

# THE BOXGROVE BUGLE

THE MAGAZINE LINKING CHURCH AND PARISH

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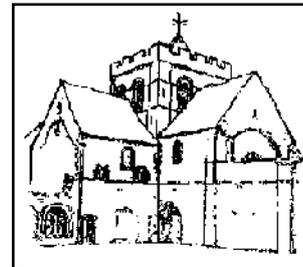
## July 2021



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# Who's Who in Boxgrove



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## CDC MEMBER FOR BOXGROVE WARD & CHAIRMAN, BOXGROVE PARISH COUNCIL

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Mrs Jacqui Dommett - 01243 773309 - [head@boxgrove.w-sussex.sch.uk](mailto:head@boxgrove.w-sussex.sch.uk)

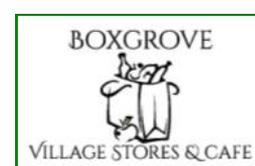
## BOXGROVE VILLAGE HALL Bookings & Enquiries

Matthew Hall - 01243 788332

## BOXGROVE VILLAGE STORES & CAFE

Open: **Mon-Fri** 7.30am-5.30pm; **Sat** 8.00am-5.00pm;  
**Sun** 8.00am-2.00pm

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## From Father Ian

In spite of the stresses and strains of the lockdowns that we have experienced, I do believe that there have been some positive things to ponder.

One of these has been a renewed understanding of how dependent we are upon one another. Neighbours have, indeed been the sort of neighbours we hear of in scripture, and care has been shown towards those short of food, and those at home alone and in need of various kinds of support.

In a larger sense we have become conscious of how the nations of the world are dependent upon one another. At the time of writing, we seem to be short of labour to harvest our crops, build new houses, and to pick our strawberries, and our grapes!

We also understand, from the scientists and doctors, that it is vital for the whole world to be inoculated so that we might all be safe. As long as some remain unvaccinated, the virus will continue to live and new variants will appear, perhaps even more dangerous than the ones we have experienced so far.

Third World countries are reliant upon those with more advanced scientific and financial capacity, to come to their aid.

But in responding to that need we are protecting ourselves as well, as God, in creation, calls us to be aware of our friendship and love for each other, to care for those in need, and to exercise in a responsible way the power that our advanced economies give us.

So let us, who so often pray for the needs of the world, understand what an opportunity we have to turn the words of our prayers into action.

Lord God,

Make us your instruments in the world, so that your kingdom of love might be established. Make us generous in all things, forgiving our past failures, and filling us with such grace that love may overflow from our thoughts and actions.

We ask this through Christ our Lord.

Amen.

*Father Ian*



### Other useful contact details

**Local Police** - Emergencies 999 or 112 ~ Other matters 0845 60 70 999 or 101

**Citizens Advice** - Consumer helpline: 0345 4040506

**Action on Elder Abuse** - Confidential helpline: 080 8808 8141

**Action Fraud** - National fraud reporting centre: 0300 123 2040

# THE BUGLE

Articles on any aspect of Boxgrove news - village or Priory-based - are always most welcome. In normal circumstances the Boxgrove Bugle is distributed **free of charge** to each household within the parish and published on-line, as well as being sent further afield and being available in the Priory for visitors and non-residents of the parish. When printed, the run exceeds 700 copies per month; currently, however, it is possible only to publish it on the [Priory website](#).

Items to be considered for publication should be sent to the [Editor](#) at her new address:: editor.boxgrovebugle@gmail.com. Submission is requested by the **15<sup>th</sup> day of each month**, please, for publication on or around the last Sunday of each month. Alternatively, items clearly marked "**Boxgrove Bugle**" may be left in the Vicarage postbox.

## DATES 2021

*NB: There is no Bugle in January or August*

Issue Month	Copy Deadline	Publication Date
September	15 August	29 August
October	15 September	30 September

## BUGLE ARTICLES AND CONTENT

Please contact Tina Thurlow - [editor.boxgrovebugle@gmail.com](mailto:editor.boxgrovebugle@gmail.com)

## BUGLE ADVERTISING

Please contact Tina Thurlow - [editor.boxgrovebugle@gmail.com](mailto:editor.boxgrovebugle@gmail.com)

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and may be read on-line in colour at

[http://www.boxgrovepriory.co.uk/boxgrove\\_bugle.html](http://www.boxgrovepriory.co.uk/boxgrove_bugle.html)

*Why not add a link to your desktop?*

## SERVICES IN THE PRIORY

The daily Mass continues at noon each day, but please check our [Facebook page](#) for any changes.

The Sunday Masses are at 9.00am (Low Mass) and 11.00am (Solemn Mass).

People are encouraged to attend the services in person, though most will continue to be livestreamed.



Mass for Thursday in the seventh week of Easter (Lanfranc)



Mass for Wednesday in the seventh week of Easter (St Augustine)



Mass for Tuesday in the seventh week of Easter (Requiem for David Lloyd)

You can still 'join in' the Mass from the Priory, 'live' or at a time which may be better for you. Visit the Parish [Facebook](#) page.



*The Bishop of Chichester, the Right Reverend Dr Martin Warner, leading the Intercessions during Mass in the Priory on the Feast of Corpus Christi, 6 June*



*Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset.*

[St Francis de Sales](#)

# THE OPTIMISTIC GARDENER

High Trees - No.45 - June 2021

## Down to Earth

I occasionally turn up to church on my bike looking as though I have just dragged myself away from a day in the garden - which I probably have - and feel that I epitomise the phrase "Down-to-earth". In spring and summer - particularly during the broad bean harvest - my finger nails are impossible to get completely clean and this is partially due to my love of gardening with naked hands! I don't see the phrase "Down-to-earth" as a derogatory one; in fact I rather love it. In the garden the best results are all down to the earth and what we do to it.

Scene set for Janet's tirade.

## tirade

/tɪˈreɪd, tɪˈreɪd/

noun

a long, angry speech of criticism or accusation.  
"a tirade of abuse"

Over the last three decades we have nurtured our soil here at High Trees; in that time we may well have added tons of horse manure as well as our own hard-made garden compost and green manure. The results are clear to see in the abundance of crops which we are able to grow in our vegetable patch - that is until this year!



In a new patch of ground converted into a fortress to ward off the wood pigeons we got the best crop of peas we have ever had - even having a surplus to freeze - and one of the red cabbages we grew in there lasted us about two months in the fridge - it was larger than a football!



So, imagine our delight when in May of this year we already had ten trailer loads of next door's

'Finest' horse droppings as well as last year's ten loads already maturing like a fine old Cheddar. That is until three days ago.

I had noticed before going up to Yorkshire that the tomatoes I had planted at the end of April in the greenhouse were looking a bit unhappy and I put it down to the long cold May we had and my keenness to get them planted. But when I returned from the North - where, incidentally, they had had a warmer spring than us - I noticed that the tomatoes looked not only unhappy but positively distraught! The lower leaves were

/continued ...



quite normal but anything which had grown since transplanting them into the greenhouse had abnormal leggy growth and leaves which were completely curled. As you do, I Googled the phrase 'Problems with tomatoes' and after a lot of blind alleys I decided that this was probably a problem caused by herbicide.

My friend Martine used to be a nursery owner and is a fine plantswoman - so she came and had a look and photographed the sorry specimens, then conferred with her husband who agreed that it did look like a problem of weed-killer. More Googling! I found a site which contained photos of some equally morose tomatoes which had been affected by the addition of horse manure containing hay grown in a field sprayed with a broad-leaves weed-killer called Aminopyralid. This was the probable culprit.

I had two trenches in one of the greenhouses - one had been filled with the horse manure and the other with our own garden compost. The tomatoes were planted in both trenches and the difference between the two rows was staggering.



*In this photo the plants on the left are the affected ones and those on the right are looking quite healthy. I really hope that our dwarf peach tree doesn't reach out into the contaminated area and turn up its toes!*

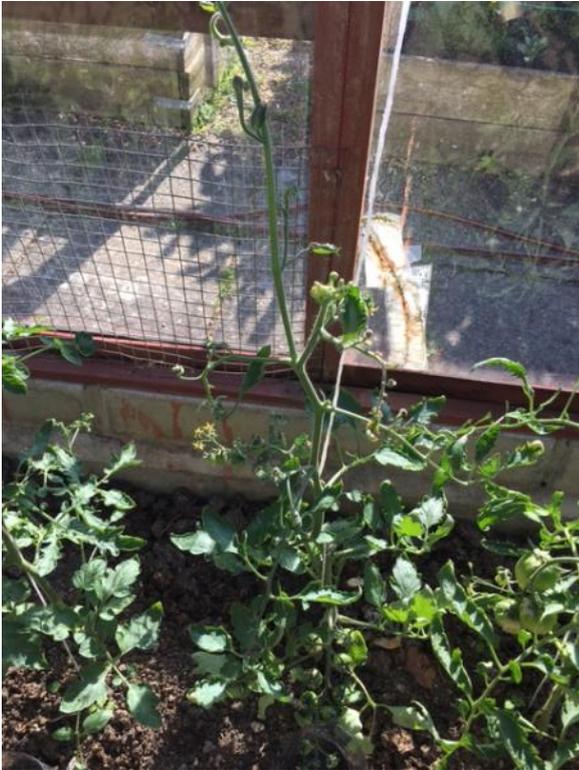
This stuff is persistent. It begins its 'useful' life being sprayed by farmers onto grass to keep down thugs such as thistles and ragwort. Farmers are supposed to sign an agreement before using this noxious chemical to agree that it will not be used where horses are going to be grazed or hay made from the field. Now I'm sure that most farmers are very honourable but they are busy chaps and don't always read the small print on the bottle of poison they are about to spray all over their money-making crop.

Once the hay is baled and sent off to other farms it is used usually as a winter feed and it continues to be persistent as it passes through the digestive system of horses and

/continued ...

comes out at the other end in the form of gardener's gold. It continues to persist in the manure pile which you mature for over a year and it doesn't reveal itself until you add it to soil and try to grow plants in it.

And this is the outcome:



*Another very sickly tomato*



*A failing dahlia*

Not only have we used it on many of the vegetable beds but also I have spread several barrowloads as a top-dressing in two large flower beds.

So what to do now?

Well, clearly the beds which had the contaminated manure need to be cleared of both their crops and the soil - and not returned to the compost heaps where we make our own compost. We are advised by no-dig guru [Charles Dowding](#) to spread the stuff on a piece of unused soil and rotavate it several times so that the soil microbes can get to work munching away. We have removed the tomatoes and soil from the trenches in both greenhouses which were affected. Well ... when I say 'we' what I actually mean is young David, the garden-help, laboured away for four hours to clear the stuff and then to replace it with fresh topsoil from our bonfire site.

We are lucky that our garden is big enough to have an area where we have the occasional bonfire and nothing is ever grown there. So, having removed a quantity of rich topsoil from this site, David is depositing the contaminated manure  in its place. I intend to go to all the flower borders where I top-dressed in the spring and scrape off as much as I can without too much disturbance of the plants. And Gerry is going to do the same with the vegetable beds, although this may be more complex as it is still possible to grow sweetcorn (being a relative of grass) and brassicas in this polluted muck.

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And what about the future? The only answer is to keep things as 'in house' as possible, make our own compost from the garden and be very cautious about importing anything - anything at all.

So beware. If you are obtaining any sort of manure for the garden it is worthwhile (although a bit of a drag) testing the medium first with a test pot of seeds - I have used tomato seed and broad bean seed to confirm my fears.

OK. Rant over! Now I will take on the mantle of the Optimistic Gardener once more.

## Janet Reeves



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*On leaving a 'Churches Together' lunch the Catholic priest was overhead saying to his Methodist colleague: "Well, we're all doing the Lord's work - you in your way and I in His".*

# BOXGROVE COMPANION DOG SHOW



The Boxgrove Companion Dog Show 2021  
will be held on  
**Saturday 2 October**  
at the Village Hall and Sports Field

There will be the usual mix of pedigree and novelty classes for dogs and their handlers to enjoy together, with six rosettes to be won in every class. Of course there will also be Obedience Classes to show off those well trained dogs. As before there will be a non-competitive agility course, which is always great fun.

Food and hot and cold drinks will be available all day.

Stalls will include Raffle, Tombola, Books and hopefully many others, including charity and commercial stalls.

Schedules available from July.

Contact: [sylvia.hubbard@btinternet.com](mailto:sylvia.hubbard@btinternet.com)



Profits to be shared between  
Boxgrove Priory (Reg Charity 1131214)  
Boxgrove Village Hall (Reg Charity 1167340)



## AUGUST CREAM TEAS IN THE ST BLAISE CENTRE

We are delighted to announce that cream teas will be served in the St Blaise Centre between **2pm and 5pm every Sunday in August**, with all proceeds being donated to the Priory.

David Bathurst will be co-ordinating operations and would be delighted to receive offers of help in baking scones and cakes, and serving in the kitchen.



If you would like to contribute your baking and/or serving skills, please call David on **01243 551467** or email him at [davidbathurst@btinternet.com](mailto:davidbathurst@btinternet.com)



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*'He has Van Gogh's ear for music.'* **Billy Wilder**

# NEWS FROM BOXGROVE WI



The first half of June was wonderful - sunshine all the way and we were lucky enough to hold our meeting during that glorious weather. We decided to treat ourselves to a visit to Sennicotts Garden, just outside Chichester. We were warmly greeted by the owner, Eloise Rank,



who told us some of the history of the house and garden. Then we wandered freely around the grounds which provided us with some much needed shade. The walled garden was full of flowers and bees. There were peonies and roses in abundance, as well as a pleached lime walk, fountain and swimming pool which we were tempted to dive into on such a hot day.

Eloise is no mean cook, as she spoiled us with a wonderful selection of cakes and plenty of tea. We sat in the shade of this lovely garden feeling all was right with the world. It was a very pleasant way to spend an afternoon.

WI business was kept to a minimum, birthday posies were distributed and arrangements were made for the Lunch Club to meet at The Spur on 16<sup>th</sup> June and the Book Club to meet at Jill's house on 23<sup>rd</sup> June to discuss "The Sewing Machine" by Natalie Fergie.

Hopefully our next meeting will be in the garden at the St Blaise Centre on 14<sup>th</sup> July, when we shall "Meet, greet and eat" and have a Book Stall and Raffle. Do join us if you would like to.

We do not meet in August, but our September meeting on Wednesday, 8<sup>th</sup> September, is a talk and demonstration of Flamenco Dancing with sweet Spanish tapas to follow! If you would like to know more, then ring me on 01243 773563.

**Wendy Austin-Ward**  
Secretary, Boxgrove WI  
07947 946538



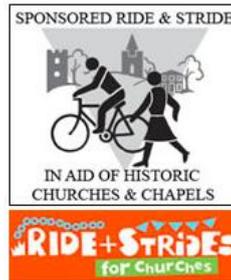
*If you are enjoying reading the Bugle and would like to receive notification when future editions are available on the Priory website, please email the editor at [editor.boxgrovebugle@gmail.com](mailto:editor.boxgrovebugle@gmail.com).*



# Ride & Stride 2021 takes place on Saturday 11 September



Visit Sussex's unique historic buildings, see our beautiful countryside, get some exercise and have fun with the family, in a group or as an individual - what could be better?



The Sussex Ride & Stride is a sponsored ride (bike or horse) or walk in which people all over Sussex walk or cycle between churches, exploring and enjoying the countryside.

*The Sussex Historic Churches Trust was founded in 1956 to give grants for essential repairs and restoration of places of worship of architectural or historic interest throughout Sussex. Since 1956, the Trust has assisted more than 500 churches and places of worship across the two counties.*

Would you like to spend a day doing a sponsored cycle-ride, horse-ride or walk between some of the beautiful and historic ecclesiastical buildings in our local area, at the same time raising money to ensure that they will be here for future generations? There is no fixed route, so you can choose which church or chapel is your start point, which is your end, and how many you visit in between!

Alternatively, perhaps you'd rather help by joining the rota to keep the Priory open and welcoming to participants? Or maybe, if this all sounds rather too energetic or time-consuming, you might be prepared to sponsor a cyclist, rider or walker to support their efforts?

Further information and help for potential participants and/or helpers may be found at

[www.sussexhistoricchurchestrust.org.uk/sussex\\_ride\\_and\\_stride](http://www.sussexhistoricchurchestrust.org.uk/sussex_ride_and_stride)

or call **Mark Peters** on **07729 773277**

## BE PART OF TEAM PRIORY ON 11 SEPTEMBER!



# Well-established gardens are back in horticultural fashion

*By Jennifer Hancock, Director at Property Acquisitions*

**"A society grows great when old men plant trees in whose shade they know they shall never sit."** Greek Proverb

--o0o--

The world's greatest flower show may have been pushed back to September due to the pandemic, but green fingered horticulturists are fully embracing their gardens this summer - in fact, they have been for the last fourteen months!

Having been cooped up at home for over a year this is of no surprise - for those lucky to have outdoor space that is. People who have been living in apartments haven't had quite the same luxury - not unless they have a ground floor flat or live somewhere with communal gardens to enjoy.

This is very noticeable with the enquiries I have received from both local and London property buyers. Homes with pretty gardens have always been very popular, but outdoor space has never been quite so important as it is now. It's not just about having a large freshly mowed lawn anymore. Other aspects are now expected, many of which feel like we're taking a step back in time to how gardens used to be.

For example, I am often asked for...

- Colourful flowers and shrubs for every season
- Vegetable/kitchen garden
- Walled garden
- Summer house to relax and unwind in, offering a sense of escapism
- Stone bridge
- Greenhouse
- Treehouse
- Shaded areas with mature trees
- Wild meadows
- Glorious communal gardens for apartment owners - this is especially true today, particularly from downsizers. They are either looking for a smaller village house or homes within grand country houses which boast spectacular gardens and grounds they can enjoy. The King Edward VII Estate in Midhurst is a classic example of this, where you can find a one/two bed-apartment for less than £500,000.



With this list, I am reminded of one of my favourite proverbs ... "A society grows great when old men plant trees in whose shade they know they shall never sit." I feel today's country house buyer is inheriting a part of the history of a garden, along with the love and devotion given to it, because the previous owners would have spent a lot of time designing the grounds and spending money to care for them. Of course, people are

/continued ...

also looking for all the mod cons such as patios for al fresco dining, swimming pools, tennis courts and so on as a result of Covid-19, but the generation of 2020/2021 are inheriting these glorious established gardens from their parents or grandparents which we haven't seen for sale for decades, and are now selling them.

For example, I recently acquired an attractive period house in Harting off-market. Nestled within a tranquil village setting which has no passing traffic - a rarity in today's world - the house had a glorious well-established garden that offered seclusion and amazing views - exactly what my client was looking for. They were the only buyers to view the house and consequently I was able to secure it for them.



Last year in Slindon I found a stunning village home for a client, with land, beautiful gardens and grounds that had been well maintained by the previous owner for many years. The house benefitted from colour and variety in the flowers and shrubs, mature trees to sit under in the shade plus a kitchen garden and walled garden. There was also a spectacular magnolia tree, an archway which led to an apple and pear orchard and a pergola covered in climbing roses and honeysuckle. These were key selling points for my client. The property sold off market where, again, they were the only buyer.

Meanwhile, in West Wittering, I showed a client a stunning house which had a wild meadow, landscaped gardens, mature shrubs and trees with views over farmland which the buyers fell in love with immediately. They made an offer the next day.

To stand a chance of owning such a garden as above, you need a budget of at least £1 million in West Sussex and be able to act quickly. Homes with this type of offering are being snapped up, often with multiple bidding wars from competitive purchasers if they're on the open market. Having said that, many of these transactions are happening off market where the competition is less intense as most buyers don't know they're for sale unless they're using a buying agent. This is one of the many reasons house purchasers ask me for help with their search, because I am aware of what is being sold discreetly. Often, my clients will be the only buyer looking at the property as a result.

**Jennifer Hancock**

*For more information about buying a home  
in and around Chichester, contact me on  
+44 7776452128 or visit [www.propertyacquisitions.co.uk](http://www.propertyacquisitions.co.uk)*

BOXGROVE



VILLAGE STORES & CAFE

We know that some of you are not able to leave home at the moment to shop for essential items, so we are offering a home delivery service to residents of Boxgrove and local villages.

**Minimum order is just £5** to qualify for free delivery. Please call for full details of our delivery areas.

Call **01243 773201** during our opening hours (Monday-Friday 7.30-5.30; Saturday 8.00-5.00; Sunday 8.00-2.00) to order fresh fruit and vegetables, groceries, deli goods, bakery and dairy items, cakes and home baked goods and cleaning products.

We have daily deliveries of fresh produce and groceries so we will do our very best to fulfil your order, but some items may be subject to availability.

Payment will be taken by card over the phone and we'll advise you of an approximate time for delivery by one of our team or a friendly local volunteer.

Please call us if we can help - we look forward to being of service.



## CHICHESTER CATHEDRAL

### What's on at the Cathedral

The Cathedral is open to visitors Monday-Saturday (10.00am-4.00pm) and Sunday (12.00pm-2.00pm). The Cathedral's website has [Guidance on Visiting](#) (including advice on Coronavirus regulations) and details of both [services](#) and [events](#).

There is no charge for services and it is necessary to book tickets only for the Sunday Eucharist. There is a charge for some events, which may be paid when booking online.



Please support our advertisers where possible, especially during the current pandemic. They help us to provide a copy of the Bugle free, in 'normal' circumstances, to every household in the parish.

# LATEST NEWS FROM ST WILFRID'S

Walton Lane, Bosham, PO18 8QB

Tel 01243 775302 <https://stwh.co.uk>



## July 2021

Home is a place of comfort and safety for many of us, and the most important part of our care is that our patients are treated as the individuals that they are. Every time we ring a doorbell, our nurses will have a different set of patient needs to support and care for. During the pandemic, our community team have seen a 50% increase in the number of patients they are caring for at home. We are caring for over 330 people at any one time on average, 90% of them in their homes.



The pandemic has meant that we have been seeing younger patients who have had later diagnoses, and some of our patients have more complex conditions to manage.

If our Community team were supporting you, we would be able to offer a range of treatments according to your needs. Our Community Nurse Specialists are highly trained in palliative care, and over half of our nursing team are qualified Nurse Prescribers, which means they can prescribe the medication you need there and then. Attaining this many qualified Nurse Prescribers in our team is the real achievement of the past year.

We believe in a 'good death' and that is about being in the place you want to die, in dignity, supported by the St Wilfrid's team. We are so thankful to everyone who chooses to donate to our charity, as you really are helping to make a difference to local lives.



## Wilf's Yard bringing family friendly shopping to Selsey

Selsey is set to welcome an exciting expansion to the St Wilfrid's Hospice shop on the Selsey high street this July. After 28 years of trading the shop will now have an expanded retail space of over 980 square feet complete with toilet facilities for patrons.

Lyn Bethan, Retail Area Sales & Development Manager said, "All our staff and volunteers have worked so well to transform this place into a vibrant market-like space that's got something for all the family. We will now be offering a much greater variety of goods, including small furniture. We want our supporters always to feel they can find something affordable and feel they're making a difference". New Selsey shop manager Michelle said, "We're thrilled that the larger space allows us to accept donated goods from Selsey shoppers. We'll certainly be keen to have summer clothing donated after the lockdown prevented us from stocking up last year."

For a flexible volunteering role in a friendly atmosphere you can try a trial shift or an informal chat with Volunteer Co-ordinator and fellow Selsey resident Emma Lemm on 01243 755185 or by emailing [volunteer.office@stwh.co.uk](mailto:volunteer.office@stwh.co.uk).

You can find the opening hours for Selsey and St Wilfrid's other shops at [stwh.co.uk/shops](https://stwh.co.uk/shops) together with guidance on how to donate goods safely.

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## MOONLIGHT WALK 2021!

Join the evening event walking through Chichester via a 5 - or 10-mile route which includes the specially lit Bishop's Palace Gardens on 11<sup>th</sup> September. Or choose the virtual event, where you can do a 5,000 or a 10,000 step walk in a time or place special to you and share your story with us on Facebook @stwilfridschichester between 4<sup>th</sup>-11<sup>th</sup> September.



This year more than ever, every penny counts towards delivering compassionate end of life care in our community. Register at [stwh.co.uk/moonlightwalk](http://stwh.co.uk/moonlightwalk). This year's T-shirt will feature the design on the left!



## NEW VOLUNTEERING ROLES!

Could you be a steward for a few hours to help the return of the physical Moonlight Walk event on Saturday 11<sup>th</sup> September? Our Selsey shop is expanding in July - try a volunteer shift at the new family friendly Wilf's Yard for a social way to help make a difference to local lives. Start something rewarding with an informal chat with Emma on 01243 755185 or by emailing [volunteers.office@stwh.co.uk](mailto:volunteers.office@stwh.co.uk).



## GET TOGETHER ... IN YOUR GARDEN

Raise your glasses, raise some smiles and raise some funds for your local Hospice with a get-together in your garden. Download the Get Together pack for a wealth of ideas to get your fun filled fundraiser off to a sizzle. Available at [stwh.co.uk/gettogether](http://stwh.co.uk/gettogether).



## SUMMER RAFFLE

Prizes include £1,000 cash, a stay at Bailiffscourt Hotel and Spa, Lazy Susan's bistro set of garden furniture, floristry, artisan gin, summer planters, hampers and more! Still just £1 per ticket, with a closing date of 12 July 2021 and drawn on 16 July.

### Summer Raffle 2021

Prizes for 2021

- 1st prize: £1,000 cash
- 2nd prize: £500 cash
- 3rd prize: £200 cash
- 4th prize: Bailiffscourt Hotel and Spa - overnight stay with dinner
- 5th prize: Lazy Susan - bistro set of garden furniture
- 6th prize: Brilliant Gin - bottle of artisan London Dry Gin
- 7th prize: Becki-Lou Florist - Seasonal Arrangement
- 8th prize: Cakes in Bloom - Gift Voucher
- 9th prize: Hedge Rose - Summer Planter
- 10th prize: Tuppenny Barn - Seasonal Hamper

/continued ...

## ABSEIL THE SPINNAKER TOWER!

Soaring 100m above Portsmouth Harbour and taller than Big Ben, the Emirates Spinnaker Tower awaits the brave. Join #teamwilf on Sunday 18<sup>th</sup> July with a flexi-date guarantee on all our events. [stwh.co.uk/abseil](http://stwh.co.uk/abseil).



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An invitation to adventure on a trek that summits the top of the highest sand dunes in the Sahara - The Chigaga Dunes. The whole trip is 6 days long and you will trek and camp under the stars for 4 of those days through an ever-changing landscape. Register at [stwhco.uk/saharatrek](http://stwhco.uk/saharatrek).



## Solution to the puzzle in the June Bugle

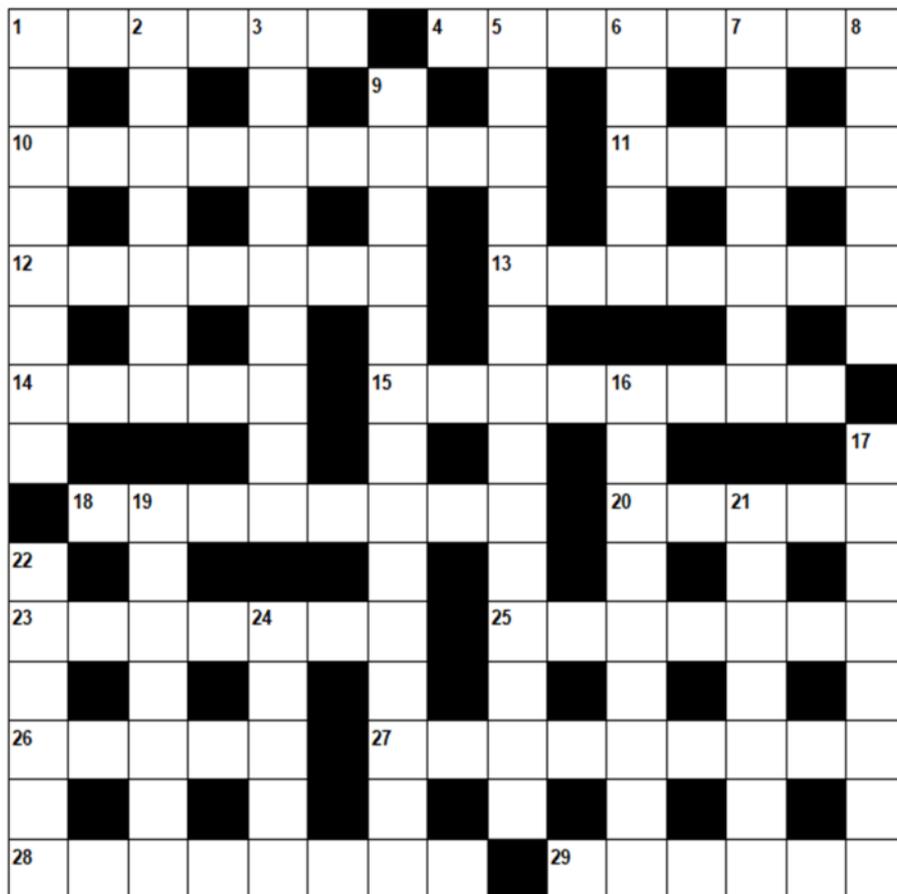
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27	G	R	A	N	D	T	O	T	A	L			Y				Y	



See page 19 for this month's puzzle!

# THE CROSSWORD - JULY 2021

As before, some straightforward clues, some more challenging. Solution in September!



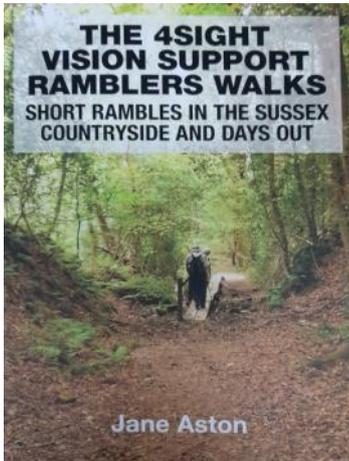
## Across

- 1 Hot tap mixer? Yes, but not just tap - there was ballroom too in this Astaire film (3,3)
- 4 More firm - with badly behaved critters? (8)
- 10 Hang the time! (4,5)
- 11 It's fun to put this together - at bedtime (5)
- 12 You should bury this when you make up with someone - but preferably not in him! (7)
- 13 Make a new setting of music - in fact it sounds as if it might be a variety ... (7)
- 14 What you might call your nearest watering-hole! (5)
- 15 Oats, syrup, butter and sugar all make this delicious tea-time treat (8)
- 18 Not the whole, but no, I craft it from here! (8)
- 20 If this is "the food of love", play on, during Twelfth Night or any other! (5)
- 23 The rebuilding of raw bulk into a structure projecting outward from a fortification (7)
- 25 Maybe the development of hop fuel will make us more optimistic about the future (7)
- 26 From this complex tradition you undoubtedly gain something more (5)
- 27 Someone whose sentence was handed down by others (2-7)
- 28 Is 'Send it' ordered to get a state of order? (8)
- 29 A thin decorative covering of fine wood applied to a coarser wood or other material (6)

## Down

- 1 The chief administrative building of one constituent area of a conurbation (4,4)
- 2 Wise - particularly when dealing with matters of party or government! (7)
- 3 AA member? Maybe driven to it by temporal dependence on spirits (9)
- 5 Politely postpone - in order first to look at the weather forecast? (4,1,4,5)
- 6 Gather from evidence - not imply! (5)
- 7 A giant ship - a 'four-day wonder' - named after the son of Gaia and Uranus? (7)
- 8 Raved - at an insect dressed in crimson? (6)
- 9 Short period of ill health (sorry to bring this up ...) (4,2,8)
- 16 Surprise! OJ's mean GP makes a delicious layered cake (3,6)
- 17 One who has three-dimensional designs on materials - or maybe curls pot ... (8)
- 19 Belonging to the same family group: so it was said (7)
- 21 That'll do - if FC use improperly (7)
- 22 You can do this if you dislike ... the material thing that 17dn has created (6)
- 24 Not a loss, but over and over ... (5)

## New Book of Sussex Rambles for All: Favourites from the 4Sight Vision Support Ramblers Group



A new book of 35 rambles in the stunning Sussex country-side has been released to mark the tenth anniversary of the [4Sight Vision Support](#) Ramblers Group. 'Short Rambles in the Sussex Countryside and Days Out', by Jane Aston, features walks carefully documented and designed to be suitable for everyone who likes a shorter walk, including those with sight loss or vision impairment.

The book is sold in aid of 4Sight Vision Support, which works with the sight impaired community across West Sussex. The Charity recently received the prestigious Queen's Award for Voluntary Service, one of only four Sussex charities to do so, and also celebrates its 100<sup>th</sup> anniversary this year.

Members of 4Sight Vision Support Ramblers include blind and sight impaired people, sighted guides and guide dogs. Walks are typically about four miles long and take in a nearby pub lunch, giving everyone plenty of time to socialise.

Group Co-Founder Jane Aston, a volunteer for 4Sight Vision Support for 30 years, recorded all the walks over the years and has chosen the most popular to feature in the book. The rambles are between 2.5 and 5.8 miles long and have a number of characteristics: most have few stiles, there are no very steep hills, there are not too many roads to walk down or cross, and there is good car parking at the start.

'The 4Sight Vision Support Ramblers Walks: Short Rambles in the Sussex Countryside and Days Out' costs £7.99, with all proceeds going to the Charity. It is available from Burgess Hill Help Point and direct from 4Sight Vision Support - please call **01243 828555**.



*Birling Gap, featured on Walk No. 30 from the book. Credit: John Hayward*

The charity is currently looking for sighted guide volunteers for the Rambling Group - please call if you are interested in joining.



---

*A vicar was ill in hospital and was visited by one of his churchwardens, who said, "We had a meeting of the PCC last night, Vicar, and a resolution put forward wishing you a speedy recovery was passed by 14 votes to 12".*

## This month's recipe idea

with many thanks to Sally Bosson



**Quick, delicious and healthy** - what could be better?!

### For breakfast ...

Why not try rhubarb and strawberry together - I never knew it was so nice! With yoghurt it makes a delicious, healthy start to the day.

### For lunch ... or any time ...

As a variation on the 'packed lunch', put together some [Bircher muesli](#) with oats soaked in apple juice, half a chopped apple, some rhubarb and strawberry cooked with a little water, sprinkled with [Stevia](#) (or other sweetener) and topped with a plain/vanilla yoghurt. You can also add any fruit - including frozen - and nuts.



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web page as at 25 June:**

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**Wednesday: Services by appointment**

**Thursday: 9.30am - 5.00pm**

**Friday: 9.30am - 5.00pm**

**Saturday: 9.30am - 4.30pm**

West Sussex Libraries are now open for limited browsing and pre-bookable computer sessions. Our opening hours are subject to change. This library has time set aside for 'services by appointment' so that we can continue to respond to local needs and work with key partners who may require a face-to-face venue in their local community. You will still be able to collect reserved items and return your books on this day.



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