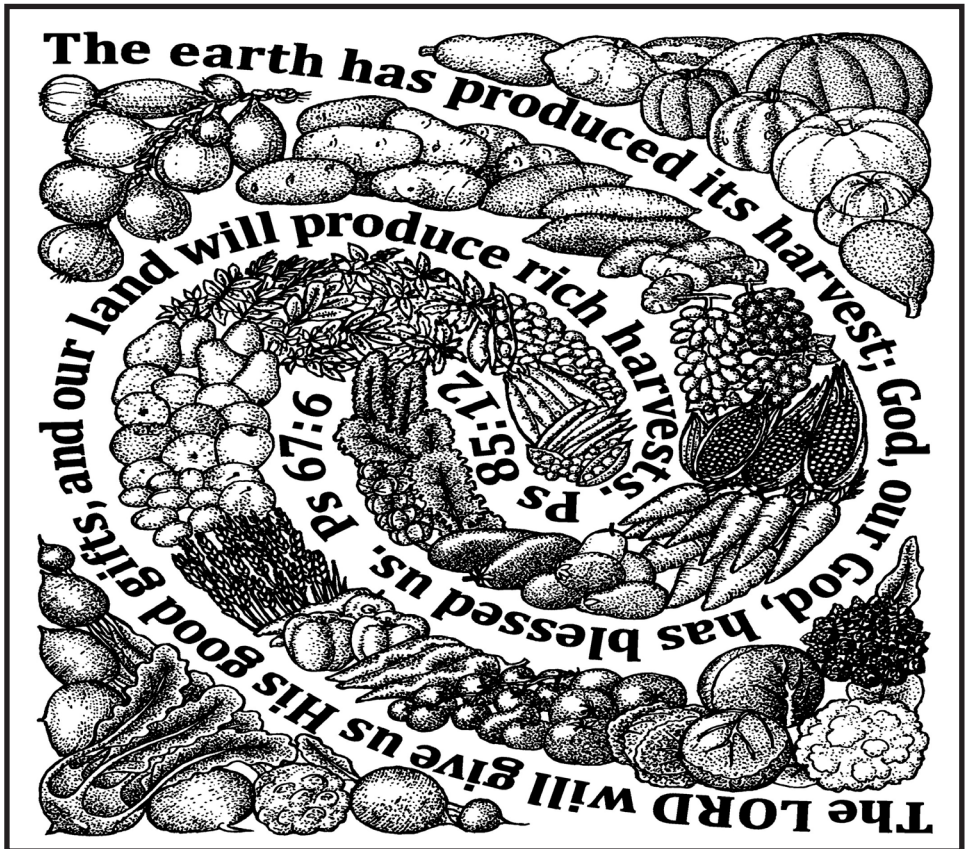


# **PULBOROUGH COMMUNITY NEWS**

**Your Award Winning Magazine**

**October, 2023**



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**50p**

Published by St Mary's Church - Printed by Treetops Press in Pulborough  
[www.stmaryspulborough.org.uk](http://www.stmaryspulborough.org.uk)

## **Remembering Ukraine**

The Primate of the independent Orthodox Church of Ukraine, Metropolitan Epiphany (Dumenko) has praised the dignity and “self-sacrificing love” shown by Ukrainian soldiers. He said that God would help the country to “destroy evil”. He said: “We are fighting for fully understandable fundamental values: for our independence and territorial integrity, which the whole world has recognised for 30 years.

The Russian invaders constantly invent delusional, incomprehensible excuses for their attack. But these will not help them, since evil is always overcome and punished.”

The Evangelical Baptist Union of Ukraine has urged its congregations to pray for “the spread of God’s light in all spheres of social life.”

Meanwhile, a former President of the Russian Union of Evangelical Christians-Baptists, Yuri Sipko, has fled to Germany to escape arrest in Russia. He said: “A criminal case has been opened against me – they are looking for me to put me in prison because I’ve spoken the truth that Russia waged war on Ukraine. People are dying and everything is being destroyed. It’s criminal, and they should not be doing this... I think everybody should be speaking out against it.”

### **The Lord’s Prayer**

**Отче наш, що єси на небесах,  
Нехай святиться Ім’я Твоє.  
Хай прийде Царство Твоє,  
нехай буде воля Твоя  
Як на небі, так і на землі  
Хліб наш насущний дай нам сьогодні.  
І прости нам провини наші,  
як і ми прощаємо винуватцям нашим.  
І не введи нас у спокусу,  
але визволи нас від лукавого.  
Бо Твоє є Царство, і сила, і слава  
навіки. Амінь**

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tel: 01798 875773 | email: [pulbpccrector@btinternet.com](mailto:pulbpccrector@btinternet.com)

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Tel: 01798 874146   email: [anthonypholloway@gmail.com](mailto:anthonypholloway@gmail.com)

**Church Wardens**    **Mrs Alyson Heath**                      Tel: 01798 873795  
                              **Mrs Ann Kaiser**                      Tel: 01798 872819

**Director of Music**    **Mr Anthony Hancock** ARCO Tel: 01798 873479

## **Authorised Lay Ministers (ALMs)**

Hannah Holloway, Austen Hindman, Vicky Smith

**Kingfishes Group**   **Vicky Smith** [stmaryschildrenschurch@gmail.com](mailto:stmaryschildrenschurch@gmail.com)  
Hannah Holloway                      Tel: 07771 581215  
*(meet on Mondays after school during term time)*

**Ladybirds**            **Mr Tony Holloway**                      Tel: 01798 874146  
*(for infants and toddlers with parents or carers  
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**Deanery Synod Members:**   **Mr Rob Aylott, Mrs Alyson Heath,**  
    **Ms Susan Scholefield**

## **Parochial Church Council Elected Members**

Mr Brian Hunter

Mr Peter Gregory

Mrs Toni Hayes

Mr Austen Hindman

Ms Elizabeth Hunt

Ms Christine Lindsay

Ms Susan Scholefield

Mrs Vicky Smith

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**P.C.C. Secretary**                      **Ms Susan Scholefield** Tel: 07747 774867  
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**Church Flowers**      **Mrs Pauline Adsett**      Tel: 01798 874243

**Mrs Bridget Allfrey**      Tel: 01798 875143

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**Church Website: [www.stmaryspulborough.org.uk](http://www.stmaryspulborough.org.uk)**

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**Website: [www.friendsofpulboroughparishchurch.org](http://www.friendsofpulboroughparishchurch.org)**

*The aim of the FPPC is to raise funds for the fabric of one of the most iconic buildings in Pulborough.*

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## **Fr Paul's Letter**

*Dear Friends,*

I am writing a few days after the very successful village Harvest Fair. Once again it was a really good community event with lots of people visiting Pulborough and with weather that was just right for the occasion! Thanks are due to the members of the Pulborough Community Partnership whose organisational skills never fail to impress us!

We were very pleased to welcome a steady flow of visitors to the church where many enjoyed refreshments and a chance to sit down with family members and friends. We love to welcome people to the Parish Church and we are very sorry that we can't always leave the building open. Many of our visitors remark on the warmth of the atmosphere and the points of interest found around the building.

Our regular congregation is currently thinking about how we might develop and improve the facilities that the church has to offer the wider community. We want to preserve what many appreciate about this special place in the village, with all its memories of family occasions, in both happy and sad times, while also providing a space that gives more flexibility, as a place of worship as well as an historic community venue. Every submission will be considered, whether you are suggesting that nothing should be changed to expressing the view that very radical changes are needed!

Over the page you will see what was handed out to the congregation, many of whom have already given their responses. **If any of our readers who are not part of the congregation would like to share their thoughts, then please do get in touch by emailing me or one of the Churchwardens.** Alternatively you could post something to me using the contact details at the front of this magazine. St Mary's Church building is here for the whole parish community. It is primarily a place of worship, where people over the centuries have encountered the God who came to us in Jesus Christ and still meets with us in the power of His Holy Spirit. But it has also been a special meeting place for all sorts of people, whether people of faith or not, who appreciate a place that is set aside, where the ordinary and the extra-ordinary often come together.

With my prayers and best wishes,  
**Fr Paul Seaman ( Rector of Pulborough)**

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## **St. Mary's Church Building Development Plan**

**This paper was given to members of the congregation on Sunday 10th September**

*This weekend we mark our Patronal Festival as well as celebrating our local heritage and history. Our church building has had a unique and significant part to play in this and continues to help shape community life here in Pulborough.*

*Following on from the reconstitution of 'The Friends Of Pulborough Parish Church' (FPPC) we are looking to carrying out necessary repairs to our church building as well as looking to further develop this sacred space and beautiful community asset. Raising the necessary funding means that we have to look more imaginatively at how we use this space in the future.*

*As members of our congregation, we are keen to hear how you would like to see the inside of this building developed and why? If money was not a consideration, how would you like this church building re-ordered and then what would you like to see it being used for?*

*Please write your thoughts down on the back of this paper and/or draw a plan to reflect your thinking.*

*Every submission will be considered and will help us in our on-going discussions as a church family. Your contribution can be made anonymously if you would prefer.*

*Please place your ideas in the box that will be provided as soon as you can. Thank you for taking the time to respond to this request.*

*Fr Paul*



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## **Sunday Services in October**

### **1st: HARVEST THANKSGIVING (Trinity 17)**

Harvest Bring and Buy in aid of FSW

8am The Holy Eucharist - Said (Book of Common Prayer)

10.30am 'ALL ARE WELCOME' Service

Welcome for Rio and Rocco Munday

*Readings: 2 Corinthians 9. 6-15 and Luke 12 16-30*

### **8th: TRINITY 18**

8am The Holy Eucharist (Said)

10.30am THE PARISH EUCHARIST

*Readings: Isaiah 5. 1-7 or Exodus 20. 1-4. 7-9. 12-20 and  
Matthew 21. 33-end*

### **15th: TRINITY 19**

8am The Holy Eucharist (Said)

10.30am THE PARISH EUCHARIST

*Readings: Isaiah 25. 1-9 or Exodus 32. 1-14 and Matthew 22. 1-14*

3.30-4.45pm.... Let's Celebrate!

An informal, friendly non-Eucharistic service.

### **22nd: TRINITY 20**

8am The Holy Eucharist (Said)

10.30am THE PARISH EUCHARIST

*Readings: Isaiah 45. 1-7 or Exodus 33. 12-end and Matthew 22. 15.22*

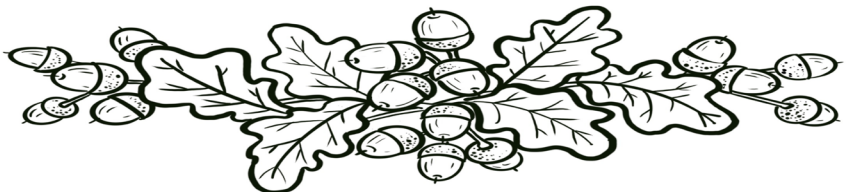
### **29th DEDICATION FESTIVAL (The Last Sunday after Trinity)**

(British Summer Time ends – clocks go back one hour)

8am The Holy Eucharist (Said)

10.30am THE PARISH EUCHARIST

*Reading: 1 Kings 8.22-30 or Revelation 21.9-14 and Matthew 21.12-16*





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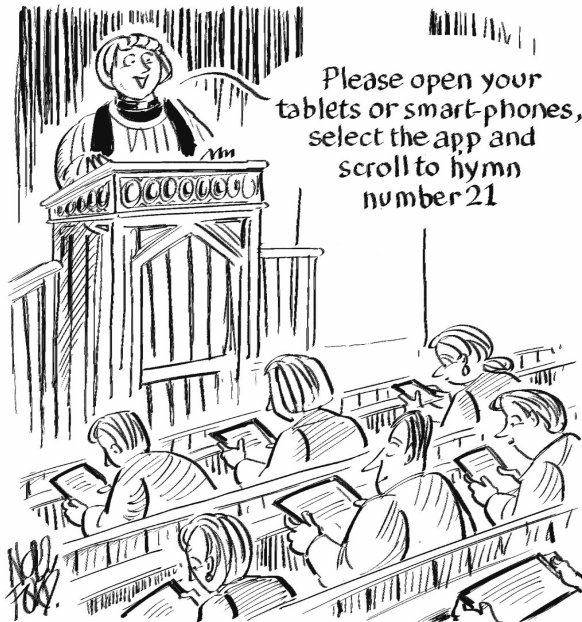
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## St Mary's Bells 100 Club – August Draw

The August draw for the St Mary's Bells 100 Club was made on Monday 4th September in the Chequers Hotel, Pulborough and the results were as follows:

1st Prize : £100 - number 41 - Mrs J Lees  
2nd Prize: £50 - number 27 - Mr J Wright  
3rd Prize: £10 - number 24 - Mr R Olver  
4th Prize: £10 - number 53 - M & Mrs P Wickens  
5th Prize: £10 - number 19 - Mrs A Hayes  
6th Prize: £10 - number 37 - Mr & Mrs A Leese  
7th Prize: £10 – number 47- Mr P O'Shaughnessy

The September draw will take place on **Monday 2nd October 2023 at 9.30 p.m. in The Chequers Hotel, Pulborough.**



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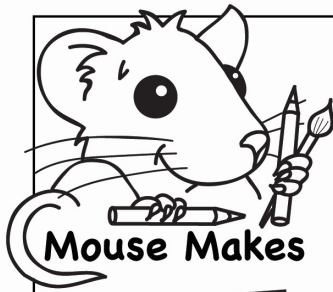


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# October Children's page



## CONNECT THE BIBLE FOOD PAIRS

MANNA	HONEY
OIL	WINE
WATER	FISH
LOCUSTS	QUAIL
LOAVES	FLOUR



What drink ran out at the wedding?

and what did Jesus use to make more?

John 2:3 and 7



What food did God supply for his people in the wilderness?

\_\_\_\_\_ and \_\_\_\_\_

Numbers 11:7-9 and 31

After Elijah came to visit, what never ran out?

\_\_\_\_\_ and \_\_\_\_\_



1 Kings 17:14

What food did the ravens feed Elijah?

\_\_\_\_\_ and \_\_\_\_\_

1 Kings 17:6



What food did John the Baptist eat in the wilderness?

\_\_\_\_\_ and \_\_\_\_\_

Matthew 3:4

What did the boy give Jesus to feed 5,000 people?

Five \_\_\_\_\_

and two \_\_\_\_\_

John 6:9



## FIND THE BIBLE VERSE

Change each letter in this bible verse to the letter **before** it in the alphabet.

NBO TIBMM OPU  
MJWF PO CSFBE  
BMPOF, CVU PO  
FWFSZ XPSE UIBU  
DPNFT GSPN UIF  
NPVUI PG HPE.

NBUUIFX 4:4

## DID YOU KNOW?

As Lot escaped Sodom with his family an angel told him not to stop or look back, but Lot's wife did look back and became a pillar of salt.

READ Genesis 19 v15-26



E B R E A D H O N E Y Q J S F  
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M Q I W M F R U I T F I S H G  
E U S H A L A A N O L I V E S  
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## **From Birmingham to Sussex two Brummies, a violin and a flute**

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The Downland Ensemble was founded in March 2017 by Ali and me and, apart from a break during lockdown, has been going strong ever since.

Ali Littleboy and I grew up together in the same road in Hodge Hill, a suburb of Birmingham. We enjoyed many activities together: walking, swimming, Youth Hostelling and giggling our way through Girl Guides. We both played the piano and the violin, but gave them up when we left school. Ali joined the Wrens and I went on to Teacher Training College. We kept in touch; Ali's job in the Wrens and subsequent marriage to Martin, a Naval officer and Defence Attache, took her all over the world and my teaching jobs and marriage to Peter, a Director of Music and Head Teacher, took me all over the country!

Years later our paths crossed in Sussex, coincidentally living a few miles from each other. Ali had already started "Rejoice" a small music group in her church, St Mary's, West Chiltington, and I joined in with my newly acquired instrument, a flute. We realised there were quite a few like-minded musicians in the area and the idea of starting a larger group, an orchestra no less, emerged and so the Downland Ensemble was born. We needed a conductor and inspirer, and realised we had one on our doorstep, my husband Peter.

We are essentially a rehearsal orchestra, but we have an 'Open Rehearsal' at the end of every term when we invite friends and family to come and listen to our term's repertoire, or even join in. A few smaller ensembles have emerged from the orchestra and they often play for community groups and charities. Our main aim is to have fun and enjoy playing with others, while improving our musical skills ... and we take our fun seriously! After our rehearsals we often retire to Oddfellows for refreshment, a great way of winding down after our musical highs (and occasional lows!).

If you are interested in joining us, please contact me,

**Ros Allwood on 01798 875804 or [downlandensemble@gmail.com](mailto:downlandensemble@gmail.com).**

## The Rectory St James the Least

*My dear Nephew Darren*

In the unlikely event of ever being put in charge of designing the course for those being trained for ordination, I would make a few significant changes. Modules on doctrine, Church history and Greek would

all be dropped as unnecessary. In their place, I would add courses on how to run a tight jumble sale, ways to keep your church council in order – and especially close to my heart at present, how to negotiate Harvest.



The first skirmish starts in early Summer when it becomes clear that the flower arrangers' plans mean that the choir would disappear behind a huge array of chrysanthemums. The choir then retaliate by announcing that their Harvest anthem must take place just when the Sunday School intended to re-enact the parable of the Good Samaritan.



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They, in turn, raise the stakes by insisting that a stage will be needed for their performance, thus ensuring that I will be separated from the congregation by an impenetrable barricade.

In September, therefore, there is the traditional meeting to iron out all these little difficulties. This inevitably results with the annual act of the verger handing in his resignation, of the bell ringers threatening a mass walk-out, and those who organise coffee afterwards demanding that my sermon lasts no more than three minutes, so there will be plenty of time for socialising after the Service.

I greet all suggestions with a spontaneous burst of indifference, smile, agree with it all – and do nothing (this, incidentally, is a good policy for all decision-making). Inevitably, everything goes ahead exactly as it has always done for the last century.

Come the day, there will be the usual arrangement of eggs round the font, with the strategically placed card saying 'Given anonymously by Elsie Jones' and the pyramid of apples temptingly near the choirboys, so designed that when someone tries to pinch one during the sermon, the whole pile disintegrates as they roll all over the chancel.

On the following Friday, all will leave after the Harvest Supper saying that the entertainment was worse than the previous year and that the absence of red cabbage had quite ruined the hot pot. Everyone therefore has had an enjoyable evening.

My Harvest training course would be compulsory and a pass mark of 90% would be needed before ordination could be considered.

***Your loving uncle, Eustace***

## **Pulborough Village Market**

The **October Village Market** is on **Saturday 28th from 9am to 12noon**. There is always a good village atmosphere with delicious cooked breakfasts to start your morning visit. A great selection of stalls, so perhaps an opportunity to do some early Christmas shopping for that special gift! The market supports the local Macmillan Palliative Care, a very worthy cause. Look forward to seeing you there!



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**Quiz time****Just one neighbour**

Each country in the questions has a number of land borders with other countries (or UN states), but which of those neighbours has only one border... with the country in the question.

1	Germany	2	France	3	United Kingdom
4	Saudi Arabia	5	Dominican Republic		
6	Spain	7	Senegal	8	South Africa
9	Indonesia	10	Malaysia		

(Answers on page 50)

An intermediate Sudoku with each square needing the numbers 1-9 and each horizontal and vertical line, 1-9 also

	1		6		7			
		8			5		9	
				3			5	
5				1		7		8
3		6		7				4
	2			4				
			5			6		
			9		3		2	

## **Autumn update from Dr Eloise Scahill – Pulborough Medical Group**

As we say goodbye to the summer season, the winter season for medical care begins.

Excellent resources can be found online to help self-care with common winter viruses:

[www.nhs.uk/conditions/respiratory-tract-infection/](http://www.nhs.uk/conditions/respiratory-tract-infection/)

[www.nhs.uk/conditions/sore-throat/](http://www.nhs.uk/conditions/sore-throat/) [www.nhs.uk/conditions/cough/](http://www.nhs.uk/conditions/cough/)

[www.nhs.uk/conditions/covid-19/](http://www.nhs.uk/conditions/covid-19/)

Please do remember our helpful pharmacy teams who can also guide you to support and over the counter remedies.

Also our surgery team is working diligently organising the flu and Covid clinics to cover all those eligible for vaccine so please do contact us to organise an appointment if you are over 65, in an at risk group or are a health or social-care worker.

September is Sepsis awareness month so thought useful to highlight some key points to look out for. At least 245,000 cases in the UK every year. What is Sepsis? Sepsis is a life-threatening reaction to an infection. It happens when your immune system overreacts to an infection and starts to damage your body's own tissues and organs.

An adult or older child has any of these symptoms of Sepsis:

- acting confused, slurred speech or not making sense
  - blue, grey, pale or blotchy skin, lips or tongue – on brown or black skin, this may be easier to see on the palms of the hands or soles of the feet
  - a rash that does not fade when you roll a glass over it, the same as meningitis
  - difficulty breathing, breathlessness or breathing very fast
- They may not have all these symptoms but need to act quickly and seek emergency help through 999/A&E.

A baby or young child has any of these symptoms of Sepsis:

- blue, grey, pale or blotchy skin, lips or tongue – on brown or black skin, this may be easier to see on the palms of the hands or soles of the feet
- a rash that does not fade when you roll a glass over it, the same as meningitis
- difficulty breathing (you may notice grunting noises or their stomach

- sucking under their ribcage), breathlessness or breathing very fast
  - a weak, high-pitched cry that's not like their normal cry
  - not responding like they normally do, or not interested in feeding or normal activities, being sleepier than normal or difficult to wake.
- They may not have all these symptoms but again parents/guardians need to act quickly and seek emergency help.  
The UK Sepsis Trust can provide more information.

## **PMG updates**

We are delighted to welcome Dr John Scahill to PMG who has joined our team and brings with him a wealth of experience from both A&E and working in a GP surgery. We also have 2 new GP trainees in final year of GP specialist training, Dr Chris Moore and Dr Shanti Kala who will be with us until August 2024.

In addition we have an excellent team of care coordinators and welcome our latest member, Frankie. The role of the care coordinator is to facilitate the patient's journey and improve access to services. They process online eConsults, help the doctors provide our residential and nursing home residents with the best care and assist with healthcare campaign communications— such as flu, Covid and shingles. This is an evolving role, which we believe will benefit our patients over the coming years.

Lastly I wanted to mention our newly formed Friends of PMG group – we welcome past and new members to join our patient participation group and please keep a look out in our waiting room, on our website and Facebook for details of a village hall meeting to be scheduled later in year.

## **FRIENDS OF PMG**

The aims of this group will be:

- To provide constructive feedback regarding patient care and services, so that together we can aspire to give the best care possible to reach out to all patients
- To improve communication between surgery, patients and the wider community about matters concerning the surgery and health in general
- To encourage a spirit of self help and support amongst patients to improve their health and social care

If you are interested in being a part of this new group, please email Managing Partner, **Liz Eades: [elizabeth.eades@nhs.net](mailto:elizabeth.eades@nhs.net) or contact her by telephone on our surgery number.**

Thank you for reading this update and hope you found it useful.

## **The Gregorian Calendar and why our Tax Year starts on the 6th April.**

At midnight on 4th October 1582, something very unusual happened. The next day should have been the 5th October, but it was actually the 15th. Why? And how does it explain why the tax year starts on the 6th April? Up to then, the Christian world had used the Julian Calendar, as decreed by the First Ecumenical Council at Nicaea in 325AD. This Calendar, drawn up by Julius Caesar in 46BC, defined the number of days in each month. Adding these up gives the number of days in a year.

A year is how long it takes for the Earth to make a complete circuit around the Sun\*. Ancient astronomers knew that this was around 365 and a quarter days. There can only be a whole number of days in each year, but if our calendar has 365 days, then it will miss out a quarter of a day. After four years, it will have skipped over an entire day. New Year's Day in the fifth year will come a day earlier than it should. To make up for this, Julius's Calendar added an extra day, every four years. Now, the fifth New Year will start on the right day again. Which solves that problem. Or does it?

In fact, the year is very slightly shorter than that. Only about 11 minutes shorter, but enough to throw the Julian Calendar off. It may not sound very much, but the discrepancy adds up to almost 1 day every 100 years. By the time of Gregory XIII, who was Pope from 1572 to 1585, the discrepancy between the Julian Calendar and the heavens had accumulated to 10 days. Why was this a problem which concerned the Pope? The Church uses the phases of the moon to determine the date of Easter. To be precise, Easter falls on the first Sunday after the first full moon which occurs on or after the 21st March. The significance of the 21st of March is that it corresponds to the Spring Equinox, thereby connecting the Christian festival of Easter to the Jewish feast of Passover - or, at least, it did. The Julian Calendar had become so far adrift that the Equinox was occurring well before the 21st. Sometimes, the previous full moon was used to calculate Easter. And that would never do.

Pope Gregory's Calendar removed one of the leap years. If the year is a multiple of 100 (1600, 1700 and so on), it is no longer a leap year. This removes the 1 day per century drift. In fact, it goes slightly too far in the other direction, and now the calendar gains 1 day every 400 years. Another rule was needed, to add back one of these removed leap years: if the year is a

multiple of 400, it becomes a leap year again. This meant, to the surprise of many people at the time, that the year 2000 was a leap year.

Finally, to get things back on track, the 10 days which the Julian Calendar had “lost” were added back. At midnight on the 4th October 1582, the next day was not the 5th, but the 15th. All the intervening days were skipped over. It so happened that St Teresa of Avila, the Spanish nun and mystic, died during this night, but the exact time of her death was not known. It could have been either before midnight, on the 4th, or after midnight, on the 15th. (The Catholic Church celebrates her feast day on the 15th).

The Calendar reform only applied to Catholic territories, which recognized the authority of the Pope. Protestant countries, such as England and Sweden, were deeply suspicious of anything coming from Rome, and did not implement the new Calendar until the 18th century.

By that time, the discrepancy had increased to 11 days. In Great Britain and its possessions, which included the American colonies, the 2nd September 1752 was succeeded by the 14th September. The legislation also changed the start of the civil year to 1st January; before then, it had been the 25th March. However, the tax year was left unchanged, except for adding the 11 “lost” days. It now started on the 6th April, as it still does.

The Orthodox churches refused to implement the change, arguing that the pronouncement of an Ecumenical Council can only be overturned by another Ecumenical Council, not by a Papal decree. Orthodox countries did not adopt the Gregorian Calendar until the early 20th century, and then only for civil purposes. The Julian Calendar is still used for religious purposes, including the dates of Christmas and Easter.

\* In fact, at that time, the scientific consensus was that the Sun revolved around the Earth. The heliocentric model, with the Earth rotating around the Sun, did not become widely accepted until almost a century later.

**James Raynard**

**Smile line...**

### **Prove it**

The biggest joke on mankind is that computers have begun asking humans to prove they aren't a robot.

## **‘News from the Pulborough Society**

*‘Stick close to your desks and never go to sea  
And you all may be rulers of the Queen’s Navee!’*

You probably know these words from HMS Pinafore but do you know why there is a connection to the newsagents WH Smith? And how did the ‘little list’ in the Mikado refer to well-known public figures?

These are among the fascinating insights into the world of GILBERT & SULLIVAN OPERAS the subject of the next Society meeting on **Wednesday 4th October at 7.30pm in the Village Hall**

The speaker is Laurence Leng who is Treasurer of the Sussex branch of the Gilberts & Sullivan Society.

This promises to be an unusual and highly entertaining evening.

### **Heritage Weekend**

As you will be aware the Weekend was publicised via a 24 page brochure and other local advertising and posters, with 23 locations/activities listed. The numbers visiting the School and the Railway model were probably adversely affected by the extremely hot weather on the Saturday but this did not apparently deter the over 400 people who visited the Toat Monument, over 300 who toured the Old Rectory Garden and more than 200 shown round the Triangle House. We are, of course, very grateful to the owners of these properties for allowing access. Users of the Heritage buses were less than in 2021, probably because the three main attractions in the Village (including the Masonic Hall) were all fairly close together.

Thanks are also due to Society and Committee members plus some other residents who helped with ‘marshalling’ at the various locations.

### **Pulborough Society website**

Thanks to persistent efforts by Committee member Leo Hanmer the Society’s new website is now up and running – take a look at **www.pulboroughsociety.org.uk**. We hope this can be used more in future to provide information to members and local residents.

## **Smile line...**

### **Past and present**

As half-term ended, the English teacher returned to teaching with a sigh. He felt nostalgic. He found the past perfect and the present tense.





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[www.pdcca.org.uk](http://www.pdcca.org.uk)

### Volunteer Treasurer, 1-2 hours per month

We are a registered charity working in Pulborough and West Chiltington and neighbouring areas. Founded in 1966 we are devoted to helping needy and vulnerable people of all ages. Because we are some distance from any large town people are reliant on our services. We kept going throughout the pandemic as people really needed us.

We work by having a small network of affiliated schemes, who come together to make up our Committee. Currently our main schemes are a befriending and visiting scheme, a weekly drop in scheme for young mums and children, a community transport service and a weekly lunch club.

We are looking for a Treasurer to support us in our important work and ensure the smooth running of our accounts.

If you have a couple of hours spare each month and are looking for a way to be involved in your local community then please contact our **Chair, John Dixon**, for further information and an informal chat at [eden.consulting@btinternet.com](mailto:eden.consulting@btinternet.com)

## The Arts Society South Downs

### Wednesday 4th October 2023

Women behind the Lens- Outstanding Female Photographers  
By Brian Stater

### Wednesday 1st November 2023

Packing up the Nation **By Caroline Shenton**

Talks are in Fittleworth Village Hall, RH20 1JB

10.30 am for Starting time 10.45 am, preceded by coffee from 09.50 am

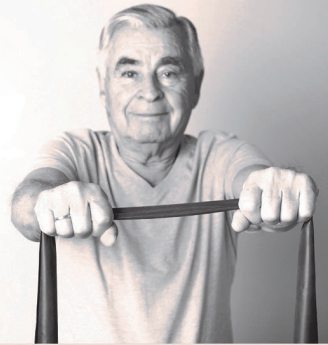
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Further details on:

[www.theartssocietysouthdowns.org.uk](http://www.theartssocietysouthdowns.org.uk) Jane Allison on Tel 01798 813314

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## How olive oil could help prevent dementia

If you have more than half a teaspoon of olive oil a day, it may cut your risk of dying from dementia by 28 per cent, a recent study by Harvard University suggests. But nobody knows quite why. Some experts say it may be that the antioxidants in olive oil can pass through the blood-brain barrier, which may have a direct effect on cognition.

One doctor explained: "Opting for olive oil, a natural product, instead of fats such as margarine and commercial mayonnaise, is a safe choice and may reduce the risk of fatal dementia."

There are estimated to be 944,000 people living with dementia in Britain, with the majority suffering from Alzheimer's. The number is expected to increase to more than one million by 2030, with one in three people born in the UK this year expected to develop dementia in their lifetime.

The condition costs the country £34.7 billion annually and is now the leading cause of death. Sadly, there are currently no licensed drugs that can slow down or repair brain damage.

## Storrington Film Night

Storrington Film Nights are organised by the Rotary Club of Storrington & Pulborough District.

The next film, on **Wednesday 11th October**, will be "Allelujah", starring Jennifer Saunders, Derek Jacobi, and Judi Dench. *When the geriatric ward in a small Yorkshire hospital is threatened with closure, the hospital decides to fight back by galvanizing the local community*

The showing commences at 7.30pm, at Sullington Hall, Thakeham Road, RH20 3PP.

Tickets are £5, and are available from the Card Shop in Storrington. Any unsold tickets will be available on the door, on the night.

There is a Bar and a Raffle during the interval.

Anyone requiring transport should contact **John Ollerton 07523 322554**

For further information please contact **Ken Collins 01903 740745**.

# The Pulborough EXchange

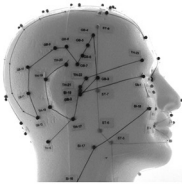
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## **News from West Chiltington Floral Club**

(Affiliated to NAFAS)

**Tuesday 17th October, 7.00pm for 7.30pm start**

AGM & Members Evening including a Dutch Auction

Visitors are most welcome to join us to see how the Club runs and enjoy a social buffet with members afterwards

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

For more information, please contact:

Brenda on 01798 813712 or Carol on 01798 813608

Email: [wchiltfloralclub@gmail.com](mailto:wchiltfloralclub@gmail.com)

## **Junktique Collectables & Clutter Sale**

West Chiltington Village Hall, Mill Road, RH20 2PZ

**SATURDAY 14th OCTOBER** 10.15 am to 12.30 pm

(No Public Entry BEFORE 10.15am)

Adults - £1 / Children under 12 Free

Cakes/Produce/Plant Stall (Refreshments Available)

SELLERS 9.15 am TABLES £12.00

Must Book in Advance before **Thursday 12th October**

For more information, please contact:

**Tel: 01798-813608 (07803-658377); 01798-813712**

## **Pulborough Garden Society**

The October meeting will be on **Tuesday 31st October** at 7.30pm in the Rother Hall in Pulborough Village Hall.

We will be holding a '**Gardeners Question Time**' so if you have any questions, queries, problems with shrubs, trees, pests, just about anything horticultural do send you queries to:

**[sue.bulloch@hotmail.com](mailto:sue.bulloch@hotmail.com)**





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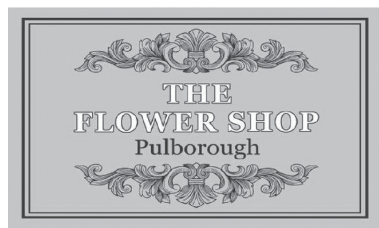
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## **Pulborough Garden Society**

### *Another Collection of Gardening Wisdom*

We all need trees, lots of them, to make our communities greener and healthier places to live. Grey is dull and deadens the soul, green is fresh and makes us feel alive. Joanna Lumley for the Woodland Trust

The best way to garden is to put on a wide-brimmed straw hat and some old clothes. And with a hoe in one hand and a cold drink in the other, tell somebody else where to dig. Tex Bix Bender

A man should never plant a garden larger than his wife can take care of! T.H. Everett

Perennials are the ones that grow like weeds, bi-annuals are the ones that die this year instead of next and hardy annuals are the ones that never come up at all. Katherine Whitehorn

Never go to a doctor whose office plants have died! Erma Bombeck

Gardening is about enjoying the smell of things growing in the soil, getting dirty without feeling guilty, and generally taking the time to soak up a little peace and serenity. Lindley Karstens

Gardeners, like infants, are proud of their waste products. Hugh Popham  
I hate flowers; I paint them because they're cheaper than models and they don't move! Georgia O'Keeffe

We learn from our gardens to deal with the most urgent question of the time: How much is enough? Wendell Berry

I think a garden should delight the eye, warm the heart and feed the soul.  
HRH Prince Charles

My neighbour asked if he could borrow my lawnmower and I told him of course so long as he didn't take it out of my garden. Eric Morecambe

**Sue Bulloch**

## The Arts Society West Sussex

On **Tuesday 3rd October** Gavin Plumley will give a talk on  
"Bauhaus: The Idea and Reality"

Founded in 1919 in Weimar, the Bauhaus was a progressive  
art school. The talk looks at this hugely influential  
movement and explores its legacy in our world and our homes today.

On **Tuesday 7th November** Ian Swankie will give a talk on  
"The Gleaming Spires of London"

London boasts a remarkable range of architecture.

This talk reveals the evolution of the capital through its  
great buildings.

Talks held at 2pm in Fittleworth Village Hall RH20 1JB

Doors open 1.15. Coffee & tea afterwards

Non-members welcome for £7

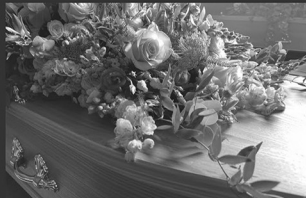
**Contact Jackie Buckler on 01903411086  
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## **News from St. Mary's School**

The academic year began with a glimpse into the future for the staff. On our INSET day, we experimented with our new Virtual Reality headsets, which was an amazing experience. Some of last year's Yr 6 children were able to try them last term – they visited the Great Wall of China and the Great Barrier Reef on their virtual travels. We are very much looking forward to the children at St Mary's having these fantastic experiences as well as the year progresses.

We were delighted to be involved with the Heritage Weekend last month. The school was open for visitors and we also hosted the 50' working railway layout of Pulborough Station as it was circa 1910, provided by the Scalefour Society. The fine detail gave a vivid impression of the station and its immediate surroundings and it took about 10 years to complete. We also had the photo albums and school archives on display for the public to peruse. Many people enjoyed looking through the photos and newspaper articles, looking for relatives and other family members from days gone by. The punishment book was a revelation to some of the younger visitors! Over the whole weekend, we welcomed about 300 people into the school and it was lovely to be part of this nationwide event.

Our Reception children are settling in well – it is a joy to see them playing and learning so well, both inside and outside of their classrooms. We look forward to getting to know them all.

If you are new to the area, or are still undecided as to which school would be best for your child, please do not hesitate to arrange a visit. Our website [www.st-marys-pulborough.w-sussex.sch.uk](http://www.st-marys-pulborough.w-sussex.sch.uk) and Ofsted Inspection reports really do only tell part of the story and it is not too late to secure a place. We have recently added a short video to our school website, featuring the children and various members of staff, giving a flavour of life at St Mary's.

### **Smile line...**

A vicar was talking to one of his parishioners. He said: "When you get to my age, you spend a lot more time thinking about the hereafter."

The parishioner was impressed and asked him to for more details. The vicar replied: "Well, I often find myself going and thinking: whatever did I come in here after."



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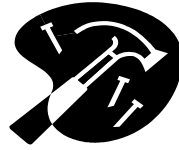
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## **A Bear called Paddington**

It was 65 years ago, on 14th October 1958, that Michael Bond's children's book, A Bear Called Paddington, was published. It marked the debut of the lovable Paddington Bear, who is now a household name after appearing in two irresistible films.

Paddington starred in more than 20 books written by Bond, who died aged 91 in 2017. The original story was inspired by the author witnessing Jewish and British evacuee children passing through Reading station. Bond wanted the bear to have come from "darkest Africa", but this was changed to Peru when his agent pointed out that there were no bears in Africa.

Many people have found Christian characteristics in the bespectacled, kind, red-hatted, innocent Paddington, who always tries to do the right thing but often gets into trouble as a result. He is invariably polite, but has a "hard stare" for those who behave badly. The two hugely successful films, with Ben Whishaw voicing Paddington and household names in other roles, established the bear in the national psyche – a natural successor to Winnie the Pooh.

A stuffed toy Paddington Bear was chosen by British tunnellers as the first item to be passed to their French counterparts when the two sides of the Channel Tunnel came together in 1994. The books have been translated into 30 languages and have sold more than 30 million copies.

Paddington has also reached the very top of society. Comedian and later President of Ukraine Volodymyr Zelensky dubbed him in the Ukrainian version of the films, and to cap everything, Paddington joined the late Queen in one of her last public appearances – a brilliant comedy segment in the Platinum Party at the Palace on 4th June 2022, in which the Queen 'revealed' that she always carried a marmalade sandwich – Paddington's favourite food – in her handbag.

## **Just a thought or two...**

A clear conscience makes a soft pillow. – Anon

Monday morning: when we look back wistfully on the good old days –  
Saturday and Sunday. – Anon

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## **News from Pulborough Parish Council**

### **Anti-social behaviour**

The Parish Council's stand at the recent village market, providing information on dealing with anti-social behaviour attracted plenty of attention. A great deal of information and guidance was provided throughout the morning. The core message was to please continue to report anti-social behaviour to the Police or Crimestoppers, so a profile of unacceptable behaviour can be collated, to ensure that we can best support the Police in dealing with this in our community. Information with contact details for how to report anti-social behaviour are being put up on Parish Council notice boards.

### **Online Survey**

We would like to thank the many who took the time to fill in our recent Parish Council Survey. We have used the results to develop our vision and objectives. A detailed report of the findings will be available shortly. Initial analysis shows that a significant number of respondents would like; weight/traffic restrictions on Church Hill and a Community Garden and Repair Café (watch this space). The survey also identified a lack of facilities for the youth in our community, something of which we are aware of. We are considering how we can best address this.

### **A29**

We understand the frustrations around the delays surrounding the commencement of the main work at Church Hill on the A29. Recently three Parish Councillors met the landowners to discuss the current situation. The aim was to understand the matter from their perspective, prior to meeting WSCC Highways. It was very informative and constructive. We are seeking a meeting with WSCC Highways imminently and shall be asking pertinent questions. There are legal issues which need to be addressed before any work can begin.

### **Parish Council Vision and Objectives**

To set the ongoing direction of the Parish Council the chair and vice-chair of each committee attended a workshop to determine the vision and objectives for the Parish Council. We have agreed our vision:

Pulborough Parish Council will work with our community, to enhance the environment, support local business and create a thriving Parish for all.

To help achieve this we have agreed a core set of objectives and activities, details of which we shall publish in our business plan for the Parish Council, which will be available on our website shortly.

### Len Ellis-Brown- Chair of Pulborough Parish Council

## Smile line...

### Don't mention it!

As part of his annual talk to our local Town Council, our minister told some funny stories. Since he planned to use the same anecdotes at the forthcoming Harvest Dinner at church, he asked the young reporter covering the event not to include them in his report.

Reading the newspaper on the following morning, he noticed that the well-meaning reporter had ended his story on the banquet with the observation "The minister told a number of stories that cannot be published."




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## **On The Border – Probing the Sussex Perimeter (Stage 32)**

Don't miss the bus from quaint Lambs Green there is but one a day  
One up one down the 693 its good folk to convey  
From Ifield to Horsham and all points in between  
But who in their right mind would ever wish to leave Lambs Green?

Quite doggedly green autumn leaves to higher branches cling  
Yet inescapable their fate, no more than final fling  
Sustained there ever longer with the passing of the years  
Exacerbating troubled minds with changing climate fears

A folly tower near Faygate housed the Home Guard during war  
The perfect observation post high in an upper floor  
Said tower fell into disrepair and had to be pulled down  
One hundred feet of local brick reduced to rubble mound

Wet clods of earth smudge country lanes the plough's work underway  
Tractors in and out of fields mindful now of shortening day  
Hedgerows uniformly hacked, countryside concedes to man  
A hibernating hedgehog must seek shelter where it can

Imagine living somewhere else without the chore of moving  
Different county same old street might just take some believing  
Push Charlwood into Sussex was the master plan they said  
But never did it happen so things stayed the same instead

Crawley, a 'crow infested clearing' way way back at the start  
New Town Crawley the modern place built from many a part  
A sweeping up of districts in the great amalgamation  
The blending of identities for smooth administration

Sorry Crawley but Mr. Pevsner wasn't over keen  
He felt some bits were back to front with good bits in between  
He wasn't too dismissive though and in fact quite polite  
Mentioning 'new town calamities' but otherwise alright!

**John Byrne**

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## **October in the Garden by The Auld Sage**

I am not one to encourage the use of insecticides. When it comes to slugs and snails I use the simple rule of division, to keep the aphids at bay in the greenhouse I have the pleasure of magnolia flowers. The carrot fly cannot get over a 2-foot hurdle but when it comes to the box caterpillar, insecticides are unavoidable.

You may have noticed an unusual new moth in your kitchen when you turn on your lights with the door or window open as you go for your late-night snack. This white moth with a brown fringe around its wings, which makes it quite attractive, is what is responsible for the devastation of box hedges and topiary, which is spreading rapidly, and it comes from Asia.

So, to help reduce the rapid spread of this Asian box tree caterpillar you should invest in box tree moth traps which will help reduce the adult population of this problem. The box tree caterpillars overwinter in the box shrub making a cocoon of two leaves and some webbing so you can spray to help reduce their numbers before they transform into moths next April, when they will lay hundreds of eggs that develop into caterpillars whose main purpose it is devastate your prize, manicured topiary, and hedges. And we all know the story about the Hungry Caterpillar....

It's wasp season. For those of you unlucky enough to disturb their nest will know the price one pays. But as the fruit get overripe and the sugar levels rise these drunken wasps can congregate around the fruit which can make harvesting a dice with stings. They particularly like grapes so be cautious on your harvesting.

Remember when you are getting around to cutting your hedges, that if you have a hedge on a public road or footpath it is your legal responsibility to keep it in check and not let YOUR vegetative growth encroach on the public roads and footpaths. This will also help with your visibility when leaving your premises.

### **Have a Happy Harvest!**

P.S You can always find someone to help you out with the surpluses of your crops.

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## **21 October: Apple Day**

An apple a day . . . . . keeps the doctor away is a common saying that comes from an old English adage, 'to eat an apple before going to bed, will make the doctor beg his bread'.

In 1990, Common Ground, a Dorset charity, decided it was time to boost the social standing of the humble British apple by giving it a special celebration day, aptly called 'Apple Day' to be held on 21 October each year.

The first Apple Day was in the old Apple Market, Covent Garden, London. As well as being a celebration, Apple Day was intended to raise the awareness of the danger of not only losing the traditional British apple but to also highlight the richness and diversity of our landscape, ecology, and culture.

Did you know, for example, there are about 2,500 varieties of apples in the UK alone — worldwide the number is about 7,000. It has been calculated that you could eat a different variety of English apple every day for six years, so why not start by trying some different varieties on Apple Day this month?

The apple dates from Biblical times and, depending on the Bible translation, it is referred to several times. It is often thought to have been the forbidden fruit that Adam and Eve picked from the Tree of Life, although most Biblical scholars will tell you that the fig is a more likely candidate, especially as they covered their nakedness with fig leaves.

They grew north of Israel in Lebanon and the ancient Romans cultivated apple trees extensively. It is also possible that climatic conditions may have been more favourable in ancient times in Israel. Today, more than 40 types of fruit are commercially grown there in the northern hills of Israel and in Gaza.

The apple is thought to have been domesticated 4,000–10,000 years ago in the Tian Shan mountains between western China, Kyrgyzstan and Kazakhstan. It then travelled along the Silk Road to Europe, with hybridization and the transfer of genetic material between species of wild crab apple from Siberia, the Caucasus and Europe.earliest known named English apple variety is the pearmain which was first mentioned in 1204, having been introduced into Britain by the Normans.



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## Recipe of the month

### Spiced Apple Cake *Recipe from Carole Robb*

#### Ingredients:

225g butter (you can use Stork margarine)  
225g Muscovado sugar  
3 large eggs, lightly beaten  
100g sultanas  
225g Self-raising flour  
2 level teaspoons of baking powder  
400g cooking apples, peeled cored and grated  
Cinnamon (to taste)



**Method:** Pre-heat oven to 180C or Gas 4

Grease 9in deep round cake tin and line with baking parchment

I soaked the sultanas in spiced rum then mixed them with the flour and baking powder – (not in the recipe, so optional)

Beat the butter and sugar. Add eggs with some flour, then, bit by bit, all the flour, baking powder and sultanas. Layer the mixture, then grated apples, then mixture and add a generous amount of cinnamon with each layer.

Sprinkle extra sugar on top then bake for 1 ¼ or 1 ½ hours.

## Sing for Pleasure

Do you enjoy singing songs from decades? Not a choir, no audition.

Michael Pioli leads with his delightful sense of humour **in the Rother Hall at Pulborough Village Hall.**

The October date is: **Tuesday 24th.** from 2pm to 3.30pm. £3. 00 donation We take a break for tea, coffee and biscuits. No need to book, just come along, you will be made very welcome.

For more details please contact: **Ann Kaiser - 01798 872819**

## Quiz answers

- |    |  |   |         |   |                   |
|----|--|---|---------|---|-------------------|
| 1  | Denmark  | 2 | Monaco  | 3 | Ireland           |
| 4  | Qatar  | 5 | Haiti   |   |                   |
| 6  | Portugal (Spain is also bordered by Andorra, but this also borders France) |   |         |   |                   |
| 7  | The Gambia   | 8 | Lesotho | 9 | Papula New Guinea |
| 10 | Brunei   |   |         |   |                   |

## Family Support Work (FSW)

Following the very well-supported sponsored walk in August, the Bring and Buy sale at St Mary's Harvest Thanksgiving together with the Harvest collection from St Mary's School we send our grateful thanks for all the support.

This charity that covers both East and West Sussex is now looking towards the winter months when some families including those in our village will be finding life a challenge to meet food and fuel needs.

At St. Mary's Church we have a hamper for food donations which is regularly collected for the main food bank.

Please do let **Alyson Heath on 01798 873795** or email **alyson.heath 55@gmail.com** if you would like to know how you can help with groceries or monetary donations.



### From the editor

I am well-known at times for my spelling mistakes, however here is some well-known thoughts on the matter:

- A life spent making mistakes is not only more honourable, but more useful than a life spent doing nothing. George Bernard Shaw
- Of course, I make mistakes. I'm human. If I didn't make mistakes, I'd never learn. You can only go forward by making mistakes. Alexander McQueen
- The mark of a wise person isn't never making mistakes - everyone makes plenty of them. Rather, it's the ability to quickly admit - and fix - them! Whitney Tilson

### A final smile line...

Asked what she thought about her first day at school, a little girl replied, 'Not very well; I can't read, I can't write and they won't even let me talk.

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