ALCISTON BERWICK SELMESTON VILLAGE NEWS AUGUST 2023

MAR

VILLAGE NEWS

Advertising is coordinated by Brian Calcott. Tel. 07999 788618. Distribution is coordinated by Jeremy and Valerie Shaw. Tel: 01323 811567. The Production Team is Jane Anderson and Martin Chilvers. Contributions, Photos, etc (other than advertising requests) should be sent to Martin by the 12th of the month by email: empty.sea@outlook.com They can also be passed to one of the coordinators: Jane Anderson at Old Postman's Cottage, Alciston Tel: 01323 870075. Valerie Shaw at Selmeston House, Selmeston Tel: 01323 811567. Laurie Tinsley, Wynsford, Berwick Tel: 01323 870895.

Donations

Financial donations to the Parish News are gratefully received. Cheques payable to "Parish News" can be passed to: The Treasurer, Brian Calcott at 2 Railway Cottages, Station Road, Berwick, Polegate, BN26 6TA. Alternatively, electronic donations can be made to Barclays Bank -Account No. 70650625; Sort code 20-49-76.

CHURCH CONTACTS

Benefice Priests

Revd Peter Blee Rector of Berwick and Vicar of Selmeston with Alciston The Parsonage, Berwick, Polegate, BN26 6SR Tel: 01323 870512 Email: peter.blee@berwickchurch.org.uk

Revd Shirley Pearce Assistant Priest

The Vicarage, Wilmington, Polegate, BN26 5SL Tel: 01323 318231 Email: revshirleym@gmail.com Shirley Pearce's 'on duty' days are Wednesday, Thursday and Sunday.

Churchwardens

Alciston - Michèle Boys Tel: 01323 870623 Berwick - Andy Williamson Tel: 01323 870163 / Paul Lewis Tel: 01323 870927 Selmeston - Jan Matthews Tel: 01323 811380

Benefice Administrator

Jane Grutchfield Email: benefice.administrator@berwickchurch.org.uk

VILLAGE CONTACTS

Parish Council Clerks

Alciston - Sandy Thomas Email: alcistonparishmeeting@gmail.com Berwick - Alison Stevens Tel: 01323 460007 Email: berwickparishcouncil@aol.com Selmeston - Bryan Stevens Tel: 07799 862765 Email: selmestonparishmeeting@gmail.com

Village Hall / Field Hire

Berwick Village Hall - Thea Eastmead Tel: 01323 871218 Email: theaeastmead77@gmail.com Berwick Field - Carole Vine Tel: 07341 660046 berwickfieldhire@btinternet.com Alciston and Selmeston Village Hall Website: www.southdownsvillagehall.org

Thank You

We are grateful to receive a donation this month from Jenny James.

The Village News has 'grown' this month to accommodate some new adverts and articles. We are therefore very grateful for the increased advertising revenue, as it helps to keep the magazine free. However, we still do rely on the generous donations from individuals and organisations to help support the printing costs of the magazine. These gifts, together with notices, articles, photos and other content all help to ensure the Village News remains relevant and viable. Thank you for your ongoing support. Incidentally, an electronic version of the magazine is available each month. If you would like to be added to the circulation list, or know someone who lives further afield, but likes to keep in touch, please just send an email to empty.sea@outlook.com to ask to be included.

Lindsay Quysner

Lindsay Quysner died on 21st June after a long battle with cancer. She was 73.

She and David moved to Selmeston in 1998 and Lindsay quickly became involved in local life, from performing in pantomimes to chairing the Parish Meeting.

She was looked after in the last weeks of her life by St. Wilfrid's Hospice in Eastbourne, to which donations in her memory can be made at:

www.lindsayquysner.muchloved.com

Arlington Village Market and Coffee Morning

10.00 am - Noon, Tuesday 8th August at Arlington Village Hall.

All are welcome. There will be fresh bread, cakes, quiches, local eggs and regular stalls. For further information please contact Anne Hope: Tel. 01323 486219,

Email: anntonyhope@gmail.com.

Arlington's Pop-Up Museum will also be taking place at the same time. August's focus will be 'Arlington School' presented by Irene Flynn. For further information please contact Wendy: Tel. 07889 689844, Email talkingteapot@yahoo.co.uk

Thank you to all who regularly come to support this community event, please bring your friends, and if you have not visited before you will be very welcome.

The monthly 'Arlington Scene' magazine is very happy to mention any local events of interest or open to Arlington readers, etc., so if anyone would like us to do so, either now or in the future, please e-mail details to arlingtonscene1@outlook.com. Our copy date is the 23rd of each month for the following month's magazine.

Pauline Jackson

Firle and Beddingham Women's Institute

On 12th July we had a 'recipe swap' where members brought along their favourite recipes, and some made their favourite desserts for others to taste.

Cover photo: Skiffle group at the Fullers Arms (Berwick Inn) courtesy of Peggy Lawrence



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Protea Financial Services (South East) Limited is authorised and regulated by the Financial Conduct Authority under No. 954035. Registered in England and Wales. Company number 09393797 It was nice to be able to try a little bit of everything and then take away the recipe. Afterwards we even had some lemon drizzle cake with our tea and coffee!

Our summer outing will be a trip on the Dotto Train in Eastbourne in August with lunch at a café which we are looking forward to.

Do join us - we are a friendly group and always looking for new members. Please contact me if you would like to come along as a guest. You will be most welcome.

Rosemary Norris President Tel: 07784 707016

The 2023 Alciston and Selmeston Flower Show

2.00 - 4.00 pm Sunday 13th August at A&S Village Hall.

The annual A&S Flower Show is here! Gather your best blooms, fruit, vegetables and come join in the fun! You can also show photography, flower arrangements, home crafts like jams, liqueurs, baking, handicrafts, writing, and more. It's all for fun, so join in and have a go; you never know, you might win!

Bring your entries to the A & S Village Hall between 8:30 and 11:00 am on the 13th, then come back from 2:00 pm to see how you've done and enjoy a proper afternoon of teas, games, tug-o-war, tombola, food, drink and fun.

If you:

- Need a schedule and entry form? Please contact Raina at 07595 480662
- Won a cup? Please return it to Jan Matthews at Glebe Cottage

Residents, their friends, and relations are all welcome to enter, and everyone is welcome in the afternoon for festive fun.

We always welcome helpers on the day! If you have an hour or so to help, please ring Jan Matthews - 01323 811380

See you at the show!

Raina Brody for The Alciston & Selmeston Flower Show Committee

Berwick Produce Show a Fun Family Afternoon

Saturday 19th August 2023 at Berwick Village Hall

The countdown to the show is on and any donations of raffle prizes would be gratefully received by any of the committee members. Show entries will need to be in by 6.00 pm on Monday 14th August.

We wouldn't be able to run the show without a band of helpers. If you would be interested in helping for set up on Friday 18th August or on show day (even an hour helping on show day really helps), for more details please email sue.woodgate1@btinternet.com.

Looking forward to seeing everyone at the show.

Sue Woodgate Chair and Secretary 01323 870078

Village HUB

10.30 am - 12.30 pm Monday 21st August at A&S Village Hall

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Take home one of the delicious cakes and quiches made by the Alciston and Selmeston church groups or pick up some beautiful cards and local crafts. Bring your own bits to sell, or let us know if there is something you'd like help with - tricky forms, computers, reading letters - whatever it is, there's someone to help.

Please contact any of the committee below if you have any questions or need help with transport to and from the hall. Contact: Thea 07772 155772, Helen 07969 732109, Mairi 07582 938185 or Janie 07785 940915.

Rachel Lewis

History of a Public House

There has been a public house near Berwick Station since 1851 when it was called the Railway Tavern.

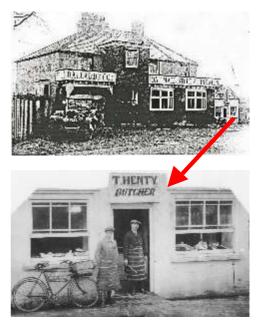
For most of its life, however, it was called The Fullers Arms Hotel, and it is only since the 1970s that it has been called The Berwick Inn.



Our first glimpse of it is of a wedding reception from 1912. The subsequent reception was held in the pub garden.



In the first part of the 20th century, the pub also used to house a village butchers.



In the 1940s, a local doctor, Dr. Troup, used to take surgeries in an upstairs room from 6:15 - 7:00 pm on Wednesdays.

His patients waited in the bar for their turn, and if Dr. Troup was late arriving, the landlord would suggest a gin and tonic as a cure.





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At that time the local fox hunt used to use the pub as a gathering point - the beagles were corralled into the garden while the huntsmen had a drink.



The Fullers Arms also had a strong darts team (2 men's and 1 ladies'). Local resident, Peggy Lawrence, who used to live at the Fullers Arms, recalls that 'in the '50s and '60s we had a skiffle group in the pub.



When they played it was difficult to get in at the door. Someone would play the piano until the tap room floor would bounce up and down'. And all this fuelled by the landlord's 'Bob's Luck' cider at 3s/9d (17p). *Brian Calcott*

Mortgage Update

We all know that things are tough for people at the moment, on the back of high energy bills over the winter and the cost of food and fuel also hitting pockets hard.

While the Government helped over the winter by supporting everyone's energy bills, and the cost of fuel dropping since Christmas, inflation remains stubbornly high and interest rates have had to go up to try and manage this. Both for renters and mortgage holders, this is having a significant impact on the monthly budget at home, and I am seeing the impact of this in my local surgeries

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across the constituency from Ringmer to East Dean.

That is why the government met with banks recently to put in place the following measures to help those struggling with their repayments. Firstly, anyone struggling with mortgage payments can now safely talk to their lender without fear of it affecting their credit rating and for those who have started to miss payments there is now a 12-month delay in place before any repossession can take place which gives people time to get repayment plans back on track.

One of the biggest issues is for those coming off fixed rate deals who will be hit by the new higher interest rates; so it is now possible for people to lock in a deal six months ahead of a fixed term coming to an end, so they can shop around to get the best deal available and not have to accept whatever is on offer when their fixed rate comes to an end. It will also be possible for those people in this situation to switch to a completely new mortgage deal - including switching to interest only for six months to help reduce monthly payments for a short period.

Inflation is expected to fall before the end of the year which will mean interest rates will start to stabilise, but it is important to support people over the coming months until this happens.

Maria Caulfield MP

August's Gardener's Diary

There is lots to do in the garden this month, with the main thing being to keep certain plants well-watered in the hot and dry weather. (If we get any!) Water sweetcorn plants regularly with tomato food to get the best cobs. Continue to feed tomato plants and remove leaves lower down on the plant to help with circulation and prevent disease. Pick out the tops to leave 5 or 6 trusses per plant.

Pinch out the tops of runner beans once they have reached the top of their supports. Lift onions, shallots and garlic once the foliage has flopped over and yellowed. Keep harvesting French and runner beans little and often to prevent them going to seed. Keep an eye out for potato and tomato blight and remove and destroy any affected plants.

Lisa Collington

Recipe of the Month: Plum Upside-Down Cake

Ingredients

150ml sunflower oil, plus extra for the tin

50g butter, softened

300g light brown soft sugar

6 plums, stoned and cut into 8 wedges

284ml buttermilk

1 tsp vanilla extract

4 eggs

325g self-raising flour

1/2 tsp bicarbonate of soda.

Method

Preheat oven to 180°C, 160°C fan, gas mark 4. Oil and line the base of a deep 20cm spring-form cake tin. Combine the butter with 50g of light brown, soft sugar and spread onto the base of the lined tin. Arrange the plum wedges on top in concentric circles.

Tip the buttermilk, vanilla, oil, remaining sugar and eggs into a large bowl and beat for 1 to 2 minutes, using a whisk to break up the eggs. Tip in the flour and bicarbonate of



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soda, mix until you have a smooth batter and carefully pour this on top of the plums. Bake in the oven for 45 minutes to one hour until a skewer comes out clean. Leave to cool in the tin completely.

Remove from the tin by inverting onto a serving plate.

Valerie Shaw

Family Support Work (FSW)

We are at the summer holidavs and. far from slowing down, things seem busier than ever. We have had to turn down a number of new referrals recently as we simply cannot take on any newer cases until our practitioners' caseloads have reduced a little - this is a sad sign of the times and the challenges facing so many families in Sussex. On a lighter note, we have been able to close more cases recently as families have been able to resolve the issues which originally brought them to us. Our door will always remain open to these families should they ever need us again.

With finances, poor mental health, and problems with schools still our main three issues, the summer holidays are a cause of concern. We are planning as many activities as possible to keep children entertained and active during this time. If you feel that you may be able to assist us in any of these by volunteering, then we would love to hear from you - please contact the office on 01273 832963.

We are also still extremely low on foodbank stock, which is a worry as we try to provide more food during August to replace the school dinners which are not available during this period. If anybody feels able to organise a special collection for us, then we would be incredibly grateful we are in need of everything except for teabags.

We are looking forward to our Amberley-Arundel walk on Friday 18th August, and hope that we will see many of you there. Please contact the fundraising team by email fundraising@familysupportwork.org.uk for more information and a registration form. We also hope to welcome people to the remaining Open Gardens of the season in East Sussex. The Events page of our website has full details of all the openings.

Please do continue to keep all our staff and families in your prayers, and thank you for your continued support.

June's work in numbers

- 263 individual visits and 1248 calls with families supporting 261 adults and 187 children.
- 62 supported meetings with other agencies.
- 64 group sessions held supporting 644 parents and 290 children.
- 106 food deliveries made.

Prayer points

- Pray that our practitioners are able to strike a healthy balance between work and personal lives, with so many complex cases to manage.
- Give thanks for the successful recruitment to the fundraising team.
- Pray for good news from some significant funding bids which are awaiting decisions.

Nikki Kerr, FSW Director of Fundraising and Marketing

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¹⁄₄ Page (landscape or portrait) £48 a year; £7.50 Single issue.
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For further information please call or email Brian Calcott. Tel: 0799 978 8618 or Email: brian.calcott@gmail.com

Water Shrew

I love Jaws, the 1975 movie which sent three men out into the Atlantic on a fishing boat in search of a marauding Great White Shark. There's another aquatic monster hunting in the ponds and shallow streams of Sussex. But to find a Water Shrew... you're gonna need a smaller boat.



Water Shrews weigh 15 g and measure just 16 cm. Unlike other shrews they have an amazing ability to swim and hunt underwater. They're covered in dense fur - vital insulation against the cold and wet. This sleek wetsuit also traps air bubbles, transforming the shrew into a furry 'Aero' helping it stay buoyant. Powerful, extra hairy hind feet propel this tiny torpedo through the water.

Water Shrews and Great White Sharks have a common feature that sets them apart from their close relatives. They both have a striking demarcation between their dark upperparts and their white underparts. Looking from above, their black backs blend with the pond bottom or seabed. From below, their pale bellies make them invisible in the sunlit water. It's a submarine survival strategy that helps conceal both hunters and hunted. And the Water Shrew is both. With sharp, red-tipped fangs, a Water Shrew's laws are as fearsome as any shark's. But the Water Shrew has a trick up its teeth. It's Britain's only venomous mammal. When it bites it injects a stupefying saliva which subdues its victims. In Jaws, the grizzled skipper Quint (Robert Shaw) relates the chilling true tale of the torpedoed second World War cruiser 'Indianapolis', which sank leaving hundreds of sailors adrift in sharkinfested waters. Well, my mate Barry was once bitten by a Water Shrew in Newhaven and his finger went all tingly for about two hours. OK. it doesn't exactly compare, but the fact that a tiny shrew can make such an impact on a human is pretty impressive.

Slice open a dead shrew's stomach and rummage inside and you'll find bits of beetle legs, snail shells, and fishbones. They are relentless, frenetic hunters. If the shrew goes without a meal for more than an hour it will die. What we are dealing with here is a perfect engine, an eating machine. All this machine does is swim and eat and make little shrews. Between April and September, the mating of the shrew can produce 2-3 litters of 3-15 young. They live a fast, brief life. Few of them will survive for more than a year.

The best way to see a Water Shrew is to sit by a Sussex stream as the sun sets. Bring a couple of friends and some Apricot Brandy, share some tall tales, and wait for a shrew to strike.

Michael Blencowe (Pictures © Derek Middleton) Sussex Wildlife Trust



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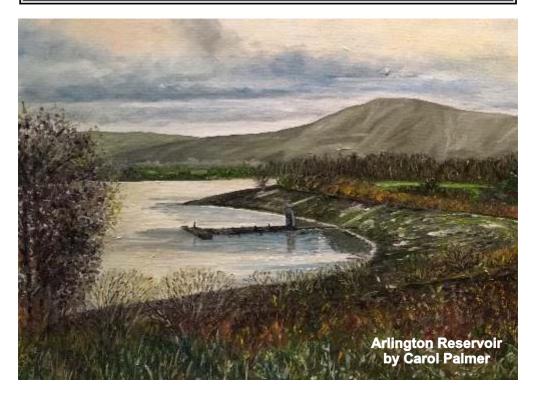
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From the Parsonage

In July, the restoration project at Berwick church was awarded a Sussex Heritage Trust Award and the first EcoAward that they have presented.

The former recognises the quality of the building work, the way in which modern facilities have been introduced sensitively into this Grade 1 listed church and the attention to detail.

The judges of the EcoAward commented: 'A highly inspirational project that demonstrates that no matter how precious the heritage value of the building and its contents, with the right aspirations and vision it is always possible to deliver highly sustainable solutions to existing buildings'.

Whilst it is encouraging to receive this recognition the main purpose of the project has been to make the church more accessible and inclusive. To be a place to which people can be invited who may never have been inside a church before.

Following the completion of the project, a Diocesan Grant enabling the appointment of Catherine Marsh-Lewis as the Outreach and Education Officer means that the work with schools, colleges and charitable groups will continue. One or two churches have also come for an 'Away Day'.

At Arlington, Irene Flynn is persevering in leading the challenging process of liaising with contractors, the architect and putting in grant applications to undertake urgent work on the roof and spire. She is supported by other members of the 'Friends of St Pancras Arlington' and of the church community. It's a great deal of work.

A church is maintained as a place of 'gathering' and of 'offering'. This may be something tangible and material, like the lighting of a candle, an arrangement of flowers, the playing of the organ and singing, the saying of words, a work of creativity. It might be something silent and carried within the human heart a joy, a pain, a feeling or emotion that we can't describe, don't necessarily understand and don't know where to take.

Our churches remain open so that people can go whenever they feel like it, they can make an 'offering' in their own way. Those who look after our churches we will not know who many of them are. But they find encouragement in the comments which visitors leave.

Occasionally someone will ring me from one the churches as happened in July. A distressed individual was passing through our villages and stopped to go into Selmeston church and after spending some time there wanted to talk. Perhaps in the way they found the church, the feel of it, they instinctively felt someone cared.

Worship is faithfully offered most Sundays in all our churches and the scriptures are read; these include the Psalms in which we are reminded *'Except the Lord build the house, they labour in vain that build it.'* Psalm 127 verse 1.

Peter Blee





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The Coach House seats up to 18/20 people and is available to hire for meetings and private parties. Contact Charlotte - Tel: 07793 554763 charlotte@charlotteburroughevents.co.uk www.charlotteburroughevents.co.uk

Curtains by Katie

Fabulous fabrics at fabulous prices, hand-sewn, made-to-measure curtains, blinds and soft furnishings. Home consultations. Call Katie Sillett Tel: 07905 166270

www.curtainsbykatie.com

Watson's Chimney Sweep

Traditional or Power Sweeping by qualified local sweep. Friendly, reliable, clean and tidy. Flexible appointments available. Please phone Ken Tel: 01273 858568 Mobile 07889 485832

Phoenix Liquid Waste Ltd.

Cesspit, septic tank and treatment plant emptying. Experienced local operator. Fully insured. To discuss requirements contact Peter Baker. Tel: 07432 111364.

Hairdresser

Professional mobile hairdressing in the comfort of your own home. Fully insured with over 25 years of experience. Incorporating latest cutting and colouring techniques to suit your needs. Feel free to call John on 07738 363651.

Handyman with a Van

Friendly, reliable handyman for any household, garden or "Man with a Van" jobs. No job too small. Please call for a free estimate. Contact Neil 07771 961274, E-mail: n_jessop@sky.com

Yoga Classes in Selmeston and Berwick

Offering varying styles of yoga for all abilities including breathwork and a guided relaxation. Contact Kelly on 07850 015911 or visit www.kellysladeyoga.com

Village News does not accept any responsibility for any contract made by any person or organization with any advertiser, organization or person mentioned in the magazine.

ADVERTISING DIRECTORY

Old Chapel Centre Weddings and Events Venue

The Old Chapel Centre in the heart of Alfriston village offers a unique and historic venue for weddings, christenings, baby naming, parties, concerts, courses and more.

It includes a fully equipped kitchen and private walled garden, all at a very reasonable price. Capacity ~ 100 people.

To find out more email Caroline on cradcock@hotmail.co.uk or call 01323 870536. www.oldchapelcentre.com

A. S. Window Cleaning

Residential and Commercial. Windows, frames and cills, solar panels, fascias, soffits and conservatory roofs. Up to 60 ft. pure water window cleaning.

DBS checked and approved. For a free no-obligation quote call / text Jason on 01435 408048 07739 039 944; Email: ascleaning@live.co.uk

Mark Watts Drainage

Sewerage treatment, plant installation and servicing. Tel: 01273 812331 or mobile 07990 553747

CHURCH SERVICES AND MORNING PRAYER

Please visit the benefice websites to check on services and times: www.sussexdownlandchurches.org.uk or www.berwickchurch.org.uk.

Sunday 6th August

10:00 Wilmington Holy Communion

11:00 Berwick Holy Communion

Sunday 13th August

- 09:30 Alciston Holy Communion
- 09:30 Arlington Holy Communion
- 11:00 Berwick Holy Communion
- 11:00 Wilmington Holy Communion

Sunday 20th August

- 09:30 Arlington Holy Communion
- 09:30 Selmeston Holy Communion
- 11:00 Berwick Holy Communion
- 11:00 Wilmington Holy Communion

Sunday 27th August

- 09:30 Alciston Holy Communion
- 09:30 Arlington Holy Communion
- 11:00 Berwick Holy Communion
- 11:00 Wilmington Holy Communion

Prayer

9.30 am each Wednesday at Berwick church, except on the first Wednesday of the month when there is an Holy Communion (BCP) service instead.

5.00 pm each Wednesday at Wilmington church.

To receive a weekly notification about services (the Sunday Link) please email the Benefice Administrator at benefice.administrator@berwickchurch.org.uk

Pastoral Prayer or Talk

Peter Blee and Shirley Pearce are available to speak to people on the phone and are also able to pray with people on request in church at Morning Prayer and to offer help in any way possible. Telephone: 01323 870512, 01323 318231 or Email

peter.blee@berwickchurch.org.uk, or revshirleym@gmail.com

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