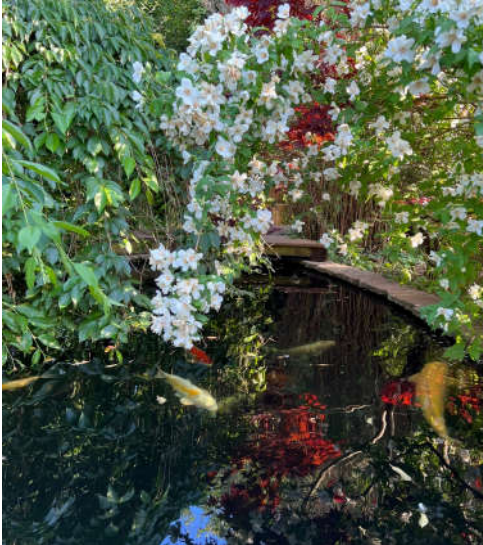
What do you call an amazing bee? Un-bee-lievable.

We - now just me - have been here since 2000 and the garden, as with most gardens, has changed a great deal over time. The pond is still going strong, as are a few of the fish that were transported from Surrey!

At times some of the garden looks well-tended. The best bits are densely planted and there are other parts which can be rather weedy and wild. Now I don't worry so much but also don't let it get too out of hand - I am certainly grateful for having had a lot of help in recent years, especially with the heavy stuff.

Now that I have stopped work, and my life has settled down into a new rhythm, I hope to again spend more time planning and tending my garden. It still won't be neat – and I'm pretty sure there will never be an absence of brambles and long grass. I don't mind – in fact these days that's what I love most about my garden – the mixture of tended and wild. And perhaps I can be forgiven for the occasional bit of neglect. After all, it will give me more time to simply stand and stare, as surely every garden must, first and foremost, allow for that.

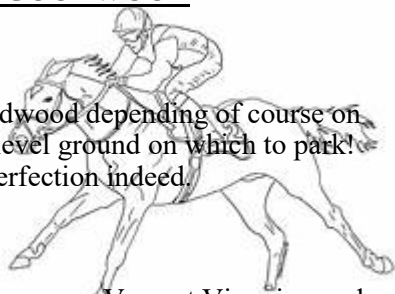
Barbara Neighbour



Answers to Quiz
1. Trifle. 2. Haggis. 3. Red Leicester. 4. Egremont Russet. 5. Earl Gray. 6.
Pimms. 7. Aurora. 8. Rumbledethumps. 9. India Pale Ale. 10. Scones. 11.
Hoggs Pudding. 12. Eton Mess. 13. Stilton.

A PERFECT HAMPER FOR GOODWOOD

This is our choice for a perfect hamper for Goodwood depending of course on perfect weather and our luck in having perfect level ground on which to park! Our hamper is full of wonderful finger food, perfection indeed.



DRINKS

Chilled bottles of Whispering Angel, and perhaps some Versant Viognier, and of course, lots of chilled bottles of sparkling water and Elderflower. With the chaos of unloading a table, chairs, food, serving drinks, and working out Place Pots, and meeting friends, a double box of Waitrose cheese twists, please.

To start with ...

Peeled quails eggs dipped in celery salt.

Smoked salmon flats with a smear of horseradish and a squeeze of lemon

Then ...

Egg and watercress sandwiches with a spread of Heinz salad cream, cut in fingers, 1 packet of king prawns in a coriander and chilli marinade from the Co-op, wonderful; stuffed small tomatoes with Boursin cheese (a mix of Boursin with small amount of crème fraiche) Asparagus tart with smoked trout from Cowdray Farm Shop.

Large prawns in a Cos lettuce leaf with sweet chilli sauce (bottle of sauce taken separately)

Thin slices of rare roast beef on small Yorkshire puddings with horseradish sauce (the slices kept together until serving)

Finally ...

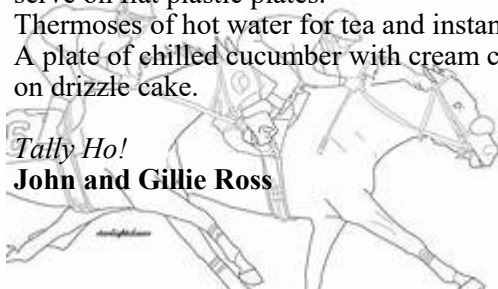
Strawberries cut up with whipped cream and sugar and put into an upright container for the journey, then tipped into a large clear plastic bowl and mixed with at least 5 shop bought meringues i.e. Eton mess, still crunchy and easy to serve on flat plastic plates.

Thermoses of hot water for tea and instant coffee, sugar and milk.

A plate of chilled cucumber with cream cheese, sandwiches for tea, and a lemon drizzle cake.

Tally Ho!

John and Gillie Ross



QUIZ

Test your knowledge of British food and drink. The first letter of each answer will spell out the name of a well-known and much-loved publication!

1	It may sound like a small matter, but this layered dessert is a firm favourite of many.	
2	This Scottish speciality is particularly popular on 25th January.	
3	An East Midlands cheese dyed with annatto to give its distinctive orange colour.	
4	This apple with a familiar local name has a brown, rough-textured skin and nutty flavour.	
5	A popular tea flavoured with bergamot orange and named after a 19C Prime Minister.	
6	This classic, highly fruited drink is synonymous with the British Summer.	
7	An award-winning sparkling wine from Upperton sharing its name with the goddess of the Dawn.	
8	This Scottish dish of baked mashed potato, cabbage and swede has a delightful 5-syllable name.	
9	This cold brew, despite its name, was invented in England and named by Australians. Usually known by its 3 initials.	
10	No self-respecting English tea shop would omit these from the menu. However they are pronounced, they will be served with jam and cream.	
11	A West Country, sausage-shaped version of 2. above.	
12	Untidy but sumptuous sugary dessert with a sporting background.	
13	Produced exclusively in 3 East Midlands counties, this “king of English cheeses” comes in 3 varieties: white, blue and vintage .	

Answers on page ...31..



MY DESERT ISLAND DISCS

ALEX MORGAN-GRENVILLE

Alex is studying at Imperial Collage London and lives in Upperton when not in London!

Fuel Up—Stornoway - Probably my favourite band from my childhood – you could send me away with any/all of their songs and I would be happy, but this one would have me feeling nostalgic on the desert island.

1er Gaou—Magic System This takes me to afternoons rock climbing with friends and sitting in the sun. It would get me moving on the island. And it would form part of my ongoing, almost entirely unsuccessful, mission to learn some French.

Devil like me—Rainbow Kitten Surprise—Another song that always anchors me to really happy times with mates. This one especially makes me think of Tom (my brother) and our oldest friends, and going on late night adventures around the Tillington area.

Never took the time / Akon Realistically I am going to need some Akon.

1973—James Blunt - This would get belted out by my parents and the entire family on long car journeys. I would belt it out on the island and think of them, and I would try to remember mum's gardening advice whilst I tend to my island farm. I haven't worked out where I will get the seeds from yet, but I will have to try.

Master Blaster (Jammin') —***Stevie Wonder*** .Great dancing music. Will be performed to the coconuts on karaoke night.

Erykah Badu —Appletree - This song makes me think of somebody I love. Erykah Badu has so many songs which would pick me up on my desert island but this would definitely do the trick.

Cerca De Ti —Hermanos Gutierrez - perfect music for a bonfire on the beach as the day ends. I hope the island has hidden coves, rock-pools, and a never-ending supply of skimming stones.

Luxury item - Pencils, rubbers and pads of paper. Hoping I am allowed these together? And in unlimited quantities? I thought about going for some sports kit to keep me active, but I think I would get bored if I was stuck with the same activity. I reckon with a pencil and paper I could keep designing equipment made of whatever washes up on the beach. writing my thoughts down might stop me going mad for a while.

Books -Siddhartha / Herman Hesse - Short, simple and thoughtful book. Might give useful guidance for some meditation on the island, which would be crucial for my mental health.

STINGING NETTLE

by Michael Blencowe of the Sussex Wildlife Trust

In the shadows under the Oak trees my enemy awaits. There are hundreds of them, huddled together in a silent, ferocious mob. With their drab green leaves and insignificant flowers, the Stinging Nettle is a joyless plant infamous only for its ability to inflict pain. I can almost hear these nettles straining at their roots, desperately trying to reach me because I am in possession of something they crave: a pair of bare legs. When I started writing this article, I realised that I hadn't been stung by a Stinging Nettle for so long that I had forgotten what it felt like. So, dear reader, just for you I am wading into a nettle patch in a pair of shorts.

As my legs brush the underside of the nettles' leaves, I break the fragile tips off hundreds of hollow hairs, and I'm injected with histamine, serotonin and acetylcholine, with a splash of formic acid. This volatile cocktail acts like napalm on my knees – my skin itches and blisters and that familiar fiery, tingling, pulsing pain sears up my spinal cord. The plant does not inflict this agony as some sadistic vendetta against schoolchildren and writers. The nettle's hairy, hurtful suit of armour is a defence mechanism against hungry herbivores.

Despite our hatred for the Stinging Nettle, we have found many uses for it over the centuries as cloth, medicine, and food. Seventeenth century Sussex herbalist Nicholas Culpeper claimed nettles - which “can be found by feeling in the darkest night” - cured everything from nosebleeds to leprosy. Celebrity chefs extol the virtues of vitamin-packed nettle soups, risottos and spanakopita. And the caterpillars of our most impressive butterflies enjoy munching on nettles too. Red Admirals, Peacocks, Commas and Small Tortoiseshells all depend on them.

Halfway through the nettle patch all this is offering me little comfort. If I focus my mind, I can rise above it and the waves of pain can start to feel strangely invigorating. But not for long and I soon start frantically searching for a cure. Rubbing mashed dock leaves on my legs has soothed my stings since I was a schoolboy, so I was surprised to read that it's all a ruse. Scientists claim dock leaves are simply a placebo – and the searching and rubbing is just a distraction that numbs the pain.

Beyond the nettle patch I stumbled across an amazing glade of orchids, vibrant and stunning in the sunshine. In an instant the stinging stopped. Maybe it was all in my mind after all. Even when we are in our darkest night we need to keep pushing through the painful patches. There's something surprising and soothing awaiting us on the other side.

JANET DUNCTON
COUNTY COUNCILLOR PETWORTH DIVISION

Platinum House is the name now given to the new West Sussex Fire and Rescue Centre at Broadbridge Heath. Already, the centre is booking in training for those wanting to join the service.

The WSF&R is inspected by His Majesty's Inspectorate and, as ever, they find matters requiring more attention. On the recent inspection, there was nothing that would prevent the provision of excellent service but they paid attention to internal matters such as how to introduce more diversity into recruitment. For anyone needing advice on how to ensure the home is as safe as possible, especially where someone who often needs help lives in a property, the Service is pleased to visit and make suggestions on how to keep the resident safe.

Five hundred days have passed since the start of the war in Ukraine and once again, the Council is asking if anyone is willing to help with accommodation for Ukrainian families. If you feel you could help, please go to the County Council website, where information can be found.

Without the number of carers in our community, who are not always recognised, we would not be able to cope. If you know of carers in your Parish, they may wish to register with Carers Support West Sussex, a charity which works closely with West Sussex County Council to give carers some respite and days out, which has been much appreciated.

As the County Councillor representative on the South Downs National Park, I attend several meetings per year to review progress and what needs to be done in future, especially with projects such as the Seven Sisters Country Park, which is well worth a visit to walk to the sea along the Cuckmere River and to visit the barn and shop. We also have some holiday cottages and camping opportunities. More information is available on the South Downs National Park website.

The SDNP has also taken the lead in shoring up the Angel Hotel in Midhurst. Until the façade is made safe, the County Council cannot re-open the road but I am hopeful that by the time you read this, the road through Midhurst will be open again. The Country and District Councils have both contributed to help the businesses in Midhurst and the shops and car parks remain open.

I would like to clarify, through this article, that recent broadcasts have mentioned the Green MP for Brighton referring to the "fracking site" at Balcombe. Could I please assure you that there is not and never has been a fracking site there.

As ever, if there is anything with which I might help, please contact me by e-mail to janet.dunton@westsussex.gov.uk or by mobile on 07979 152898.

Many thanks and keep safe. Janet Dunton
Country Councillor Petworth division,
hichester District Councillor, Loxwood ward.

PILGERWANDERSINGEN

(Pilgrim's roaming song)

(Are you all old enough to remember

'I love to go a -wandering'? For a reminder, see YouTube.)

I love to go a-wandering
Along the roads of France
And Switzerland and Italy -
My faith gives me the chance.

Think ahead
Or I'm dead
think ahead
Or I'm dead
And never coming back.

Walking free
Lucky me
Walking free
Lucky me
My rucksack on my back.

What if the verge should dwindle
down
To crash barrier or cliff?
Or what if holes and weeds obstruct
Or bits of rubbish niff?

And when I pass around a bend
Upon a mountain road
Obediently I take the left:
That is the walkers' code.

Keep it there
Keep it clear
Keep it there
Keep it clear
Spare me a heart attack!

Sun is bright
Map is right
Sun is bright
Map is right
My lunch is on my back.

So if you see a pilgrim boy
Or girl or (now) 'don't know'
Please do not send him 'Up above'
Or even worse, 'below'.

Here comes a noise, here comes a car
Full pelt around the curve !
He may well shout , he may well hoot
My best hope is a swerve.

Let us pass
Let us live
Let us pass
O mountainside maintainers, tend
your grass,
O drivers in your hurry let me pass,
My knapsack on my back.

Glory be!
He missed me!
Glory be!
He missed me !
An utter maniac.

Not everyone is so unkind
Or such a Strasseschwein.
Look up the rules, you motorists:
The left hand verge is mine.

Lee Lavington—pilgrim

Lee is walking from Tillington to
Rome in stages. We hope to hear
tales of her travels in due course.

AVATARS



BIRDS



THE LAVINGTON PARK FEDERATION
GRAFFHAM CE INFANT AND DUNCTON CE JUNIOR SCHOOL

Art and creativity are important aspects of learning in our Federation that we all enjoy enormously. Here are some examples of our recent artwork:

Our Infants at Graffham School recently had a super day with mummies and daddies helping to create ‘avatars’ to be turned into a giant mural along the playground fence.

Not without precedent – but certainly an uncommon problem – sadly we have been forced to postpone our sports afternoon which was due to take place on our playing field, due to the June heatwave! Hopefully by the time readers see this report we will have enjoyed a rearranged afternoon of fun sports without the risk of heatstroke!

End of key-stage assessments are pretty much complete at each of our two schools, and so our thoughts are turning to the new school year and next year’s classes.

Very soon Graffham will welcome September school starters for trial mornings in Reception class, and all of our current pupils will spend time in their new classes with their September teachers – including visits to Duncton for the Year 2s moving up to the Junior school. Then we will all be busy rehearsing for our annual summer performance on the school playing field with its gorgeous amphitheatre; together with the traditional rituals, treats and celebrations for our Year 6 leavers we’ll be finishing off the year in fun-filled fashion, as usual.

Another school year drawing to a close already!

WHY?

Your fingers have finger tips but your toes don’t have toe tips

*When you transport something by car it is called a shipment
When you transport something by ship it is called a cargo*

The word queue is just a q followed by 4 silent letters

PETWORTH VILLAGE BUS JULY 2023

We are very sorry to say goodbye to 2 of our regular drivers, Tim Coombes and Caroline Perry and we are extremely grateful for all they have done for us over the years.

There will be a shopping trip on Friday 7th July to Worthing and the Trading Post at Barnham and to Horsham on Friday 21st July. There are also trips to the Friendship Centre (Petworth Over 60s) on Tuesday mornings and Bingo on 5th and 19th at 2.00pm and the AGM on 6 at 2.30pm.

The Pub Lunch on Friday 28th July will be to the Frankland Arms at Washington, booking essential through me.

Trips could be arranged on a Tuesday afternoon to Lidl in Billingshurst if wished, please contact me if interested.

For booking and further details please contact local organiser Caroline Stoneman on 01798 342942

Petworth & District Over 60s Centre – The Friendship Centre – July 2023

We are very sorry to say goodbye to two of the Petworth Minibus drivers who have ferried us from Hampers Green and around the town to get us to the Friendship Centre and Bingo – Tim Coombes and Caroline Perry. We are very grateful for all they have done for us over the years.

There will be bingo sessions on Wednesday 5th and 19th at 2.00pm, and the minibus will be available to bring members to the Centre. Thursday 6th July is our AGM followed by Cream Tea and again the minibus will be available.

Please come along and learn what we have been up to throughout the year.

On Wednesday 30 August our Annual Outing will be to Canterbury – tell all your friends and sign up in the Centre – members £15, non-members £20.

Please pay when you book. *Caroline Stoneman* – House Committee Chairman (01798) 342942

Petworth Lunch Club will meet in the URC Hall at 12 noon on 4 July (please note this is the first Tuesday in the month instead of our usual second Tuesday). As this is American Independence Day the menu will be Southern Fried Chicken with salad followed by Key Lime Pie, all for £7.50. Don't forget to book through me on 342942.

Petworth Over 60s
Annual Outing to Canterbury
Wednesday 30 August

THE ARTS SOCIETY SOUTH DOWNS

Wednesday 5th July 2023

HANS HOLBEIN THE YOUNGER,
PORTRAITIST OF THE RENAISSANCE

By Jane Choy-Thurlow

August-No talk

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Further details on:

www.theartssocietysouthdowns.org.uk
Or Jane Allison on Tel 01798 813314

In this lecture we will explore this phenomenal artist who through his portraits esp. of Henry VIII, his wives and courtiers has done so much to determine our image of this turbulent time. But what makes his work so special? Why are his portraits so intriguing and fascinating for so many people? Is it his unbelievably refined technique and the beautiful use of colour which he used to make his paintings come to life? Or is it his talent to reveal the characters of these people so mercilessly? **NOT TO BE MISSED**

PETWORTH FESTIVAL SERVICE

Our Festival Service which starts off the Petworth Festival. On Tuesday July 11th at 6.30-7.30, at St. Mary's Church Petworth, PACT will host the Songs of Praise, and all are welcome without charge.



There will be a talk by Ned Bingham, Viscount Mersey of Bignor Park. His world premiere of *Bignor Hill*, a composition suitable for a String Quartet, will be held at Tillington Church on Saturday July 15th.



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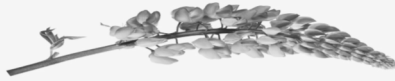
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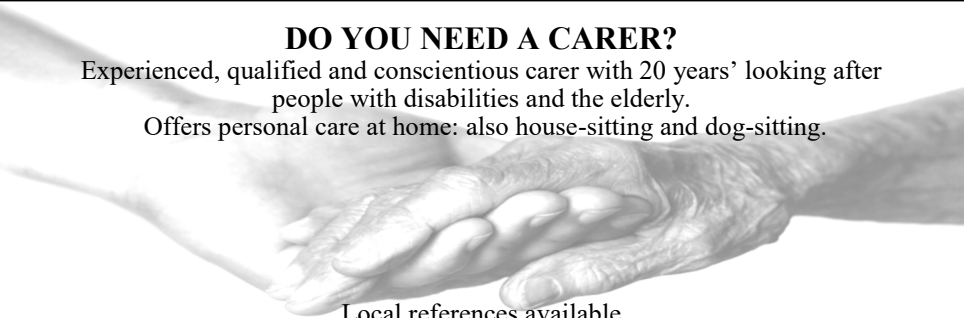
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TILLINGTON – See front pages for Church, Bell Ringing, Parish Council and Village Hall.

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

UPWALTHAM -See front pages for Church.

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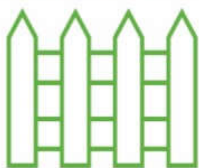
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