

ISSUE 84

MAY 2024

FREE

# Three Parishes

*Serving the Communities of Tillington, Duncton & Upwaltham*



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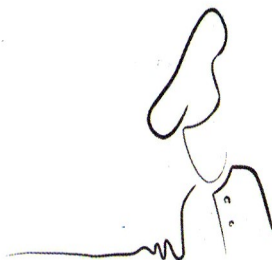
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<b>Bell Ringers' Secretary:</b>	Barbara Neighbour	01798 344700
<b>Church Flowers Rota:</b>	Elaine Adams	0788 789 5497
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	Sue Kearsey	01798 343145
<b>Treasurer:</b>	David Tupper	01798 342343

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## **EDITORIAL**

What makes the Parish Magazine readable? A question that we on the editorial group constantly ask.

Firstly, a cover picture that catches the eye and invites you in – or at least stops you putting it straight in the bin.

Then there is the need to appeal to all ages, from the children’s pages to cooking, to gardening, poetry, topical issues and obituaries.

It has to be informative. Church services, Village Hall activities, local events, communal breakfasts, coffee mornings and monthly lunches are listed. Then, for the historic record - births, deaths and marriages. (A copy of every edition goes to the National Library at Boston Spa).

There also need to be well-researched articles on issues of interest to all of us with enquiring minds living in West Sussex.

Most importantly, it must be fun. Something to lighten some part of your day whether you read it over coffee, in bed or even in the loo.

Essentially for our financial viability, and for your day-to-day needs, it must carry a useful cross section of advertising from chimney sweeps, fencers, pubs, electricians, plumbers and many more. Keep a copy by your phone.

We as a team greatly enjoy the laughter and the banter as well as the serious discussions in our meetings, but what we always hanker after is contributions from you, the readers. We can always correct the spelling and edit the grammar, so please don’t hide your talents. Simply send us your piece on a topic of interest to you. Change this from the month of ‘May’ to the month of ‘Will’.

Finally, how do you re-cycle your old copies? I once saw one, pages separated, a neat hole punched through each top left corner with a loop of string through it, hung in the outside garden privy. (The older copies prior to 2018 were printed on less glossy paper!)

### **FROM THE REGISTERS**

#### **All Hallows Church, Tillington**

*Wedding:* 27 April Amelia Bryder and Thomas Carter

*Funeral, followed by burial in the Cemetery:* 19 April - Joanna Embleton

#### **St Mary the Virgin Church, Upwaltham**

*Thanksgiving for the Life of a Child:* 21 April - Willow Karim

## FROM THE ALL HALLOWS UPPER ROOM

On Wednesday 8 May, the Archdeacon of Chichester and other Diocesan officers will host a meeting at 7.30pm in Tillington Village Hall. The purpose is to explore whether a potential unification of the five churches I lead – Duncton, Fittleworth, Stopham, Tillington, Upwaltham – to create a single benefice is worth pursuing. Any final decisions will rest with the Parochial Church Councils. If you would like to be present at this meeting and/or have questions or concerns, please be in touch with me.

I cannot pretend that I enjoy every aspect of being a school governor to two village Church of England primary schools. The meeting time commitment is considerable, as are the legal and training responsibilities of the rôle. But it is my privilege to have the opportunity, every week, to lead collective worship. This enables me to share the Good News of Jesus Christ with an - admittedly captive – audience, far larger than those I encounter most Sunday mornings.

The longstanding Head Teacher at Duncton, Helen Martin, is stepping down, with the huge thanks and admiration of all who know her, at the end of this year. Together with Rev'd Vivien Turner, the Graffham Parish Priest (since Graffham Infants and Duncton Junior Schools are federated as the Lavington Park Foundation), I shall be involved in the recruitment of Helen's successor. Every school in the Rother Valley is facing difficult decisions about budgets and the national political drive for schools to 'academise' or join a multi-academy trust. Prayers, as well as spreadsheets, are needed to point the way ahead.

At Tillington, on 12 May, we shall mark 'Bell Sunday', appreciating the contribution of bells and bellringers to the life of the Church, and encouraging anyone who might like to become a ringer. We shall also recognise Christian Aid Week in our services on that day. Heaven knows, aid agencies, including Christian Aid, need our support more than ever in the context of our frightening world today.

On Trinity Sunday, 26 May, John Bundock and I are doing a swap, with him covering Stopham so that I can lead the Holy Trinity Patronal Festival at Duncton.

A busy season of baptisms and weddings, extending into the Autumn, is again upon us. This is a good moment for me to say that I love being your parish priest and appreciate all the help and support I find in our villages. I am here for you, and to journey with you, with Jesus alongside us, on the difficult, as well as happy, days. A splendid and substantial timber bench was recently donated to Tillington churchyard by the Miles family, in honour of Dick and Grace, who knew the overlooking views so well. Many a pilgrim on a weekend walk will now be able to rest awhile on that bench and take in the wonder and beauty of the view looking out across Bennett's Farm towards the South Downs.

*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

## TILLINGTON MEN'S BREAKFAST



Our Men's Breakfast Speaker for Saturday, 4th May will be Tony Sneller (brother of Bob) on:

*The Coultershaw Story: 'Water, Water Everywhere'.*

Coultershaw is the heritage site in Petworth and this is an exploration of the way water has shaped Coultershaw in many ways over the years: geography and landscape; architecture & buildings; economy & businesses; and the lives of those who lived around the river. Tony will bring some wonderful old pictures for his PowerPoint presentation.

8.15 for 8.30 in Tillington Village Hall. All men invited.  
£7 on the door.

**Due to popularity, this will have to be on a first come first served booking system. Phone Gerald on 01798 342151 or email [Geraldgreshamcooke@gmail.com](mailto:Geraldgreshamcooke@gmail.com).**

## TILLINGTON VILLAGE HALL LUNCH



You are warmly welcomed to our Monthly Lunch  
on Friday, 31st May - 12 noon for 12.30.

Tickets £7 on the door.

If possible let us know if you would like to come to the lunch  
Phone Gillie (344231) or Mark (344489).

# All Hallows, Tillington

Come and join us for  
Our All Age Breakfast Church

On Sunday May 5th

At 10.15. Bacon butties from 9.45.



**Theme: *Lost Sheep - God's love.***



## HEARTSMART WALK

**Friday, 17th May - 10.30am**

**Petworth via Shimmings Valley**

Leader: Gerald. Duration: 1.5 hours. Distance: 3 miles.

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Meet: Petworth Library, Rosemary Lane, High St, Petworth GU28 0AU.  
Inside the Library, if wet.

Dogs welcome.

Contact Gerald if uncertain, on 07748 597 568.



# REQUIEM

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## A GOOD FRIDAY VILLAGE PILGRIMAGE



After the solemn Good Friday Church service, it was good to get out into the sunshine to start our annual Prayer Pilgrimage around the village.

The idea was very simple - to walk along and stop at seven places, and offer, at each place, words from Jesus' last Sayings from the Cross, together with an appropriate prayer.

Led by Rev'd David with 15 of us, our first stop was at the bottom of the Church path, where it was a privilege to pray for Tillington parish, and all its residents. On to the lychgate at the entrance to the Cemetery, where prayers were offered for those ill and sick.

Into the Cemetery and a stop and prayer by the graves, and then to the bottom gate under the Mitford Arch where thanks were given for generosity towards the church, and other charities such as TLC.

At the top of the Glebe field, we turned and squinted into the sun, looking towards the Downs, reminding us of God's glorious creation. Onto the Permissive Path, and half way up, overlooking Abbie's horses field, and, while watching the horses frolicking around, we prayed for farmers who have had such a tough start to the year, and for our food producers.

At the Recreation Ground, we finished with singing a verse from an Easter hymn.

A lovely start to the Easter weekend.

*Gerald G-C*



## ON THE FARM IN SPRING

As the weather conditions begin to become more spring-like during **February**, the hope is that the ground will be drying out and we can begin planning towards the first nitrogen top dressing for the winter crops as they emerge from the cold season. Also, we need to start preparing the soil for planting spring crops. This may involve manure and slurry spreading on the pastures and stubbles, before cultivating and seed drilling of peas, beans and spring cereal crops - maybe also having to resow failed winter crops, or crops we were prevented from sowing in the later months of autumn due to water logged soil.



Livestock will still be in covered yards, sheltered against the weather and being fed a nutritious diet of hay, haylage or silage supplemented with cattle cake or sheep nuts.

During **March** sheep are sorted into lambing groups (according to the number of lambs expected) in preparation for lambing, and calving is getting underway. Cattle feet will be trimmed after a season of being on straw beds, and sheep feet trimmed against foot rot. With lambing coming to an end, calving is now in full swing, which is a constant 24-hour operation ... Why do they like to give birth in the middle of the night?! CCTV can help to monitor proceedings. We need to make sure the calf is safely delivered and gets that initial intake of colostrum, and its navel is dipped in iodine, or sprayed with antiseptic, to prevent infection in those vulnerable early days, and it's tagged for identity purposes and registered. At the same time, a programme of top-dressing cereal crops with granulated or liquid fertiliser and applications of crop disease protection sprays will be well under way.





And as we step into **April**, livestock will be turned out ... Have you seen video clips of them kicking up their heels at the excitement of open pastures and fresh grass? Market gardeners start germinating seeds or planting seedlings in the greenhouse or seedbed. Potatoes, beet, peas, and beans are being planted. Grass fields are being fertilised to maximise grass production for hay, haylage or silage production. Cereal crops will be sprayed with pesticides and further fertiliser top dressing as the plant matures. Cattle will receive a worming drench and sheep will be shorn and dipped and drenched.

This year farmers are despairing over the constantly waterlogged ground, which means there has been no opportunity to sow spring crops. You will see a lot of land left fallow this year. Currently, profit margins for crop growing are less than adequate, even with ideal conditions throughout the year, so farmers will be in a situation of cutting their losses in this year's extreme circumstances.

*John Riddell*

### **YOUR VILLAGE NEEDS YOU!**

Weekly coffee mornings, monthly breakfasts and lunches, what a delight they are! All these activities are part and parcel of what makes our village a happy and special place, providing opportunities to meet our friends and neighbours, and put the world to rights! This of course does not happen by chance. There is a dedicated group of people who have year after year planned, organised, shopped and cooked for these events.



However, more help is needed from other residents within the village to ensure the continuation of these community activities and village get-togethers. A simple commitment to assist with one or two events each year would be of significant help in keeping these events going.

Please do consider offering your time. The existing team members will be very happy to support you.

For more information on the Men's Breakfast please contact Gerald Gresham-Cooke 342151 and for the coffee mornings and lunches contact Lee Lavington on 344489.

For Tillington Local Care and the Village Hall and other organisations, do please contact me, on 01798 344777.

*Carmen Woodhatch*

## LITTER IN THE PARISH

I have lived in the Petworth area for 50 years and I've become increasingly disgusted by the huge amount of litter and rubbish which is strewn alongside virtually every road I drive, walk or ride my bike along.

This is a nationwide problem and a national crisis and there is precious little said or done about it by government authorities - resulting in literally millions of tons of polluting rubbish lying all around us.

I have recently starting collecting rubbish from alongside the roads in the Petworth area, and whilst a lot of it is visible, most of it isn't, and only when you get up close do you realise the incredible amount which is embedded in the verges, undergrowth and hedges.

I have recently collected over 200kg of rubbish/litter from Kingspit Lane, a mile-long country road just outside of Petworth, and a lot of it had clearly been there for decades. Every other road and country lane I've tried to clean in the Petworth area has been just as bad.

It's depressing, it's ugly, it's polluting and it's harmful to wildlife.

There is nothing I can do to change the disgusting behaviour of so many people or to make the government take serious action.

But in some small way I can help to clean up our beautiful part of this country - so, thanks to the support I've received from our local councillor Harsha Desai and the very understanding Tillington Parish Council, I now have the opportunity to invite residents of the Tillington Parish to join me one Saturday afternoon every couple of months for a "clean up session" alongside the roads leading in and out of Tillington, Upperton and River.

I will assess the roads beforehand to see which are in most urgent need of attention but it's usually quiet country lanes in between residential areas that are badly affected and never cleaned by anyone.

Hi-viz bibs, bags, and litter picking equipment will be provided.

I won't pretend it's fun but ultimately it is rewarding and together we can make a positive difference, however small that might be.

*Adrian Konieczny*

## **TILLINGTON LITTER PICK MORNING**

Organised by Tillington Parish Council

**Saturday, 11th May - 11.00 am - 13.00 pm**

Meet at Village Hall and then split into groups to get the job done as quickly as possible.

Hi-vis vests can be provided if required.  
Bring gloves and dress appropriately!

See you there!

## **CHICHESTER CATHEDRAL FESTIVAL OF FLOWERS**

**Wednesday, 5<sup>th</sup> – Saturday, 8<sup>th</sup> June 2024**



Chichester Cathedral's biennial Festival of Flowers returns this summer from 5<sup>th</sup>-8<sup>th</sup> June. The theme this year is 'Creation' and it will be a celebration of the beauty and wonder of our natural world. Visitors to the Festival will have the opportunity to experience 60 floral arrangements created by talented florists and flower enthusiasts using over 50,000 blooms.

This magnificent display is so well worth a visit, and the sight of the cathedral overflowing with flowers is not one to be missed. There are also shopping opportunities from an exclusive range of stalls within the cloisters, a wonderful exhibition of sculptures by the internationally renowned sculptor, Philip Jackson, exclusively for Festival of Flowers ticket holders, and excellent refreshments to be found in the Cloisters Kitchen and Garden. The Festival raises money to support the restoration and development of our beautiful ancient cathedral.

Further information can be found and tickets can be booked online at <https://www.chichestercathedral.org.uk/events/festival-flowers-2024> or by phone on 0333 666 3366 (but please note that fees will be incurred for phone sales).

## FOLLY LANE ELM AVENUE

After the devastation caused by the felling of dead and dying ash trees, an avenue of one hundred disease resistant elms has now been planted along Folly Lane above Duncton Mill by the Barlavington Estate. The elm avenue contributes to a nationwide movement to re-establish disease-resistant varieties of this much loved and once commonplace tree.

The trees were supplied by the South Downs National Park as part of their Trees for the Downs Initiative, which has been running since 2020, “aiming to restore iconic trees in community spaces, along roads and popular walking routes”.

Dutch Elm Disease first spread to Britain in the 1920s. Although the initial epidemic died down, a more aggressive species of the Dutch Elm Disease fungus *Ophiostoma novo-ulmi* was accidentally introduced into Britain in the 1960s and the epidemic rapidly took hold. By 1980, most mature English elms in southern Britain had died. Saplings often regrow from the base of the old tree but are re-infected as soon as their bark is thick enough to provide a breeding site for the larger elm bark beetle, *Scolytus scolytus*, which carries the fungus.

In 1965 my Godfather Tom Pomfret sketched the mature elms above my parents’ cottage at Barlavington.



*Tom Pomfret (1920 - 1997) Elms Above Springs Barlavington 1965*

I remember the day they were felled; it was heartbreaking.

Since then efforts to find and breed disease resistant elm varieties have been underway. We have planted two of the latest and most disease-resistant varieties: *Ulmus minor* 'Ademuz' and *Ulmus Lutèce* (Nanguen).

*Ulmus Nanguen* (selling name 'Lutèce') was initially bred in the Netherlands but later taken up by France's National Research Institute for Agriculture, Food and Environment, INRAE. This variety has a complex ancestry including field elms, wych elms, the Exeter elm and the Himalayan elm, so has strong "hybrid vigour". It has been deemed the modern cultivar most closely resembling the native European elms and has become the most widely planted of the modern hybrids in Britain through the efforts of Butterfly Conservation amongst others.

*Ulmus minor* 'Ademuz' comes from the Universidad Politecnica Madrid, Spain. It is a Spanish field elm and was found in the village of Ademuz, a name which apparently means "impregnable" – let's hope so!

The first phase of planting was completed last winter, and establishment and survival was almost 100%. We treated the roots of the trees with mycorrhizal fungi before planting in order to increase nutrient uptake, and also put a layer of well-rotted mulch at the base of the trees to retain moisture and keep the soil cool. The additional care was worth the effort as the spring drought from April to June 2023 was particularly severe and other tree plantings suffered badly. Our team of local contractors have worked really hard over the last two years, with a final phase of planting in very wet and difficult conditions last winter. The Estate would like to thank the Savills forestry team and our tenant Graham Roberts of G R Roberts Hortorum et Sylvarum for their knowledge, dedication and hard work.

Once fully grown, mature elms can reach more than 30m, so in this sheltered spot at the foot of the Downs the trees should develop into really magnificent specimens and the whole avenue into a special feature. It can never be a replacement, but will we hope be a noble reminder of the trees we have lost.

*Mike Chapman, Savills  
Sebastian Anstruther, Barlavington Estate*

## Notes

Trees for the Downs is funded by the South Downs National Park Trust. Information on Dutch elm resistant (or potentially resistant) elms is widely available on the internet – see for example <https://resistantelms.co.uk/>.

## 'DUFFERS FORTNIGHT' AND THE MAYFLY

'Duffers fortnight' is a rather derogatory term used by trout anglers to describe the two weeks each year when novices and the less well co-ordinated can expect to catch fish.

The reason is that the mayflies hatch over trout streams in prolific numbers as the water temperature rises in late May or early June.

The beautiful mayfly with its distinctive lacy wings belongs to the scientific order Ephemeroptera. They only stay in flight, for from a few minutes up to 24 hours, during which time they mate and the female lays her eggs. The eggs are dropped on the water, a few at a time, as the female swoops repeatedly to the surface. They sink into small crevices in the river bed, before hatching into nymphs which survive for almost a year. Many, of course, get washed away, and others are eaten by small fish and other river predators.

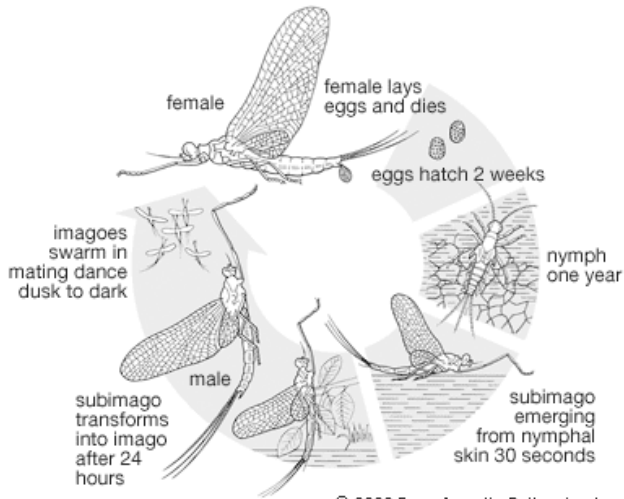
Then in late May the procreative cycle restarts. The nymphs develop and rise to the surface, allowing the little wet fly to emerge. This is called a subimago or 'dun'. It drifts on the surface as the wings dry out, before the adult mayfly, called imago or spinner, takes off in flight. After mating the adult Mayflies drop to the water and die. (See diagram on facing page.)

Thus, the nymph, the subimago and the dying post-coital mayfly provide the three course 'specialite de maison' menu for the hungry trout. The trout fisherman will tie his flies to imitate the nymph, the emerging adult, and the spent mayfly to tempt the trout with these fake irresistible delicacies. Simple, as they say.

So, 'Duffers', get to it. This is the month!

*Ian Fergusson*





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## MAY AND THE POETS

*by J H Leigh Hunt*

There is May in books forever;  
 May will part from Spenser never;  
 May's in Milton, May's in Prior,  
 May's in Chaucer, Thomson, Dyer;  
 May's in all the Italian books:—  
 She has old and modern nooks,  
 Where she sleeps with nymphs and elves,  
 In happy places they call shelves,  
 And will rise and dress your rooms  
 With a drapery thick with blooms.  
 Come, ye rains, then if ye will,  
 May's at home, and with me still;  
 But come rather, thou, good weather,  
 And find us in the fields together.

## MY DESERT ISLAND DISCS

by Barbara Neighbour  
(Tillington resident since 2000)



As others have said before, this is a hard task. But its got me listening to music I haven't listened to for some time, as yesterday's music isn't always first choice for today. But my choices bring back strong memories, and that will be of comfort on my lonely island.

1. *Island In The Sun* by Harry Belafonte. Loved this song as a young child. It conjured up beautiful images and set off my imagination. The record had a crazy B side called Coconut Woman which we enthusiastically sung along to as a family. They both work for the desert island, which I am assuming will be in warm seas (or else I'm in really serious trouble).
2. *Nights in White Satin* by The Moody Blues. Perfect for the romantic, totally obligatory melancholic moments of teenage me. From the album *Days of Future Passed* which was a favourite of mine in my mid teens and well beyond.
3. *The Minstrel of the Dawn* by Gordon Lightfoot. I was plunged headlong into the genre of country music (in all its varying forms) shortly after emigrating to Australia in the early 70's and then working in the "bush". Gordon Lightfoot may not have been Australian but the vibe fitted. Happy days and a time of deep learning but still a time when we felt we could change the world.
4. *American Pie* by Don McLean. If I could have a pound for every time I've sung along to this song ... ! It calls to memory friendship and sharing in more carefree days.
5. *The Blue Danube Waltz* composed by Johann Strauss, played by the Vienna Philharmonic and conducted by whoever. There is nothing quite like being on the open road, with the sun blazing and this joyful music blaring out of the car speakers. It cannot fail to crush negativity and lift the spirits. No roads on the desert island so I will dance along the shore instead, in the safe knowledge that no-one is watching.



6. *Money for Nothing* Dire Straits. My late husband John and I did not always care for the same music but we did both love Dire Straits. It is almost impossible not to be cheered by this crazy (and nowadays totally non-PC) track. On my island I will be singing as well as dancing on the warm sand, while hoping I'm not upsetting the wildlife too much.
7. *The Lark Ascending* composed by Ralph Vaughan Williams and played by Nicola Benedetti (it could be others). I'm sure I will occasionally hear this drifting on the breeze from other desert islands but there is good reason for its popularity. When I feel homesick this beautiful piece of music will provide me with an opportunity to utterly escape my predicament whilst allowing me to cry my heart out with total impunity.
8. The Last disc has to be the most difficult! I don't think I've gone too long without listening to Leonard Cohen in all the years from teens to my (very) early 70's so it would be wrong to leave him out. But for my island I must choose carefully – nothing too heavy. So, I'm opting for So Long Marianne .... "it's time that we began, to laugh and cry and cry and laugh about it all again!" I'm going to need to do that.

If I had to save just one of the above it would be the Blue Danube due to its sure-fire ability to wipe out the cares of the day.

I will happily take the two "freebies" of the Bible and The Complete Works of Shakespeare (provided my glasses are saved) as the knowledge gained by dipping into these large volumes will fill some big gaps in my education. My personal book may surprise you as from reading the above it would appear I can dance. However, I cannot. So I will choose a book on how to dance (recommendations please). It will keep me engaged, when not trying to fish or construct my shelter, and hopefully give me a skill I've always wanted.

My luxury would have to be art materials. I can paint from the surroundings and from memory and also write down what I want to say to those, both past and present, who matter.

*Three friends stranded on a deserted island find a magic lamp. Inside it is a genie who agrees to grant each friend one wish.*

*"I want to go home," says the first friend. The genie grants her wish.*

*"I want to go home, too," says the second friend. And the genie sends her back home.*

*"I'm lonely," says the third friend. "I so wish my friends were back here.*

**TILLINGTON, DUNCTON AND UPWALTHAM  
CHURCH SERVICES DURING MAY 2024**

	<b>All Hallows Church, Tillington</b>	<b>Holy Trinity Church, Duncton</b>	<b>St Mary's Church, Upwaltham</b>
<b>Wednesday, 1 May</b>	Midweek Communion at 10am		
<b>Sixth Sunday of Easter/Fifth Sunday after Easter, 5 May</b>	Breakfast Church/ All-age Service at 9.45/10.15am		
<b>Seventh Sunday of Easter/Sunday after Ascension Day, Bell Sunday, 12 May</b>	Parish Communion at 9.30am	Parish Communion at 11am	
<b>Wednesday, 15 May</b>	BCP Midweek Communion at 10am		
<b>Pentecost/ Whit Sunday, 19 May</b>	BCP Holy Communion at 9.30am		Pentecost 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.		
<b>Trinity Sunday, 26 May</b>	Morning Prayer and Praise at 9.30am	Patronal Festival Parish Communion at 10.30am	
<b>First Sunday after Trinity, 2 June</b>	Breakfast Church/ All-age Service at 9.45/10.15am		

Additional services in our group during May:

**5 May:** 9.30am Parish Communion at Fittleworth; 11am BCP Holy Comm'n at Stopham  
**Ascension Day Thursday 9 May:** 7pm Holy Communion at Fittleworth  
**12 May:** 8am BCP Holy Communion at Fittleworth; 9.45/10.15am Breakfast/All-age Service at Fittleworth; 6pm BCP Evensong at Stopham  
**19 May:** 9.30am Parish Comm'n at Fittleworth; 11am BCP Holy Comm'n at Stopham.  
**26 May:** 9.30am Parish Communion at Fittleworth; 11am BCP Matins at Stopham.  
**2 June:** 9.30am Parish Communion at Fittleworth; 11am BCP Matins at Stopham.

*David Crook, Priest-in-Charge*  
*(david.crook15@btinternet.com; 01798 865473)*

# Kids' Pages

A traditional May Day dance is Maypole dancing. People dance around a tall pole decorated with long ribbons, to celebrate the coming of summer. The tallest maypole was put up in London in 1661: it stood over 40 metres high!



Knock knock!  
Who's there?  
May!  
May who?  
May I come in? It's freezing out here!

Challenge!  
How many words can you think of that rhyme with May?

Star Wars Day is on 4<sup>th</sup> May.  
May the 4<sup>th</sup> be with you!

Does May have 30 days?  
Yes, plus one extra!

Why do people like to eat ice cream in May?  
Because people like to eat ice cream any time!

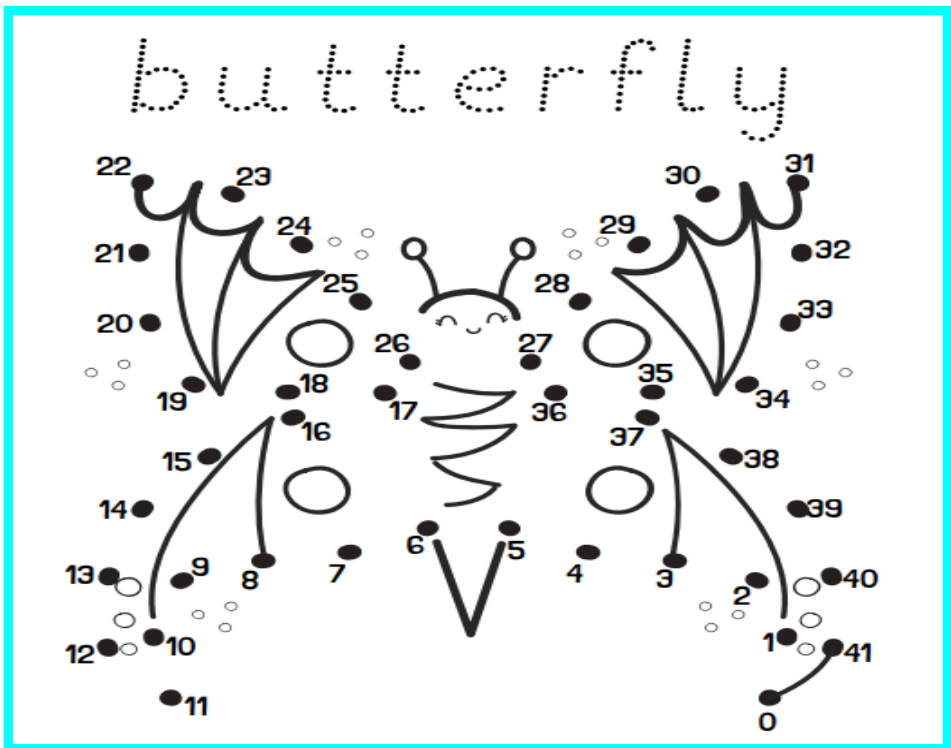
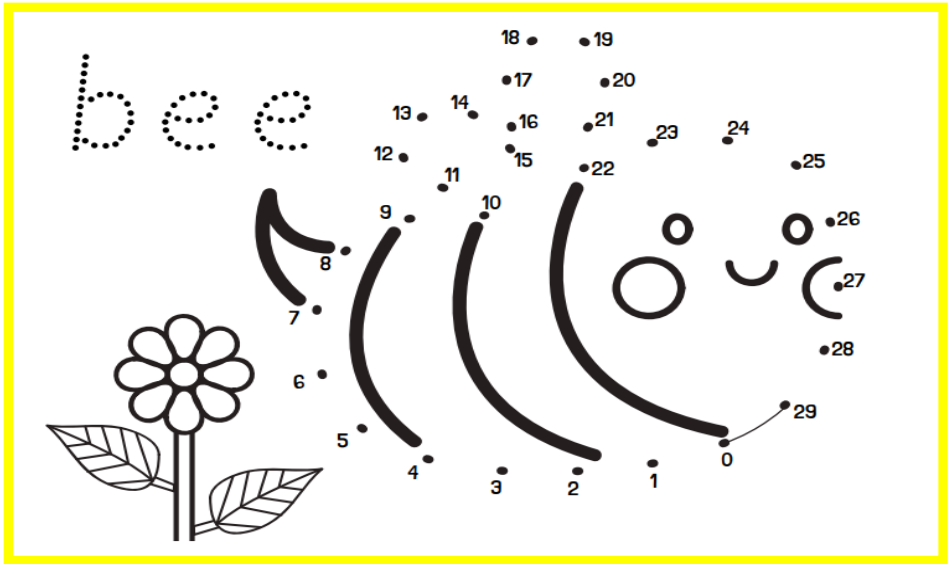
What's the difference between May and June? Every single letter!

Challenge!  
How many words can you think of that rhyme with Spring?



Hawthorn flowers are also called May flowers. Although they are very pretty, it is said that you should never bring them into the house, partly because they are thought to be unlucky - partly because some people think they smell horrible!

Join the dots to complete these creatures,  
then colour them in.





## Word Search



# Spring

f b f l o w e r s d k l  
r h g r o w s b u a w x  
o a a b c d m f g f i j  
g t b n o a q r s f u y  
s c y l l b c d e o k l  
p h k l o n o p q d c f  
a g w x y s a b c i i r  
w n i a r p s n o l h e  
n i u v w r y o a b c t  
e o g h i i k l m n o t  
q p s t u n w x n i x u  
c s e f g g s d u b m b

lamb  
daffodil  
chick  
rain

butterfly  
frogspawn  
buds  
grow

blossom  
flowers  
spring  
hatch

# Spring doodle colouring





## DUNCTON

### SAVE THE DATES



### DUNCTON FUN DOG SHOW IS RETURNING THIS SUMMER

Sunday 28th July 2024, 2.00pm to 4.00pm  
at Duncton Village Hall.

### RUDE MECHANICALS RETURN ON JULY 4

We are pleased to say the Rude Mechanical touring theatre company  
will be returning to the Duncton Recreation Ground on  
Thursday, July 4.

More details to follow, save the dates now!



## RAINFALL FOR MARCH

Recorded by Fran Trimming in River  
(pre-2023 readings recorded by John Mayes in Haymarsh)

<u>Year</u>	<u>March</u>	<u>Year to date</u>
2024	137mls	367mls
2023	141mls	257mls
2022	49mls	152mls
2021	36mls	226mls
2020	47mls	245mls
2019	74mls	176mls
2018	49mls	288mls
2017	61mls	238mls
2016	95mls	348mls

## THE MEDICINES AROUND US

*Sue Laker chats to Laura Uphill*

Herbs are not just for parsley sauce or sage and onion stuffing. The use of herbs from the garden such as lavender & peppermint to calm and soothe the stress has been known since medieval times. Today herbs still play an important role in improving health and treating illness.

To find out more, I went to meet Medical Herbalist and Practitioner of Classical Chinese Medicine, Laura Uphill Dip.CH, MURHP, GQA, who lives locally in Duncton. Laura is a practising Medical Herbalist who also makes herbal skincare products from local herbs such as chamomile and calendula salve to soothe red, sore/itchy skin from eczema to babies' bottoms or Meadowsweet & Willow for muscle and joint pain: her products bring that little extra help where it's needed.

It is often said these days that we shouldn't eat anything our grandparents or perhaps great grandparents would not have eaten. Laura sees people today suffer from internal deficiencies due to modern diet, bad habits and life's stresses. Whilst we have a huge range of foods available all year round in our supermarkets, eating tropical fruit in an English winter may not confer the health benefits we might assume. Laura suggests fruit compôtes and other stored or preserved fruit and veg from summer would be more beneficial on a nutritional level to see us through winter. Eating local, seasonal foods helps the body adapt to the changing seasons and is most beneficial to the immune system and in preventing disease. We are lucky to have hedgerows full of nutrient-rich berries, which we can also preserve or turn into syrups to support immunity through winter.



The nutritional benefits of what we eat need to be considered, but often forgotten is our ability to assimilate what we are eating. Many digestive disorders and internal deficiencies are relieved by taking the workload off our digestive systems. Granny was right, knowing foods such as home made bone broth, boiled up in the big stockpot on the range, are full of goodness. Laura says having a slow cooker running to make bone stock with seasonal veg is a huge benefit to health. It should be used regularly in the kitchen and fussy children can benefit from all of their pasta, rice and potatoes being cooked in it, especially after illness or if they're susceptible to colds. A tired or ill person will be able to absorb the nutrients in a soup or broth more easily than a heavier meal and be put back on the path to wellness more quickly.



We are already surrounded by fresh spring greens! Wild garlic, nettles, dandelion leaf, Jack-by-the-Hedge, Three Cornered Leek and many more ...

Nettles are packed with nutrients, they can be added to stir fries, steamed or layered in lasagne like spinach or in scrambled eggs. Use young plants or tips, cut a patch back and it will grow back more edible. Dandelion leaves can be snipped into salads ... The plants around us are very versatile and usually more nourishing than any spring greens you'll find in a shop. Some plants are already nearly over, like the Pilewort which Laura uses to make an effective haemorrhoid balm. Almost her best seller!



Laura qualified as a Medical Herbalist in 2001, having studied Eastern and Western Herbal Medicine for four years. Her focus became Classical Chinese Medicine, in which she continued to work, and she studied and taught in Germany for many years before returning here. Laura works with nutrition and Chinese herbal prescriptions, offering one-to-one consultations to those looking to regain their health. She hopes to set up in practice again soon in the near future and will continue with Zoom consultations and home visits until that time.

Along with offering weekly classes in Qigong (an ancient Chinese exercise system involving breathing and strengthening postures) in Duncton village hall, Laura leads several Medicinal Herb Walks from April onwards, during which she explains how local herbs can be used as foods, medicines and cosmetic treatments.

To produce her herbal salves, Laura picks and processes the herbs herself, dresses them and infuses them for 18 hours in various botanical oils before pressing and adding beeswax for the consistency. A Beauty Balm she made from Elder and Tilia flowers, with delicate oils for the face would be her 'must have'. Made specifically for sensitive skin, to moisten and preserve collagen under the skin and brighten the complexion, it's a night-time must have! – please put me on the waiting list for that one.

To find out more, check Laura's website: [www.gwensgarden.co.uk](http://www.gwensgarden.co.uk)  
[Info@gwensgarden.co.uk](mailto:Info@gwensgarden.co.uk). 07891570976.



## GARDENING NOTES


Last month I talked about growing fruit and vegetables. We often have to make choices about what's important for us to grow, as space is usually limited in a garden. I would suggest that growing potatoes and onions is only practical if you have a good deal of space to grow these plus more choice vegetables. They are quite cheap to buy and less taste dependent, as opposed to carrots which **must** be grown if you are to experience what a real carrot actually tastes like. Similarly asparagus plants take a good deal of space and you mustn't harvest asparagus for the first 2 years after planting, so they require time and space investment.

All gardeners, no matter what their level of experience, will suffer losses each year depending on weather conditions, pests, water availability and attention paid. For instance, carrot seedlings are prone to being eaten by slugs. You may be waiting for them to germinate and actually they've been and gone. Later, carrot fly will seek out your carrots. Carrot flies lay eggs in May and August so it is possible to avoid damage by sowing seeds after mid-May and harvesting before late August. The carrot fly flies below a height of 2 feet so you could erect a barrier of fleece wrapped around canes from soil level to one metre high to prevent them accessing your carrots, or try sowing carrot seed in amongst your flower borders. Carrot fly probably won't find them then!

Some food is definitely trickier to grow, such as cucumbers, tomatoes, aubergines and peppers. They all need the heat of a greenhouse to get maximum crops. They also need staking or tying up to a string, feeding and regular watering. Tomatoes can be grown outside but often fall foul of blight just as the plants are laden with sumptuous bright red fruits. Blight strikes literally overnight and you lose the whole lot. Growing in a greenhouse helps to protect against blight. Home grown sweet peppers rarely produce enough fruits and the skins are thick and the flesh too thin. I would say not worth growing. Chillis on the other hand are really easy to grow and prolific fruited. Chilli plants prefer to grow in smaller pots where roots are restricted and where the soil dries out between watering. Treat them mean and they will reward you!

Choose a fruit tree or two for your garden to increase your fruit production. There are excellent space-saving options such as cordons, step-overs and espaliers, if you don't have room for a full size tree - you could squeeze them into all sorts of areas in your garden such as alongside your garden path, under your washing line, dividing up your vegetable patch, to name but a few. The more the merrier!

*Allow a wildflower* this month is Red Campion (*Silene dioica*), a tall perennial with bright pink-red flowers and lovely hairy stems and leaves. The flowers are important for bees, butterflies and hoverflies. Happy in semi shade, so useful to grow in shady parts of the garden where the bright flowers will really zing out.



## What is a tree?

An oxygen maker,  
a flood abater, a carbon absorber,  
a climate recorder, a healthy aspect, a place to reflect,  
a nest for an owl, where gruffalos growl, a climbing frame,  
the fuel for a flame, a soil stabiliser, a picnic sun-visor, a provider of fruit,  
winter quarters for newts, the pages of a tome, the heart of a home,  
a pollutant filter, a neighbourhood gilder, a treatment for fever,  
a stress reliever, an artist's spark, an ancient landmark,  
a noise muffler, a bluetit's supper's supper,  
a temperature reducer,  
a primary producer,  
a wind breaker,  
a wood maker,  
a natural sculpture,  
just outside the front door.

By Rebecca Neal

© Rebecca Neal

## HAWTHORN

*by Michael Blencowe for Sussex Wildlife Trust*

You could set your calendar by it. Around the first day of May, our ancestors would step outside to find foamy white clouds erupting across the Sussex countryside: the hawthorn was blooming, spring was turning to summer. The sight was so visually stunning and so linked with the arrival of May that hawthorn became the only British plant to be named after the month in which it blooms. Well, the name hawthorn is derived from the Anglo-Saxon *hagathorn* (*haga* meaning hedge). I'm referring to that other name for hawthorn: May.

Unlike the impetuous blackthorn, which flowers in March before it's even bothered to grow leaves, the hawthorn is more dignified. It waits until it has clothed itself in undergarments of lobed leaves before it dons a resplendent gown of exquisite white flowers. This stunning costume and perfect timing meant hawthorn took centre stage at May Day celebrations and it partied with Green Men, Morris Dancers, Maypoles and May Queens. 'Gathering nuts in May' actually refers to 'gathering knots of May' to make May Day garlands and decorations.

Then, in the middle of the eighteenth century, tragedy struck. I don't know about you, but I get thrown into disarray twice a year when the clocks change. My life would have gone into meltdown in 1752 as our whole calendar changed from Julian to Gregorian, and we 'lost' an entire 11 days. In this new timeline, hawthorn now found itself late for the party, blooming around May 12th.

It wasn't the first time hawthorn had been cast aside. Superstitions dictated that bringing hawthorn indoors led to misfortune – even death. This could stem from the fact that hawthorn blooms release trimethylamine, which gives the flowers that unpleasant smell of cat's wee and attracts pollinating insects. It's also a chemical formed in decaying tissue and reminded people of the smell of the Black Death – and nobody wanted to be reminded of that.

I remember at primary school being taught 'Ne'er cast a clout 'til May is out'. I translated this gibberish into the fact that you should keep your warm clothes on until the end of May. I've only just discovered that 'May is out' refers to hawthorn blooming. My clouts could have been cast weeks earlier.

But the world has changed since I was a nipper – we're warming up. For a temperature-sensitive plant like hawthorn, the blooming times are changing again. Hawthorn is responding to climate change by flowering up to two weeks earlier than it was thirty years ago. It has crept back to bloom around May Day and is now more commonly seen flowering at the end of April. So this May Day, cast your clouts, get out into the great outdoors, and welcome the return of the real May Queen.



Hawthorn©Derek Middleton SussexWildlifeTrust

## **DUNCTON VILLAGE MEETING**

**Thursday, 30th May at 7pm**

Please come along to the 2024 Duncton Village Meeting in the Village Hall on 30th May.

The Parish Council would like to have a conversation around traffic in the village and to present some possible steps which might be taken, and would like to hear ideas and views from residents. We will also have presentations on other parts of the life of the village.

If you would like to speak on any topic or have any queries please contact Andrew Mills on 07476 955 885.

Drinks and nibbles will be provided.

Hope to see you there!

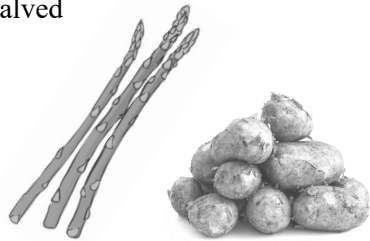
## SEASONAL RECIPE

### JERSEY ROYALS WITH DUCK EGG & ASPARAGUS

This recipe from Shaun Rankin (Great British Chefs) uses some of the best seasonal produce. Serves 4.

#### *Ingredients*

225g Jersey Royal potatoes, cooked and halved  
16 asparagus spears  
4 duck eggs  
1 knob of butter  
Olive oil  
Black pepper  
1 handful rocket  
1 handful of parmesan shavings  
1 dash of balsamic vinegar



#### *Method*

1. Heat a generous splash of olive oil in a frying pan and sauté the potatoes until golden brown.
2. Snap off the woody bottoms of the asparagus. Heat a griddle pan with a little olive oil. Add the asparagus and season with salt and pepper, keeping the asparagus moving until cooked. Test with a small knife - they should still have a slight crunch.
3. Heat up a little more olive oil in a frying pan. Crack the eggs into the pan, being careful not to break the yolks. Cook until the whites are opaque but the yolk is still runny. Add a knob of butter to the pan and season.
4. To serve, arrange the tips of asparagus on a plate and place the duck eggs on top. Scatter over the Jersey Royals, rocket and Parmesan shavings. Drizzle with balsamic vinegar.

## **FROM COUNTY COUNCILLOR, JANET DUNCTON**

I am sure you have all seen on the news about the flooding on the coast in West Sussex. This extraordinary weather just goes on and on and that, added to the normal exceptional high tides at this time of the year, meant everything came at once.

All I will say is that West Sussex Fire and Rescue and many other agencies were on site and helped people as soon as they possibly could. It must be devastating to wake up and find water swirling around your bed. What a nightmare! but luckily no one came to serious harm and, though I believe one person was taken to hospital with suspected hypothermia. All is well except of course for the clearing up that has to be done.

One of the disasters a couple of months ago was the Council's Durbans House in Bognor, which houses all our Highways Staff who deal with the requests for work to be carried out from this building. This building was itself flooded and is not yet fully operational. Staff are still carrying out their work but for a while we have had to move them to somewhere unflooded and safe.

Our Childrens' Homes have been inspected recently by OFSTED. All six fared well, two being rated "outstanding" and the other four "good", and we continue to seek to improve in our Childrens' Services generally.

Now you have all received your Council Tax bills and hopefully read the notes, you will see that both Child Care and Adult Care take a large proportion of our budget. It does not become easier.

For those who have not seen it in the Press, the Council has now appointed a new Chief Executive, Leigh Whitehouse, who was deputy at Surrey County Council. Until Leigh can join us, Becky Shaw will stay with us, and then return full time to East Sussex County Council.

I recently had a very interesting session at Platinum House, the new Fire Station and training centre at Broadbridge Heath, which receives many training enquires not only from the UK but from across the world. The day before my session there, the Chief Fire officer had meetings with representatives from South Korea who checked out the facility with a possible intention of sending Fire and Rescue people there for training. Every time I visit, they seem to have some new scheme and of course this brings in finance. It really is the top standard in the country.

All I hope is that we get some good weather now for what's left of Spring and look forward to a good summer. My goodness, we deserve it.

Please contact me if you need my help or information regarding County Council issues on either [janet.dunton@westsussex.gov.uk](mailto:janet.dunton@westsussex.gov.uk) or my mobile: 07979 152898.

## MAYDAY, MAYDAY, MAYDAY

While organising maypole dancing or celebrating workers' rights on "May Day" may be a serious business for some, the word 'Mayday' is much more serious for others.

The internationally recognised "Mayday" distress call came into use in the early 1920's after a senior radio operator named Frederick Mockford, based at Croydon Airport, was tasked with finding a word which would be easily recognised and understood by the pilots and ground staff in the event of an emergency.

Much of the air traffic at that time was between Croydon and Le Bourget Airport, near Paris. Mr Mockford, as well as having served in the First World War, had heard talk from French pilots over the airwaves, and was, it is said, familiar with the French *m'aidez* (help me). He therefore proposed the word Mayday, as it was felt its clear and distinctive sound would be easily recognisable.

After testing, the word was adopted for cross-channel flights in 1923. Four years later, the International Radiotelegraph Convention of Washington DC confirmed Mayday as the official international distress call, in addition to the radiotelegraph SOS signal.

While there are other emergency calls in radio communications, the term Mayday is reserved for the most severe and life-threatening situations – usually, though not exclusively, in the air or at sea - where there is imminent danger to life. There are radio frequencies kept open only for these calls. In an emergency the call will be repeated three times – 'Mayday, Mayday, Mayday' followed by details of the aircraft/vessel's callsign and position, nature of distress, assistance required and the number of people on board. A strict protocol then kicks in to minimise loss of life, where possible.

One famous 'Mayday' with a good ending was in 2009 when a US Airways flight struck a flock of geese shortly after takeoff, causing both engines to fail. The pilot, Captain Chesley "Sully" Sullenburger, declared a 'Mayday' distress call before skilfully landing his plane on the Hudson River. The call enabled emergency services to have everything in place to ensure the safe evacuation of all passengers and crew. (*Sully* is a good film, if you haven't yet seen it.)

A 'Mayday' call or a 'mayday' incident is also now used as a more general way of describing an emergency situation, whether or not anyone has called out the word itself.

So thank you, Frederick Mockford, for a word that can be recognised all over the world, although let's hope none of us ever has to use it!

*Barbara Neighbour*





## May Half Term at Sky Park Farm

MONDAY

27TH

Trainmaster UK

TUESDAY

28TH


Ranger School

WEDNESDAY

29TH

The Nikki & Charlie  
Magic Show

 Sky Park Farm, West Harting GU31 5PT

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**PETWORTH & DISTRICT OVER 60S CENTRE**  
**THE FRIENDSHIP CENTRE – MAY 2024**

We will play Bingo at the Friendship Centre (Over 60s) on 1st and 15th of May starting at 1.30pm. The minibus will be available to bring members to the Centre.

The Coffee Morning on Saturday 6 April in the URC Hall raised £318.65, and thank you to all who contributed in many ways – an excellent result.

Advance notice – the AGM will be held on Thursday 20 June in the Centre at 2.30, followed by a free Cream Tea.

Don't forget that Annual Subs (£5.00) were due on 1<sup>st</sup> April – please pay on your first visit to the Centre.

Our Annual Outing on 28 August will be to Southsea where you will be able to visit the D Day Museum in the 80<sup>th</sup> Anniversary of D Day, if you wish.

We have vacancies on the Committee – if interested please speak to me.

*Caroline Stoneman* – House Committee Chairman (01798) 342942

**PETWORTH LUNCH CLUB MAY 2024**

The next Petworth Lunch Club will be on Tuesday 14<sup>th</sup> May 2024 at 12 noon in the URC Hall, when the menu will be Chicken and Ham Pie with vegetables followed by a pudding yet to be decided. This costs £8.00, which includes tea or coffee. Don't forget to book on (01798) 342942.

If you would like to join us or find out about the Club please contact me – we would particularly welcome anyone who would be willing to help serve – no washing-up involved!

*Caroline Stoneman*

**PETWORTH VILLAGE BUS MAY 2024**

Shopping trips in May are on Friday 3rd to Worthing and The Trading Post at Barnham and to Horsham on Friday 17<sup>th</sup>. There are also trips to the Friendship Centre (Petworth Over 60s) on Tuesday mornings and Bingo on Wednesdays 1st and 15<sup>th</sup> in the afternoon. There is also a regular shopping trip on Wednesdays from Kirdford to Horsham. On Friday 31<sup>st</sup> May there will be a lunchtime trip to the Frankland Arms in Washington.

The shopping and pub trips must be booked through me on (01798) 342942.

*Caroline Stoneman* – Local Organiser 01798 342942

## The Farthings of Lurgashall – and far beyond

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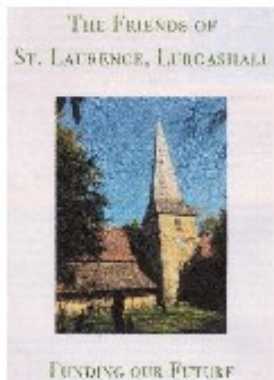


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In conversation with  
**Vernon Ellis**  
with an introduction by  
**Lurgashall Archive**

### At Lurgashall Village Hall

**Friday 17<sup>th</sup> May, 6pm for 6.30pm**

Tickets £12 (to include first drink and nibbles)  
on sale at Lurgashall Village Shop  
or can be pre-ordered (for cash payment at the door)  
by email to [archive@lurgashallvillagehall.org](mailto:archive@lurgashallvillagehall.org)



The evening is in aid of  
'The Friends of St Laurence',  
a new charity to help conserve  
our beautiful church and  
churchyard, where many of the  
Farthing family are laid to rest.

Presented by  
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# THE ARTS SOCIETY SOUTH DOWNS

On Wednesday 5th June 2024

all members and visitors are most welcome to attend a talk on:

## **Betty Joel**

**Speaker: Clive Stewart-Lockhart**

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Talks are in Fittleworth Village Hall, RH20 1JB

Doors open 09.50 am for coffee. Please be seated by 10.30 for 10.45 start.

Members free and non-members £7. (No booking required.)

Further details on: [www.theartssocietysouthdowns.org.uk](http://www.theartssocietysouthdowns.org.uk)

Or contact: Jane Allison on Tel 01798 813314

## **CELEBRATING 'ART AND AGRICULTURE'**

Zimmer Stewart Gallery present a unique exhibition and talk at South Stoke Barn in collaboration with The Sussex Snowdrop Trust. The exhibition 'South Stoke Idyll - A view from the barn' is open from 23rd to 27th May, 11am—6pm.

**Friday 24th May** 6.30pm A talk by Ryan Haydon, farmer and Adam Stead, artist, agriculturalist and researcher, with a panel discussion including artists Matt Bodimeade, Nick Bodimeade and Emma Hurst, led by James Stewart from the Zimmer Stewart Gallery.

Tickets £15, include glass of Digby Fine English fizz on arrival. Visit [www.thesussexsnowdroptrust.com](http://www.thesussexsnowdroptrust.com). This event is sponsored by Sims Williams, Arundel.

**Sunday 26th May**, The Sussex Snowdrop Trust invites you to South Stoke Barn to view the exhibition and find out more about the farm.

Bring a picnic - tea and cakes are provided from 3-5pm for a donation.

Venue : South Stoke Barn,  
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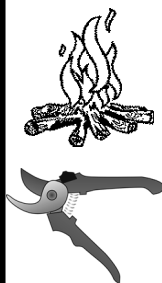
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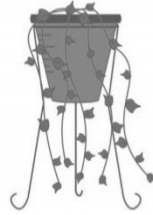


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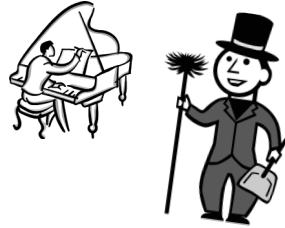
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