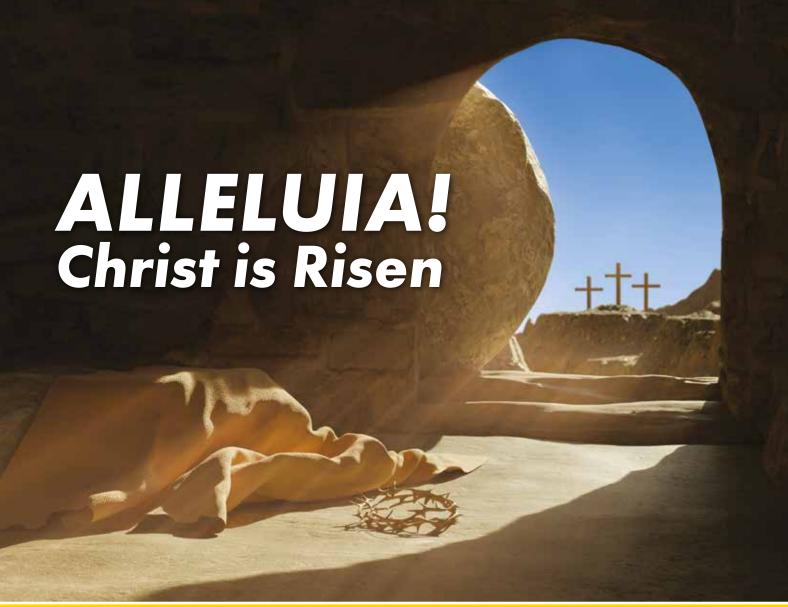
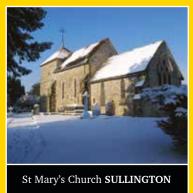
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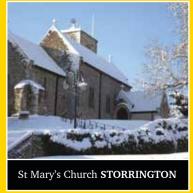
STORRINGTON # SULLINGTON # THAKEHAM

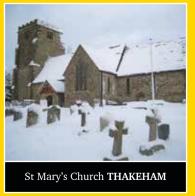
























### St Mary STORRINGTON



### St Mary SULLINGTON



### St Mary THAKEHAM

### IN THE DIOCESE OF CHICHESTER

STORRINGTON Rector Contac

VACANT

Contact Churchwarden – Christine Tuson (905932) Churchwarden – Michael Taylor (742218)

Church Office (Tues & Thurs mornings) – Vivien Stuart (742888)

SULLINGTON AND THAKEHAM WITH WARMINGHURST

Priest in Charge VACANT

Contact Church Warden Thakeham – Mike James (07795 02482)

Church Warden Sullington – Gail Kittle (745754)
Parish Administrator – Felicity stwparishes@outlook.com

For all information regarding services provided by your churches, for Storrington contact the Church Office and for Sullington and Thakeham contact the Parish Administrator.

All telephone numbers are 01903 unless otherwise stated.



### Wishing all our readers Easter Joy and Blessings



We are in the middle of Lent, that season which takes us to the heart of the Christian faith. We see Jesus move from his call and his desert experience of discernment, to his ministry, and to his final confrontation with the powers of darkness on the Cross.

Who is this Jesus? Was he, as CS Lewis cryptically wrote in Mere Christianity (1952), "either mad or bad

or God?" Certainly it was the denial of Jesus' implicit, and occasionally overt, claims to be the Messiah, Son of God, that brought him to a cruel death at Calvary, as it was then, just outside the city walls of Jerusalem. "Are you or are you not the Son of God?" demanded Caiaphas at Jesus' mock trial.

For me, Lent is not about giving up chocolate, challenging as I would find that! It is about asking myself, "Who is Jesus for me?" Is he really my friend and brother, in which case why does he so often seem to be ignoring me?

Is he really my Saviour, in which case why do I still find myself burdened with feelings of guilt?

Is he really my Lord and my God, the centre of my life and the inspiration for all that I think and say and do, in which case I would be a saint!

Yes, some people really think that being a Christian is about having a private line to the Almighty, about never having doubts, about being "so heavenly minded as to be no earthly use?"

The more I look at Jesus, the more I find him looking at me, not just saying: Who am I to you? but who are you? What are your desert moments, your wounds and hurts, your times of desolation? Because you are just as likely to find me in the dark places of your life as the joyful moments. "I came to save sinners, not the righteous," Jesus said.

Lent can be a time to open up my whole life at the deepest level to the unconditional, life-giving love of God, the God who, in Jesus, died but rose again, victor over death in all its various guises. Then perhaps, I will be able to say with 'Doubting' Thomas to the risen Christ, "My Lord and my God."

With my love and prayers,

CHARLES HADLEY Retired Priest, St Mary's Church, Storrington

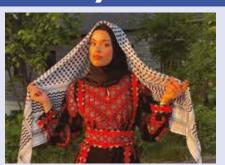


## WORLD DAY OF PRAYER



Inter-Church Service for the Storrington Area to be held at Storrington Priory, School Lane, Storrington RH20 4LN (free car park in Monastery Lane behind Our Lady of England RC Church)

### Friday 1 March at 2pm





hosted by CHEMIN NEUF COMMUNITY

Theme:

I beg you, bear with one another in love
Prepared by women of Palestine
All are invited

Contact: Frances Arter 740843 WDP local secretary

EATURES

Farewell to Revd Sara-Jane and Bob	
Canon Palmer's Diary	16
The Benefits of Getting out in your Garden	20
Weather Watch	23
The Lost Woods Project – Skills Courses	25







# St Mary's Thakeham

### www.stmarysthakeham.org

#### **Churchwardens**

Mike James (07795 024842) Heatherdown, Washington Rd Storrington RH20 4DE

Pippa Harder 31 Furze Common Road, Thakeham RH20 3EG

#### **Treasurer**

Liz Slaughter stmarysthakehamtreasurer@gmail.com

### **Retired Clergy**

Revd Jill Simpson

### **PCC Secretary**

Allison Goodfellow (740499) allisongoodfellow@btinternet.com

#### **Electoral Roll Officer**

Virginia James Contact via church office at stwparishes@outlook.com

#### **Church Bookings**

Wynn Lednor (743025) 4 Crescent Rise Storrington RH20 3NB

### Bellringers: Tower Captain

Roger Watts (01798 813775)

### **Gift Aid Officer**

Bob Timms (01798 813807) Cootes, The Street , Thakeham, RH20 3EP

### Safeguarding Officer

Allison Goodfellow (740499) Lyndene, Newhouse Lane Storrington RH20 3HQ

### PASTORAL ARRANGEMENTS FOR

Please contact Felicity at the Parish Office to make arrangements for Baptisms, Weddings and Banns of Marriage.

Parish Office open Tuesday and Wednesday from 9.30am to 5pm.

### SOME OF OUR REGULAR SERVICES ARE CHANGING! DON'T B









"Love one another as brothers and sisters and be kind and humble with one another"





### www.st-marys-sullington.org

#### **Churchwardens**

Gail Kittle (745754) leave message on answerphone Sullington Manor Farm, Sullington Lane, Sullington, RH20 4AE

#### **Treasurer**

David Baxter (744346)

Retired Clergy Revd Jill Simpson

Churchwardens Emeriti

Heather Cotton (745751)

Douglas Parkes (743106) Ann Salinger (01798 813481)

#### **Pastoral Care**

Ann Salinger (01798 813481)

**PCC Secretary** 

Position vacant

Freewill Offering & Gift Aid Officer

David Baxter (744346)

**Electoral Roll** 

Heather Cotton (745751)

**Organist** 

Position vacant

Church Flowers

Altar Rota Jean Hoadley (01798 812658)

### Safeguarding Officer

Jane Williams (742956) Sandgate Lodge, Washington Road, Sullington RH20 4AF

#### **Lift Co-Ordinator**

Anne Owen (743973)

### **Church Fabric Officer**

John Williams (07841 204330)

### THAKEHAM AND SULLINGTON:

Please contact Church Warden, Gail Kittle to make arrangements for Baptisms, Weddings and Banns of Marriage.

Email stwparishes@outlook.com. Details of Church Services on page 18

### E CAUGHT OUT! CHECK TIMES OF NEW SERVICES ON PAGE 18

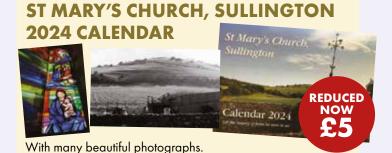
### **CHURCH ELECTORAL ROLL**

To be on the Church Electoral Roll, you must have been baptised and support a particular parish church (you can support two). If you would like to be on the Electoral Roll for Sullington, please contact Heather Cotton (07759 567831).



### **EVENSONG** 7 APRIL AT 6pm

Archdeacon Luke will be with us.



On sale now in the Church or phone Gail Kittle on 745754.

### **EASTER SERVICES**

Let the beauty of Jesus be seen

in us

at St Mary's Sullington

### **GOOD FRIDAY**

**3pm QUIET REFLECTION** 

### **EASTER DAY**

11.15am EASTER DAY COMMUNION with Bishop Ruth Bushyager

## Caster Lilies in Memory of a Loved One

Lilies and spring flowers will form the basis our Church decoration at Sullington over Easter. As is our tradition, you may sponsor one or more lilies in remembrance of loved ones and the list of names will be read out in Church on Easter Sunday. Please contact Jean Hoadley 01798 812658 for more information.

## St Mary's Church, Sullington CURRENTLY LOOKING FOR A VOLUNTEER PCC SECRETARY

It involves a variety of tasks such as sending agendas, taking minutes etc at our PCC meetings (minimum 5 a year).

If you are interested please contact Gail Kittle on 745754 for further details.

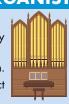
### **VACANCY FOR A REGULAR ORGANIST**

Or could be a good pianist!

To play at St Mary's Church, Sullington, for Sunday services and weddings.

We have a Grade II registered one manual pipe organ.

If you would like further information please contact
Gail Kittle on 745754.



3 Heralds // March 2024 5



### Faith, Hope and Love in the heart of Storrington

# St Mary's Storrington

### For Clergy see page 3 www.storringtonparishchurch.org.uk office@storringtonparishchurch.org.uk

#### Churchwardens

churchwardens@storringtonparishchurch.org.uk Christine Tuson (905932)

Robinswood, George's Lane RH20 3JH

Michael Taylor (742218)

#### **Treasurer**

David Rice (746816) 21 Longland Avenue, RH20 4HY

### **Parish Secretary**

Vivien Stuart (742888; home 745913) Rectory Office, Rectory Road RH20 4EF

### PCC Secretary VACANT

### Retired Clergy

Revd Charles Hadley (740787) Revd John Peal (743083) Revd Jacquie Peal (743083)

### **Verger and Sacristan**

Michael Taylor (742218)

### **Sacristy Team**

John Taylor (745477) Lueen Francis

### **Captain of Bellringers**

John Taylor (745477)

### **Parish Visiting Scheme**

VACANT

#### Recorder

Alison Hammond (07840 522832)

#### **Electoral Roll Officer**

Rosemary Humphreys (367149)

#### **Director of Music**

Stephen Bloxham

### **Assistant Organist**

Ian Miles

### Readers

Sam Ward (893794)

#### **Sidesmen**

David Rice (746816)

#### **Church Flowers**

Wendy Cliffe (744467)

#### **Safeguarding Officer**

Stephen Bloxham

The Rectory Office is open on Tuesdays and Thursdays 10am - 1pm.

### **REGULAR ACTIVITIES**

Church Services see page 18.

**Choir:** Fridays, 6.40pm – 7.45pm. Anyone interested in joining the choir please contact the Revd Jacquie Peal – 743083.

**Altar Servers:** Revd Jacquie Peal (743083) **Bellringers:** Fridays, 7.45pm – 9.30pm.

Church & Churchyard Maintenance: John Butler (745091)

Mothers' Union: Jean Hunt (01798 813681)

**Sunday Lunch Club** (ecumenical): Second Sunday in the month.

See page 18.

**SPACE:** 1st and 3rd Tuesdays, 2pm – 4pm at the Old School.

Contact Barbara (741236)

**Home Group:** Thursday mornings at 23 Orchard Gardens, 10.30am – 11.45am. All welcome. Contact Sonia Fox (745703) for more details.

### STORRINGTON REGISTERS

Funerals – we commend to God's nearer keeping ... 23 Jan Ramon ("Ray") Paul Hunt (79 years)

9 Feb Pamela Anne Tunnell (86 years)12 Feb Nigel Charles Edwards (70 Years)

### Interment of ashes only:

7 Feb Leonard Haulkham (88 years)

### Mothering Sunday - 10 March

Families are especially invited to the Mothering Sunday Family Service on Sunday 10 March at 10am.

### **CHURCH ELECTORAL ROLL**

The Church Electoral Roll is a list of baptized people who consider themselves to be supporters of a particular parish church; at this time of year we aim to bring it up to date. If you are not yet on the Roll and would like to be, please find the appropriate form at the back of Church or at the Rectory Office, returning it to Storrington Rectory Office.

### LENT COURSE St Mary's Church, Storrington

### Jesus the Lord

The course for the season of Lent continues at St Mary's Church, Storrington, on the following Wednesday afternoons at 2pm.

### 6 March

Jesus the Lord, Healing the Sick

### 13 March

Jesus the Lord, Hearing Prayer

### 20 March

Jesus the Lord, Enlightening the World

The Chichester Diocese has prepared thoughtful material. Each week there is a prayer from the Book of Common Prayer with a related commentary, reflection and questions. http://www.chichester.anglican.org/lent

### **EVENSONG** is usually held at St Mary's, Storrington, on the first and second Sundays of the month.

4pm November to March. 6pm April to October.

### Lilies for Easter at St Marys, Storrington

Would you like to make a donation towards the lilies in Church this Easter in memory of a loved one?

If so, please add the name(s) of those you wish to commemorate to the list at the back of Church and place your donation (£5 per name is suggested) in one of the small brown envelopes marked "Easter Lilies" and put it into the Donations box in Church.

The list will be removed from Church on Palm Sunday, 24 March, so a board with the names commemorated can be prepared for display on Easter Sunday.

### PARISH VISITING TEAM...

If you would like to arrange for someone on the St Mary's Parish Visiting Team to either speak to you or visit you, please contact Viv Stuart at the Rectory Office in the first instance. The Rectory Office is open on Tuesday and Thursday, 10am to 1pm.



### TO ADVERTISE IN THIS SPACE PLEASE CONTACT

Sue Kibblewhite (745325) 3heraldsadverts@gmail.com



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a bespoke celebration in your own style then Sullington Tithe Barn could be just the spot!



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### **FAREWELL** TO **REVD SARA-JANE** AND BOB

They leave us for pastures new and our Sullington & Thakeham churchwardens presented gifts from the congregation to them. Individual, original paintings of their beloved dogs, Basmah and Shannon, and a mixed box of lovely wine and cash

to spend as they wish. They were

both completely thrilled with their gifts. Our thoughts and prayers go with them both and wish them a very happy future as part of their new Benefice in Hampshire.



### **SUSSEXDOWN** CAREHOME

Monday 11 and 25 March 2.30pm



Chapel at Sussexdown, Washington Road, Sullington.

Please come and join us - all welcome.

For more details phone Margaret Slinn on 746769.

### Storrington Macular Society **Support Group**

### 26 March

**Fourth Tuesday** of the month

1.30pm - 3pm

**Chanctonbury Leisure Centre** Spierbridge Road, Storrington RH20 4PG

Come and join us for a hot drink and a friendly chat. Anyone affected by sight loss and their family, friends and carers are welcome.

Contact: Sue 07460 631631

0300 3030 111

help@macularsociety.org macularsociety.org

Macular Society Beating Macular Disease



PALM SUNDAY, 24 March (with distribution of Palm Crosses) 8am Holy Communion (BCP) 10am Palm Sunday Family Communion

### **MAUNDY THURSDAY, 28 March**

**7pm** Maundy Thursday Eucharist and stripping of altars

### GOOD FRIDAY, 29 March

9.15am Good Friday Procession (inter-Church), starting at Our Lady of England RC Church, Monastery Lane 12 noon Three Hours' Devotion

A time for words, music and silent prayer (entry or exit possible at any time)

### **EASTER DAY, 31 March The Day of Resurrection!**

8am Holy Communion (BCP)

10am Easter Family Communion

### **CHRISTIANS IN STORRINGTON**

would like to invite all Christians in Storrington

**Good Friday Procession** of Witness

> 29 March starting at 9.15am



It starts from Our Lady of England Roman Catholic Church in Monastery Lane and follows the cross around the village, pausing for worship at various points before finishing at Trinity Methodist Church on Thakeham Road.

The whole event lasts about one hour and is an excellent start to the Easter weekend. Transport along the route is provided for anyone who is unable to walk the distance. You can join and leave the procession at any point along the route.



### **EVENTS 30 YEARS AGO**

March 1994 was a busy month. The Women's World Day of Prayer, now called just 'World Day of Prayer' is always on the first Friday of March, and, as usual in those days, I was providing the music. Then there were Lent study groups, Lent lunches, plus organising the flowers for Mothering Sunday and, of course, there were weekly practices for 'Angel Voices'.

th. The yer, of CHARLES CORNER

Towards the end of the month a very strange thing happened, I got a stiff neck! This was no ordinary stiff neck from being in a draught; this was a real humdinger, once in a lifetime event that lasted a week! I could not lift my arms or hands, which meant I could not brush my hair, wash my face, clean my teeth, or even eat any food! I soon discovered that I could bind a stick to my fork to reach my mouth and I could drink through a straw, of course. Not good on social occasions.

I went to my doctor, but he was baffled. I could do some things, such as prepare food, write, play the piano, even ride my bike, but other things were beyond me. I had to miss some events, including a confirmation. Stuart's mother had just had a big operation in Southampton hospital, and we needed to visit her. It took me several minutes to get into the car, and about ten more to get my head onto the headrest as it wanted to be stuck to the windscreen. Most of the trip was easy with straight roads, but roundabouts and city streets were very painful. That day I thought I had got away with it, but my brother-in-law noticed I was in pain. Luckily Stuart's parents never knew.

Back in Kingston Buci, when Ella and I next met for prayer, we remembered that we had been studying Biblical stiff necks earlier in the year, and had told nobody, not even Stuart, of our findings. As soon as we started telling people, my stiff neck disappeared just as quickly as it had come!

What on earth did all this mean?

Chrystalle Kersley

### **Christians in Storrington**

Monthly Inter-Church Prayer Meetings Everyone welcome

Do join us in the side-chapel at Our Lady of England RC Church 10am - 10.30am on the first Tuesday of each month

Tuesday 5 March – Chemin Neuf Community will lead
Tuesday 2 April – Trinity Methodist Church will lead

One in faith and love and praise

### TRINITY SUNSHINE CHOIR

The Trinity Sunshine Choir got off to an encouraging start with an average of 18 at the first three sessions.

This is a dementia friendly choir but open to anyone.

Next dates are:

### 20 March and 24 April.

Sessions start with coffee and a time to chat and make friends at 10.30am. Singing starts at 11am.

Anyone interested can contact Robert Gamble at robertgamblerc@gmail.com or 07958 232874.



### A PRAYER FOR THE MONTH

Lord, make me an instrument of your peace: where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.

St Francis of Assisi



## WEST CHILTINGTON AND STORRINGTON MOTHERS' UNION

On Thursday 1 February we held our AGM at West Chiltington Church Hall,



after our usual service and prayers. Chrystalle Kersley played piano for our hymns and Jeannie Bell, our leader, summed up our year just past. We had various speakers and fund raising events through the year:

In April Jeannie Watten held a coffee morning which raised £163.80.

In July we had our yearly Garden Party held by Sally Boyland in her beautiful garden in the sunshine and £135 was raised for Away from it all Holidays for families in need of a break.

In August Stephen Bloxham organised a Festival of Puddings with Songs of Praise at St Mary's, Storrington, raising £200 for MU Summer of Hope campaign.





Many thanks go to everyone who organised and supported these events and supplied refreshments.

Jean Hunt, our Treasurer, reported our accounts to be in healthy shape. We enjoyed refreshments after the AGM, and we had all been asked to bring a sandwich with an unusual filling. It was a nice change from biscuits! Fillings included chicken mayo with brie and mango chutney, salami and apple, peanut butter with marmalade, and hazelnut spread with brie.

### Dates for your diary:

### 1 March at 2pm

World Day of Prayer hosted by Chemin Neuf Community Storrington, at The Priory, School Lane, Storrington. The prayers have been prepared by the women of Palestine. See advert on page 3.

### 7 March at 2pm

Tea with Friends at Squires Garden Centre. This is a free gathering for our branch members and anyone who would like to hear more about the work of Mothers Union World Wide and who may like to consider becoming members.

### 21 March at 12 noon

Lent Lunch at West Chiltington Church Hall. MU will be hosting.

All welcome.

Sonia Fox





### TO ADVERTISE IN THIS SPACE PLEASE CONTACT

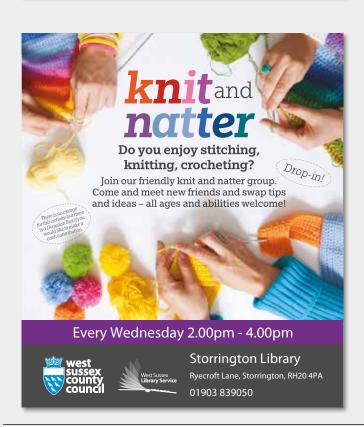
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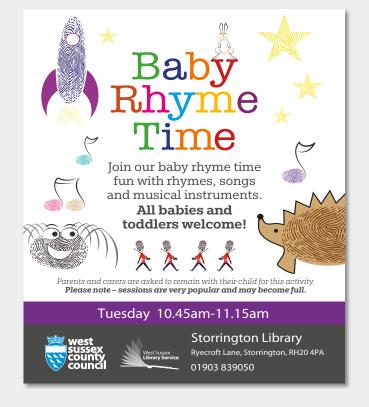
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### Words, words, words!

### Too darn hot?

I tend to be someone who leaves a number of things until the very last minute – sorry Amanda! So, as I write this I've just heard the news on deadline day that for the last year global temperatures have been over 1.5 degrees above pre-industrial temperatures. This made me think: how is that measured? Here is the answer: measurements of near-surface air temperature from weather stations around the world are combined with measurements of ocean surface temperature from ships and buoys, to build up a record of the planet's surface temperature going back to the mid-1900's. And the study of tree rings and ice core measurements can help scientists calculate global temperatures going back even further.

If you believe there is a man-made climate crisis, then the scientist's warnings won't surprise you. If you are not convinced, nonetheless, I think the practical consequences of various extreme weather events, such as floods, storms, wild fires, droughts, might give you pause for thought. In December last year the Association of British Insurers calculated they expect to pay out about £560 million in claims caused by recent Storms Babet, Ciaran and Debi that struck in October and November. Things can be replaced; precious mementoes and lives lost are irreplaceable. Looking further and longer, it's estimated that some 150 to 200 million people across the world may become "climate refugees" in the next 25 years; that is people moving across countries and continents because where they live now is no longer sustainable because of drought etc.

### Noosphere?

I think I've mentioned before that I like travel books; not the "guide to ....." type, but the more narrative sort like old classics by Eric Newby and HV Morton and contemporary writers. I'm currently reading Watling Street by John Higgs. He travelled along that Roman Road that runs from Dover to just about Anglesey. He has introduced me to the concept of the noosphere. It's a difficult idea to get my head around. If I've understood it right, it's the sphere of human thought and the word was first used in the 1920's. It covers all our history, culture, myth, and ideas, and links how we think of ourselves as individuals and groups and how we describe ourselves to the environment. For example, we may say "we British love the countryside and animals" but the downside may be that because we believe in this description of ourselves, it makes us blind to the reality that we casually litter almost everywhere and tolerate industrial scale farming that can be cruel to animals.

**Noosphere** - noun. Philosophy. The part of the biosphere that is affected by human thought, culture, and knowledge.

**Biosphere** – noun. 1 the part of the earth's crust, waters, and atmosphere that supports life. 2 the ecosystem comprising the entire earth and the living organisms that inhabit it.

Both from Collins Dictionary

The concept has taken hold of me a bit, and it's making me challenge myself. I think of myself as someone concerned with the environment and climate crisis, but I am blind to my own inconsistencies in the way I live?



How many totally unnecessary things do I buy or own?
On a lighter note, one of the most unnecessary products ever was given to my husband for his birthday, a bicycle-shaped pizza cutter!

### **Magic Merlin**

Did you do the RSPB Big Garden Birdwatch? We missed it. I'm not too bad at identifying birds when I can see them, but I'm rubbish



at identifying them from their songs and calls. I am delighted to have discovered an app for my phone that identifies bird calls for me. The one I use is called Merlin, free from Cornell Laboratories. It's amazing, although it slows up all my walks because I stop regularly to turn it on and tell me which birds I can hear. I can now confidently identify a great tit, but still get robins and song thrushes confused. My best day included hearing a nuthatch, redwing and long-tailed tit within a few minutes. I believe some people use similar apps to record what passes over their house at night and that the results are startling. Perhaps something to do if I get insomnial

Christine Tuson ctuson@lineone.net

## St Mary's Church Storrington Concert & Music Committee



### BRIGHTON WELSH MALE VOICE CHOIR

and harpist Ysaline Efrelin

St David's Day Concert

at St Mary's Church, Storrington

SATURDAY 2 MARCH 2024 7pm



Under the direction of Iris Warren, the choir sings a selection of traditional Welsh tunes, many of which we'll recognise from our hymnbook. They mainly sing in Welsh, introduced each time with an English translation. However, the programme may include arrangements of classical and popular pieces. For this concert they hope to be joined by talented young harpist, Ysaline Efrelin.

### Tickets £12

to include a glass of wine/soft drink and nibbles

Children age 10 and under free

From Fowlers Estate Agents, The Square, Storrington (745844) or King & Chasemore Estate Agents, High Street, Storrington (745761) Also available from the Church Office or text 07790 863229.

The meeting welcomed Ian Currie from Frosted Earth who gave us a fascinating insight into the Sussex Weather over the past 300 years.

There are two main factors responsible for our weather, one being the earth's position and distance from the sun which produce our seasons, and more specifically the jet stream which changes the weather patterns we receive as it moves north to south from the British Isles. Although these have remained basically unchanged, we have had some severe weather which we often refer to as unseasonal weather, examples of which lan took us through.

He started with the Thames freezing over in 1683/84, one of the coldest winters recorded for the South East. The Thames Tideway froze over for two months and the ice was so thick they managed to hold an Ice Fair and roast an ox on it. The last time the Thames Tideway froze was in 1814.

Ice Fairs were a popular distraction during the winter and many were held in the 16th, 17th and 18th centuries, gradually declining so there are now only a few retaining the title of Ice Fair remaining in Sussex, although over time the title has probably been changed to Christmas Market. One of these is the Fair held in Chichester who received its charter to hold it from Henry I in 1107 and traditionally held at the end of October. While on a cold note, Storrington had one of its heaviest snowfalls in December 1836 with snow drifting to over 20 feet in some places.

Although we have stormy weather now, the famous Edistone lighthouse, named Winstanley's Tower, was built in 1696, but destroyed after only 6 years in 1705 due to a great storm with very high winds. Its cost and maintenance for this period of time was £7,814 7s 6d, during which dues totalling £4,721 19s 3d had been collected at 1d per ton from passing ships.

More recently, on Derby day 31 May 1911, the rapid change in the weather from warm sun to a violent thunder storm led to the deaths of two spectators who were hit by large hail stones. The storm finally killed a total of 17 people in the surrounding areas.

Also, in 1911 a well-known building, The White Mill at Sullington Warren, was burnt down after 100 years' service due to the very hot weather creating a grass fire which got out of control. The site is marked today by relics from the old mill.

Ian gave us many other examples of weather conditions over the past 300 years, making a fascinating insight into the weather over the past centuries.

The meeting closed with light refreshments and a raffle. Our next meeting is on **15 March** at the Storrington Village Hall commencing 7.30pm, when Martin Duncan will be talking to us about Arundel Castle Gardens.

For full details of meetings, please visit our web site: storringtonhorti. org.uk.

Michael Webber

### STORRINGTON SLIMMERS

MONDAY EVENINGS from 7pm to 8pm

St Mary's Church, Storrington

The group is led on a 'friendship and support' basis and group members share knowledge and tips for successful weight loss. Anyone who would like some support in their weight loss journey is welcome to just come along on a Monday evening.



### **SANDGATE CONSERVATION SOCIETY**

### **Your Countryside Needs You**

We are on the lookout for volunteers to help maintain and improve Sullington Warren and Sandgate Park.

You would work at your own pace and as long as you need among like-minded folk, so come on and give it a try as we would really be pleased to see you. Our volunteers will be found on Sullington Warren on **Saturday 9 March** between 9.30am and noon, and in Sandgate Park on **Saturday 23 March** between 10am and noon. All tools, gloves etc are provided, so simply just turn up.

The Sandgate presentation this month will be held on **Wednesday 27 March** in Sullington Parish Hall at 7.30pm, where Tony Whitbread will give a presentation on *Wildlife & Wild Places of Sussex*. Tony is a popular speaker and President of Sussex Wildlife Trust.

Do check out our website, www.sandgate-conservation.org.uk, for all the latest details, which also pinpoints the actual location where everyone is actually working on any particular Saturday.

To learn more about the Sandgate Conservation Society, who work closely with the National Trust and Horsham District Council, please contact Brian Burns on 743001 or email sandgate.conservation@gmail.com.

Brian Burns







### **SPACE** AFTERNOON TEA

The SPACE group all enjoyed a Christmas afternoon tea at Halcyon Days Café in Storrington on Tuesday 5 December. It was a very cosy afternoon with 12 people attending, including Sonia Fox as our special guest. Poems were read by Keith, the owner of Halcyon Days, and his wife Sue did the catering. We all had a great time in a lovely place with good company and a wonderful tea.

Barbara M



1st and 3rd Tuesdays 2pm - 4pm at the Old School, Storrington

Everyone will be very welcome (men and women, any age or ability). Either bring along something you can already do, or have a go at something different.

For more information contact Barbara (741236).



### West Chiltington Dramatic Society



We look forward to welcoming you to our forthcoming events:

### Play Reading for Fun on Tuesday 19 March at 7.30pm

In the conservatory of The Five Bells in West Chiltington. Members and non-members are all welcome with opportunities to read parts from a selected play or to just sit back and be entertained. No charge, but please buy a drink from the bar! Please contact Angela Sloan, vicechair@wcds.co.uk, if you wish to attend.

### Our May production on 16, 17 and 18 May at 7.30pm

Dark Lucy, a psychological thriller and mystery by Philip King and Parnell Bradbury, directed by Ralph Wigg, performed at West Chiltington Village Hall. Tickets available, from April, online and at local retail outlets: Adults £12, Under 18 £6. See our website for more information: www.wcds.co.uk.

West Chiltington Dramatic Society (WCDS) is looking to welcome new members for acting and off-stage roles.

Please contact Angela Sloan at vicechair@wcds.co.uk if you would like more information on joining WCDS. Alternatively, please visit our website www.wcds.co.uk.

Angela Sloan, Vice Chair



### ON 4 MARCH THIS MONTH!



Storrington Library Ryecroft Lane, Storrington, RH20 4PA 01903 839050

Storrington Library is offering friendly and fun Reading Friends monthly sessions. It's a chance to chat and connect to new friends through the sharing of stories, memories and experiences.

Reading Friends isn't a traditional reading group. You don't need to be a reader to take part as we use reading, whether books, magazines, newspapers, or anything else, to start everyone chatting and help people get to know each other.



Memory Moments Café - Storrington For people with memory problems and their family / care partner

Second and fourth Thursdays of the month Ravenscroft Guide and Community Hall 2.00pm - 4.00pm

Join us for a little fun and laughter, with tea/coffee & cake, plus music, games, dance, crafts and much more





For info call 01273 494300 or info@knowdementia.co.uk Registered charity no. 1154361

**Mon 1:** As the lamb, washed with gentle showers. A thorough spring day. Erskine Elliot and I to Chiltington to dine with Chipp, our walk was enlivened by the songs of awakening birds. Finished Speke's African book and I think it extremely interesting, but coarsely written, and often needlessly monotonous in repetition. He began at Zanzibar Mar 9, 1859, and ended at Gondokoro Feb 15, 1863. This place is in lat. 4°.54.5 N. & 31.46.9.E

**Tue 2:** Foggy morning but afternoon fine, bright and soft. Nelson kills one of my chicks. We go on ploughing - Erskine Elliot and I transplanting some shrubs. Buried poor Mrs Woods today from the Union: I trust she may now be at rest from her labours. Annie to Stopham for 3 or 4 days to guard Delphine and Miss Smyth, as the parents gone to Town to see the Bateman parents.

Wed 3: Thoroughly wet. My arable work stopped by this downpour.

[Pages missing]

**Tue 8:** Very showery – thoroughly damp. No doing anything in the husbandry line this weather; ploughing at a standstill and garden getting scrappy and weedy. Henry Hardwick calls for Income tax and tells me that soon (under Gladstone's new bill) his office will be transferred to the Inland Revenue. Mr. Butler gives me an invitation to Harrow for the 20th which have declined, as it is a Sunday. George Carew Gibson called to present himself on his return: he is to be here, there and everywhere for the next 6 weeks, and comes to settle down in May: has a steeplechase to ride at Oxford on Saturday.

**Wed 9:** Heavy snows and generally stormy and wild. The weather grows worse and worse, today is worthy of January. Gladstone brought forward on Monday his government Annuity Bill in a masterly speech: this scheme provides certain Annuities and Life Assurances for the poorer classes in connection with the Post Office: thus, in case of simple working, the poor man will be able to invest his money securely, and in case of removal be always handy to his assurance office. George Carew Gibson teaed with us.

**Thu 10:** Fine morning with frost – followed by a day of storms. Cold and penetrating.

PRINCE OF WALES - Not much of a day for the Windsor solemnities (Note: This was the date of the marriage of Albert Edward to Princess Alexandra of Denmark). I dined at Rowdell, where were Napier, Charles Goring, General Williams, Holland (New curate of Washington) and George Gibson. Lost 2/- at whist, which thing ought not to be done.

**Fri 11:** Again a stormy day with fierce rain a bright interval. George left for Leith in the Aurora for Spithead. I take a ride to Thakeham by a beautiful green lane that leads one out opposite to the Church: it will be a new and delightful summer walk. Dined again with Erskine Elliot at the Major's meeting General Williams. Some amusing crisis in the penny paper on Hare's recovery and finished appearance in the Church again.

**Sat 12:** Bright and windy from West. A March day: may it continue for a month. Give my headless pup a paper on Richard II.

**Sun 13:** LENT 5. Fine and bright, but a storm sky towards evening. Mr Erskine sends me a cheque for £50 which as so often comes in just at the right moment when supplies fail. Deo Gratias. My sermon today from Moses diffidence to go to Egypt and a 6th lecture on the Life of Christ with special text on "Wrath of the Lamb" see woes in Capernaum etc.

**Mon 14:** Windy, with every appearance of more rain, from SW the old quarter. Bridges called and lunched, riding from Heathfield. He is not interesting and either below par in topics of conversation. Emmy returns from Chithurst in first rate spirits: may she so remain. Do a 1815 - 30 History paper with Erskine Elliot who is still rather sullen in harness.

**Tue 15:** Dull and threatening, mild. A letter from Ned, dated Delhi, Feb 5: he is quite well and had returned from Amballa since he last wrote. Meeting the order of today: a Turnpike Trustee in the morning the Annual volunteer in the evening both were 'surprisingly dull'. Erskine Elliot has a paper in English history.

**Wed 16:** Fine and bright with easterly wind. Kept at home during day, doing a little in the garden. Mother, Annie, Erskine and I dined at Highden, meeting the Williamses and the new curate, Holland.

**Thu 17:** Fine and bright as yesterday. Encouraged by the weather and a letter from George Carew Gibson. I think of going up to town with Erskine Elliot tomorrow, and seeing the boat race on Saturday. Lunch at Highden and am driven into Worthing by CG who nearly upsets me. Do all my business there, and comfortably home by 5.

Fri 18: Brilliant with keen wind. Frosty morning. The curious part of this change in the weather is that the glass goes down fast! Erskine and I on foot to Pulborough with Nelson (muzzled) and much enjoyed our walk: off by the 11.17 train to town and in at Victoria to the minute. George Carew Gibson and Mrs Elliot there to meet their respective relations: George and I had a jolly afternoon going to the British Institution, and there nearly into fits of laughter at some of the most screeching daubs that ever disgraced the walls of an Exhibition. Afterwards dined at the Wellington, dinner provided by George and a very good one too. I smoked (!) a cigar price 5 pence! and rather liked it. Saw Major Chene and Fowler junior: at a game of billiards. Down to EEB in evening as WBC could not bed me: we discoursed on Denmark and so to bed.

Sat 19: As yesterday. Perfect. Set off by 9.45 for Kensington; and thence by train to Chelsea and on foot to Putney, quite hot road crammed with all sorts of turnouts, both saddle and reins and all wearing colours, Oxford chiefly. Met Fairbairn amongst the crowd at 1 and with him got on board the Trinity Hall boat for the race: we were beautifully placed for the start, just astern of the two boats - where one eight was the umpires craft and next to him, a craft carrying the Prince of Wales on board... had a good look at him, and don't think much of his countenance. Start good at 11.32 Cambridge taking a good lead in a minute, afterwards we were jammed in forcing the point of a broad arrow. The boats had gone ahead and soon we could see that Cambridge had fallen astern. After this it was bump, crash, hollering, etc between our boat and the others, with an occasional distant view of the crews, Oxford well ahead and rowing finely. At the finish we turned and came down to the 2 boats and certain Cambridge rowing was very mild indeed: but somehow, I can't get up the excitement I did about it. Old F took me to land to Mrs T at 23 Queen's gate, and introduced me to his sister-in-law and his brothers' art treasures after which we went as far as St James Street together when he for train to Wilton and I for the drawing room. People, 5, and I home with George Carew Gibson and Boyle.

**Sun 20:** PALM SUNDAY. Fine: brilliant. Preached an old sermon on our Lord's mental perspective; sufferings and a 7th lecture on Christ's Life, the latter being an account of the sequence of events during the Holy Week. Fine congregation in afternoon and good responding: Henry King lunched.

**Mon 21:** As yesterday wind cold. Busy in garden: then down to Storrington assisting Whiting in the Communion service: saw Fred Warren, who was crammed full of his ailments and ended up his catalogue with spasmodic asthma! Charlie came from Fryern: I rode to Steyning to pay bills.

**Tue 22:** Dull and cold, dry. I have taken now to early rising and down and at work by 7am. Church this morning with Mother and Annie. Whiting after 2nd lesson, christened the Fryern twins. Edward George (sponsors W Locke K Henry King and Charlie) and Ethel Louisa (sponsors Mrs LK Nelta Maitland and Henry King), nice looking babes

and made no noise. Drake and Boyle (George Carew Gibson's visitors) came and played Five's. I put in peas and radishes. Worked hard at Good Friday sermon on Hebrews The Epistle.

Wed 23: Fine brilliant but cold. Attended lunch at Storrington, taking prayers for Whiting: had a first View of Mrs Whiting and the poor patient at a respectful distance. Busy in garden cleaning and liquid dressing my strawberries. George Carrew Gibson and his 2 guests come to ask my company to Chanctonbury, but the host is compelled to stop by reason of a bad thorn which had landed him coming down the 2, played Five's instead. Our 1 lesson today, Hosea XIII furnishes a good text on Humility in verse 5.

**Thu 24:** As yesterday: most charming. Drove Emmy to Stopham today to luncheon, I called at the Rectory and on Knight, and picked up B Clayton at the station and so came home by 7.30 to Sullington.

**Fri 25:** GOOD FRIDAY. Fine and bright. Preached in morning from the Epistle and in afternoon from "He was led as a lamb to the slaughter."

**Sat 26:** Dull, cold, ending with a drizzle. A vestry meeting today of the usual kind; old Willmer suggested that he be paid a trifle 30/for his duties as Surveyor of Highways.

**Sun 27:** EASTER DAY. Fine and dry. Holy Communion with few of the poor. George Carew Gibson came in his trap; his 2 friends absented. Preached an Easter lecture from John XX 3,4 - on the eagerness of Peter and John. Christened Harry Richardson. Walked on down to Clayton a bright, cold afternoon. Mrs Gibson asks me to BB for the review tomorrow.

Mon 28: Gusty, dull with stormy sky from NW. The great Voluntary day at Farley heath: though kindly invited by Mrs G to sleep at Shalford, cared not to go, as Clayton is with me and the pull is long and weather bad. Charlie and I to Amberley on foot by road as wind was high, inspected Clarkson and his Church: gave him a promise of subs and WBC tipped him 2/5 in return for which he gave us luncheon – a piece of cold, boiled, shoulder of mutton, assorted brown bread, porter and champagne and a mouldy cheese a true Clarksonian banquet. To Arundel at 2. 6 by train saw boat, church, under guidance of Octavius and old Hart for a minute, and so home by 4.37 train. Blown back from Houghton by a fierce wind. Boyle much amused and interested in his expedition.

**Tue 29:** Cold and bitterly strong NW wind fierce stormy of rain and hail at intervals. Drove Boyle to Pulborough for the 9.29 and found it rather cold, The post brought me sad news today in the shape of a letter from Mrs Houstown, in which she announces in almost heartbroken terms the death of my first pupil here, Sidney Houstown, on a visit to his brother in Saxony he had overexerted himself, and had got inflammation in his bad leg and died after a few days illness, poor boy! His mother laments him in very true terms and says she would much like to see me in town and talk it over with me. Dined with the Major, meeting General Williams and Major Ingram party slow.

**Wed 30:** As yesterday – a trifle warmer. Carpentering, making a frame for a window so to be turned into a pit frame. Parochial visits, 2 old ones all morning, Shepherd and Adsett. After Aglen refuses Vesey's curacy.

**Thu 31:** Stormy with strong SW. Walked to A to see Chattie she seems very weak and much thinned. The Prussians repulsed from Dybbol.



### The Sandgate Choir

(Formerly Sandgate Singers)

### **SPRING CONCERT**

SUNDAY 24 MARCH, 7.00pm

Our Lady of England RC Church, Storrington RH20 4LW



Dvořák

Mass in D

Karl Jenkins

Sacred songs

Conductor: **William Waine**Piano: **Alison Manton** 

**Tickets:** £15 (including refreshments) Available from 07836 558403, our website or on the door.

www.sandgatesingers.com





### THAKEHAM St Mary's



### **SULLINGTON** St Mary's



		ATTLE TEXT	September 1975	2. 100	
DATE	FESTIVAL OR SUNDAY	杨阳			
3 March	Lent 3	8am Holy Communion (said) 10am Family Communion 4pm Evensong	10.30am Joint Thakeham/Sullington Church for All Service	8.30am BCP Communion	
10 March	Lent 4 Mothering Sunday	8am Holy Communion (said) 10am Family Communion 4pm Evensong	10.30am Morning Prayer	10.30am Holy Communion	
17 March	Lent 5 Passiontide begins	8am Holy Communion (said) 10am Parish Communion with Prayers for Healing	8.30am Celtic Communion	10.30am Joint Thakeham/Sullington Holy Communion	
24 March	PALM SUNDAY	8am Holy Communion (said) 10am Parish Communion	10.30am Morning Prayer	10.30am Holy Communion	
31 March	EASTER DAY	8am Holy Communion (said) 10am <b>Easter Celebration</b> (all age)	9.30am Easter Day Communion with Bishop Ruth Bushyager (alternative start time – this week only)	11.15am Easter Day Communion with Bishop Ruth Bushyager (alternative start time – this week only)	
7 April	Second of Easter	8am Holy Communion (said) 10am Family Communion 6pm Evensong (Note – Summer Evensong start time)	10.30am Joint Thakeham/Sullington Church for All Service	8.30am BCP Communion 6pm Evensong with Archdeacon Luke Irvine-Capel (Note – Summer Evensong start time)	

### Check parish websites and Notice Sheets for up-to-date information.

Midweek Holy Communion Service at St Mary's Church, Storrington, on 2nd and 4th Wednesdays at 10am followed by Café in the Church
When there is a 5th Wednesday in the month Holy Communion at 2pm followed by Cafe in the Church

### **OTHER CHURCH DETAILS**

### **ROMAN CATHOLIC CHURCH**

Our Lady of England, Monastery Lane
Mass – Saturday 6pm, Sunday 8am and 10am
Daily Mass: Monday – Friday 9am.
For other midweek services, confessions etc., please contact

### STORRINGTON CHAPEL

North Street

Sunday Services 10.30am and 6.30pm
Enquiries to Storrington Chapel Evangelical Church,
North Street, Storrington RH20 4DH
Email: contacts@storringtonchapel.org.uk

### LIFE COMMUNITY CHURCH, STORRINGTON

Chanctonbury Leisure Centre, Spierbridge Road Family Worship – Sundays 10am

Enquiries to Katherine Edwards
Life Community Church Office, 7 The Square, Storrington
Office open: Monday – Wednesday.
Out of hours contact: Nathanael on nat@lccstor.org
Tel: 07450 176315 Email: admin@lccstor.org www.lccstor.org

### TRINITY METHODIST CHURCH

Thakeham Road

Sunday Service 10.30am Minister: Revd Dr Frank Okai-Sam Tel: 01273 597122

Email: trinitychurchstorrington@outlook.com www.facebook.com/TrinityStorrington Our building is now registered for same-sex marriage

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**Wed** 9.30am Registrar of Births and Deaths – Storrington Library – pre-booking only – 01243 642122

Fri 9.45am Storrington Community Market - Village Hall

### STORRINGTON LIBRARY - Tel. 839050 Opening Hours

Monday to Friday 9am - 5pm, Saturday 10am - 4pm

Knit and natterAdultsWednesdays2pm-3pmToddler timeUnder 5sThursdays10am-10.30amRhyme timeUnder 5sTuesdays10.45am-11.15am

### STORRINGTON POP-IN LUNCH CLUB

Storrington Village Hall

11.30am until 2pm on the first Thursday of each month except January and Augus

Enjoy a nourishing meal with dessert ALL ARE WELCOME

Buy a ticket at The Hub in Storrington
Co-ordinator: Penny Barnes (01798 815129)

Some and meet old mends and make new one.

and make new ite you to

The Churches of Storrington invite you to

### SUNDAY LUNCH CLUB

A CHANCE TO GATHER TOGETHER OVER A MEAL, AND BE WITH FRIENDS OLD AND NEW

#### Sunday 17 March

at the Old School, School Lane, Storrington

Tickets £4.00 are available from

Louisa Austin, Church Street, Storrington



All for

only

### WHAT'S ON

MAR	CH
Fri 1	
2pm	World Day of Prayer – p3
Sat 2	, , ,
10am	Storrington Conservation Society – Working Party – p30
7pm	Brighton Welsh Male Voice Choir Concert – p33
Sun 3	Lent 3
Mon 4	
2.30pm	Reading Friends – Storrington Library – p15
2.30pm	Sussexdown – Communion Service – p5
 7рт	Storrington Slimmers – St Mary's, Storrington – p14
Tues 5	
10am	Inter-Church Prayers – RC Church (side-chapel) – p 10
2pm	The Arts Society West Sussex – Talk – p24
 2pm	SPACE – Arts & Craft Club – p 15
Wed 6	·
2pm	Lent Course – St Mary's, Storrington – p6
Thu 7	,
	Pop-In Lunch Club – p18
2pm	MU Tea with Friends – p10
7.30pm	Storrington Camera Club – Meeting – p34
Sat 9	<u> </u>
9.30am	Sandgate Conservation Society – Working Party – p14
7.30pm	Charity Piano Concert – p20
Sun 10	Lent 4 – Mothering Sunday
Mon 11	<u> </u>
7pm	Storrington Slimmers – St Mary's, Storrington – p14
7.30pm	Thakeham Gardeners' Club – Meeting – p33
Wed 13	<u> </u>
10am	Holy Communion followed by Café in the Church – p9
2pm	Lent Course – St Mary's, Storrington – p6
7.30pm	Rotary Film Night – Past Lives – p26
Thu 14	, ,
2pm	Memory Moments Café – p15
Fri 15	7
7.30pm	Storrington Horticultural Society – Meeting – p14
Fri 16	, , ,
7pm	Storrington & District Museum Quiz Night – p21
Sun 17	Lent 5 – Passiontide Begins
1pm	Sunday Lunch Club – Old School, Storrington – p 18
10am	Storrington Camera Club – Competition – p34
Mon 18	
7pm	Storrington Slimmers – St Mary's, Storrington – p14
Tue 19	, , , , , , , , , , , , , , , , , , , ,
2pm	Knit and Stitch – p4
2pm	SPACE – Arts & Craft Club – p 15
7pm	West Chiltington Floral Club – Meeting – p30
7.30pm	Play Reading for Fun – p15
Wed 20	
	Sunshine Community Choir – p10
2pm	Lent Course – St Mary's, Storrington – p6
Thu 21	25 255.05 5. mary 9, diomingion – po
	Cuppa and a Chat – p25
12 noon	MU Lent Lunch – p10
12 110011	,
7.30pm	Storrington Camera Club – Meeting – p34

Sat 23		
10am	Sandgate Conservation Society – Working Party – p14	
Sun 24	Palm Sunday	
7pm	Sandgate Choir Spring Concert – p17	
Mon 25		
7pm	Storrington Slimmers – St Mary's, Storrington – p14	
Tue 26		
2pm	Storrington Macular Group – Meeting – p9	
<b>Wed 27</b>		
10am	Holy Communion followed by Café in the Church – p9	
2pm	Storrington Flower Club – Meeting – p	
7.30pm	Sandgate Conservation Society – Presentation – p14	
Thu 28	Maundy Thursday	
10am	Art Exhibition (until 14 April) – p22	
2pm	Memory Moments Café – p15	
брт	Holy Communion and Removal of Hangings – St Mary's, Thakeham	
7.30pm	Eucharist with Stripping of Alters – St Mary's, Storrington	
Fri 29	Good Friday	
9.15am	Inter-Church Good Friday Procession of Witness – p9	
3pm	Quiet Reflection – St Mary's, Sullington	
12 noon	Three Hours' Devotional – St Mary's, Storrington	
Sun 31	Easter Sunday ALLELUIA! CHRIST IS RISEN	

Details of all church activities on pages 4,5,6, 9 and 18.

Please note – all these fixtures are subject to change, so please check with the relevant organisations.

### **SAINTS AND SPECIAL DAYS**

### MARCH

- 1 David, Patron of Wales, c.601
- 2 St Chad, 672 St Chad Bishop of York, Mercia and Lindsay, introduced Christianity to Mercia
- 7 Perpetua, Felicity and their Companions, 203, Christian martyrs
- B Edward King, 1910, Bishop of Lincoln
  Felix of Burgundy, 647, credited as the man who introduced
  Christianity to the kingdom of East Anglia
  Geoffrey Studdert Kennedy, 1929, priest and poet, nicknamed
  'Woodbine Willie' during World War I for giving Woodbine
  cigarettes along with spiritual aid to injured and dying soldiers
- 17 Patrick, Patron of Ireland, c.460
- 18 Cyril of Jerusalem, 386, bishop, confessor and doctor of early church

### 19 JOSEPH OF NAZARETH

- 20 Cuthbert, 687, monk, bishop and hermit, considered Patron Saint of Northern England
- **21 Thomas Cranmer, 1556,** leader of the English Reformation and Archbishop of Canterbury
- 24 Walter Hilton of Thurgarton, 1396, English Augustinian mystic Paul Couturier, 1953, French priest, instrumental in establishment of Week of Prayer for Christian Unity Oscar Romero, 1980, Archbishop of San Salvador, assassinated
- **26** Harriet Monsell, 1883, Nun, founded the Community of St. John Baptist
- 31 John Donne, 1631, poet, Dean of St Paul's Cathedral in London, and MP

### THE BENEFITS OF GETTING OUT INTO A GARDEN IN EARLY SPRING

New research published by leading garden charity, the National Garden Scheme, confirms the important health benefits that visiting a garden in the darkest days of winter can provide.

The report found:

- Wellbeing significantly improved after visiting the gardens in winter.
   Visitors felt more relaxed, happy and excited in the gardens, and less stressed, sad and bored.
- The level of wellbeing was similarly high for visitors in winter and summer, suggesting that visiting gardens during either season is likely to carry benefits. But the average level of wellbeing before entering the gardens in winter was lower than in summer, meaning that those visiting in winter showed the greatest increase in wellbeing.



The more nature visitors observed in the gardens, such as birds, insects, and water, the higher their wellbeing.

"Our research suggests that visiting a garden in winter can be just as beneficial as visiting in summer, as long as you wrap up warm," says report author, Dr Emma White. "This is an important finding, as we may notice ourselves getting out in to gardens less during a time which many consider to be dormant. But winter gardens can be full of life and interest. Our survey respondents felt that winter is the perfect time to observe the emergence of new growth and experience the unique joy of spring-flowering bulbs. It is a great time to appreciate the structure of a well-designed garden, and respondents noticed lots of wildlife and beneficial natural features. So, whatever the season, we should all try to get out into gardens more, observe the plants and nature around us, and feel the benefits."



"The National Garden Scheme has been championing the health benefits of garden visits since it first opened 609 gardens in 1927. This latest report builds on that work and illustrates what many gardeners and garden visitors know, that being in a garden really is good for you," says George Plumptre, National Garden Scheme chief

To find your perfect garden or to find out more about the above gardens, visit www.ngs.org.uk, download the National Garden Scheme app or pick up a free copy of The Sussex National Garden Scheme Booklet available now in many local stores, garden centres and libraries.

The wellbeing benefits of visiting National Garden Scheme gardens in winter by Environmental Psychologist, Dr Emma White, can be found on the National Garden Scheme website: https://bit.ly/NGSWinterWellbeingReport.



There is a wealth of beautiful National Garden Scheme gardens to enjoy in West Sussex this spring:

### Every Thursday from now until Monday 1 April

The Old Vicarage Washington RH20 4AS

### **Tuesday 5 March**

Tour of Crossland Flower Nursery Walberton BN 18 OAX

### Sunday 17 March and Sunday 21 April

Manor of Dean Petworth GU28 9AP

### Sunday 17 March

Denmans Garden Fontwell BN 18 OSU

### Saturday 23 March and Sunday 24 March

Downs Place South Harting GU31 5P

### Friday 29 March

Judy's Cottage Garden Worthing BN 13 2AE

### **Tuesday 9 April**

Bignor Park Pulborough RH20 1HG

### Saturday 13 April

Rymans Appledram Lane South Apuldram Chichester PO20 7EG

### Saturday 20 April and Tuesday 23 April

Peelers Retreat 70 Ford Road Arundel BN 18 9EX

### Sunday 21 April

Newtimber Place Newtimber BN6 9BU

### Wednesday 24 April and Wednesday 1 May

Fittleworth House Bedham Lane Fittleworth Pulborough RH20 1JH

### Saturday 27 April

Warnham Park Robin Hood Lane Warnham Horsham RH12 3RP



Wardie's Way was set-up in October 2014 with a simple idea; to raise as much money as possible to go towards research into children's cancer, in Newcastle UK and Gent, Belgium.

From the money that has been raised to-date, just over €5,000 has been used to purchase a Dutch-language version of the international testing equipment needed by the team in the Paediatric Haematology-Oncology unit in the UZ Gent (Gent Hospital).

The equipment is used by the psychologists, such as Geertrui, to assess the impact of cancer treatment on children up to the age of eight by measuring their cognitive development. It is most commonly used on children with brain tumours, or those who have undergone a bone-marrow transplant. Previously the hospital only had equipment that was 10 years old and, consequently, out-of-date. As a result, their psychologists would have to spend some of their valuable time travelling to gain access to up-to-date equipment.





### **NEIGHBOURHOOD WARDEN** UPDATE

This month we would like to remind residents about the Priority Services Register. This is a free support service which provides advice and support when there is an interruption to your electricity, gas, or water supply. Energy suppliers and network operators each have their own register.

### You are eligible if you:

- · have reached state pension age,
- have a disability or long-term illness,
- rely on medical equipment in your home,
- have children aged under 5 or are pregnant, or
- are recovering from a hospital treatment or injury.

Other conditions/situations may also apply.

We recommend that people who may be vulnerable or at risk during severe weather or utilities outages, should be on a Priority Services Register. Friends and relatives can assist with registration for those who may need a bit of help.

Ofgem has a summary at: www.ofgem.gov.uk/information-consumers/energy-advice-households/getting-extra-help-priority-services-register

### **Electricity**

UK Power Networks (South East): www.ukpowernetworks.co.uk/power-cut/priority-services/sign-up-to-our-priority-services-register Tel: 0800 169 9970.

SSEN (for some parts of West Sussex): www.ssen.co.uk/ PriorityServices Tel: 0800 294 3259

#### Water

Southern Water: www.southernwater.co.uk/help-advice/join-our-priority-services-register

Tel: 0800 027 0800 (9am-5pm, Mon-Fri)

#### Gas

Please contact your gas supplier for details.

We look forward to seeing you around the village for a chat.



Chris and John Chris Poore: 07795 046743 John Sampson: 07789 943201 Storrington-sullington.warden@horsham.gov.uk



Plans for a production are now in motion.

The Ghost Train, by Arnold Ridley, is our choice and will take place on 6, 7 and 8 June. Should you wish to take part in this well-recognised play, come along on either on a Tuesday or Thursday to Sullington Parish Hall from 7.30pm to 10pm, where you will be most welcome. We have already begun auditions but new blood is always necessary in whatever capacity, be it on stage, behind the scenes, operating light or sound, front of house or serving drinks, alcoholic or otherwise!

We are well-respected locally for our pantomimes but in the past our wider talents in comedy, period plays, thrillers and musicals have also been of a high standard and the Society would like to feel it can carry on that tradition. Help us maintain these opportunities for local people, both young and elderly, with your support and talents.

David Chinn

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# EVENTS AT THE OLD WORKSHOP, SULLINGTON MANOR FARM

### Four Artists, One Barn

28 March - 14 April

10am - 4pm

Art exhibition held here at The Old Workshop café featuring talented & local artists with exciting pieces for sale. Free entry, parking & disabled access. Café open daily.

### **Barn Dance**

6 April

6-10pm

In aid of Friends of Pulborough Parish Church.

Book tickets: https://www.friendsofpulboroughparishchurch.org/ events/barn-dance-at-sullington-barn .

### **Spring Contemporary Art at Sullington**

16 - 27 May

10am - 4pm

Twelve artists featuring in this exhibition of hanging pieces, sculptures and paintings curated by esteemed local duo, Penny Gambrill and Marty Lowell. Cafe open daily, except bank holiday.

### **Spirit of Place**

6 June - 16 June

10am - 4pm

Abstract textile exhibition curated by established group, Curious Threads, with all pieces for sale. A true celebration of texture, colour and artistic ingenuity as the Curious Threads textile art group respond to their chosen title. Café open daily.

### **Under One Roof**

20 - 23 June

10am - 4pm

An exciting chance to go to a home interior's fair with specialist companies who might just be able to find you that aspect that you have been missing at home. Trusted and local companies who will be present to discuss and bounce ideas off. Café open daily.

### **Build an Opera**

6 - 10 August

Five day children's workshop (ages 8 – 14) with Songbuilders in our 15th century tithe barn. Construct, build, design & compose a piece to perform at the end of the workshop with trained opera singers. Fantastic opportunity for children to really hone their creative side in the summer holidays.

### **Photography Exhibition**

5 - 15 September

10am - 4pm

Photography exhibition curated by local & talented group, Storrington Camera Club featuring traditionalist and current methods of photography. Café open daily.

# Four artists, one barn.

William Papworth
Deborah Thompsett
Nick Hebditch
Andrew Milne



28th March - 18th April 10am - 4pm

www.sullingtonmanorfarm.co.uk info@sullingtonmanorfarm.co.uk The Old Workshop Sullington Manor Farm Sullington Lane, RH20 4AE 01903 745754





A HUGE thank you to everyone who made a donation when booking their Christmas tree for recycling through Rotary. Our fantastic Amazon and Rotary volunteers picked up almost 400 trees from certain postcodes in Pulborough, Storrington, Amberley, Billingshurst and other local villages. These have been chipped by TreeSmiths of Horsham and distributed to sites around the district. Over £5,000 has been raised benefitting Chestnut Tree House (Children's Hospice Care) and Turning Tides (Ending local Homelessness) and other local causes supported by Rotary.

Rotary registered charity number 1029115

### **WEATHER WATCH FROM IAN CURRIE**

January 2024 – It blew mild and chill; dry and wet: a fairly average month overall.

After the very unsettled, dull and dismal December, January began in an even more disturbed mood. Storm Henk on the 2nd produced wind gusts to 50mph and a deluge of rain, and was followed by another downpour on the 4th, measuring over 34mm of rain. Storrington, by now, had received some 70% of the monthly average rainfall. Rivers burst their banks, roads were flooded, fields and meadows were swamped and our gardens saturated. Despite this wet start at least it was mild, reaching 12.6°C on the 2nd.

Nature then relented; the rain taps were turned off and only a millimetre of rain fell from the 5th to the 19th. However, the weather's thermostat was focussed down a few notches for the drier weather came with a change of wind direction. The balmy south westerlies were replaced by north westerly winds originating over Greenland and this direction often favours the Storrington area by giving dry conditions, but we had some frosty nights. The source of the air being from the Arctic meant there were some sparkling days of excellent visibility, and I enjoyed a climb to the summit of Chanctonbury Hill on one such day, Monday 15th. In fact, the wind veered to north-easterly on the 8th, often a cold direction in winter, and we had snow showers which gave a temporary cover and adorned the higher parts of the South Downs including the summits of Kithurst, Barns Farm and Chanctonbury Hills. On the morning of the 18th I recorded a minimum of minus 6.5 °C and a grass minimum of minus 10.9 °C. Day temperatures did not rise much above 3 °C on some days.

Like so many cold spells in the present century, it did not have too much venom and was steadily replaced by a mild conveyor belt of south westerly winds. From the 20th the rains returned but this time storms, such as Isha, Jocelyn and Inguun, skirted well to the north of us so not so wet and we were spared really strong winds. In fact, from the 26th to the month's end there was very little rain.

One welcome aspect of January was that it was less dull than December with almost 20% less cloud. Overall, temperature-wise it was a fraction of a degree above par at  $5.2\,^{\circ}$ C and close to the average for rainfall. I recorded 100.3mm of rain.

We must not think that winter is over when January is behind us; March can produce some very cold spells. The 'beast from the east' as it was dubbed by the Media, gave severe frosts and some snow in 2018 and roads in Sussex became snowbound by drifting snow in March 2013. The old weather proverb springs to mind, 'as the daylight lengthens, the cold strengthens'.

Ian Currie Weatherman, Speaker, Broadcaster, Editor of Weather Eye magazine and Fellow of the Royal Met Soc





If you buy a rose that comes in a pot then you can plant it any month of the year, but March is the last chance to plant bare root roses. When a plant, typically a shrub or tree, is described as 'bare root' it means it has been grown in a field and is



dug up during the dormant season, November to March, for delivery direct to customers. This is a better way to purchase roses for several reasons: the plants are usually cheaper, establish more quickly than potted ones and offers you a much wider choice of varieties.



Last time, we looked at pruning established roses, but newly planted ones need to be treated a little differently. The goal at this stage is to encourage some decent root growth. The advice from rose specialists is to prune

hard; this means taking a deep breath, a sharp pair of secateurs and cutting down low into young (green and flexible) branches. This may have already been done for you by the nursery before sending it out. The exception to this rule is climbing roses as your aim here is to establish a framework of lateral branches. After the first year of flowering, for all kinds, only prune lightly; this means snipping rather than hacking, cutting just above an outward facing bud as usual but not taking off much growth. From year two onwards, you can think of your rose as 'established' so follow the tips given in December's issue of 3 Heralds.

Other plants I tend to buy as bare root are raspberry canes, hedging and fruit trees. If you order from a specialist nursery online, the prices for bare root plants are so reasonable compared to potted ones that it can be tempting to spend more to get quite tall plants. It is better, however, to aim for about 60-80cm tall unless you need to fill in a gap in a hedge, as smaller ones get going quickly and are less expensive if any fail to take, which is a greater risk with

bare root plants than ones in containers.



Cheryl Brown

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### STORRINGTON & SULLINGTON - REFLECTIONS OF THE PAST

### REVD HENRY PALMER AT SULLINGTON - PART 21

Continuing his Italian sojourn

March 24 Domenica. "Attended service in the English church here; which is a lofty room in the street next to the Via Santa Maria, Mr Greene, the chaplain, being away, two clergy who are staying here officiated, and one of them, Mr Elliott, preached a remarkably good sermon... when his 35 mins were over we were not tired. Singing very ordinary – no sermon in afternoon which was a pity, as many must have been present who had not been there in the morning. Two gentlemen at our own hotel among the number – one of whom enlightened the *table d'hote* about Egypt and the mummies, and snubbed our friend, Mr Ellis, who had just returned from visiting the East. Mr E made a very grand tour – England to Brindisi – Alexandria (Cairo, Nile), Jaffa, Jerusalem. Beyond Athens, Corinth, Corfu, Sicily and then up to Rome, Florence, Pisa. He is going to Bologna and so over Mt Cenis home." [one-upmanship, clerical style!]

"Lunedi March 25 ... Have had a very successful day with our visitors. At 9.30am I met Mrs Pakenham and Miss Rust, and went round the walls to see the house where Galileo was born 16 Aug 1564. Then to the Duomo which was crowded in every part; a great Mass was going on in more senses than one, and the Arcivescovo himself, mitre and all, one Count di Morsi (il ne fut qu'a trois doigts de devenir Pape) [who was almost made Pope], was seated in his throne, clad in gold and stiff with brocade. The first idea to a stranger looking at the tortuous ceremony within the rails of the High Altar was that a number of gaily dressed people were performing a solemn sort of reel to very fine music and singing. In front of the high altar knelt three gold enveloped priests officiating; ever and anon they turned to the people and then there were many intricate movements among the rest of the clergy who were present. Two parallel lines of Seminarists in copes of lace, bearing candles stood at right angles to the altar - behind them were two rows of canons in purple and black and behind them again more dignitaries in scarlet robes like our Doctors of Divinity".

Mr Palmer drew a diagram of the above and we can imagine him mentally writing his diary of it all for later, but he hadn't quite completed the scene. "The Archbishop occupied his throne to the right of the altar, and a Cardinal's hat and robes occupied the chair to the left. The music was very fine. In addition to the organ there was a string band. The Archbishop was led about, much as a puppet, everything was done for him, and when he rose to give the blessing, his mitre was taken off and the scene was very striking – with three fingers uplifted and expressive attitude, facing first front, then left and right and making the sign of the Cross, he blessed us all. The organ pealed out, the singers burst forth into jubilant melody and all was over." But it seems more was to come in the afternoon!

"We looked in and saw a procession of the clergy incensing the altars, while more lovely music was going on, and some of the sweetest singing ever heard." They had lunch and then one of the Rector's gorgeous 'picture postcards'. "We went up the Campanile and were well repaid. The view comprehends but little, but that little exquisitely coloured: Leghorn in the distance, and the sea as far as Spezzia, Gorgona in the near distance landwards, the beautiful hills glowing in delicate bloom like first ripe plums with every variety of light and shade between us and the hills. We had the bright grass green of the spring crops, and then, many coloured Pisa at our feet. It will not easily be forgotten by any of us." Rounding off the day they visited their favourite view from the Ponte del Mare, and the Santa Maria della Spina before their ladies left them, "well pleased".

After such a glorious day, it was work. "Took a diligent lesson from La Nazione and read the initial proceedings of the Italian Chamber, which seems to be quite formal and consists of approving the elections, after which the Parlatricia came." She described a boat race on the river, in return for which they "enlightened her as to the race at Putney and our universities generally". A wet, warm and thundery day, their Parlatricia told them a long amusing story about bathing with her sisters near Piombino – all strong swimmers apparently, and the afternoon still being wet they inspected the old Palazzo Ufizzinghi, 250 years old, marble

mellowed with age. Inside a fine picture of Guido Reni, a grand figure of an angel... "We wandered over the old palace after this and listened with amusement to the almost unintelligible prattle of the old man who keeps the place. The two and last male Ufizzighli live unmarried at Malta. Then to the Church of San Stephano belonging to the Knights of the Order". The Church was about 1600 and hung with trophies, lanterns, banners taken from the Saracens who used to sweep the Italian and Sicilian coasts for women and slaves. They, the party, then wanted to choose photos in Van Liuts on the Piazza of the Duomo. Mr Palmer selected six, costing him 6/8 – he was well pleased, demonstrating his 'tourist' side.

A rough day persuaded them to visit the Museo in the Via della Santa Maria which was considered well worth seeing – a collection of stuffed animals, geological specimens all well-kept and presented, the animals "beautifully prepared... natural setting better done than any I have seen elsewhere, flowers of wax, grasses... also specimens of the ornithorhynchus [a tiny sketch, no detail], odd animals with backs covered with hair, a flat spoonbill and a beaver's tail, webbed feet". Their parlatricia showed them photos of "mio fratello" and mio padre". She certainly varies the subjects for her students' Italian conversation.

Venerdi Marzo 29. A visit to the Duomo to listen to a sermon preached by some dignitary before Archbishop and Canons, a very good congregation. Our Italian did not stand us in much stead, for the speaker was very loud, rapid and his voice was reverberated strongly through the lofty cathedral: there was much gesticulation and [I could not read this word - JH] action, but as for the substance, I wish I could give it, the Archbishop sat before the pulpit under a canopy – in a white tippet, red biretta and purple petticoat; he is a comely, spare old man, and seemed wearied with what seemed to me a noisy discourse – at the close of the service he gave his blessing, and retired to his palace in full costume within a carriage which seemed as if it had come out of the stables of Louis XI... a huge black machine, hung on straps with more than waggon timbers about it: a coachman in a faded green cloak and two

horses with equally antique trappings and crimson topknots? The old gentleman ran feebly through the rain in an undignified manner to this vehicle, and the crowd standing around laughed much!" So much for all the show and ceremony inside the cathedral.

Joan Ham (Village Historian)



### **Tuesday 5 March**

Chris Aslan will talk about The Golden Road to Samarkand: the Architecture, Art and Textiles of Uzbekistan.

Uzbekistan boasts glittering mosques, madrassahs and minarets in the cities on the Silk Road.

### **Tuesday 2 April**

Prasannajit de Silva will talk on The Art of Captain Cook's Voyage.

Captain Cook's expeditions included professional artists who recorded places, people, flora and fauna.

Talks held at 2pm in Fittleworth Village Hall RH20 1JB
Doors open 1.15. Coffee & tea afterwards
Non-members welcome for £8
Contact Jackie Buckler on 01903411086
or email westsussex@theartssociety.org

www.theartssocietywestsussex.org





### LEARN THE SKILLS NEEDED TO HELP WOODLAND HABITATS THRIVE



WITH THE LOST WOODS PROJECT



Join a subsidised training course to learn woodland management and green woodworking skills.

The Lost Woods of the Low Weald and Downs project is offering a range of new subsidised courses that teach traditional woodland management and green woodworking skills. People who live or work in the project area, which includes Storrington and Sullington, are encouraged to join one of the courses and learn skills that actively manage woodlands to boost biodiversity and strengthen habitats. A range of green woodworking courses teaching heritage crafts are also on offer, including how to make your own walking stick and gate-hurdle making. The subsidised courses are available from now until 2027, thanks to funding from The National Lottery Heritage Fund.

Simon James, chief executive of Small Woods Association, which is leading the training programme, said, "We need more actively managed woodlands in Sussex, the key to this will be training people so they can learn how to make woodlands healthier habitats that are more resilient to climate change. The woodland management courses will be particularly helpful to woodland owners or woodland workers, but if you're apprentice-level, a conservation volunteer or someone considering a career change, then we'd really like to hear from you, and we encourage you to join us and learn practical woodland skills."

Woodlands once covered a vast area of Sussex and for thousands of years were maintained by natural processes, wildlife activity and traditional woodland management techniques. Over centuries, ancient woodlands have become smaller and fragmented due to development, and some 60% of woodlands in the Lost Woods project area are neglected. By training local people in the skills needed to actively manage woodlands, and by working directly with landowners to restore their ancient woodlands, the Lost Woods project is aiming to improve the condition of woods in the largely unprotected landscape.

Courses are open to people living, working or volunteering in the project area in Sussex. For more information or to book a course, visit www. lostwoods.org.uk.

Lost Woods is made possible by players of the National Lottery. As well as offering training, the project is supporting disadvantaged community groups in Sussex to access and enjoy woodlands, and working with landowners and conservation groups to restore ancient woodlands across the project area.

\*\*Made possible with Heritage Fund\*\*



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### **Cygnets to the Fore**

The U12s, who are playing up an age group in the Sussex Junior U13 Indoor (West) league, had a comprehensive win by 46 runs against Ferring in January. Batting first, our team scored 127 runs without losing a wicket in the allotted 10 overs, three batters having to retire after reaching 20 runs. In reply, Ferring lost two wickets in scoring 81 runs. The team then lost by 3 wickets to League Leaders, Arundel, in a below par scoring game. However we are only one point behind Arundel with one game in hand so there is all to play for in the final matches. In their U12 League the team beat Portslade convincingly with three batters retiring once again, but in their next match the team fell short by 17 runs against St Peters.



Our U13 girls had a return match with Aldwick and, although it was lost, the Club's first hat trick by a girl was achieved by Lea whose three wickets were all bowled.

The boys U11s had 5 wicket wins over Chichester Priory and Rustington to go top of their League. In the latter match, Archie Sadler took 3 wickets for six runs.

The Club has signed up for the ECB All Stars programme once again, aimed at boys and girls between 5 and 8 years old and will be run from 5 May to 23 June.

Other breaking news is the selection of twelve year old Thomas Clarke to join this year's programme being run by the Southampton Hub of the MCC Foundation which provides winter coaching and summer match play. The Foundation is a charity arm of the MCC that aims to



transform lives through cricket for state educated boys and girls. Sixteen boys, including Thomas, have been chosen by Southampton this year and Thomas is in the group as a specialist wicket keeper/batsman. Increased funding by the MCC in 2024 has facilitated an increase in the number of Hubs around the country. Hubs compete against one another in the summer and the finals for boys and girls are played at Lord's. Congratulations Thomas.

Going back in time to Monday 21 June 1819, Storrington Cricket Club began a match against the Brighton Club spread over three days at the Royal New Ground in Brighton. It was described as one of the best games of cricket in memory. And, it was the subject of betting odds that changed daily. On Monday at the start of the game, bets were 6 to 4 in favour of Storrington. By the evening, the spectators, including many of rank, opulence and fashion, were said to number 4,000, many of whom were accommodated under awnings and in tents and marquees. On Tuesday morning, the bets were even and, after Brighton's second innings, the odds had moved distinctly in favour of Brighton at 10 to 1. The number of spectators was not as great as on the previous day.

On the Wednesday, Storrington's second innings began more positively and with the first five wickets getting two thirds of the requisite runs for victory, the odds gradually fell to evens again. The match eventually concluded in favour of Brighton by 20 runs. Batting first, Brighton scored 201. Storrington replied with 93. Brighton then scored 144 in their second innings followed by Storrington with 232, in which John Hammond of Storrington, Sussex and England fame was the top scorer with 55. Hammond, whose home was the Old Forge property in Church Street, also took four wickets in the match. The return match played at Storrington two weeks later was a lower scoring affair and once again resulted in victory for Brighton.

Chris Winter



### At Sullington Parish Hall Wednesday 13th March 2024



Starring: Greta Lee, Teo Yoo & John Magaro

### Performance commences at 7.30pm

There will be an interval and Bar & Raffle.
Tickets £5 from 'The Card Shop' in Storrington.
Unsold tickets will be available for purchase
on the door on the night.

For further details please contact Ken Collins on 01903 740745

Rotary Club Members can provide transport to the Film Night for local residents who are unable to make their own arrangements. Anyone needing transport should contact

John Ollerton on 07523322554

### **Storrington & Pulborough District Rotary Club**

All proceeds go to charitable causes supported by Rotary. Registered Charity No.1029115

Nora and Hae Sung, two deeply connected childhood friends, are wrested apart after Nora's family emigrates from South Korea. Two decades later, they are reunited in New York for one fateful week as they confront notions of destiny, love, and the choices that make a life, in this heartrending modern romance.

# STORRINGTON FLOWER CLUB Wednesday 27 March 2.30pm Sullington Parish Hall

Demonstrator: Nina Tucknott Theme: Green Inspiration

Competition: Five Flowers (plus Foliage)
New members and visitors welcome



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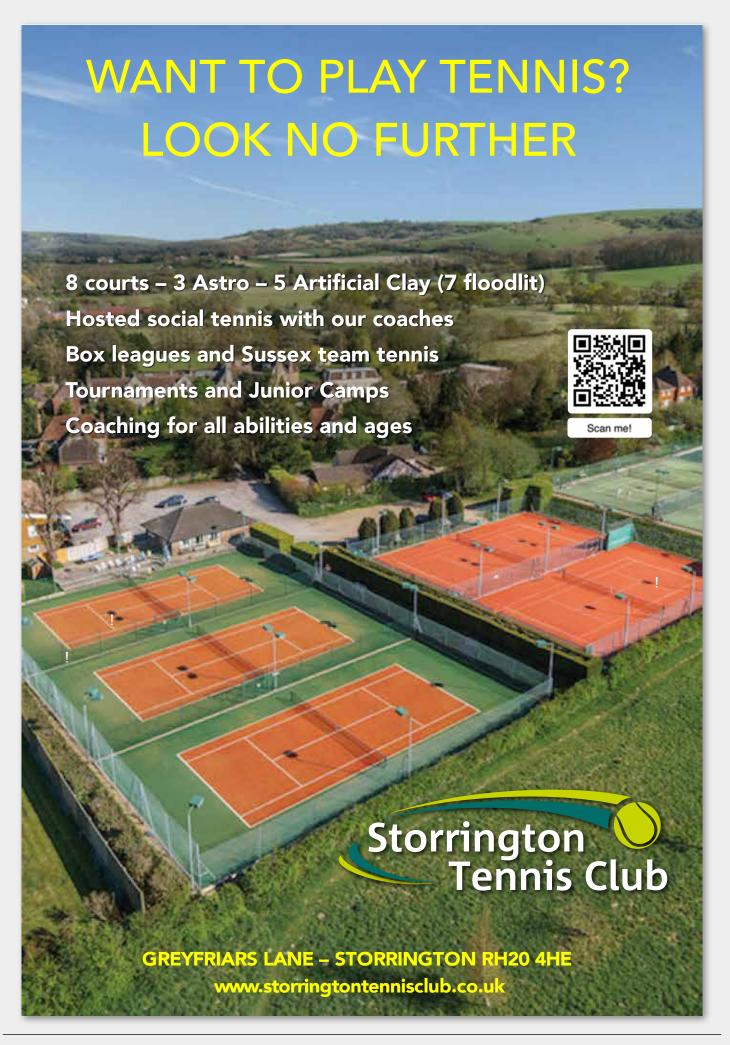
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### THE MORE I PRACTISE THE LUCKIER I GET

Recently I wrote about the Camera Club's activities in sports photography where the need to convey the excitement of the moment is the primary requirement of the image.

But now, as they say, for something completely different. Winter's great for landscape photography; sometimes there's



wonderful light but often it's wet and dull. That's the time to come in from the cold, to transform the living room into a makeshift studio and photograph some still life. More productive to channel your inner Cezanne in this way than watch any number of instructional videos I believe; the more I practise the luckier I get.



Complex equipment is not needed, and my set up involves a folding bridge table set up beside the patio doors and some books supporting a piece of card to provide a backdrop, with another piece of white card as a 'makedo' reflector. Improvisation and ingenuity are the orders of the day, and much can be achieved with a cardboard box. Clothes

pegs, greaseproof paper and masking tape are always

useful, with gaffer tape and cable ties for the more sophisticated arrangements.

The camera is on a tripod with a cable release so as not to jar it. Light is usually daylight; my windows face west so a sunny afternoon is not ideal, and besides, I'd rather be doing something outside



then, maybe photographing the sunset. Cloudy skies are great for soft light so that's the time to start scavenging for subject matter.

Still life needs a theme and often the kitchen is the best place to find 'stuff' to photograph. Bowls, dishes and tins are useful as are fruit and veg, particularly if characterful specimens can be found. This time of year, citrus fruit with leaves can be found in the shops if you look hard enough, and these are among my favourites to photograph.



From then on, you're literally calling the shots. Colour of background? Down to you. Subject matter? Your call. Composition? Over to you again. So many decisions, and all helping to improve your photographs back out in the field. With camera settings it's time to experiment and learn; if you've never dared touch that button on your camera, now's the time to find out what it does.

I find it addictive, and an afternoon can fly by ending up with many images from which to choose, the selection of the best a learning process in itself. My still life technique produces supremely dull pictures at this stage, and I rely on software to transform them, particularly to get the subject to appear from a dark background. Others will take their pictures in the dark lighting the subject with a torch, which



doesn't work for me! But however it's done, there's image processing to follow; more learning, more ingenuity and getting luckier all the time.

I hope you enjoy the pictures here. I enjoyed taking them and learnt much along the way. And that citrus fruit? Well that will be in jars of marmalade by the time you read this.

Chris West

www.storringtoncc.org.uk or contact Janet Brown T: 07812 107571 E: chair@storringtoncc.org.uk

### **ACTIVITIES** AT THE VILLAGE HUB

### Run by Life Community Church, Storrington 7 The Square, Storrington

#### **TUESDAY**

### In Stitches - 1.30pm to 3pm

A fun, social group for people who like to stitch. Bring your own knitting, embroidery or another project. We can teach you if you'd like to learn!

### **WEDNESDAY**

### Bible Encounter – 10am to 12pm

This is a great group for those wanting to pray and learn more and explore the Bible.

### **THURSDAY**

### Baby Club - 10am to 12pm (term time only)

Join our supportive community group and connect with others Older siblings welcome!

### Monthly High Tea – last Thursday – 2.30pm to 4pm

Meet new friends, enjoy homemade delicacies for  $\pounds 3$  per person. Book tickets in advance from The Village Hub.



Join us for tea, games, and company. Bring a friend and join in!

### **FRIDAY**

### 0

### Ukraine Drop-in - Open from 10am to 1pm

We're here to help you with a range of services, including form filling and general help and information, with access to authorities to assist with housing etc. We also offer English language classes.

### **SATURDAY**



### Repair Café – every third Saturday of the month from 10am to 12pm

Looking to repair your broken or damaged items? The Repair Cafe is here to help, so bring in any items needing mending, from clothes to appliances and more.

### CHILDREN AND YOUNG PEOPLE'S GROUPS ON FRIDAYS

### **Chanctonbury Leisure Centre**

### Sparks Toddler Group - 10am - 11.30am

Come and connect with other parents and guardians at our baby and toddler group for the local community. Each week there are toys, bouncy castles, crafts, a bible story, a song and some refreshments (for children and adults). Entry is £2 per child and £1 for each additional child, and if it is your first time it is free! There is no need to book in advance.

### Fireworks Kids Club - 6pm - 7.15pm

For KS2 children from year three to five. A safe place outside of school where children can come to have fun, learn about the Bible, develop life skills and meet their friends. Each week there are games around a different theme.

### Wildfires Youth Group - 7.30pm - 9pm

For children from year 6 upwards. A fun, relaxed time for young people to hang out, bring friends, and join in with games and activities.

Groups meet term time only. Run by Life Community Church.

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### 1ST WEST CHILTINGTON RAINBOWS

### & 2ND WEST CHILTINGTON BROWNIES

The Rainbows and Brownies have been busy this term preparing for the spring and caring for our wildlife, making seed cakes and taking part in the RSPB birdwatch.

We have had fun celebrating Chinese New Year of the Dragon with crafts, challenges and games involving chopsticks!





The Rainbows spent an evening setting up an animal park complete with playground, carpark and of course toilets!

The Brownies had an evening of Baking, making pastry to create delicious cheese tarts. They also decorated gingerbread people as a character from a book or film.

After half term we will be planting up our nature garden and putting up the bird and bat boxes.

We have spaces for more girls to join us at all our Brownie units in Storrington and West Chiltington to enable them to start their guiding adventures. Brownies are from age 7-10 years.

Our Rainbow and Guide units are full at the moment with waiting lists. We do need more regular adult help as this will enable us to keep our current units running and possibly re-open closed ones. Sadly we will lose a unit helper for Rainbows when her child moves to Brownies. We need a volunteer to replace her to keep our current numbers. This could be on a rota with another adult, there is no upper age limit from 18+

A unit helper is an extra pair of hands who can be involved as much as they want in the running of a meeting. They allow us to meet our child to adult ratios and ensure the girls are in a safe environment. On a regular basis (term time) they assist the leader to ensure the girls are given the help and guidance they need to become confident, independent and learn vital life skills, whilst obviously having fun and getting badges.

If you are interested in joining Rainbows, Brownies, Guides or Rangers as a child or helper please go to: https://www.girlguiding.org.uk.



West Chiltington Brownies & Rainbows



### Tuesday 19 March 7pm for 7.30pm start

We welcome Claire Bryant with her demonstration Grand Floral Affair

Visitors are most welcome, FREE entry for the March meeting (other meetings normally  $\pounds 5$  on the door).

The meeting will be held at West Chiltington Village Hall, RH20 2PZ.

For more information, please contact Brenda on 01798 813712 or Carol on 01798 813608

Email: wchiltfloralclub@gmail.com

### STORRINGTON CONSERVATION SOCIETY

On Thursday 25 January the work party continued removing invasive birch saplings on Chantry Hill. We met again on 3 February at 10am on a fine breezy morning at Hurston Warren SSSI, carrying out similar further heathland clearance work. On **2 March at 10am** the work party will again be removing scrub at Chantry Hill. Do join us in this important task, where possible share transport plus a coffee at break time

How do we feel about hedges? Assets or liabilities? No doubt it depends on where they are and whether we are responsible for them. If uncared for and overgrown, blocking footpaths and light they may be hazards or nuisances, but a well-kept hedge can be decorative, beautiful with spring blossom, and serves many useful purposes, besides marking boundaries.

Recently, the UK Centre for Ecology and Hydrology has used laser scanning to map field boundary hedges in England and finds there are about 250,000 miles of them, the distance from earth to the moon! Even so, the Centre reports half of our hedgerows were lost between the 1940s and 1990s. This was partly due to building homes and agricultural developments; bigger machinery, bigger fields, for example.

Hedgerows, for thousands of years, have contained a huge range of plants and provided homes, food and corridors for birds, small mammals and insects. Besides this, they capture and store atmospheric carbon, so they not only provide biodiversity but are valuable in dealing with climate change. It is good to know the Government has pledged to help farmers create or restore 30,000 miles of hedges by 2037 (a hedge fund?).

As mentioned earlier, it isn't just the presence or new planting of hedges that is important, it is the species planted and the care of them that is also vital and they have to be managed. It used to be common for hedges to be 'laid', ie their stems half split and bent within the line of the hedge, ensuring the hedge did not grow too high and was kept thick. It is a skilful task, still being practised by some, with lovely results and, happily, for wild life.

The work we have been involved with in planting hedgerows at Dyke Farm ties in with the wider scheme of restoration. A local contribution to the national. And of course, many of our gardens have hedges which can have some of the benefits of field hedges and contribute to the national. They too require upkeep but are attractive, mark boundaries and provide habitat for wildlife. One benefit, is that we can enjoy birdwatching from our own homes.

For information about this and our other activities, or on becoming a member, or offering advice, please get in touch with Chairman Mick Denness on 745971, or see our website. www.storringtonconservation. org.uk.

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The Club doesn't hold a normal monthly meeting in January, so instead 20 members sat down to lunch at the Franklands Arms. This was an enjoyable event and the Club would like to thank the staff at the Franklands for their friendly accommodating service.

Friday 9.45

-11.15am

**Except Good** 

Friday: market

on Thursday

instead

The next meeting will be held on **Monday 11 March**, our speaker being Philip Daily who will be talking about the National Garden Scheme, which is also known to many as the 'yellow book' due to the colour of its booklet listing mainly private gardens which



open to the public. The members' competition this month is a single Narcissi/Daffodil.

Club meetings are held monthly usually on the second Monday at 7.30pm in Thakeham Village Hall and visitors are warmly welcome. For further details please contact Chairperson Gil on 01798 812748

Sandra Jenkins

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	4ТН	VARIOUS DESTINATIONS / MACULAR GROUP	£3	1PM
WEDNESDAY	EVERY	PULBOROUGH LUNCH CLUB	£4	10.30AM
	3RD	RUSTINGTON / SHOP & LUNCH	£6	11AM
THURSDAY	EVERY	STORRINGTON / WAITROSE	£3	9AM & 1PM
	1ST	STORRINGTON / POP-IN LUNCH	£3	11.15AM
FRIDAY	EVERY	STORRINGTON / WAITROSE	£3	9AM
	EVERY	PULBOROUGH / TESCO / SAINSBURY's	£4	1PM
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TUESDAY	2ND APRIL	BOSHAM HARBOUR / TEA AT WATERFRONT	£11	1PM
TUESDAY	7TH MAY	SHOREHAM A'PORT / HUMMINGBIRD CAFÉ	£9	1PM
TUESDAY	4TH JUNE	SUMNER PONDS & CAFÉ	£10	1PM
TUESDAY	2ND JULY	HIGHDOWN GARDENS & CAFÉ	£10	1PM

Lunch & refreshment cost additional to trip fares





For enquiries & bookings: 0300 772 7735 westsussexminibus.org.uk/storrington



Come and join us, visitors welcome.

Our programme includes guest photographer talks, demonstrations, competitions, practical workshops and a monthly coffee club.

### MEETINGS

7 March 7.30pm – 4th Competition judged by Lawrence Homewood

17 March 10am – Southern Counties Photographic **Federation Competition** 

hosted by Bognor Regis Camera Club at St Mary's Centre, Grassmere Cl, Bognor Regis PO22 7NU

21 March 7.30pm - On Zoom - The Emotional Landscape talk by Dorset Photographer Huw Alban

**MORE INFORMATION:** www.storringtoncc.org.uk or contact Janet Brown



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