

August 2019

3 Heralds

STORRINGTON



SULLINGTON



THAKEHAM



Storrington Village Day – report and pictures pages 16-17



St Mary's Church SULLINGTON



St Mary's Church STORRINGTON



St Mary's Church THAKEHAM

Holy Sepulchre WARMINGHURST
(Churches Conservation Trust)

THE PARISH CHURCHES OF

St Mary
STORRINGTON



St Mary
SULLINGTON



St Mary
THAKEHAM

IN THE DIOCESE OF CHICHESTER

PARISH CLERGY

STORRINGTON Rector Revd Kathryn Windslow, BTh, MPhil (742888)
The Rectory, Rectory Road, Storrington RH20 4EF
kathryn.windslow@btinternet.com

Hon. Assistant Priest Revd Charles Hadley, MA (740787)
28 Meadows, Storrington RH20 4EG
charles.felicity@gmail.com

Hon. Assistant Priest Revd Rupert Toovey BA (Hons), FRICS, FRSA, ASFAV (742888)

SULLINGTON AND THAKEHAM WITH WARMINGHURST

Priest-in-Charge Revd Sara-Jane Stevens, (01798 813121)
The Rectory, The Street, Thakeham RH20 3EP
revsj@btinternet.com

Information about study and prayer groups, and requests for baptisms, weddings and home communions, for Storrington contact Revd Kathryn Windslow and for Sullington and Thakeham contact Revd Sara-Jane Stevens.

All telephone numbers are 01903 unless otherwise stated.



On Monday 1 July, Revd Jacquie Peal and I set off to a Garden Party at Lambeth Palace to celebrate the 25th anniversary of first women priests in Church of England. The dress code was stated as lounge suits! Slightly odd, as only women priests were invited – no partners.

We arrived at 11am on a glorious sunny day and entered the beautiful garden. There were lots of women clergy present, dressed in their finery. We were served coffee and a mini Danish pastry, and that was it. The event finished at 1pm, two hours later, with no lunch to be seen.

Archbishop Justin Welby, and Caroline, his wife, spoke to a few. Then there was a short speech by the Archbishop. We were congratulated on being pioneers. Then the speech moved swiftly on to the need for more Black and Minority Ethnic (BAME) priests in the Church of England.

All in all, the event was a bit disappointing. We felt our achievement was rather undervalued. We also felt the Archbishop was speaking to the wrong audience; the youngest women present were 50+ and some were very old. There was little that some could do.

Because I wasn't that impressed by the Archbishop's speech, his words have rankled and stuck. There are hardly going to be more BAME priests coming out of our congregation. There are hardly going to be any priests of any kind because of our age profile. Perhaps what he should have been saying was something more fundamental about the church. We should be much more representative of the place in which we are set, and that means more inclusive.

In some ways we at St Mary's are quite representative of Storrington. The age profile is quite high, but there are families, and there is a school full of children, some people come from different ethnic backgrounds, some people are disabled, some are straight and some are gay. Are we really as representative as we think?

The Archbishop told a story about a churchwarden somewhere who, when faced with a black candidate for the role of rector, said they wouldn't fit in their parish. What he was really saying was a polite version of 'no blacks here'. I sincerely hope no one would dream of saying that here in our parishes.

I do feel that the whole Brexit fiasco, and the debate about our relationship with Europe, has led to a rise in racism, and in hatred of anyone perceived as 'different', be they black or Eastern European. As a church we must stand up to that and challenge such views. They are not Christian.

St Paul said there is neither Jew nor Greek, slave nor free, male nor female, for we are one in Christ. As a local church, we need to work much harder at being welcoming to everyone in our community, whatever their colour, gender or sexual orientation. That means that we must welcome the noise of children in our services, or the noises of our disabled young adult members, or the noise of whistling hearing aids. We need to watch our language, and our thoughts, about people who look or sound different from us, or whose sexuality is different from ours.

We belong to a world-wide church, where Christians come in all colours, sizes, and abilities. We belong to a church where we are baptised into Christ and are made one with him, and with each other. We are one in Christ. Christ welcomes all who come to him, whatever their colour, gender, sexuality, disability or uniqueness. We must follow his example.

How representative is our church? How inclusive are we?

Yours in Christ

KATHRYN WINDSLOW
Rector of Storrington



PRAYER FOR THE MONTH

Bless to me, O God, the earth beneath my feet
Bless to me, O God, the path on which I go.
Bless to me, O God, the people whom I meet.
O God of all gods bless to me my life.



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What's happening at

St Mary's Thakeham



Sullington & Thakeham with Warminghurst

Same family. Two parishes. Working together.

www.thakehamchurch.com

Churchwarden

Allison Goodfellow (740499)
Lydene
Newhouse Lane
Storrington
RH20 3HQ

Treasurer

Liz Whitehead (07742 277757)

PCC Secretary

Pat Snape (01798 817389)
Thakeham Lee, High Bar Lane
Thakeham, RH20 3EH

Electoral Roll Officer

David Peacock (745595)
5 Dean Way,
Storrington RH20 4QN

Organist

Beryl Hardie (892349)

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

PASTORAL ARRANGEMENTS FOR THAKEHAM: Please contact Revd Sara-Jane Stevens on 01798 813121 to make arrangements for Baptisms, Weddings and Banns of Marriage. She can be contacted at Thakeham Rectory throughout the week. Her day off is Friday.



MACMILLAN COFFEE MORNING
To be held in thakeham church rooms
Friday 27 September
10am to 12noon **MACMILLAN**
CANCER SUPPORT
Further information in September 3 *Heralds*



Knit and Stitch Tea on Tuesday
Come along, meet with friends and catch up over your favourite stitch-craft project.
Thakeham Church Rooms
20 August between 2pm and 4pm
All welcome. Enquiries to Wynn Lednor - 743025



SUNDAY TEAS
Sunday 11 August
3pm - 5pm
At the home of Chris and Elke Whitehead
For further information please contact Wynn Lednor on 743025

ST MICHAEL AND ALL ANGELS
RAFA CHAPEL SUSSEXDOWN

Communion with the residents
Thursday, 29 August at 11.30am

BCP Holy Communion in the Chapel at Sussexdown
Please do come and join us. Visitors are welcome.
For more details phone Kay Channon on 892461



LAST NIGHT OF THE PROMS
Saturday 14 September
7.30pm at Thakeham Church
Come and join in the celebrations
Live screening from The Albert Hall

Church in the Pub
1st Monday of the month
The White Lion Pub, Thakeham from 8.30pm
There will be no creed, no hymns, no confessional, no set format and no expectations.
Just a chance to meet, drink and talk.
So why not come along and just enjoy

NEW DISTRIBUTOR NEEDED!

New delivery person required urgently for the Thakeham round, covering Newhouse Lane and the north end of Hampers Lane area, currently 12 magazines. This round has become available as the current delivery person is relocating. If you are able to help with this delivery round please contact Karen Arkle on 744844.

"Loving God and
Loving our Neighbour"

What's happening at St Mary's Sullington



www.st-marys-sullington.org info@st-marys-sullington.org

Churchwardens

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

Gail Kittle (745754)
Sullington Manor Farm,
Sullington Lane,
Sullington, RH20 4AE

Treasurer

Gail Kittle (745754)

Churchwardens Emeriti

Heather Cotton (745751)
Douglas Parkes (743106)
Ann Salinger (01798 813481)

Pastoral Care

Ann Salinger (01798 813481)

PCC Secretary

Jo Pentecost (744454)

Freewill Offering

& Gift Aid Officer

David Baxter (744346)

Electoral Roll

Heather Cotton (745751)

Organist

Beryl Hardie (892349)

Church Flowers

Altar Rota Muriel Astley (01798 812706)

Safeguarding Officer

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

Lifts to Church

Anne Owen (743973)

Church Fabric Officer

Douglas Parkes (743106)

PASTORAL ARRANGEMENTS FOR SULLINGTON: Please contact Revd Sara-Jane Stevens on 01798 813121 to make arrangements for Baptisms, Weddings and Banns of Marriage. She can be contacted at Thakeham Rectory throughout the week. Her day off is Friday. Times of Church services can be found on page 18. Alternatively you can visit the Church website for further details.

Let the beauty of Jesus be seen in us

Don't forget to keep an eye on our website for up to date information regarding service times and events

SUMMER EVENSONG AT SULLINGTON CHURCH

Evensong will be held at 6pm on the first Sunday of the month for the summer months at St Mary's, Sullington. From a classical saying *Medici cure to ipsum*. Quoted by Jesus in Luke 4: 23, he suggested that his home supporters would have liked him to note "Physician heal thyself".

We will think on subjects contributing to His Healing Ministry

4 Aug Wait and see

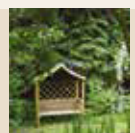
1 Sept Down and out – not necessarily

6 Oct My Peace I leave with you

Key thought: For Jesus no one was or is untouchable.



The Wild Fortune Quiet Garden

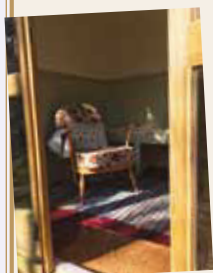


*'The Father spoke one Word, which was his Son,
and this Word he speaks in eternal silence,
and in silence, It must be heard by the soul.'*
John of the Cross

11 September, 10am-12.30pm

This year is our 20th anniversary of being affiliated to the Quiet Garden movement. There are over 300 gardens worldwide and we are very pleased to be able to continue to be part of this very gentle, vital and often hidden ministry of prayer and welcome.

As previously, places are limited to eight and booking is essential. If you would like to come, please let us know your preferred date, either by phone or email. There is no charge, but donations are welcomed in aid of the Quiet Garden movement.



Arrivals are from 9.45am. We begin at 10am with a time of welcome and focus, followed by some personal time to sit, walk, pray, read, be, in the house, prayer loft, garden or woods. Refreshments are available through the morning on a self-serve basis. We shall then gather at the end of the morning for shared reflection and closing prayer, finishing by 12.30pm.

TABLE TOP SALE

14 September 2019

Thakeham Village Hall

1 Abingworth Crescent, Thakeham, Pulborough. RH20 3EJ

10.00AM – 1.00PM

(Sellers from 9.00am)



**To book a table or for more information
Tel: Jean 01798 812658 / Jill 01903 743804**



What's happening at St Mary's Storrington

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

Churchwardens

churchwardens@storringtonparishchurch.org.uk

Dennis Cowdrey (744372)
17 Bannister Gardens RH20 4PU

Barbara Buchanan (741916)
Broad Oaks, Melton Drive RH20 4RJ

Treasurer

David Rice (918958)
12 Turners Mead,
RH20 4JZ

Parish Secretary

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

PCC Secretary

Val Rice (918958)
12 Turners Mead,
RH20 4JZ

Retired Clergy

Revd John Peal (743083)
Revd Jaquie Peal (743083)

Verger: Michael Taylor (742218)

Sacristy Team

Rosemary Wills (01798 813206)
Stella Hastings & John Taylor (745477)

Captain of Bellringers

John Taylor (745477)

Pastoral Scheme

Barbara Buchanan (741916)

Recorder

Rob and Alison Wall (743713)

Readers and Sidesmen

Vera Blake (743974)

Electoral Roll Officer

Val Rice (918958)

Director of Music

Stephen Bloxham

Assistant Organists

Ian Miles, Chrystalle Kersley
Peter Lewis, Keith Smithers
Simon Whitchurch

Footsteps (Sunday School):
Jackie Lee (743661)

Church Flowers

Anna Forster (745392)

Child Protection Officer

Jackie Lee (743661)

Bible Reading Fellowship

Amanda Hislop (743700)

Bible Society

Jean Hunt (01798 813681)

Christian Aid Co-ordinator

Anna Forster (745392)

REGULAR ACTIVITIES

Church Services see page 18.

Footsteps (Sunday School): 9.45am every Sunday, except 1st Sunday of the month, half term and school holidays.

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

Altar Servers: Revd Jaquie Peal (743083)

Bellringers: Fridays, 7.45pm - 9.30pm.

Handbells: Mondays, 10am. Kathleen Osgood (01403 780928)

Church Cleaning: Jeannie Watten (742542)

Church & Churchyard Maintenance: Ray Hunt (01798 813681)

Mothers' Union: Jean Hunt (01798 813681)

Bible Study / Home Groups: The Tuesday house group meets at 23 Orchard Gardens. New members are always welcome. Contact Chrystalle on 744269.

Sunday Lunch Club (ecumenical): Second Sunday in the month. See page 18.

MISSION ACTION PLAN AFTERNOON

Sunday, 11 August 2pm – 5pm

The congregation of St Mary's, Storrington, are invited to our MAP afternoon in the Church. Our aim is to prayerfully reflect on four main areas and be able to crystallise actions points and encourage commitment to those actions. We will finish with light refreshments.

HISTORIC CHURCHES RIDE & STRIDE



Sussex Churches will be open on Saturday 14 September for this annual event, when people are sponsored to cycle, walk or ride from church to church. Money raised is divided between the Sussex Historic Churches' Trust and the participant's own church.

If you would like to take part, or organize a group, please contact Sam Ward on 893794 for details.

STORRINGTON REGISTERS

Baptisms – we welcome into the Lord's family ...

30 June Thomas Brinley Morgan (adult)

30 June Amy Morgan (daughter of Katherine and Ivan)

Funerals – we commend to God's nearer keeping ...

20 June Ann Doris Colwell (89 years)

21 June Henry Fairfax Robert Perrin (91 years)

8 July Barbara Joan Cook (87 years)

St Mary's Church, Storrington, needs your

STAMPS PLEASE SAVE ALL YOUR STAMPS

and leave in the box in the Church porch...
they can be converted to much needed funds for our Church.
Please pass the message to all your friends and neighbours.

KRAZY KROQUET

with PLOUGHMAN'S LUNCH and TEA & CAKE

Storrington Rectory Garden

Saturday 17 August

12.30pm

TICKETS: £12.50 per person

(Children £6) from Rectory Office

(open Tues & Thurs 10am - 1pm)

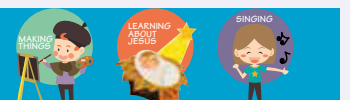
OPEN TO ALL ~ CHILDREN WELCOME

Proceeds in aid of St Mary's Church, Storrington



Tickets available from 21 July to 11 August

No Church@4 in August



NEW METHODIST MINISTER

I am Revd Dr Frank Okai-Sam, but people call me Frank. I am originally from Ghana in West Africa. I have been a Methodist minister for about 11 years now. Before that I was a Chemistry lecturer in a university in Ghana.



I trained as a Presbyterian in this country. I went to Doncaster Circuit as a Probationer Minister in 2008. I had pastoral oversight of two churches, then five after ordination which then increased to eight and then down to six and finally to five. I joked over the years that my job description changed on the average every two years in the same circuit. However, with the help of God's Spirit and other Lay Pastors, I was able to work with a smile on my face and have fun as well.

I am looking forward to working in the West Sussex (Coast and Downs) circuit of the Methodist Church. Some people may think that coming to work in Southwick and Storrington might seem easy compared with the work I have described above. However, every church has its own dynamics and different needs which may take its toll on the Minister. For example, the churches I mentioned above were made up of small numbers of members compared to those in West Sussex.

My family feels like we are coming back home. The reason is that my wife Patience and I were born and bred in a coastal town, Winneba, in Ghana. Three years after our marriage we moved to another coastal town, Cape Coast, to work. We have two children, Agnes and Frank (Jnr). Both are young adults and are independent.

I am a keen football lover although I am an armchair fan. I love walking but I am yet to tackle hills and mountains so the Downs may be an initial challenge. My other passion is food, so do feel free to invite me to your homes for a cuppa or a meal. I will also do my best to introduce you to my delicious Ghanaian dishes. I am also a good conversationalist so am therefore happy to stop and chat at any time and any place. On the other hand, I am aware that some people may find my African accent too heavy and difficult to understand. If you are one of them, kindly be gentle with me in my chats with you.

I have always said to people that I did not become a Minister in order to make people Christians. However, I am passionate in helping people to know God and find out how they can get closer to him through Jesus Christ. So I hope to have fun with God and you in the number of years that I will be part of your lives in this county.

Have a blessed time.

Local clergy and councillors are among those invited to a Welcome Service for Frank and Patience on Tuesday 3 September at 7pm at Trinity Methodist Church, Storrington.

VACANCY FOR A PARISH ADMINISTRATOR

We are looking for an Administrator to manage the church office for St Mary's Church Thakeham, and St Mary's Church Sullington. The two rural churches are close to Storrington, set about three miles apart. The successful applicant will support Revd Sara-Jane Stevens by undertaking administrative tasks relating to her role.

To be based in Rectory office in Thakeham.

Approximately 6-8 hours per week, days flexible.

For further details please contact John Williams
Sandgate1@hotmail.co.uk

St Mary's Church
Church Street
Storrington

Wednesday 21 August
10am to 11.30am

And every 3rd Wednesday of the month

August Cafe in the Church will be helping to raise funds for FSW, so please join us to support this worthy cause

Come and join us for a friendly 'cuppa' with the Clergy

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, 6 August – Our Lady of England RC Church will lead

Tuesday 3 September – Chemin Neuf Community will lead

One in faith and love and praise

COME AND VISIT THE PRINCE'S GARDENS AT HIGHGROVE Wednesday 25 September

Departing
Storrington
8am and
West Chiltington
at 8.15am

Includes either
a farm visit to
Prince Charles'
Organic Farm
or spend time at
the picturesque
Village of
Tetbury.



Two course lunch and coffee.

Free time to visit the shop.

A conducted tour around the gardens at about 2.30pm and 3pm.

Depart 5pm.

Cost is £80.00 per person (payable by 23 August) of which a deposit of £10.00 is required. This includes entrance fees and tips.

All cheques to be payable to West Chiltington Probud Club.

For details contact John Coventry 446483.



THAKEHAM FLOWER FESTIVAL

The 'Rainmaker' had certainly been at work in Thakeham during the days prior to the 2019 Thakeham Flower Festival. This caused the organisers some concern, but the first day of the Festival dawned and at last the rain had stopped.



This event is held every two years, and the main highlights are, of course, the Church and the open gardens. The theme in Church this year was 'Walk on the Wild side'. To say the arrangements were breath-taking is an understatement, and everyone who entered the Church made such wonderful comments. The flowers were mostly wild and natural which was a different approach to the more traditional formal arrangements. There was even a flowing waterfall, and trees 6 - 7 ft tall. Cynthia Julian and her team of around 20 ladies, and some gentlemen, had worked wonders over the days leading up to the Festival to transform the Church into an

amazing garden. The wild flower theme continued outside with wild flowers on either side of the path.

The open gardens were located mainly on The Street and Crays Lane, the owners generously opening their gardens to the public on Saturday and Sunday, always most popular with visitors and this year was no exception. Tickets to visit the gardens were still being sold in the torrential rain on Sunday morning, as nothing was going to stop them visiting these beautiful gardens. The organisers of the Flower Festival are extremely grateful to the homeowners for allowing visitors into their gardens.

Refreshments were served in the Church Rooms and Wynn Lednor and her team were kept busy serving lots of delicious home-made cakes, scones, sandwiches and salads, as well as copious amounts of tea and coffee. On Saturday and Sunday there was a BBQ, when you could indulge in burgers or hotdogs. If you felt like being tempted to something a little stronger there was a Pimms Tent. Also on Saturday and Sunday, there were many stalls selling their wares, children's activities and the open Bell tower in Church. Visitors were entertained during the day on Saturday by musicians in the open 'mic' tent. Sunday there was a host of entertainers, Thakeham Morris Men, Magog Ladies Morris, Worthing Steel Band and Happy Days Big Band. It was appreciated by all involved that these entertainers had come along to help create the friendly and enjoyable atmosphere at the Festival.

Sunday morning the usual dog show was held, sadly held in the torrential rain, but it did not deter proud dog owners from showing their dogs at this popular event, many taking home the coveted Red Rosette. A Teddy Bear Parachute Jump was also held on Sunday in the Church Bell Tower. A



mention must be made of the men who stood in the rain to organise the car parks, not an easy task even in good weather.

On Friday evening, in Thakeham Village Hall, there was a Cheese and Wine tasting event and an Auction of Promises. The Cheese and Wine tastings were organised by Cathy and Clive Roberts of the old Forge Restaurant in



Storrington, with splendid wines and delicious cheeses to sample, Clive giving a brief history of each wine. This was followed by the renown auctioneer Rupert Toovey valuing treasures members of the audience had brought along. These items included a Beheading Sword, many items of jewellery, and a book written and signed by David Livingstone. After the valuations Rupert proceeded with an Auction of Promises. As always, in his imitable style, Rupert made this not only profitable but entertaining and enjoyable. Cliff Purvis, a member of Thakeham Church, compared the evening and kept the event flowing.

Saturday evening was an evening of entertainment, also held in Thakeham Village Hall, with Cliff again comparing the evening. The entertainment commenced with The Sussex Harmonisers, an all-age male voice choir who sing Barbershop in substance and style. At one point during their act they engaged the audience in participation, which caused some hilarity. It was then time for the mouth-watering two-course supper, enjoyed by everyone. Cliff introduced the second entertainer, Mike Fairall, a lifelong close-up magician and member of the Magic Circle. Everyone was mesmerised by this amazing act, again with audience participation, but no one had an answer as to how he managed to achieve the impossible. This had been another enjoyable evening, joining together members of Thakeham Church, the local community and visitors from further afield.

At 5pm on Sunday, the Thakeham Church Music Group sang and played inspirational songs and hymns, whilst the last remaining visitors to the Church viewed the beautiful arrangements. This was followed by the bell ringers calling everyone to the final event of the Festival, the Songs of Praise service, by tradition, the closing event. Members of the congregation had been asked to select a hymn in advance. With everyone in good voice, the rousing, well-known hymns were sung with enthusiasm and, as always, this was thought by everyone attending to be a truly fitting close to such a tremendous, successful Festival. As everyone left the Church they could once again hear the bells ringing out as the weekend came to an end.

The Revd Sara-Jane Stevens, along with the chair of the Flower Festival committee, Derek Osborne, wish to offer a huge thank you to everyone who helped in some way to make the weekend such a success, and to all who came to visit the Church and gardens. Derek and his wife Lis were the main organisers of the 2019 Thakeham Flower Festival.



SULLINGTON 122 YEARS AGO

EXTRACTS FROM CANON PALMER'S DIARY – AUGUST 1897

Sun 1: Trinity VII. Hot. 61 degrees. Had our postponed CDA collections. Gave an abbreviation of Hannah's sermon on Ecclesiastes I v7. Nine to Holy Communion but attendance at each service thin. In evening on Fields ready for Harvest and need of labourers. This is Harvest Eve.

Mon 2: As yesterday. 63 degrees. Clara and May left this morning for Town. I garden and pack. A very quiet Bank Holiday indeed.

Holiday Month

Tue 3: To Chichester with Cicely to open the asylum chapel and to go to the Garden party at the Palace thence to Town, 44 South Easton Place – Harriet's lodgings.

Wed 4: Tried to interview Pearse, failed in afternoon with Cicely to Hunt and others to Sandy.

In Town

Mon 9: Joined forces and went with J Astell to Sherringham where we remained in much bliss until we left. Cicely and I to Wickham and the others to Huntingdon (to sister Annie married to the Archdeacon there.)

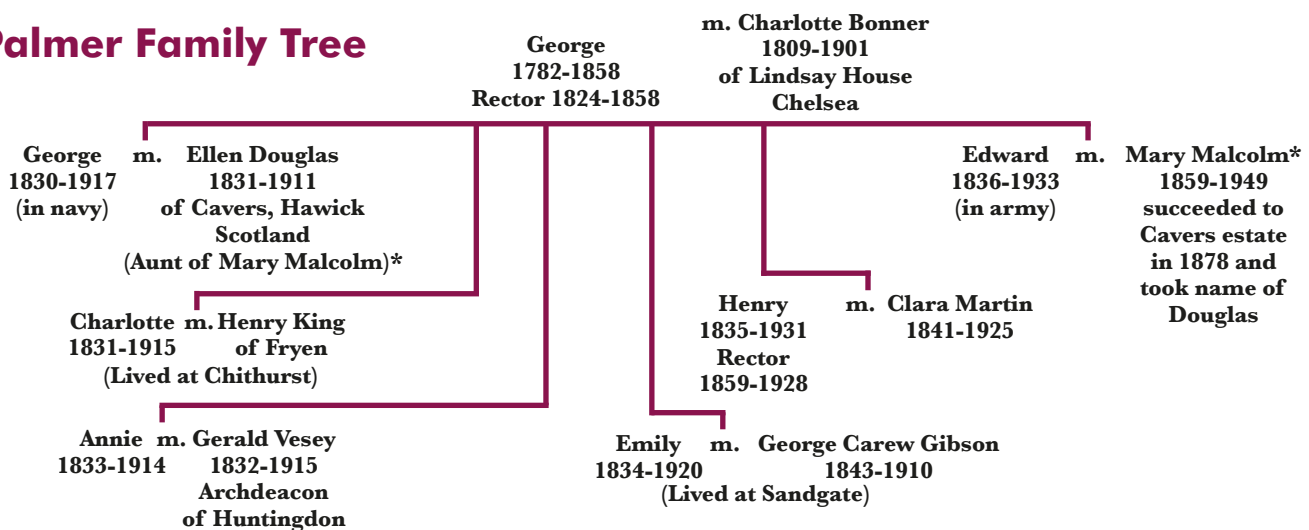
Note for our readers from Ann Salinger, transcriber of the diary

The original diary is all hand written and as Canon Palmer was a classics scholar he uses words from Latin and Greek and other European languages to express himself. I do not intend to insult anyone's intelligence by translating these phrases because I think most of our readers would find it interesting to discover the derivation of some of these words. Unfortunately, I do not understand Greek and so therefore I never include any of it!

Henry Palmer started his diaries in 1852 and certain words have changed since then, especially in farming terms eg mangold is now mangleworsell!

The speed of change in modern language has accelerated with the use of so much absorption of technical speak and I hope we are not losing the value of quality in the written and spoken word.

Palmer Family Tree



George, who eventually became a Rear-Admiral, married Ellen Douglas of Cavers, Hawick, in 1861, and had four children.

Charlotte, known as Charlie, married Henry King in 1856 and lived at Chithurst. In 1867, a pregnancy is mentioned but unfortunately the baby Gerald died the same year. Another son, Arthur, was born in 1871, but was killed in the Great War.

Annie married Gerald Vesey in 1868. Gerald later became Archdeacon of Huntingdon. Henry had been curate with him before coming to Sullington to replace his father, George Palmer, in 1859. Annie and Gerald had a son, David, in 1872.

Emily married George Carew Gibson of Sandgate in 1866, to the consternation of Henry and family, as he was nine years her junior. They had five children. In 1867, Henry was living with Emily and George at Sandgate, whilst Sullington Rectory was rented to the Arbuthnots, reason unknown!

Edward, who was in the army, married Mary Malcolm, niece of brother George's wife, Ellen Douglas, in 1879. She had inherited the Cavers Estate in Scotland in 1878 and was 23 years his junior. They had two children.

Henry married Clara Martin in 1870 and they had three children, Hal, May and Cicely.



Support your local church with the annual Sussex Historic Churches Trust

Saturday 14 September 9am till 5pm

Fundraising event www.rideandstride.info

Get sponsored and support some of the most interesting churches in Sussex – half the proceeds to your own Church. Details and sponsorship forms from Sam Ward (01903 893794)

The Friends of Steyning Parish Church

THE CHURCH OF ST ANDREW & ST CUTHMAN

FLOWER FESTIVAL

Sat 24th August 10am - 5pm
Sun 25th August 11am - 5pm
Mon 26th August 10am - 5pm

2019

"A NIGHT AT THE MOVIES"

WEST CHILTINGTON AND STORRINGTON MOTHERS' UNION

Mothers' UNION

Christian care for families

June was another eventful month for our members with three of us visiting the Eastbourne Family Contact Centre for the Open Day on 14 June. The Speaker was from Fegans, a charity that works with children and families and is looking to work in partnership with MU at the Centre. We heard shocking statistics about the abuse of children, and also that 1 in 4 teenage girls between the ages 15 to 17 are self-harming. Ian quoted four Bible passages and showed how they linked in with solving the problems of today's society. He was a brilliantly impressive and compassionate speaker who had a powerful message for those in authority. It was just a shame the local MP arrived right at the end of Ian's address; hopefully he was able to be brought up to speed over the delicious refreshments which followed.

Our Branch was pleased and privileged to host the Chichester District Festival Eucharist at West Chiltington Church on 25 June, conducted by Revd David Coleman. Banners and their carriers assembled outside making a colourful sight before parading into Church. Around 80 members from across the Diocese attended a joyful and uplifting service followed by food and fellowship in the Church Hall.

Our Annual Garden Party on 4 July at the home of Jean and Ramon Hunt was attended by 32 members and guests, who enjoyed beautiful weather and a delicious strawberry tea provided by the members. Barbara Middleton very kindly provided a quiz which was won by Revd David Coleman and Diane Bennett, tying for 1st place. Proceeds from the afternoon amounted to a magnificent £274 which will go to support our two caravans at Winchelsea and Selsey for Away From It All Holidays. Thank you to all who gave their support.

There is no meeting in August but on **Mary Sumner Day, 9 August**, there will be Evensong at 5.30pm in Chichester Cathedral to which MU members are especially welcome. This affords an opportunity to see the Diocesan MU Banner, which is now permanently displayed in the Cathedral, and to join in worship and fellowship with other members.

On 5 September we will be holding our Corporate Communion Service at West Chiltington Church at 12 noon, followed by a Ploughman's Lunch (£5) in the Church Hall. Visitors and prospective members are welcome to join us. If you would like lunch please ring Jean Hunt on 01798 813681 to book for catering purposes by 1 September.

Jean Hunt

STORRINGTON PRIMARY SCHOOL



The sun shone for annual sports week held at Storrington Primary school. Children took part in a daily 'wake up shake up', sports days, a swimming gala, a triathlon and a long distance running event.

Sport is very important at Storrington Primary and we are very proud of the children's achievements. To add to the excitement we had a visit from a Great Britain triathlete, Drew Gowland, who talked to the school

about motivation and resilience in sport. Weeks like this take a lot of organisation and dedication from staff, volunteers and parents; we really do have an amazing team at our school.



Storrington Camera Club Summer Exhibitions

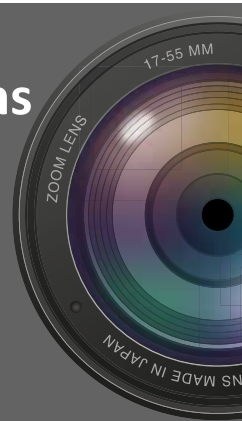
7 – 17 August

Pulborough Library

19 August to 7 September

Storrington Library

SCC Storrington Camera Club





PARHAM HOUSE & GARDENS SPECIAL TOURS

Parham House & Gardens has introduced a new series of special guided tours this summer, which are available for individuals to book.



On **Friday 2 August** there will be a guided Garden walk with behind-the-scenes insights into the creation and maintenance of the romantic Gardens at Parham. This special tour is a wonderful chance to see the beautiful Walled Garden in the summer and discover the inspiration behind its design.



There will also be a Special House Tour on **Friday 9 August**. Led by expert Parham Guides, discover the rare and precious collection of paintings, furniture and needlework that reside at Parham while learning about the fascinating history of this much-loved family home.



Finally, on Friday 6 September visitors can discover Parham's horological history with a one-hour guided tour of the Elizabethan house's timepieces and the stories behind them.

Tours need to be booked in advance by visiting www.parhaminsussex.co.uk or calling 01903 742021

1ST STORRINGTON RAINBOWS

We always compile a programme at the start of term to make sure we include a variety of activities for the weeks ahead. During a typical evening we will achieve some badge work, play a game or two, and perhaps make something to take home.

For this age group, five to seven years old, concentration is not always easy on a Friday after a busy week at school. We know when the Rainbows have had enough when someone asks "what are we going to do next?".

Sometimes the meeting takes a different direction though. I had planned a dressing up evening, bringing a few bits from home, and using a box of material we have stored at the Hall. As usual, I had the next activity ready, but it wasn't needed. One of the girls had tired of dressing up, but was fascinated by the designs and textures of the fabrics, so she proceeded to lay out pieces like a patchwork quilt. Others soon followed each making their own design, and one created a beach picture with clouds in the sky, a boat race in the sea, and sun loungers on the sand.

It was a shame we needed to tidy up, but everyone was allowed to choose their favourite pieces of material to take home and treasure.

Joan Parkes



Girl guiding, the UK's leading charity for girls and young women, offers a hugely varied programme of events, activities and adventures for girls aged between 5 and 25.



By the time you read this our Drama Festival will be completed; the seven dramatic societies from around the district will have done their stuff on the West Chilmington stage. Prizes will have been awarded for a number of categories as determined by our professional adjudicator. Information regarding the winners can be found on our web site www.wcds.co.uk

We will also have participated in the 100th year of the West Chilmington Village Show, with our theme of 'A Passage Through Time'. The work of our Festival Working Party is not quite over however, as they are now onto the task of designing the 70th anniversary event of the Society taking place on 21 September. More details next month.

Life in WCDs is never quiet, for no sooner have we completed the Gala Night of the Festival on 27 July than auditions begin for our November production. This will be the first performance of the latest play by well-known local playwright, Edwin Preece, and is a comedy entitled *Three Days of Christmas*. The director of the play needs little introduction either for it will be Ralph Wigg. Those amongst you who saw his direction of the thriller *House Guest* will be aware of his deft touches. The auditions will be held at the West Chilmington Village Hall on Monday 29 July and Thursday 1 August at 7.30pm so please do come along; you may wish to get involved with this production either onstage or back stage.

For more information about the Society and our activities visit our web site www.wcds.co.uk or contact our Membership Secretary, Christine Pearson at membership@wcds.co.uk

Geoffrey Steward, Chairman



**Storrington
Village Day**

**A Great Sunny
Success!**





Nearly 2,000 people enjoyed a great day out at the Storrington Village Day on Saturday 29 June.

Local bands, schoolchildren singers and dancers, magic and entertainment shows, Morris Dancers, a funfair and huge variety of interesting stalls and skills challenges entertained local folk and families enjoying a special day in the sunshine.

The hot weather regrettable meant the cancellation of the dog show on the advice of the RSPCA. However, the Car Boot Sale, SADCASE Classic Car display, Lions Giant Book Sale and Funfair kept everyone entertained. The Storrington Football club manned the beer & BBQ tent and Rotary Wives served tea and cakes all afternoon.

Arundel & South Downs MP Nick Herbert was on hand to draw the winning Grand Raffle tickets before the Chance Singers brought the day to a close.

Village Day Chairman, Tony Vaughan, was full of praise for everyone who made the day special. "I was delighted to see so many people enjoying the Village Day. Reviving this local community event has been a great success and we are looking to continuing it next year. We rely on Rotary, our generous sponsors and all those who participated on the day and ensured its smooth running. Proceeds from the event will benefit causes for local children and young people."



St Mary's Church, Storrington ran a bottle tombola, which was not all alcohol! They were very busy, at times with queues of eager beavers of all ages wanting to chance their luck! It was great for the Church to be present and children who didn't win were rewarded with free chocolate, which went down really well!

Storrington Village Day Sponsors:

Fowlers Estate Agents (Principal sponsor), Anderson Rowntree Solicitors, Carters Domestic Appliances, Crossways Veterinary Group, Hydro - Power UK, Impulse Leisure, LWH lightweight Hire, Little School Day Nurseries, Mayo Wynne Baxter Solicitors, Millwood Designer Homes, Rhino Rentals, Storrington & Sullington Parish Council, Tesla Engineering, Tesco Esso Express, Thakeham Tiles, Travis Perkins, Waitrose.

Thanks to Brian Burns for many of these photos, including those on front cover.

CHURCH SERVICES AT A GLANCE

DATE	FESTIVAL OR SUNDAY	STORRINGTON St Mary's	THAKEHAM St Mary's	SULLINGTON St Mary's
4 August	Trinity 7	8am Holy Communion (said) 10am Family Communion 11.45am Baptism Service 6pm Evensong	10.30am Joint Family Service (with Sullington)	8am Celtic Communion 6pm Evensong
11 August	Trinity 8	8am Holy Communion (said) 10am Parish Communion 6pm Evensong	9.30am Morning Prayer	8am Holy Communion 11.30am Matins
18 August	Trinity 9	8am Holy Communion (said) 10am Parish Communion with Healing	8am Celtic Communion	10.30am Joint Family Communion (with Thakeham)
25 August	Trinity 10	8am Holy Communion (said) 10am Parish Communion 6pm Evensong	9.30am Family Communion	11.30am Family Communion
1 September	Trinity 11	8am Holy Communion (said) 10am Family Communion 6pm Evensong	10.30am Joint Family Service (with Sullington)	8am Celtic Communion 6pm Evensong

During August the usual midweek Holy Communion Service at St Mary's Church, Storrington, will not take place.
It will start again on Thursday, 5 September 2019.

Holy Communion Service at Sussexdown on the fourth Thursday of each month at 11.30am

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

Parish Priest: Fr Charles Howell

2 St. John's, Fern Road, Storrington RH20 4LW

Tel: 740338

STORRINGTON CHAPEL

North Street

Sunday Services 10.30am, 6.30pm

Church Elder: Graham Thrussell

Tel: 01243 545737

grahamthrussell.GT@gmail.com

COMMUNITY CHURCH

Steyning Grammar School – Rock Road Campus

Family Worship – Sundays 10am

Enquiries to Mrs Val Augustine

Community Church Office, PO Box 1020, Storrington RH20 3UY

Tel: 01798 817596

TRINITY METHODIST CHURCH

Thakeham Road

Sunday Service 10.30am

Minister: Revd Dawn Carn

4 Gorse Avenue, Worthing, BN14 9PG

Tel: 260356 (Church Office: 746390)

www.trinitymethodiststorrington.uk

www.facebook.com/TrinityStorrington

WEEKLY EVENTS

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

Fri 10am Storrington Community Market – Village Hall

Storrington Library Opening Hours – Tel. 839050

Monday to Friday 9.30am – 5.30pm

Saturday 10am – 4pm

The Churches of Storrington invite you to

SUNDAY LUNCH CLUB

A CHANCE TO GATHER TOGETHER OVER A MEAL AND BE

NO SUNDAY LUNCH CLUB IN AUGUST

at the Old School, School Lane, Storrington

Tickets (£4.00) are available from

Louisa Austin, Church Street, Storrington



STORRINGTON POP-IN LUNCH CLUB

Storrington Village Hall

First Thursday of each month

(except January and August)



NO LUNCH CLUB IN AUGUST

(Soup, Doughnuts and home-made puddings)

ALL ARE WELCOME. Come and meet old friends

and make new ones. No need to book – just turn up.

Co-ordinator: **Pat Webb (893145)**

WHAT'S ON

August	
Fri 2	Guided Garden Walk – Parham House – p15
Sat 3	10am Visiting bell ringers to St Mary's, Storrington (ends 10.45am)
Sun 4 Trinity 7	
Mon 5	8.30pm Church in the Pub, Thakeham – p4
Tue 6	10am Inter-Church prayers – RC Church (side-chapel) – p9 2pm SPACE – Arts and Craft Group – p
Wed 7	10am St Barnabas Outreach – Library Car Park – p33 Storrington Camera Club – Summer Exhibition at Pulborough Library (to 17 Aug) – p14
Thu 8	7.30pm Bingo – Mary How Trust – p21
Fri 9	Special Guided House Tour – Parham House – p15 10am Visiting bell ringers to St Mary's, Storrington (ends 11am) 2.30pm Visiting bell ringers to St Mary's, Storrington (ends 3.30pm) 5.30pm Evensong – Chichester Cathedral – Mary Sumner Day – p5
Sat 10	10am Sandgate Conservation Society – Working Party – p21 2pm Thakeham Gardeners' Club Annual Flower Show – p32
Sun 11 Trinity 8	2pm St Mary's, Storrington – Mission Action Plan – p6 3pm Sunday Tea – St Mary's Thakeham – p4
Mon 12	7.30pm Thakeham Gardeners' Club – Meeting – p33
Fri 16	7.30pm Storrington Horticultural Society – Meeting – p27
Sat 17	12.30pm Krazy Kroquet – Storrington Rectory – p6
Sun 18 Trinity 9	
Mon 19	Storrington Camera Club – Summer Exhibition at Storrington Library (to 7 Sep) – p14
Tue 20	2pm Knit & Stitch Tea – p4 2pm SPACE – Arts and Craft Group – p21

Wed 21	10am Cafe in the Church – St Mary's, Storrington – p9 7.30pm Sullington Windmills WI – Meeting – p27 7.30pm Caribbean Evening – Thakeham – p32
Thu 22	11.30am Communion at Sussexdown – p4
Sat 24	10am Sandgate Conservation Society – Working Party – p21
Sun 25 Trinity 10	
Mon 26 Bank Holiday	8am Car Boot Sale – Storrington Library Car Park – p28
Wed 28	10.30am Arun Valley U3A – Talk – p34

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

SAINTS AND SPECIAL DAYS

AUGUST	
Sun 4	<i>Jean-Baptiste Vianney, 1859</i> - Patron saint of priests
Mon 5	Oswald, 642 – King of Northumbria from 634
Tues 6	THE TRANSFIGURATION OF OUR LORD
Wed 7	<i>John Mason Neale, 1866</i> – Anglican priest, scholar and hymn-writer: <i>Good Christian Men, Rejoice</i> and <i>Good King Wenceslas</i>
Thurs 8	Dominic, 1221 – Spanish, Patron saint of astronomers
Fri 9	Mary Sumner, 1921, Founder of Mothers' Union
Sat 10	<i>Laurence, 258</i> , one of most widely venerated saints of RC Church, and, according to lore, spirited away the chalice used during Last Supper (the "Holy Grail") to Spain
Sun 11	Clare of Assisi, 1253 – founded Order of Saint Clare (Poor Clare's) <i>John Henry Newman, 1890</i>
Tues 13	Jeremy Taylor, 1667 , best known as a prose stylist <i>Florence Nightingale, 1910</i> <i>Octavia Hill, 1912</i> – social reformer. Joint founder of National Trust and pioneer for modern social work.
Wed 14	<i>Maximilian Kolbe, 1941</i> – Polish priest, patron saint of drug addicts
Tues 20	Bernard, 1153 <i>William and Catherine Booth, 1912 and 1890</i> - founders of Salvation Army
Sat 24	BARTHOLOMEW THE APOSTLE
Tues 27	Monica, 387
Wed 28	Augustine of Hippo, 430
Thurs 29	Beheading of John the Baptist
Fri 30	John Bunyan, 1688 – author of <i>The Pilgrim's Progress</i>

STORRINGTON & SULLINGTON – REFLECTIONS OF THE PAST

RULES AND REGULATIONS – PART 2

The Commons

An abuse of accepted rules was committed by Mr Emery of Hurston Farm, Mr Battcock and no doubt others. Storrington Commons were not, as many believe, common land that anyone could use. They

were Wastes of the Manor of Storrington, belonging to the Lord of the Manor on which his tenants were permitted to turn out their animals as part of their tenancy. Mr Emery, with great flocks of sheep, turned them out on the common, vastly overstocking it to the prejudice of other manor tenants. He claimed he had established a right to do so because he had never been prevented, and he denied receiving notice from the manor steward about it. One can imagine the groans at one Vestry Meeting after another when complaints were made again and again about his overstocking. Mr Battcock was also observed to have "... more than 100 sheep daily, besides horses and cows, all this summer and is at the head of all this unpleasantness." This and other matters were presented, leading to a meeting on 15 August 1845 after advice had been taken. A notice from the solicitors Mant & Lear "... to persons interested in the Waste Lands of the said Manor" was to be held at the White Horse for the purpose of taking into consideration the propriety of applying to the Enclosure Commissioners ... for the Enclosure of the said Waste Lands of the said Manor under the provisions of the Act of Parliament in that case ... the Steward of His Grace the Duke of Norfolk and the Steward of the Manor will be present.



11 December 1848. The result was the inclosure of the lands in question, known as Byne Common, the West Common, Cootham Common, Bog Common and Oldfield Common. Those manor tenants with grazing rights had commensurate

portions of the commons allotted to them which they could fence off and use as they wished. Some of the portions, of course, were too small to be of much use for husbandry and could be sold off to those with larger areas, or used for building. When all was completed in 1846, the northern part of the West Common north of the old footpath to Cootham was allocated to the people and parish of Storrington for all time, to be used for recreation. It is today's Recreation Ground. The interesting feature of this late inclosure is that aerial photographs can still reveal the boundaries of the old commons in spite of subsequent development.

The Recreation Ground

In 1912, Storrington Parish Council published Bye-laws for the regulation of the Recreation Ground. There were 14, the first of which defined the terms used:

Carts. No person shall drive or wheel any Cart, Truck, or any



other Vehicle other than a Perambulator, or a wheeled Chair drawn or propelled by hand, or a Chaise drawn or propelled by hand, and used solely for the conveyance of a Child or Children, or an Invalid ... except upon a track made or set apart by the Parish Council as a cartway.

Beating Carpets. No person shall beat or shake any Carpet, drugget or Mat upon any part of the Recreation Ground.

Bonfires. No person shall make or set fire to any bonfire in any part of the Recreation Ground. (Special permission could be requested from the Council for a specific time and conditions would be "prescribed").

Injury by fire or otherwise. (This specified damage to Trees, hedges, fences, etc.)

Digging or Cutting of Turf. (Details given)

Cricket, football, etc. (Details of use and non-interference with other games and times)

Interference with Persons. (Obstruction, disturbance)

Bad Language. No person shall make use of any indecent or obscene language to the annoyance of any person in the Recreation Ground.

Throwing Stones. (Or other missiles not allowed. No mention of very fast bowlers!)

Climbing Trees. (Not allowed)

Notice boards. (basically, don't interfere with them)

Penalties. Every person who shall offend against any of the foregoing Bye-laws shall be liable for every such offence to a Penalty of Forty Shillings. ...

Removal of Offenders. Every person who shall infringe any Bye-law for the regulation of the Recreation Ground may be removed therefrom by any Officer of the Parish Council or by any Constable in any one of the several cases hereinafter specified. That is to say...



At a meeting of the Parish Council of Storrington held this fifth day of November 1912, the foregoing Bye-laws are hereby made by the said Council under the hands and seals of John

Joyes, Chairman presiding at the meeting; BW Mudd, member of the Parish Council; P Ayling, member of the Parish Council. Allowed by the Local Government Board this twenty-first day of November 1912. HC Monro, Secretary acting on behalf of the said Board under the authority of their General Order dated the twenty-sixth day of May 1877.

The seal of the Local Government Board was applied.

So now you know what you can and cannot do on the Recreation Ground!



Joan Ham (Village Historian)



SANDGATE CONSERVATION SOCIETY

The Society was represented at the Storrington Village Day on Saturday 29 June after a five year absence.

Despite the high temperatures of over 30°C, there was a good turnout and hopefully this very popular event is set to run on an annual basis once again, so hats off for the organisers who did an excellent job in coordinating the whole event.

The Society work parties will be in action again on Sullington Warren on **Saturday 10 August** on Sullington Warren from 9.30am till 12 midday, and in Sandgate Park on **Saturday 24 August** from 10am till 12 midday, so if you feel like a bit of gentle exercise at your own pace, then you will be more than welcome.

Work has commenced in clearing the site area for the forthcoming bridge project to link up Sandgate and the Water Lane Parks.

To learn more about the Sandgate Conservation Society, who work closely with the National Trust and Horsham District Council, please contact www.sandgate-conservation.org.uk or Brian Burns on 743001.

Brian Burns



Rotary Film Night at Sullington Parish Hall Wednesday 11 September



Starring: Viggo Mortensen Mahershala Ali & Linda Cardellini

Performance commences at 7.30pm with 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.

Anyone needing transport should contact Roger Jamieson on 01798 813956

For further details please contact Ken Collins on 01903 740745

Rotary Club of Storrington & Pulborough District

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



Thursday 8 August
and on the second Thursday of every month
Doors open 7pm Play starts at 7.30pm
Storrington Village Hall, 59 West Street RH20 4DZ
Entry only 50p (includes the chance of winning a mystery prize!)
Great prizes, raffle and refreshments – and fun for everyone!

www.maryhowtrust.org

Come and join our SPACE

Someplace for
People to make
Art or
Crafts and
Escape from home for a few hours!

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

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: Storrington Rectory Office (742888)



STORRINGTON & DISTRICT MUSEUM

Last month I said, with regard to our milling heritage, how much things change. This month it seems that basically very little changes, especially with our roads. Sussex has always had a bad reputation in this respect. In the 18th century Hurston Lane went north from what is now the A283 at Cootham, and then west to Wiggonholt, where the West Sussex Golf Course is now. There was also a more northerly exit at Roundabouts. The maintenance of these roads, converging, I believe (although I have not seen the actual maps) on Hurston Mill was the subject of a prolonged court case *Regina v Storrington, Mr Emery – mill owner v Storrington Vestry*. (The Vestry was the precursor of the Parish Council). The problem was who should pay for the road's upkeep? Mr Emery said everyone used it, so the Vestry should pay, and the Vestry said that only Mr Emery and his tradesmen used it, so he should pay.

Driving along this narrow road with fingers and toes crossed hoping we would meet no-one, on the way to afternoon tea at Hurston Mill, wondering how long this lane went on for, going through road-wide puddles, one could well imagine the feelings of both sides of this argument. The road is not good now. It must have been appalling when the case eventually, after three years discussion, came before the Quarter Sessions at Petworth in 1874, and dragged on into 1875 at the Spring Assizes before Mr Justice Denham. Several road-menders said they had only 'turned' the road, that is, pushed the sides into the middle. One or two said it had been turned and gravelled. One or two said it hadn't. There was a great deal of time wasting, about the size of the maps, missing record books, whether or not there were gates or hurdles, etc, Old people, asked to rake their memories, contradicted themselves, and one or two people who proved to be dead were cited as witnesses.

Sadly the final chapters of solicitor Mant's records have been lost, and Mrs Ham, who tells this story so well, could not tell us the Court's conclusions but in the end, she says, the Vestry was victorious. Now there are two usable roads for vehicles and two have become bridle paths.

All this came to mind as we drove to Hurston Mill at the invitation of Viviane and Tony Whitbread, to afternoon tea as their 'thank you' to the people who had helped with the Mills exhibition and the Mills Walks, which were written about in last month's 3 *Heralds*. Sadly it was not possible to sit in their lovely, natural garden, but we were taken all round their grounds, seeing what remains of the mill's brickwork and speculating on the position of the wheels and feeder streams and the pond, and why there is a bridge which now seems to have no purpose. We also saw interesting plants and insects and heard continuous birdsong. We saw a heron – or could it have been a stork? – rising up from fishing. After a good walk we returned to the house for tea and cakes and chat, which is always good. We thank Viviane and Tony for a happy afternoon!

At Storrington Village Day the Museum had a display taken from the Mills Exhibition with many photographs and a map showing the location of local mills and watermills, sadly mostly now gone. One very interesting lady came to the stand and talked about her family in Hampers Lane. She said she had photographs of them and their house and offered to bring them to the Museum if we would like to see them. We said 'Yes please' and so she came on the next Wednesday morning. Her family name was Beamish, and John Beamish, her grandfather, lived at St Olaves in the 40s and 50s. He was a violin maker who, while cooking his breakfast sausages, burned down his house. I have heard this story many times and wondered if it was true. "Yes" she said "absolutely true". The photos kept coming and when I asked if I could copy them for the Museum she said, "No, you can have them all". We have so few pictures of this area that they are a real windfall.

Then she produced a painting by her grandfather and said we could keep that as well! We are so grateful to everyone who gives us donations like this, especially as all these were fully documented, with names and dates. Photos of people without documentation are sadly of very little use to us. We found this to be true when we were trying to put the Rydon Exhibition together. When Rydon closed, they gave the Museum boxes of artefacts, mostly photo albums and loose photos, but hardly any had names or dates on them and consequently are of limited use to us.

Rydon is the subject of our current exhibition which runs until September. It is all about Rydon School from its beginning as Storrington Senior School until its closure in 2017 as Rydon Community College. The school was built on the site of Thakeham Union Workhouse, and opened in 1940, taking in eleven year olds from all the surrounding schools, which until then had been all age (5-14) schools. One of the exhibition cases shows the early days of the school with photos of teachers, netball, football, and hockey teams, and some of their other activities. The other case shows more modern times including the most interesting school visit to Malawi, and various theatrical productions and sports days. If you went to Rydon you may well find something to interest you here; please do come and see and if you have any memories that you could write down and share with us, and photos, with names and dates of course, we would be grateful to have them.

Old School, School Lane, Storrington RH20 4LL

Tel: 740188 www.storringtonmuseum.com

E-mail: contact@storringtonmuseum.com

Registered Charity No. 1084853

Weds and Sat 10am – 4pm • Sun 10am – 1pm

STORRINGTON COMMUNITY MARKET

**We're open every Friday
between 9.45am and 11.15am
in the Village Hall in West Street.**

Cakes, biscuits, pies and savouries, jams and marmalades, local honey, eggs, knitted hats, jewellery and crafts, books and magazines, DoTerra Essential Oils, local fruit and veg, plants, mushrooms, The Village Deli, Boutique 35 fashion and Forever Aloe health products. Tea, coffee and biscuits in our cafe.



**The Village Minibus is available every other week.
Contact Velda on 892962.**



The Princess

She hopes no one is trailing along behind her or they will burn, snuffed like the tiniest dust-speck of fire. She doesn't know how long, how long it's been since she looked in the mirror, or saw how small she must appear.

Sleeping Avenue

The tall trees are pyramids of shadow, they absorb every whisper of breeze.



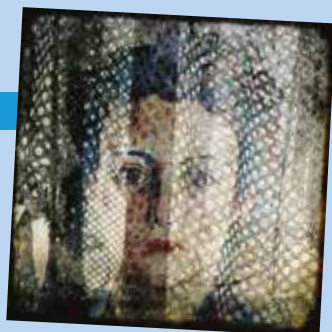
Red Giant

A star in a cloud, pouring its life away for nothing much, it pities itself, as a light left on in an empty room.



Other Lives

Other lives here on earth are alien, or as good as, unless a silent message is taken from another body



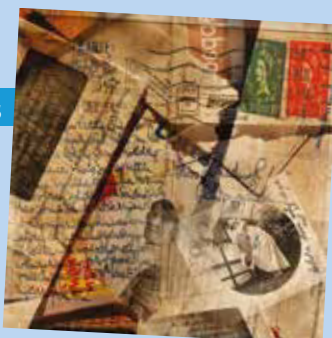
With Imprisoned Wish

With imprisoned wish, and careful empty heart. Only stars are reckless, high over frosted mud. A cat's-claw moon and love's asterisk, blind to our pain.



A Mirror Wall of Words

My heart goes searching. But never a word from you. All the letters strewn on the mat, junk-mail. A mirror wall of words from Chinese whispers of silence.



Inspiration for taking photographs and creating images that are able to relay the photographer's message or support a story can develop from many elements.

Sometimes we all need a little inspiration or a project that gives us the impetus to start on such an initiative. It could be creating a collection of images around something specific, such as the birth of a child or grandchild, holiday, milestone event, hobby or a passion. Whatever the trigger, how we then go about capturing and creating this can be achieved in many ways, such as a collection of prints, a canvas print, a photobook.

If you need help and inspiration as to what can be achieved, the story of our guest speaker Viveca Koh FRPS (www.vivecakhphotography.com), highlighted just what can be achieved. For Viveca, the initiative providing the focus came from a request from her uncle to assist him by producing a series of photo illustrations for his book of poetry and prose, *Star Blossom*.

When looking at an image or painting, do we consider what the photographer or artist was trying to capture? Do we think we see it the same way or is it simply a case of do we like it or not? This was certainly very different for myself and others in the Club, in the way she presented the images that in some case we had seen before in a publication or online. Having Viveca share the context, story and emotions that she conjured up relating to each image brought them to life. Especially with the prose that became the driving force for the inspiration for what she was working with and trying to create in each of the twenty images.

With lots of distractions and faced with a blank page, where do you start? This would be the challenge for many of us when starting a new project. Like any new initiative, starting to put down on paper what you are looking to achieve is always a good starting point to provide focus. With Viveca, this was laying out the poems and prose and then interpreting that into what the words were trying to say, which helped with the thought process and inspiration of what she wanted each image to convey.

Some of the prose meant that the image being conveyed was very apparent, although, in Viveca's case, each image didn't end up being a single image from one location as one image couldn't reflect all the feelings, emotions and words. So multiple images were overlaid to fully reflect the message. An example being with the prose, "The dungeon, I built it; I made it for me. Snails cover their wound with chalk, glue alive and plaster a shell, ring on ring. As solid-seeming, actually as frail, crushably fragile as mine." The image called *No Echo* being a room with a window with bars and crumbling plaster, a snail and an old-style telephone.



The satisfaction, enjoyment and ultimate recognition for creating these images was when Viveca was awarded a Fellowship, the highest accolade by the Royal Photographic Society. Whilst her approach may not be for everyone, the ability to create images that instil emotion and tell a story is something that we can all think about when taking a photograph.

Listening to Viveca, the message imparted was an event or project can provide us all with opportunities to inspire our own photography. How we approach it, apply our own interpretations, emotions and feelings will be unique to us.

Kevin Harwood



Fun gardens to visit

During term-time I sometimes get the chance to explore a grand or gorgeous garden at a grown-up pace. If I want to linger in the long, herbaceous borders or read all the labels, I can. But in the holidays, a visit to a garden needs to consider younger needs and limitations, or, frankly, it's just not fun for anyone. Here's a few of my favourite local gardens to visit with children, as endorsed by Junior Casual Gardener, aka Toby! All four are free to members of the Historic Houses Association, a membership scheme I recommend checking out.

PARHAM

For me: lush flower borders in stunning colour combinations; secluded herb and scented gardens; a really good plant centre.

For children: grassy slopes to roll down, a sprinkling of swings, playing tag in the brick-path maze and exploring the child-size cottage built into the walled garden.



BORDE HILL

Lots to see across the seasons, so one for Easter, summer and half-term holidays. They put on good value children's activities in the holidays and an annual sculpture trail. The adventure playground is good too, if they have energy to burn off afterwards.



ARUNDEL CASTLE GARDENS

Enough quirkiness in the design to keep children interested, including a stumpery and some amazing fountains. Some of the special event days are included in the garden entry so you may bump into mead-drinking peasants and battling knights while stopping to smell the roses.



HEVER CASTLE

Castle and gardens are included in the entry. So much to see here that you'll need to bring a picnic and stay the day. In the summer, head for the rose gardens first, get lost in the yew maze, cool off in the water maze and then sit back and relax with a book while the children play in the incredible 9m tall adventure castle or nature play area, designed for younger children.



Not part of Historic Houses Association scheme but also on our list are: Nymans (National Trust), Sussex Prairie Gardens (big plug for the homemade cakes and the plant sale), and Highdown Gardens (open every day in the Summer Holidays and....FREE entry).

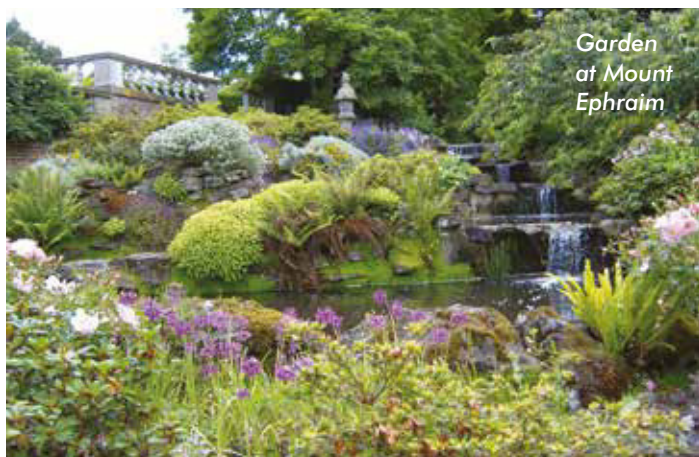
Cheryl Brown



STORRINGTON HORTICULTURAL SOCIETY

June was a very busy month for the Society, starting with our tailor made holiday to North Wales, where 44 members spent a very enjoyable week visiting a number of gardens and local places of interest, including a train ride through the Snowdonia National park, a visit to Portmeirion Village, famed for its pottery, as well as seeing the beautiful beaches and the rugged country side of North Wales. The members praised the quality of the arrangements for the holiday and everyone agreed they had a very enjoyable time and look forward to next year's break.

In the middle of the month, the Society had an outing to Kent visiting Mount Ephraim Gardens and then on to Goodnestone Park and Gardens.



Garden
at Mount
Ephraim

Of particular interest at Mount Ephraim were the Japanese Rock gardens and the Big Beds planted to a design of Mary Readman, the shrubs and roses in these providing brilliant contrasts in colour and foliage as well as the beautiful perfume from the roses in the Rose Terrace.



Walled garden at Goodnestone

The walled gardens at Goodnestone, established in the 17th century, were particularly lovely with a wealth of mature plants and again the wonderful perfume from the old English varieties of rose plants. A very poor day's weather for this visit to Kent did not detract from the beauty of the gardens visited.

Finally, at our June monthly meeting, Dr Becky Peacock gave us a very interesting illustrated talk on the history and current operation of the Watercress Line in Hampshire. The Watercress Line runs from Arelsford to Alton where it connects to the National rail network. The railway gained its popular name transporting locally-grown watercress to markets in London. Opened in 1865, the line survived the Beeching cuts of 1963 but was eventually closed by British Rail in 1973. Today's section of line was purchased from British Rail in 1975. Currently, the line operates as a heritage railway offering various attractions, such as dining on the Watercress Bell, footplate rides by reservation and many more, plus numerous special events through the year.

At our next meeting on **16 August**, Tim Winter will be talking about 'Woodland industries in Southern England'

Web site: storringtonhorti.org.uk

M J Webber

theWI WI NEWS INSPIRING WOMEN SULLINGTON WINDMILLS

The President, Erika Brichta, opened the June meeting, reporting on all the forthcoming events. She continued by showing the display made by several members of Sullington Windmills for the South of England Show, which emphasised the many different talents members possess. Erika continued by reading out the report from the NFWI Annual Meeting held in Bournemouth. This was followed by the reports from the Treasurer, Secretary and Welfare Officer.



Graham Minett

Graham Minett, the speaker for the evening, was introduced, his talk entitled 'My Writing Journey'. Graham opened his talk by stating he had spent almost 45 years working in education, his most recent position as part of the headship team at The Angmering School. Writing had always been his ambition. In 2006, he decided to embark on a two-year part time MA in Creative Writing, at the University of Chichester. He was fortunate to continue working in a part-time role for the school, whilst studying at Chichester. The first advice he was given during his studies was to change his attitude. Graham had written a book when he was in his 20s, but it had never been published. As he had written a book, he along with his family and friends thought he was an author, but this idea had to change. Whilst on the MA course, for three hours one night per week the students were classed as writers, and were given a piece of work they had to complete and pass on to the other students within five days, for them to 'polish', and the timescale had to be adhered to.

Graham has been short and long listed in writing competitions. His luck came in 2010 when he won a competition for writers who had never had a novel published, for which he had to write an opening chapter for a novel, which would encourage readers to want to read more. The prize was a cash award but, more importantly, there was an opportunity to work online with an editor in London, with a view to completing the novel. This would eventually become Graham's debut novel *The Hidden Legacy*. All Graham's books are character-based, as he always feels he needs to know the character/characters, then create a dilemma around them.

Graham spoke about visiting Rye, Winchelsea and Camber Sands to find inspiration for his books. Agents had advised Graham to go into crime writing, but, to date, Graham has refrained from this diversion. The talk ended by Graham saying if he could meet Maggie O'Farrell and Kate Atkinson and spend an evening with them talking about writing, that would be as good as it gets. This was an inspirational talk for any would-be writers. Following many questions asked by members, Jean Minter gave the vote of thanks.

Following the refreshment break, it was time for thinking caps on as members all took part in a quiz. After the raffle, the President closed the meeting.

The next meeting on **Wednesday 21 August** is a fund-raising evening for ACWW (Associated Country Women Worldwide). An admission charge of £3 will include a glass of wine or soft drink and nibbles. The speaker is Lucy Saunders, with her talk entitled 'The Naked Truth'.

Visitors and new members are always welcome; we meet on the third Wednesday of each month (2nd Wednesday in December) at 7.30pm at Sullington Parish Hall. Should you require further information please contact Erika Brichta on 742039.

Pat Snape

WEATHER WATCH

Rain, night shining and a burst of heat

June 2018 had only 1mm of rain in Storrington but June 2019 totalled 97mm, almost twice the average, but there was one similarity; the warmest conditions were in the last week in both years. June also continued the pattern that began in February with most of the rain falling during the first half of the month.

Our area escaped some of the worst deluges that affected the country. Parts of Kent and the East Midlands had prodigious 24-hour rainfall totals of 130mm that led to much flooding. There were some very active thunderstorms nearer home, with Eastbourne in East Sussex having over 1000 flashes of lightning an hour during the evening of 18 June, the lightning clearly visible from my weather station. East Sussex and more northern parts of West Sussex were wetter overall than our district whilst rainfall only amounted to around 50mm to 60mm along the coastline west of Brighton through Shoreham to Worthing, but that is still up to or a little above average.



View south to Barns Hill Farm



View north over Clayton Farm

Both views taken at same time from A283

On quite a few days you could see why it was less wet along the coast. Towering shower clouds often filled the sky well inland whilst it was clear and sunny adjacent to the sea. The water is much cooler than the land during the summer and this restricts shower clouds from forming by limiting convection, that is warm air rising and condensing into cloud. In the autumn and winter the sea is warmer than the land and the showers become more frequent along the coast. Indeed, the Sussex coast boasts a UK record set in July 1911

that still has not been beaten: a monthly sunshine total of 384 hours. This year June recorded 180 hours, slightly below par.

The big weather story during June was the extraordinary heat wave across the Continent. In France, a temperature of almost 46°C was measured, the warmest value for any month and we were on the edge of this heat. Storrington reached 30.9°C on 29 June. An old weather adage tells us "the English summer is three fine days and a thunderstorm" but the heat passed away without any rain or thunder at all.



During the late evening on the summer solstice, 21 June, Sussex witnessed a fairly rare cloud called noctilucent cloud, 'night shining'. These clouds were very high at 50 miles in altitude and were bluish-white in colour across the northern sky. They resembled cirrus that we often see much closer to the earth's surface at around 5 miles to 6 miles and even had billows that look like ripple marks on a sandy beach. They are only visible a month or so either side of the summer solstice and the south of Britain is about at the southernmost limit of 50 degrees north to view such clouds. It is not known for certain what causes noctilucent cloud and what they are made of but probably consist of ice covered dust. Did any 3 Heralds' readers notice them and take any pictures?

Ian Currie, Weatherman and editor of Weather Eye magazine

**Rotary Club of Storrington
& Pulborough District**



CAR BOOT SALE

STORRINGTON LIBRARY CAR PARK

8am until 12noon

**Bank Holiday Monday
26 August**

Pitches available at £7 per car
and from £10 for vans.



All proceeds go to charitable causes supported
by Rotary.

FRYERN LADIES' PROBUS



Our President, Sue Povey, opened the July meeting by welcoming two new members and two visitors after which Grace was said by our Treasurer, Jackie Francksen, and we settled down to a tasty fish and chips lunch.

Our Speaker of the day, Dr Paul Hellyer, was introduced by our Speakers' Secretary, Jackie Buckler, and the topic of his illustrated talk was 'Mercy Ships', which are the largest charity-run floating hospital ships worldwide.

Mercy Ships was founded in 1978 by Donald Stephens and co-founder Deyon Stephens and is a predominantly Christian, interdenominational missionary organisation which brings hope and healing to the forgotten poor; following the 2,000 year old model of Jesus.

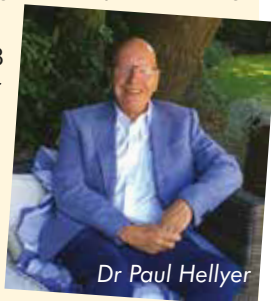
The organisation uses retired ocean liners and ferries and transforms them into floating hospitals which provide humanitarian aid like free health care, community development projects, community health programmes, agriculture projects and palliative care for terminally ill patients. Mercy ships have operated in more than 57 developing nations and 18 developed nations around the world, with a current focus on the countries of Africa. When it is realised that two out of three people worldwide cannot access safe, affordable surgery when they need it, equating to five billion people, it is a huge amount.

Amazingly, these floating hospitals are staffed entirely by volunteers who give their medical expertise for free to help treat dental and eye problems, cleft lips and palates, tumours, club feet, childbirth injuries, burns and various other conditions. On the non-medical side the range of support jobs are limitless and we were told that the Captain is the only one to receive a salary, being two vouchers for the coffee shop! We were also informed that blood banks were kept on all ships and these were called 'The Crew', and that in applying for a job it was necessary to prove that you could walk up six flights of steps unaided just in case of a possible sinking!

Paul, a dentist by profession, outlined for us his involvement in Mercy Ships. During the past 10 years he has been a short term volunteer dentist in a number of African countries for different charities, including Mercy Ships, where he served in Liberia and Sierra Leone. He has helped spread the word by giving numerous talks to various organisations such as ours, and we certainly appreciated his time and information given. Jean Minter thanked him on behalf of all of the ladies and said how valuable volunteering would be on Mercy Ships, especially for youngsters contemplating a gap year.

Our next meeting will be on **1 August** when we shall discuss forthcoming trips and hear Barry Newman speak on Horticulture.

Russ Fry



Dr Paul Hellyer

CRICKET IN STORRINGTON



Cygnets thriving but Seniors struggling mid-season

The Seniors played four games in June, two with only ten men. Against Crawley Eagles, who scored 189, Sam Mustow taking 5 wickets, we were bowled out for just 66. A much closer and low-scoring game followed against Brighton & Hove. We scored 99, David Livermore 28 and Miles Scerri 23, whilst the home side lost 9 wickets scoring 102, Andy Livermore taking 3-23. The match against Ifield was stopped by rain during our reply to the visitor's 163, Adam Homewood 3-30, when we had lost 8 wickets for 64. The final game in June was against neighbours and Division leaders Pulborough who, put in to bat, scored an impressive 240-7, the Livermore trio of Steven, Andy and David taking 5 of the wickets. Our reply was 151, with Miles Scerri scoring an impressive 89. Extras of 19 was the next best score!

The Cygnets had another fine month with some great matches. The All Stars (5-8 years) continue their weekly Sunday morning sessions at 9.30am, running through to 21 July. The U9's just lost out in the third/fourth place play-offs in the Findon Festival, a brilliant result for their first Festival of the season against teams with older players. The U11's continue to compete, with arguably their finest performances to date this season against a strong Worthing side losing by only 18 runs, and against West Wittering away losing by only 23 runs; two powerful and encouraging performances. A blended U13/U12 squad was runner-up in the East Preston tournament, losing out to the hosts in an exciting final by a handful of runs. The U14's recent highlight was a superb match against Ferring away, playing again against an older team, but challenging hard and getting within 40 runs of success.

On Sunday 23 June, the Cygnets and All Stars, well-supported by their families and friends, boosted our funds for the new outdoor nets with a sponsored walk that was followed by a barbeque and raffle. The final proceeds from this very successful event are expected to exceed well over £1,000.

It was interesting to read Joan Ham's article about the College in the June edition of 3 *Heralds*. Founded in 1871 by the Revd George Faithfull, it was a military crammer housed in Church Street. In the Cricket Club's history, the first recorded match played against "the young gentlemen under the tuition of the local rector" was on Wednesday 15 May 1872. It was a very one-sided affair: the Collegians batted twice to score 36 and 87 versus the Club's 230 with Edward Hammond not out on 93. A week later, the Collegians were easily beaten by Washington, but in July the Collegians beat Findon by 8 wickets. In June 1873, the Club beat the Collegians by 9 wickets. Jumping to 1882, the customary start of season fixture resulted in a rare tie with both sides scoring 107 runs. The team of so-called pupils included an Hon R C Hill and a Lord H Vane-Tempest. Later that season, it was Captain Austen's XI that played the Club (he later became a Major and took over the College in 1888). In 1887, it was Mr West's pupils who played the Club. A number of matches against the College/Austen XI were recorded in the last decade of the 19th century; and, in July 1899, the Austen XI played against a team of visiting Grenadier Guards.

Chris Winter

West Chilt Jazz Club

West Chiltington Village Hall RH20 2PZ

NO CONCERTS THIS MONTH



CHICHESTER CATHEDRAL FREE LUNCH TIME CONCERTS

NO CONCERTS UNTIL SEPTEMBER



STORRINGTON FLOWER CLUB

The Club does not meet during August
The next meeting will be 25 September.

Further details in September magazine.



The sun shone for Thakeham Village Day and Fun Guy Fest. There was a range of stalls and activities including bouncy castles, Fire truck, face paints, coconut shy, child talent (and dog) shows, lots of cake and our very own Parish Rector in the stocks! It was great to see the community, young, old and furry, come out to support Thakeham Preschool and Thakeham Primary School. Local bands played into the evening. The field was left white with clover for the bees to enjoy. Parish Councillor Fiona McConnachie ensured we made the event as environmentally friendly as practicable. Bar 'glasses' were reusable and recyclable waste was managed separately. Thank you to everyone who played a part in organising or attending this year's event. It really couldn't happen without you. Anyone wanting to help with next year should contact thakehamcommunityevents@gmail.com.

Please send any photos that you'd be happy to share on our website to assistant-clerk@thakehamparish.co.uk.

Parish Council News

June's meeting agreed the spending priorities for recently received Community Infrastructure Levy funds (from Abingworth Phase 2). The park on High Bar Lane will get a new rubberised floor surface to replace the current wood-chipped area, more equipment and improved fencing. We hope to have this completed over the summer period.

Mr Bryant, the owner of the new shop building, gave a statement to the Planning Committee on 24 June. He said problems with the building structure needed to be resolved by dispute resolution between him and the builder before the internal fittings for the shop and veterinary surgery could be completed. He said, "It is not realistic to believe this will be resolved in the short term and it is now unlikely that the building will be completed before next spring". We understand the prospective tenants of both the shop and vets remain committed despite the delayed timeline.

Message from Thakeham Village Hall

Thakeham Village Hall is fundraising to buy 120 new chairs that are comfortable, stackable and easy to move. This includes chairs with arms to help guests with mobility difficulties.

An individual chair costs £27 and a chair with arms is £35; any donation is gratefully accepted. You can donate online at www.chuffed.org/project/thakehamvillagehallchairs or you can make a cheque payable to Thakeham Village Hall Chairs.

Put this upcoming community event in your diary!



CARIBBEAN PARTY

**Wednesday 21 August
at 7:30pm**

Thakeham Village Hall

With live music by Jim Bernardin,
creator of Worthing Steel Band,
and the Blue Steel group.

Hear well-loved tunes in the great tradition
of the steel bands of Trinidad and Tobago.

You can bring your own drink and
enjoy authentic Caribbean food.
Wear your loudest shirt!

£10 entry per person.
Caribbean food £7 per head.
(Food must be pre-booked).

Keep an eye on our website
www.thakehamparish.co.uk
for more upcoming events and
parish news updates.

Thakeham Gardeners' Club Thakeham 63rd Flower Show

Saturday 10 August 2pm – 4pm

Thakeham Village Hall

Entry open to all

Adults 50p, Children Free

Refreshments
available

Trophies
awarded at
3.30pm



STORRINGTON CONSERVATION SOCIETY

Who was it said "Work fascinates me, I could watch it for hours . . .". He must have been in a garden! There is something compelling in seeing bees and other insects working the flowers for nectar and pollen. Watching their activity can be absorbing. Such small creatures and microscopic materials, yet vital to our well-being. That we can also enjoy the sight and scent of different flowers from season to season is a bonus; one of the wonders of nature.

Beekeeping, starting with wild bees, has a long history, and has been practised all over the world for millennia. For instance, it is known that domestication of bees in Egypt dates from some 4,500 years ago. Jars of honey were found in the tomb of Tutankhamun. It is up to us now to ensure the future of bees and other insects is secure. Disease, insecticides and loss of habitat are threats to their well-being. An encouraging sign is the increase in the number of hives kept in urban areas. Their bees rely on garden flowers and street floral decorations for their existence. We can all do our bit to provide suitable plants in our gardens or window boxes. Wild flowers are also important, even the humble daisy in verges and, of course, clovers are valuable resources for bees.

The work party met again on 6 July, helping Storrington to be 'In bloom'. It was the last meeting before our summer break. We get together again on **7 September at 10am** back at Fryern Dell to continue the restoration of the Victorian Pleasure Garden, clearing invasive species and making paths accessible. As usual, there will be the welcome coffee break. We look forward to seeing any who wish to join us.

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

Stuart Kersley



THAKEHAM GARDENERS' CLUB

Laura Uphill, a Medical Herbalist & Nutritionist for the past 20 years, spoke to the Club at the June meeting. Her talk was titled 'Medicines and Foods of the Hedgerows' and she brought with her a selection of plant material, most of which we 'gardeners' describe as weeds. These included nettles, cleavers, dandelions, plantain and comfrey. She also had twigs of dog rose and elder. Laura was a promoter of eating seasonal fruit and veg explaining that eating tropical fruits in winter is unhealthy as they actually make your body colder.

Dog Rose hips are very rich in Vitamin C and she made syrup by filling a jar with hips, adding water and then leaving it on her AGA for three days before adding sugar. This syrup cures anaemia. Nettle tea is good as a diuretic and nettles are also a good vegetable, much better than spinach. Dandelions can be chopped up in salads or added to soups or casseroles, aiding slimming and beneficial for water infections, and their bitterness is anti-inflammatory. Tea made from cleavers is good for prostrate problems whilst plantain tea clears coughs and mucous and helps with IBS and bloating. We were also told that chewed up it would draw splinters out. Comfrey is good for wounds and horsetail



Dog Rose
Hips

polishes silver and pewter.

Lastly, she spoke about the many uses of elder. Apart from making elderflower sparkling wine or cordial, she said the flowers are very nice snipped into pancakes or dipped in batter and fried.



Elderflowers

The elder berries also make a nice red wine and are very good for joint problems. Laura stressed you shouldn't eat the leaves or flower stalks as these can give diarrhoea.

Laura has a website called Gwen's Garden, www.gwensgarden.co.uk, and as well as giving talks she organises foraging walks and makes herbal salves and balms which she sells. Laura was thanked for a very interesting evening that made us view our weeds in a different light.

Our Annual Flower Show takes place on **Saturday 10 August at 2pm**, with trophies being awarded at 3.30pm. Entry forms are still available from Linda on 01403 741068, Val on 01798 874940, or from Gatleys of Storrington, but must be returned by Saturday 3 August.

Guy Watts will be talking about 'Architectural Plants' at the meeting on **12 August**, with our competition being 'A Vase of Summer Flowers'.

Meetings take place at 7.30pm on the second Monday in the month in the new Thakeham Village Hall. We welcome new members and guests; come along to the Hall on Club night or ring our Secretary, June Jordan, on 741772 for further details.

Sandra Jenkins



St Barnabas
House

St Barnabas House Hospice Outreach Project

Our staffed HOP vehicle converts into a cosy drop-in centre providing information and support related to end of life care.

The next visits to Storrington will be in the library car park.

Wednesday 7 August – 10am to 2pm

For more information about the project please visit our website or email HospiceOutreachProject@stbh.org.uk or call 706357.

ARUN VALLEY U3A

Wednesday 28 August 10.30am – 12 noon

A SOCIAL HISTORY OF CUTLERY

A Talk – by Mark Lewis

Mark is a freelance artist, designer-silversmith and retired university lecturer.

**Pulborough Village Hall, Swan View,
Pulborough, RH20 2BF.**

Cost: £3 (members £2) to include tea and biscuits

An exploration of over 500 years of development in eating utensils, demonstrating how they have been shaped by cultural changes in dining, diet, and etiquette, to importantly affect our social lives.

**This as an Arun Valley U3A Open meeting
and is open to non-members. Come along and
find out more about U3A.**

U3A is for retired people providing groups for like-minded people to pursue interests in common locally during the daytime in members' homes or local halls. Meetings are 1 to 4 times a month depending on the group, and some groups organize visits. Basic yearly membership giving access to all groups is only £10 to cover newsletters and administration as groups are self-supporting. Some groups have a small extra charge to cover hall costs.

Current Arun Valley U3A Interest Groups:

Art Appreciation, Ballet and Dance Appreciation, Book Circles, Coffee and Conversation, Cribbage, Croquet, Film Circle, Flowers and Gardens, French Conversation groups, History and Discussion, Local History, Luncheon Group, Music Appreciation, Opera Appreciation, Natural History, Poetry, Table Tennis, Science and Technology, Spanish Conversation, Walking.

Further information about U3A:

Email: info@arunvalleyu3a.org.uk
Phone: **Graham Martin – 01798865528**
Website: www.arunvalleyu3a.org.uk
Registered Charity: 1081071

Note from the editor....

July was a phenomenal month of international sport held in the UK, with the tennis at Wimbledon, Cricket World Cup, British Grand Prix and the Netball World Cup. These athletes dedicate so much of their time to their sports, and give us, the spectators, so much pleasure and excitement.

Our dedication to Jesus and His teaching of how we should live is something we all can, and should, do. His main message is love: for God, ourselves and one another. Yes, we can strive for our goals and be competitive and try to do our best, but it should never be to the detriment of others. We should be humble in our achievements and never gloat, remembering that often we wouldn't have made that goal if it wasn't for other people helping.

So strive to do your best but never forget those around you who helped you get there. Spread the love and it will come back to you in so many ways, and that is a fantastic achievement in itself.

Blessings for a happy holiday month!

Amanda Hislop (Editor) 3Heralds@gmail.com



USEFUL CONTACT NUMBERS

POLICE	101 or 01273 470 101
DOCTORS	
Out of hours doctors	111
Glebe Surgery	742942
Pulborough Medical Group	01798 872815
HOSPITALS	
Worthing	205111
St Richards	01243 788122
Horsham	01403 227000
Gas Emergencies	0800 111 999
Electrical Emergencies	0800 31 63 105
Water Emergencies	0330 303 0368
Samaritans	116 123
Citizens Advice Bureau	270 444
Storrington and Sullington Parish Council	746547
Thakeham Parish Council	01798 815305
Horsham District Council	01403 215100
Sullington Parish Hall	746547
Storrington Village Hall	744592
Storrington Minibus	743188 or 01798 813045
VETS	
Crossways	743040
Arun Vets	746028

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For all enquiries regarding articles, subscriptions and distribution please contact the editor as above.

Any articles, reports and submissions should be sent by email to the editor or submitted to the Rectory Office by 7th to ensure consideration of inclusion in the following month's edition.

Subscriptions / payments by cheque, payable to *Storrington and Sullington Parish magazine*, should be sent to Vera Blake, Treasurer (details above).

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