

ALCISTON BERWICK SELMESTON
VILLAGE NEWS
FEBRUARY 2023



◇ 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 on to one of the coordinators:

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Valerie Shaw at Selmeston House, Selmeston Tel: 01323 811567.

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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

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Berwick - Alison Stevens Tel: 01323 460007 Email: berwickparishcouncil@aol.com

Selmeston - David Quysner Tel: 01323 811515 Email: selmestonparishmeeting@gmail.com

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Berwick Village Hall - Thea Eastmead Tel: 01323 871218 Email: theaeastmead77@gmail.com

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

Village News Circulation

If you are interested in receiving an electronic copy of the Village News each month, please email empty.sea@outlook.com to be added to the circulation list.

Firle and Beddingham Women's Institute

7.30 pm Wednesday 8th February at Firle Memorial Hall

We finally enjoyed our Christmas Candlelit Supper, which had been postponed due to the snow, at our January meeting. The spread was just the same as every Christmas and I think and there was a raffle prize for everyone.

The February meeting is entitled 'Town Criers and Bellmen - Past and Present'. Do come and join us. I am sure you will be able to hear it!

Joan Carr

Cake and Quiche Sale

10.30 am -12.30 pm on Saturday 4th February in Selmeston Church

Please join us to enjoy coffee and chat whilst deciding which cake to buy. A new cake flavour this month is Raspberry and White Chocolate. A new quiche filling this month is Pear and Cambozola Cheese. All the usual favourites will be on sale too! Please come and support us and help us to maintain our beautiful downland churches.

Jan Matthews and Michèle Boys

New Year? New Words!

Want to adopt a late New Year's Resolution? How about one that involves some poetry in one or more of the villages along the Cuckmere Pilgrim Path? Kevin Scully is halfway through his time as Poet in Residence on the Pilgrim Path. There are two events coming up - one in February and the final event in July - to which you are invited. They are:

Long Man Walking at 9.00 am on Thursday 9th February at Wilmington Church

Bring a poem - your own, someone else's, a favourite. Someone will be on hand to read work if you want that. It is informal and will be accompanied by refreshments. Some may recall a similar event, Poetry Harvest, in Arlington Church in September last year.

Annual Walk of the Pilgrim Path on Saturday 29th July

Meet in the Berwick Church Car Park at 8.00 am and culminating in an event in Berwick Church with the Bishop of Lewes, The Rt Revd Will Hazlewood, for those who want to join in only part of the walk, details will be released later in the year.

Kevin also hopes to organise another Walk With Words and an open workshop on Ekphrastic Poetry at Berwick Church. (Ekphrastic poetry is, in simple terms, work written in response to visual work.) In Berwick, of course, it will focus on the Bloomsbury Group paintings. Keep an eye out for dates on those events.



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Kevin is also happy to hear from members of the community to lead workshops or events. Do contact him on revkevwrites@outlook.com. He is also writing a series of poems based on the path. He read one for each for Arlington, Wilmington, Alciston and Berwick, when he officiated at services in January this year.

On the Pilgrim Path launch day in July 2022, Kevin also read a new poem. It has since been workshoped and revised a number of times. Here is the latest version:

For The Journey

We are advised to travel light.
One pack,
clothes that fold, can be layered,
pressed down.
Washable, two of each, or better,
one to be hung
to dry overnight. Stout boots,
a broad brimmed hat,
protection against the sun,
creams to comfort
bites and stings. Just the necessary
for hygiene;
no warpaint-that hides our true
faces.
But there is this other bag, the one
we fill with things
we cannot see: all the regrets,
resentments and recriminations
done by or to us. They slip invisibly
onto our back
yet are weighty as we plod along
solo or in company,
looking for that cliff, well or body
of water
where we can cast it to its death and
each new step springs into a jeté.

© Kevin Scully, 2023

Alciston & Selmeston Village Hall: Tipple Talk

*7.00 pm Saturday 11th February
at Alciston & Selmeston Village Hall*

Join us on a journey through the Bordeaux vineyards sampling red, white and rosé wines accompanied with French cheese.

Our host, Katrina, is an award-winning professional with 10 years' experience in the industry. Her knowledge of wines is awe-inspiring and with her gift for communication & storytelling, it's going to be a fabulous fun evening.

An event not to be missed! Cost is £20 per head. Last day for booking tickets is Monday 6th February from Thea 07772155772, Helen 07969 732109, Mairi 07582 938185 or Janie 07785 940915

Rachel Lewis

April Date for Your Diary

*7.00 pm Saturday 29th April
at Alciston & Selmeston Village Hall*

Leonie Seliger, designer of the Pilgrim Window in Selmeston Church, will be giving an illustrated presentation on the Miracle Windows in Canterbury Cathedral. This promises to be a fascinating evening not to be missed. More details nearer the time.

Stephanie Lewis Grey

Time To Get Walking Again!

With Spring on its way we start to think about getting out to walk in the beautiful English countryside again, but where to find new and interesting walks?

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Walking in Sussex

www.walkinginengland.co.uk/sussex

has loads of walks to download and print, free, it also has books of walks, details of all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

There is so much walking information on the web, but it is difficult to find. Walking in Sussex (part of the Walking in England website) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you. With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy. So home or away, check out the websites and get walking!

John Harris

Burlough Castle



Kevin Gordon writes:

I was interested to read Brian Calcott's item about the Keep and local fairisees (fairies) in the January Village News.

Burlough Castle is a 12 Century earthwork close to the Cuckmere to the south of Berwick. This and the nearby 'Rookery' may have been built to defend the river however it is also where some local fairies lived!

Writing in 1854, the Sussex historian Mark Antony Lower reported that an old local, Charles Packham, was once ploughing the fields at Burlough Castle when he heard a voice coming from a crack in the castle walls. The voice told him that he needed help because he had broken his peel (a wooden shovel for putting bread in an oven). Charles told the little man to hand him the peel and a tiny hand appeared with the broken tool which was just a few inches long. Being a good man Charles mended the break with a tin tack and then handed it back to the grateful fairy. The following day a pitcher of beer had been left outside the fairy home by way of thanks.

Burlough Castle used to be far more substantial than the grassy mound that survives today. A 1787 drawing of it in the British Library shows considerable walls but in the 1870s local landowner Thomas Ade of Milton Court removed them to make two new barns. he probably frightened those fairisees away!

Kevin Gordon

February's Gardener's Diary

Spring is getting closer, so we need to start thinking about what to do in the vegetable garden during February.

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Keep your egg boxes for chitting your seed Potatoes, which can now be placed in a cool dark place so they can start sprouting.

Broad Beans can be put into pots and then in the greenhouse, cold frame, or indoors on the windowsill. When they are strong enough plant them in the garden.

Sow Onion, Leek and Tomato seeds in trays and again put them in the greenhouse or similar to germinate.

Shallots can be planted into the garden now if you have good drainage, if not wait until it is drier; they will soon catch up.

Rhubarb crowns should be covered to encourage early pickings.

As the weather has been kind to the garden this winter hopefully everyone has spread their compost and dug it in. A tip for early sowing, if you have an area prepared, is to cover it with black plastic to keep it drier and warmer in preparation for spring planting.

Lisa Collington

Recipe of the Month - Seville Orange Curd

Ingredients

4 oz/110g butter, cut into pieces.

4 oz/110g caster or granulated sugar.

1 large whole egg beaten well with 2 egg yolks.

Finely grated zest and juice from 4 Seville oranges.

Method

Put all the ingredients in a heat-proof bowl and set it over a saucepan of gently simmering

water. Stir until the sugar dissolves and the butter melts. The curd will then gradually thicken - stir it occasionally during this time.

Let it cool, pot it and store in the refrigerator, where it will keep safely for a week.

The curd can be served with the ginger ice cream for which the recipe appeared in the August 2021 edition, and this will use the whites from the two eggs from which the yolks have been taken.

Valerie Shaw

Family Support Work (FSW)

The new year has started at full pace, with meetings and activities keeping our practitioners busy. Our families really enjoyed their Christmas gifts, made possible thanks to the generosity of so many of you, but reality has hit with a vengeance since January and there are many very anxious families needing intensive support. We operate a traffic light system for our families, with red being the most serious cases, and many of our new referrals have started at this level. We aim to reduce this need to amber as soon as we can, but for lots of families this can take some time, so we anticipate that the next few weeks will be quite challenging for our practitioners.

We thought that you might like to read this message which we received from one of our families just before Christmas. We think it is a really good personal explanation of the support we offer:

*"I am writing just to say a huge
THANK YOU for all you have been*

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doing for us since you started supporting us as a family. There is a lot that I want to say, but sometimes it is not so easy to put thoughts in words... but in a very simple way I can say that you have been:

- *Supportive*
- *Caring*
- *Understanding*
- *Good Listeners*
- *Professional*
- *Non Judgemental*
- *Generous*
- *Respectful*
- *Encouraging*
- *Inspirational...*

... and the list goes on and on...

Anyway, this is just a little note to say a BIG THANK YOU for everything you do for us and to say how grateful we are for your support!"

Away from our core support work we are planning many group activities again this year, including more visits to Arundel Castle Cricket Foundation and our annual visit to Warnham Park. We are also looking for more volunteers to help our practitioners with individual family support as well as group activities, so if this is something you might be interested in supporting, please do contact our office on 01273 832963.

December's work in numbers

- ◆ 338 individual visits and 845 calls with families supporting 286 adults and 345 children.
- ◆ 28 supported meetings with other agencies
- ◆ 40 group sessions held supporting 617 parents and 418 children.

- ◆ 193 food deliveries made, plus 180 Christmas hampers and 80 turkeys.

Prayer points

- ◆ Pray that upcoming funding decisions for some large multi-year grants will be favourable.
- ◆ Give thanks for the success of our Winter Fuel campaign and the help we have been able to give to so many families as a result.
- ◆ Pray that FSW's work will reach new audiences in 2023 and that we will be able to help more families because of this.

Nikki Kerr, FSW Director of Fundraising and Marketing

Bus Back Better

January sees the start of the national £2 bus fare which will be in place until the end of March. From this month, millions of people across England will be able to travel by bus for £2 thanks to £60 million in government funding to cap single tickets.

Locally this scheme will help families, commuters and other passengers save money this winter. With the average single local bus ticket costing £2.80, passengers will save almost a third of the ticket price per journey. However in some parts of the constituency, commuters currently face a £5 single fare and so this will make a real difference to making bus travel affordable.

While in some villages access to bus services locally need significant improvement, getting more people

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to use the services we do have will make routes more viable and with the work East Sussex County Council are doing on funding new routes, will hopefully see better services emerge for our local rural villages through their Bus Back Better plans. The scheme seeks to get more commuters on buses and helps to reduce emissions and congestion by taking an estimated two million cars off the roads and is being broadly welcomed by residents. After March, the Government will review the scheme so please do feed back any thoughts, comments, or suggestions so that we can improve bus service provision locally and start to make bus travel locally more accessible and affordable.

Maria Caulfield, MP

Current Banking Scams to Watch Out For

The soaring cost of living will continue to provide an opportunity for criminals in 2023, with people more likely to try a 'get-rich-quick' scheme, take a punt on a risky investment, or plump for a supposed bargain from an unknown seller.

Card Theft and 'Shoulder Surfing'

Card identity theft and retail fraud in shops haven't gone away. Banks say this typically involves low-tech methods such as entrapment devices and PIN pad cameras at cash machines, or 'shoulder surfing' (spying on you while you enter your PIN). Credit and debit card ID theft cases more than doubled last year. Here, criminals use stolen or forged documents to apply for a card in

your name, or take over an existing card account.

Stay safe: Keep a close eye on your financial accounts (most banks offer free balance and payment text or email alerts) and personal credit report, flagging anything unusual immediately. Use ATMs inside a bank branch if possible, as these are less likely to have been tampered with.

Fake Apps That Target Your Bank Account

Stay safe: Official stores such as the Google Play Store or Apple's App Store or are the safest place to find your apps - never click an unsolicited link from an advert, email or text. Malicious apps still slip through the net so always look at reviews for a particular app as well as the developer who made it before downloading it. You should also check 'app permissions' (app stores provide lists of all the functions an app can access on your phone before you install it).

Calls and Texts From 'Your Bank'

Don't be fooled by messages claiming to be from your bank or credit card company. In some cases they spoof the caller ID, so that it appears to match the bank's genuine phone number. Others make automated 'robocalls' that deliver pre-recorded messages inviting you to press a number on the keypad to speak to them about a spurious problem, such as a suspicious payment on your account.

Scammers will often have some personal details about you already,



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to make the scam even more convincing. There are many examples of fake bank texts that try to get you to follow a link to a fake website or phone a fake helpline that puts you straight through to fraudsters.

The end game is to convince you to hand over sensitive data; move money to a supposedly 'safe account' that the fraudster controls; or grant access to your device using remote access or screen-sharing software.

Stay safe: Ignore any links included in texts and never trust Caller ID. If you have any doubts about the authenticity of a message, contact your bank or card issuer using a trusted method such as their mobile app or official phone number (this is the number on official statements or printed on the back of your card).

Online Purchase Scams

Scammers will pay for fake or misleading adverts on search engines and social media, or set up fake websites that can look almost identical to the real thing, which offer lower prices for higher-value goods. Be extra cautious if you are asked to pay via bank transfer (Faster Payment), as this offers far less protection than paying by credit or debit card. Steer clear of sellers asking for payment using PayPal's 'Friends and Family' option too, as the PayPal Buyer Protection won't cover you if something goes wrong. When you're waiting for something to be delivered, watch out for fake texts and emails claiming you need to reschedule delivery, which often link to convincing clone websites to

harvest your personal data and card details.

Stay safe: Stick to trusted retailers and pay by card. If you've never used the website or seller before, search for feedback from other customers on Trustpilot, etc., and remember to be wary of fake reviews. You can also use GetSafeOnline's tool to check if a website has been flagged as malicious. Go to www.getsafeonline.org

Brimstone

It's around about now that I start getting a bit bored of winter. Don't get me wrong, I enjoy a bit of bleak beauty: bare trees, frosted landscapes and all that. But now I need something to get my heart racing. Send me a sign - some life in the graveyard of winter, a promise of those dynamic spring months ahead, a flash of colour. In February, my light at the end of the tunnel is an oncoming butterfly.



On sculpted, vibrant yellow wings the Brimstone makes his elegant entrance into the New Year on those bright February days when you feel the warmth of the sun on your face. Its distinctive yellow

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wings have given birth to a legend - that this 'butter-coloured fly' inspired the word butterfly. This claim may not entirely be true. Also untrue is the notion that these February Brimstones are the first signs of the year's new life. Because by the time Brimstones appear in February they are already on their last (six) legs.

Fresh Brimstone butterflies emerged from their chrysalises in late summer, so by February they could be seven months old - and in butterfly years that's ancient. Admittedly almost all of that time they've been asleep in a hedge, sheltered from the storms under Holly and Ivy. Yet despite the worst winter weather they always emerge immaculate in the spring. They must be made of Teflon.

When they awake the (bright yellow) males search for a mate, they mate, the (pale yellow) females lay eggs and then both die. Still, an adult life of over ten months earns them the title of our longest-lived butterfly. An insect OAP.

The Brimstone's caterpillars feed on the leaves of Buckthorn and Alder Buckthorn, unobtrusive shrubs which, like the butterfly, are widespread across Sussex. When I first became the proud owner of a garden it was only a matter of days before I evicted the gnomes and planted an Alder Buckthorn. The following spring I was excited to watch a Brimstone laying her tiny skittle shaped eggs and I studied the caterpillars as they hungrily defoliated my tree. It's funny, people often complain to me about caterpillars eating their plants -

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especially cabbages (the food of Small and Large White caterpillars). Why people are concerned is beyond me. Cabbages are horrible. The only reason I would ever plant a cabbage is for the pleasure of watching something else eat it.

The first Brimstone sighting in February doesn't exactly mean that spring is starting but it's certainly a sign that winter is starting to end. And right now that's good enough for me. Either way this yellow butterfly is a welcome messenger of what's to come - the first sulphurous spark to ignite the blaze of spring.

Michael Blencowe
(Picture © Paul Lindley)
Sussex Wildlife Trust

From the Parsonage -14th February - Valentine's Day



Some supermarkets have begun to sell produce that doesn't meet their normal standards and some market them as 'wonky'.

As a consumer it's good to have the choice and great to be

given the chance to reduce food waste (10.2 million tonnes per year in the U.K.) in this way. But it's also reminder of just how conditioned towards a particular 'appetite' for perfection we are by what we see around us: from images in the media to the food we are allowed to buy in our shops, without

necessarily being aware of it. And so the idea of perfection: the expectation of it creeps into the way we think and the way we see, into attitudes and our desires. How have notions of perfections crept into our lives and with what impact?

February 14th is a day when some reflection on the nature of love takes place. The Bible rejects a concept of love that is not directed towards imperfection and finds that its greatest power lies in forgiveness. Love in this tradition begins with it the awareness of our own imperfection. The message of the gospels is focused on the response of God's love to it. What if we were to ask ourselves what it means to love someone perfectly? The following familiar passage offers a way of assessing this. It helps us ask if we really love someone. Reading it and reflecting on each quality of love as described here is a way of finding out whether our lives reflect that love or not. A love that knows its own 'wonkiness' first, is a love that is able to mature and avoid false notions of the pursuit of perfection.

*Love is patient, love is kind.
It does not envy, it does not boast,
it is not proud.
It does not dishonour others,
it is not self-seeking,
it is not easily angered,
it keeps no record of wrongs.
Love does not delight in evil but
rejoices with the truth.
It always protects, always trusts,
always hopes, always perseveres.*

1 Corinthians 13:4-7.

Peter Blee

◇ 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 5th February

09.30 Selmeston Holy Communion
11.00 Berwick Holy Communion
11:00 Wilmington Holy Communion

Sunday 12th February

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

Sunday 19th February

09.30 Selmeston Holy Communion
11.00 Berwick Holy Communion
11:00 Wilmington Holy Communion

Sunday 26th February

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

Morning 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.

Evening Prayer

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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For further information please call or email Brian Calcott.

Tel: 0799 978 8618 or Email: brian.calcott@gmail.com



**Snow on the verge of Coach Road,
near Berwick church.
Taken by Catherine Marsh-Lewis**