

BERWICK SELMESTON ALCISTON

VILLAGE NEWS

JULY 2024



VILLAGE NEWS

Advertising is coordinated by Brian Calcott. Tel. 07999 788618.

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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:

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Donations

Financial donations to the Parish News are gratefully received.

Cheques payable to "Berwick, Selmeston and Alciston Village 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:

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CHURCH CONTACTS

Benefice Priests

Revd Canon 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 - Lynette Kemp Tel: 07864 637274 Email: berwickparishcouncil@aol.com

Selmeston - Bryan Stevens Tel: 07799 862765 Email: selmestonparishmeeting@gmail.com

Village Hall / Field Hire

Berwick Village Hall - Thea Eastmead Tel: 07876 033 439 Email: theaeastmead77@gmail.com

Berwick Field - Carole Vine Tel: 07341 660 046 berwickfieldhire@btinternet.com

Alciston and Selmeston Village Hall Website: www.southdownsvillagehall.org

Temporary Road Closure Station Road, Berwick Level Crossing

A continuous closure from 23:59 hours on Saturday 13th July to 05:00 hours on Monday 15th July (i.e. all-day Sunday). Then overnight on Monday 15th July and Tuesday 16th July from 22:00 hours to 06:00 hours the following morning.

The closure is to allow Network Rail to carry out maintenance works from the junction with the P9103 Cornford Crescent to the junction with the P8574 Washere Close, a distance of approximately 268 meters.

Please note: The level crossing will also be closed to pedestrians.

*Lyn Kemp
Clerk to Berwick Parish Council*

Networx Fundraising Event

*4.00 – 6.00 pm on Sunday 7th July
at Arlington Church*

This is a fundraising social event to give support to Eastbourne Networx which works with refugees living in the local area.

You are warmly invited for drinks with music from Melodic Brass and Milton Hide (Jim and Josie Tipler). There will also be a small sale of craftwork – all proceeds to Networx.

Parking is available at Arlington Village Hall.

For further details and RSVP please contact Geoff Daintree –

Email: geoff.daintree@gmail.com or
Tel: 07921 722403.

Geoff Daintree

Arlington's Village Market and Coffee Morning + Pop-Up Museum

*10.00 am – Noon, Tuesday 9th July
at Arlington Village Hall – the Museum
will also be open in the evening from
6.00 to 7.00 pm.*

All are very welcome, as usual we will be pleased to see you. There will be fresh bread, cakes, quiches, local eggs and other regular stalls.

Arlington's Pop-Up Museum will also be taking place at the same time, the focus will be 'Michelham Priory' and it will also be open again in the evening.

Thank you to the many people, local and from further afield, who continue to support this community event.

Please bring your friends and if you have not been before you will be very welcome. The June Market was again very busy, and the hall was full of people chatting and visiting the stalls and the Pop-Up Museum.

For further market information please contact Anne Hope:

Tel. 01323 486219 / 07760 424169,
Email anntonhyhope@gmail.com.

For further museum information please contact Wendy Holmes:

Tel. 07889 689844,
Email talkingteapot@yahoo.co.uk.

Pauline Jackson

Firle and Beddingham Women's Institute

*7.30 pm Wednesday 10th July
at Firle Village Hall*

Our June meeting was an outing to Beachy Head pub and the exhibition



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next door. A very interesting and jolly day out!

At our July meeting Ffion Wilkes will be making sure we do plenty of exercises with 'Chairobics'. This is always a fun evening with music and laughter. Do join us, we will be very pleased to see you. Please give me a call if you would like further information.

Rosemary Norris

President Tel: 07784 707016

Paul Gregory - Guitar Recital

*3.00 - 4.30 pm on Sunday 21st July
at Berwick Church*

A recital for solo guitar by the distinguished local guitarist Paul Gregory. We're delighted that this recital will include the first performance of Serenade Dance by the Sussex composer Guy Richardson, as well as works by Scarlatti, Vinci, Sor, Rodrigo and Sainz de la Maza.

Tickets cost £12 from

www.musicboxwealden.co.uk

Selmeston and Alciston Village HUB

*11.00-12.30 pm Monday 22nd July
at A&S Village Hall*

The Hub welcomes you all to enjoy refreshments, delicious tea and coffee as well as homemade cake in a convivial, warm environment. Pop in anytime, open to everyone - bring your little ones for a run around and meet up with neighbours and friends of all ages.

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

Happy July from the Fabulous Flower Show Committee

Sunday 18th August

at A&S Village Hall

July is when our gardens are starting to look their best. This month (hopefully!) brings plenty of sunshine and lovely high temperatures and we need to sit back and relax with a cool drink and enjoy our outdoor spaces. Midsummer is the time when beds, borders and containers are full of colour and the veg patch is producing plenty of tasty treats.

The most important thing at this time of year is to keep the flowers and vegetables producing by dead heading and harvesting so they continue throughout the summer, and you have some amazing entries for the A&S Flower Show.

Once the fruits and veg start producing, a great way to keep any to enjoy for the rest of the year is by pickling and making preserves, and these can also be entered into the housekeeping classes at the flower show. You can enter a jar of jam, a jar of marmalade and a jar of piccalilli with any fruit and veg from your gardens.

And of course, to go with those enjoyable afternoons on the patio with your family and friends why not try out your recipes for marble cake,

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cheese straws or homemade fudge before you enter your efforts in the housekeeping classes. Or maybe even a small glass of homemade liqueur to wash them all down!



Just a reminder of another exciting class in this year's show that will get your mind whirring: it's the creative writing class - 'My Favourite Local Hero'. Three age groups (7-9, 10-12 and adults). Famous or not it'll be thrilling to hear about people who have made an impact on our local area.

With one month to go, we are getting really excited about our show this year. As well as all the classes we will, of course, have all the usual outside fun of welly-wanging, tug-of-war and loads of stuff for the children to do. We can only offer all these fun times because of the wonderful volunteers that help us. If anyone else can help in any capacity for just for an hour on the day it would be much appreciated, and we can guarantee you will have an amazing time! If you can help, please get in touch with any of us on the committee - or just show up on the day with lots of enthusiasm!

And as always, even if you don't enter any classes, put Sunday 18th August in your diary. The A&S Flower Show is a fun packed afternoon socialising with your wonderful neighbours in Alciston and Selmeston.

Neil Creaton

July Gardener's Diary

The vegetable plot should be really starting to stir in July! Now is the time to be nurturing the results of all your hard work from the last few months. Watering, weeding, staking and supporting should be on the agenda. Climbing beans will be growing skyward along their frames and will need some regular, gentle intervention to keep them there.

Continue to fill temporary gaps that appear between crop cycles with quick growing varieties such as radishes or lettuce, so there's no wasted space in the garden.

Throughout the month you can dish up on the table some veggies that have been the labour of love for the past six months and taste the difference.

Lisa Collington

Recipe of the Month: Mary Berry's Pork and Apple Burgers

Makes 6

Ingredients

1 tbsp sunflower oil

6 brioche buns, split in half

Burger

1 dessert apple, peeled, cored and diced

1 onion, finely chopped

1 tbsp chopped sage

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1 tbsp chopped parsley
Finely grated zest of ½ lemon
500 g minced pork
75 g fresh breadcrumbs

Topping

6 tbsp apple sauce
6 rashers of bacon, fried until crispy,
and halved.

Measure all the burger ingredients together into a bowl and season with salt and black pepper. Mix until combined using your hands. Shape into 6 burgers.

Heat the oil in a large frying pan over a high heat. Add the burgers and fry for 5 minutes on each side, until cooked through and golden.

Place each burger in a bun and top with a tablespoon of apple sauce and two pieces of crispy bacon.

We would welcome your favourite recipes for future issues.

Valerie Shaw

Family Support Work (FSW)

Dear Friends,

The summer is drawing ever closer, and with it a break which for many of our families is something to dread as opposed to something to look forward to. With financial constraints still a huge issue for most of our caseloads, it is hard to fill the long summer break with activities that keep children occupied without adding additional stress to already complex family situations. As a result, we try to organise as many local and charity-wide events and activities that we can which will give parents a break and give children the opportunity to try

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new experiences. If you would like to support this in any way, then please see our “Magical Summer” campaign on our website home page (www.familysupportwork.org).

Our recent activity has been very much focussed on helping families with school, housing and health related issues. Complicated forms and bureaucracy can be very overwhelming for our clients, so our practitioners' ability to explain in simple terms and assist with these official documents is a huge help.

Moving to our fundraising activity, we are delighted to announce that the “Leap of Faith” skydive team was able to complete their jump. The total raised so far is in the region of £6700, which is absolutely wonderful! Thank you so much to everybody who supported this event, and if you head to the News section of our website you will be able to see the video of their experience. We also had a successful Cuckmere Pilgrim Path sponsored walk at the end of May – a new event which we will be repeating next year by popular request. Our Amberley-Arundel Walk is taking place on 22nd August, so please get in touch if you would like to join this event by emailing the team on fundraising@familysupportwork.org.uk.

Our charity shop in Eastbourne is very short of children's clothes and toys, so if you are able to donate any suitable items then we would be delighted to hear from you – please contact Spencer admin@familysupportwork.org.uk or phone 01273 832963.

With many thanks for your continued support and prayers.

Mays work in numbers

- ◆ 250 individual visits and 1054 calls with families supporting 250 adults and 202 children
- ◆ 46 supported meetings with other agencies
- ◆ 68 group sessions held supporting 741 parents and 399 children
- ◆ 96 food deliveries made

Prayer points

- ◆ Give thanks for some recent successful significant funding applications
- ◆ Give thanks for all of our volunteers who are giving so much support to family activities and fundraising events at the moment (over 175 people in total)
- ◆ Pray for M, a mother in one of our families, who is currently dealing with an incredibly violent ex-partner who keeps trying to break into her home and attack her and her 2-year-old child

Nikki Kerr, FSW Director of Fundraising and Marketing

We Cannot Forget the Ukrainian People

It was both a privilege and humbling to be able to take part in a mission taking vehicles and medical aid to Ukraine. We were 15 in total, and each of us was tasked with raising £8000+ towards purchasing 4x4 vehicles ('past their prime but roadworthy') and vital medical equipment. In total we raised nearly £125,000 – of which

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£64,000 was spent on the purchasing of the medical supplies which filled our vehicles.



The vehicles are now all being used at or near the front in Ukraine, carrying both injured people and supplies. (Our contacts in Ukraine let us know exactly what they needed - we were then able to purchase and give direct into their hands, without any expenses or overheads. We paid for our own fuel and hotel expenses.) So once again but firstly - huge thanks to those in our benefice who donated.

We met some extraordinary people in Lviv. For example, Toma and Tatiana, who were chocolatiers and had a chocolate shop in the city. Since the 2022 invasion they decided "we had to feed our guys" and now all their ladies who signed up do is make bread. In their homes and with others - they send ten 35 Kg boxes a day, to the front. The military, they emphasise, are well fed - but there is a need for fresh supplementary such as bread.)

We met Olena - who has turned her fashion factory into solely making military uniform for women. (prior to this women soldiers had to wear men's gear, which didn't properly fit.) She gives employment to about 50

women - including several who have fled from Luhansk and Donetsk.



We met an eye surgeon, to whom we gave a vital piece of equipment which crucially is portable (purchased for just over £5000) to be able to operate near the front, for soldiers who've incurred shrapnel or wounds to their eyes. He took us to the military hospital. We met both soldiers and priests - who blessed the vehicles outside the church, following a Bright Week Liturgy.



The churches in Lviv are packed - often having up to four services a day. It felt a real blessing to be in an Orthodox country during Bright Week.

Unforgettable was our visit to the military cemetery - I found myself overwhelmed. This soldier was approaching just as I was leaving, holding flowers in one hand whilst holding back the tears.

Chloe Burrell

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This is just a brief outline. For anyone who would like a fuller report, do email me at ruthnares@hotmail.co.uk and I can send an electronic copy.

Most important of all - we cannot forget the Ukrainian people. It's impossible to conceive what it's like to be under such attack. But it means so much to them to know they are neither alone nor forgotten - which was demonstrated to us over and over again.

Ruth Nares

Bad Internet Behaviours and How To Fix Them - 1 Using the same password for everything

These days we may spend quite a bit of our time online, and inevitably there is a chance that our activities become habitual - but, like regular habits, they can be both good and bad. Unlike regular habits, quitting lousy internet habits rarely ends up as a top priority list.

Checking your bank balance while using free public Wi-Fi, downloading files from 'sketchy' websites, and, of

course, creating easy-to-guess passwords because "no one cares about hacking my accounts" are some bad habits you may practice. It's time to stop justifying these risky behaviours. Here's the beginning of a list of the top bad online habits and how to improve your security habits.

Reusing the same password on multiple accounts is one of the worst things you can do to your online security. It's like using the same key to lock your home, car, etc - even after someone stole the original key and could have made a copy.

With millions of records exposed in data breaches every quarter, it's easier than ever for hackers to get passwords. If you use a single password for every login, cybercriminals can use the password leaked in one data breach to access all your other online accounts. So, if you quit one bad internet habit this year, make it this one.

What to do instead: Create a unique password for every account and you can also use a password manager to store (and remember) these passwords for you.

Some web browsers will also offer to create a secure password and offer to store them for you. It's safe to do this if your laptop, PC or tablet is itself password protected - i.e. You use a biometric (face/fingerprint) log in, or have to enter a PIN or password to open your device.

Another bad Internet habit to break next month.

Purple Emperor

In any book on British butterflies, you'll find our 58 species segregated into social ranks: the common browns, the blue-collar blues, the working-class whites. But turn the page, past the lepidopteral lower-classes, and you will find a butterfly so unique, so magnificently majestic, so breathtakingly beautiful that for centuries British naturalists have bowed before it. Draped in resplendent robes of iridescent amethyst, obsidian, and ermine the Purple Emperor has to be one of the most impressive animals on our island. In July the purple reign begins. Aside from an alluring appearance, Emperors also possess that combination of rarity and elusiveness

which has elevated them into an almost mythological figure: a butterfly bigfoot. How a large, shiny, purple butterfly manages to exist undetected in our countryside is down to an arboreal existence. Purple Emperors spend almost all their time on lofty thrones high above our woodlands. If we're lucky we may glimpse the glide of a wide-winged silhouette as we stare sore-necked and squinting at the Sycamore skyline.

Up there, in their canopy kingdom, Emperors compete in a power struggle for territory and males gather for summer tree-top tournaments. Their wings flash as they clash in acrobatic aerial jousting, and they spar and spiral high into the Sussex skies. The Emperor's ferocity and fearlessness in the defence of his

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realm are famous. Butterflies, bumblebees and other insects get a battering if they trespass and, incredibly, bemused birds (including Sparrowhawks, woodpeckers, gulls and herons) also receive a warning wing-slap.



Emperors don't lower themselves to feast on flowers like other butterfly riffraff. The Emperor sups sugars by quaffing only the finest honeydew distilled by aphids in the treetops. Yet, in complete contrast to its aristocratic high life, the Emperor has some dirty habits which drag him down to the filthy forest floor. To get his majesty's mojo working he requires a mid-morning meal of minerals, which he obtains by probing his proboscis into the most disgusting muck he can find. Dog poo, used nappies, dead animals, sweaty feet – nothing is too repugnant. It's like finding the King rummaging through the bins at the back of Tesco. The female Empress does not have the shining sheen or horrid habits of the Emperor, but she too descends to lower levels searching shady Sallows for a place to lay her eggs. Camouflaged caterpillars munch from August to

June before giving rise to another distinguished (but disgusting) dynasty. Recently, the Emperor has extended his empire eastwards. Once a butterfly of north-west Sussex it can now be found all across the north of the county and has been reported around Uckfield – there have even been rumoured sightings in the very heart of Brighton – so keep your eyes to the skies.

Sussex Wildlife Trust is a conservation charity for everyone who cares about nature in Sussex. Founded in 1961, we have worked with local people for over half a century to make Sussex richer in wildlife. We rely on the support of our members. Please consider joining us. Your membership will help us challenge decisions that threaten wildlife, care for more than 30 nature reserves, and inspire the next generation about the wonders of the natural world. It's easy to join online at www.sussexwildlifetrust.org.uk/join

Michael Blencowe

Photo: Purple Emperor

©Roger Wilmshurst

Sussex Wildlife Trust

From the Vicarage

A blockbuster movie was released during Covid, called Tenet: A CIA agent, participates in an undercover Russian operation to steal an unidentified object during a terrorist siege on an opera in Kiev. After retrieving the object, the agent sends part of his team out with it through a secret exit. He rejoins the Russians, who realize that they have been tricked and torture him. He bites on a

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suicide pill. Upon waking, the agent learns that the pill had been fake; 'welcome to the actual world' he is told. He visits a facility where he learns that technology has been developed that allows objects to have their entropy reversed and move backward through time, and that inverted bullets are being brought back from the future and sold on the black market.

It's a long and involved story, and film critics suggested that movie-goers see the film three times, in order to get the story, as it moves back and forth in time in a bewildering manner. It is not about life as the world knows it. It was a truly perplexing film.

The Church calendar can be a bit like that. We celebrate Christmas and three months later Jesus is crucified; we celebrate his ascension, and then we are back into studying his ministry, and his calling his disciples. We need to revisit the Word of God frequently, to make sense of it, and often, each time we read it, something else stands out. And although the narrative is the same, the context in which we live is always changing, giving us pause for thought, inviting us to do something different, or differently. It is good to have an anchor, something of permanence in our lives, holding us fast.

As I write this, the media is full of the political parties' manifestos, those promises that have been given so often, the debates, the interviews and the frankly weird behaviour of some politicians. There is much concern for the future of our country.

Well, let's look on the bright side: we know there is a real probability the elections here will be free and fair. No one is being threatened with life or limb if they don't vote as they are told to do. The army will not be out in force to keep the peace or for other sinister reasons. The chance of bloodshed at polling stations is remote. Under such circumstances, I think it is shameful not to vote, even if the decision where to place our mark is a difficult one.

We are living in perplexing times; our core values, those honourable beliefs in common humanity and care for our communities must always be where we return. On the commemoration of D-day, veterans were honoured for their contribution to making the world a safer place, so we need to do the same, in whatever small way we can.

As we in church revisit familiar worship, well-known Bible readings and beautiful hymns to give us guidance and help from God 'who is able to do immeasurably more than all we ask or imagine' (Ephesians 3:20); so whatever serene place or action helps you to cope in this crazy, frenetic and sometimes alien world, return there. The future may be uncertain, but life is precious, and we have much to be grateful for.

A few lines from a poem by WD Hardy seem so appropriate: 'The story of the parish, has turned another page, and most their parts are playing, upon another stage, but summer still comes softly, as in a bygone age.'

God bless you.

Shirley Pearce



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◇ CHURCH SERVICES AND MORNING PRAYER

Sunday 7th July

09:30 Arlington Holy Communion
09:30 Selmeaton Holy Communion
11:00 Berwick Holy Communion
11:00 Wilmington Holy Communion

Sunday 14th July

09:30 Arlington Holy Communion
11:00 Berwick Holy Communion
11:00 Wilmington Holy Communion
17:00 Alciston Choral Evensong

Sunday 21st July

09:30 Arlington Holy Communion
09:30 Selmeaton Holy Communion
11:00 Berwick Holy Communion
11:00 Wilmington Holy Communion

Sunday 28th July

09:30 Alciston Holy Communion (BCP)
09:30 Arlington Holy Communion
11:00 Berwick Holy Communion
11:00 Wilmington Holy Communion

Prayer

9.30 am each Wednesday
at Berwick church.

(On the first Wednesday of the month there is Holy Communion (BCP) instead.)

5.00 pm each Thursday
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 revshirley@gmail.com

Please visit the benefice websites to check on services and times:
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