

BERWICK SELMESTON ALCISTON

VILLAGE NEWS

JULY 2025



VILLAGE NEWS

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

Distribution is coordinated by Jeremy and Valerie Shaw. Tel: 01323 811567.

The Production Team is Liz Golden and Martin Chilvers.

Contributions, Photos, etc (other than advertising requests) should be sent to Martin by the 12th of the month by email: empty.sea@outlook.com

They can also be passed to one of the coordinators:

Liz Golden, 2 Cornford Crescent, Berwick Tel: 01323 870163.

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

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:

Barclays Bank - Account No. 70650625; Sort code 20-49-76.

LOCAL 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: revshirley@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

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 - Carole Vine Tel: 07341 660046 Email: berwickhallhire@btinternet.com

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

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

Emergency Defibrillators

There are defibrillators locally at Alciston & Selmeston Village Hall; Berwick Church; Berwick Village Hall; Cricketer's Arms; The Fishing Lodge Arlington Reservoir; Yew Tree Inn Arlington. - See: www.defibfinder.uk

Berwick Post Office

I would like to thank everyone who came to my party celebrating 50 years behind the counter. Special thanks for all the unexpected cards, gifts, flowers, and messages thanking me. Hazel masterminded the party in the Berwick Inn, where we were lucky enough to have lovely weather to allow us all to be together in the garden. Very many thanks to Hazel for all she did organizing relatives to make all the cakes and to the Berwick Inn team for supplying the savouries - a magnificent spread. Thank you all very much indeed!

Beryl Smith

Arlington Tractor Run

*Starting at Arlington Village Hall
on Saturday 5th July*

- ◆ 9.30 am Meet at Arlington Village Hall for Bacon Butties

- ◆ 10.30 am The Blessing of the Tractors
- ◆ 11.00 am The Run begins!
- ◆ 1.00 pm Back to Arlington Village Hall for a Ploughman's Lunch

All times are approximate. Suggested donations £15 per head, all proceeds towards Arlington's Pop-Up Museum and the Friends of St. Pancras, Arlington. Please contact Wendy (07889 689844) or Pauline at talkingteapot@yahoo.co.uk to book in your tractor or space on the Village Trailer, or for any queries.

Pauline Jackson

Strawberry Cream Tea

*From 2.00 pm till 4.00 pm on Sunday
6th July at Glebe Cottage, Selmeston*

Please join us and enjoy a strawberry cream tea in the lovely garden at Jan's home in Selmeston. There will be



BERWICK 100 CLUB

If you would like to join the
lottery, please email

Kate Lumsden at

admin@berwick100club.co.uk

THE LOTTERY

**HAS DONATED £947.52 SO
FAR TO THE BERWICK
VILLAGE HALL**

*Thank you to everyone for your
generous support.*

May's total draw was: £252

1st prize: Hazel Smith

2nd prize: Lyn Hayward

3rd prize: Peter Caillard

**July's guaranteed minimum draw
total is £252**

The Berwick 100 Club is a Small Society Lottery under the Small Society Lottery Gambling Act 2005 and is registered as such with Rother District Council, Registration Number 30266. Berwick Village Hall Trust is a registered charity with the Charity Commission under number 1031341

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homemade scones, strawberries and fresh cream, plus Lemon Drizzle cake to follow, with tea or coffee or a soft drink. The cost is £6.00 per person and all the money raised will go to the upkeep of our two lovely village churches of Alciston and Selmeston.

To help with catering please book your tea with Jan on 01323 811380 or Michèle on 01323 870623 by 4th July. Thank you.

Michèle Boys

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

10.00 am - Noon, Tuesday 8th July at Arlington Village Hall [BN26 6SE].

Everyone is very welcome to visit the market and museum; we will be pleased to see you.

Some of the regular stalls are Anne's traditional fresh bread with other naughty goodies and fresh eggs; Lynne's popular home-made cakes and savouries; Jean's 'all sorts of everything' supporting local charities, a second-hand book stall with books about the local area, and other sundries, jewellery, cards, crafts and more.

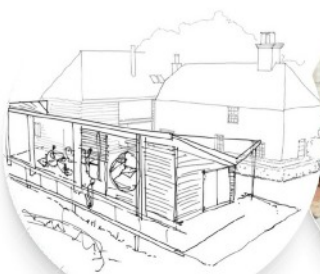
The June market was again very busy, and it was lovely to see so many visitors taking an interest in the Museum's Spitfires over Sussex exhibit. The Spitfire engine which was uncovered locally by Phil Wooller is now on display at the Tangmere Aviation Museum.

Arlington's Pop-Up Museum will also be taking place at the same time, this

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month's exhibit featuring 'The History of the Old Oak Inn Uncovered'.

Again, thank you to the many local people and those from further afield, who have continued to support our monthly community event. Please bring your friends and if you have not been before you will be very welcome. It is a very sociable morning and there is always tea and cake.

For further market information please contact Anne Hope: Tel. 01323 486219 / 07760 424169,
Email anntonyhope@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 9th July
at Firle Village Hall*

We are always looking for new members so please do come and join us for any of our meetings. Please give me a call if you would like further information.

*Rosemary Norris
President Tel: 07784 707016*

JCJ Pottery Open Weekend

*10.00 am to 5.00 pm on Saturday 12th
and Sunday 13th July at JCJ Pottery,
Hankham, BN24 5AP.*

Everyone is invited to visit Jonathan's pottery in Hankham on the weekend of. He and his co-worker Kerry Bosworth will together share some of the mysteries of throwing, decorating, and firing clay to show how a piece of earth

can be transformed into something useful, beautiful, or both. For those who want to try throwing a pot, they can help!

They will be happy to answer questions about their work, their approach to making pots and anything else that might occur to you.



The pottery stands among barns and converted farm buildings, close to Peelings Manor, parts of which predate the Norman invasion. Pevensey Castle is nearby. There is space for picnicking if the weather is kind.

The pottery has ample parking on site, and the postcode takes you to the door. For further information please contact Jonathan - his phone number is 01323 469009.

Jonathan Chiswell Jones
www.jcjpottery.co.uk

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The Alciston & Selmeston Village Hall Hub

*11.00 am to 12.30 pm on Monday 21st July
at A&S Village Hall*

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

Please contact any of the committee below if you have any questions or need help with transport to and from the hall.

Janie 07785 940915

Thea 07772 155772

Helen 07969 732109

Mairi 07582 938185

Rachel Lewis

South Downs Summer Music Festival

*Tuesday 15th - Sunday 20th July
at St Andrew's Church, Alfriston*

For details of individual concerts please visit the website

www.southdownssummermusic.co.uk.

The varied programme includes an evening of English music by Elgar, Arnold and Britten, a Nordic concert featuring the romanticism of Grieg, a Grammy nominated Venezuelan virtuoso violinist playing jazz improvisations and much more.

Tickets are on sale through the website.

Ros Ford

Afternoon Tea at the Movies

*2.30 pm Sunday 27th July
at A&S Village Hall*

Alciston and Selmeston Village Hall Committee are excited to present an

"Afternoon Tea at the Movies" - join us for 'The Italian Job' (PG11+) - a true British caper starring Michael Caine as the peerless Charlie Crocker.

Enjoy a delicious afternoon tea with unlimited tea and coffee as well as our well-stocked bar open as usual.

The cost is £5.00 per person. This is a ticketed event so please book early to avoid disappointment - contact Thea on 07772 155772 or Helen on 07969 732109.

Rachel Lewis

The A&S Flower Show

Sunday 10th August at A&S Village Hall

Not long to go now folks until the big day. July brings long, warm days that continue late into the evening - perfect for pottering in the garden after work, hosting barbecues and enjoying your beds and borders as they reach their peak. Keep deadheading bedding and perennial plants to keep those blooms looking fabulous all the way up to show day and keep harvesting and tending those fruit and veg so you've got some great specimens to show.

The flower show is such a great community event, and we would love to encourage the younger members of our village to take part. We know it can be tricky in August because of school holidays, so we are very happy to accept children's entries early - please contact Jan, myself or any other of the flower show committee members, if you are off somewhere lovely, and we will hold onto the entries until the day. And if anyone wants to get any schools or clubs involved please let us know and we will supply a load of schedules to hand out. The kid's classes are great fun: For the under threes there's a

finger-painting class, and for the other children there's a monster made of fruit and veg, a room in a shoe box, and a picture made of pressed flowers judged in three different age categories. And just for a laugh the writing class is a limerick about our villages. We'd love as many children as possible of every age to join in, and just to sweeten the deal the winner of each children's category gets a £5 prize!

Even if you don't enter any of the classes please come along - it's a fun packed afternoon catching up with old friends and new. There's a bar, barbeque and excellent tea and cakes. Please put the A&S flower show date in your diary and start thinking about your entries.

Neil Creaton

A&S Village Hall 100 Club Lottery

A&S Village Hall are launching a brand new '100 Club' Lottery to raise funds for a new heating system. From only £5 per month. The first draw will be at the A&S Flower Show 10th August. Get your tickets today!

www.southdownsvillagehall.org/100club or email alcistonselmeston100club@gmail.com or speak to Janie - Tel. 07785 940915.

Rachel Lewis

Berwick Produce Show

*A family fun afternoon on Saturday
16th August at Berwick Village Hall*

The produce show committee continue with the planning for this year's show: show schedules will have been delivered and hopefully everyone has received one, but there are some at the Berwick post office if you need a copy.

We are still hoping that a few more volunteers will come forward to help us on show day please; if you think you can help, please call or email Sue to discuss further what help is needed - Telephone me on 01323 870078 or email sue.woodgate1@btinternet.com or speak to any of the committee members.

For those who don't know about our lovely show it is held every year at the village hall and playing field. We aren't just a produce show, there is lots for everyone to see and do. We have a great band called Recycled, side stalls, tearoom with loads of cakes and sandwiches, archery, mini car boot sale, not forgetting the family dog show and much more.

The main marquee is full of the produce show entries. You really don't have to be an expert to enter or to enjoy what's on display! There are classes for everyone. We also have open classes for entries from outside Berwick.

The children's classes are always great fun, it's amazing to see their artwork and imagination. These classes are open to all the children in the village, they love winning the cash prizes and they can win a cup as well! Looking forward to seeing everyone at the show.

Sue Woodgate

July's 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.

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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

Downland

This place has such resonance,
It rumours of angels,
Old trees, old spirits,
Morphed and marked into chalk.

The chalk Giant cut into Windover Hill
Who oversaw our children growing up
Between the sensuous slopes,
 humps and tilts
Of Downland.

Always a blessed greeting
 in the train window,
Rattling through, from Lewes to Polegate.

This is home.
My link with old ghosts of the past,
With the peaceful sanctuary
Found in each of the Downland churches.

I love how our children
Return and walk here,
Are drawn like magnets
To the beacon at Firle,

The slopes above Alfriston,
The meandering pathways
At Berwick,
And the great singing bowl
Of Lullington heath.

Lucy Calcott

Recipe of the Month: Minted Lamb Kebabs

[Makes 16]

Ingredients

For the kebabs

675 g raw minced lamb

1 onion chopped into large pieces

Handful of fresh mint leaves

Handful of fresh parsley

1 tsp ground cumin

1 tsp ground coriander

Salt and pepper

A little vegetable oil for brushing

For the glaze

2 tbsps dark soy sauce

1 tbsp clear honey

You will need 16 kebab sticks and a tin 16.5 cm (6 ½ ins) square and 4 cm (1½ inches) deep. Brush the tin with oil.

Put the lamb in a food processor with the onion, herbs, cumin, coriander and a generous amount of salt and pepper.

Process in short bursts until the mixture starts to form a ball. Press the meat mixture firmly into the tin and level. Cover with cling film and chill in the fridge for a minimum of one hour.

Brush a chopping board with a little oil, run a knife round the edge of the tin to release the mixture and then turn the tin over on the chopping board to turn out the kebab mixture.

Using a large broad bladed knife divide the mixture in half across the width. Now divide each half lengthwise into eight. Push a stick horizontally into each section until the tip appears at the other end.

Chloe Burrell

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Then lift a section at a time from the surface and gently squeeze the meat into a rounded kebab shape. Combine the soy sauce and honey and brush the kebabs with the mixture.

Preheat the oven to 230°C/450°F/gas 8 or preheat the grill or barbeque. To oven roast, arrange the kebabs on a baking tray. Cook in the top half of the oven for 10 to 12 minutes.

To grill, arrange the kebabs on a foil lined grill pan or double thickness of foil on the barbeque, with the sticks extending over the edge of the pan so that they are not in direct line of the heat.

Grill for 10 to 12 minutes turning once or twice and keeping an eye on them while they cook.

Serve hot.

Valerie Shaw

Family Support Work (FSW)

Dear Friends,

With half term at the end of the month we have seen several practitioners run activity days encouraging parents and children to spend time together building those bonds that keep a family strong. At the same time we have seen the number of visits and meetings grow, highlighting that our work is in need all the time.

One of our practitioners told me about the following work with a family that she is currently supporting. A child with Autism Spectrum Disorder was taken to participate in a pony experience at Blackberry Farm.

The child is very isolated due to her family situation. Her older sister will not leave the house unless it is to attend school, and her mother has poor physical health, so she does not get the

Scott Brenman

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opportunity to enjoy activities outside of the family home. She absolutely loved the whole experience. It was amazing to watch how comfortable and confident she was around the horses. She enjoyed the farm where she was able to feed and pet lots of the animals. The practitioner now takes her out fortnightly and during the school holidays to reduce the isolation, build her confidence and positive childhood memories.

Work like this is essential to help children and young people develop positively and we can only do it because we have you supporting us.

May's work in numbers

- ◆ 208 individual visits and 669 calls with families supporting 242 adults and 195 children.
- ◆ 55 supported meetings with other agencies.
- ◆ 46 group sessions held supporting 595 parents and 370 children.
- ◆ 67 food deliveries made.

Prayer points

- ◆ For our food bank, its volunteers, the families we feed and thanks for the gifts.
- ◆ For those children who become isolated or feel excluded.
- ◆ For all the Churches that support FSW that together we can continue and grow our work.

Martin Auton-Lloyd CEO
www.familysupportwork.org
martin@familysupportwork.org.uk
Telephone 01273 832963

Bad Internet Behaviours and How To Fix Them: Avoiding a Shopping Scam

These days AI can be misused to create convincing images and product descriptions. As a result, rogue traders can be difficult spot. But there are things you can do if you are tempted to purchase something online.

1. Avoid making impulse buys. There's the old adage that if you see an offer online that looks 'too good to be true' it probably is! Stick to sites that you know and trust and go to them using links you have saved in your 'favourites' list if you have one.
2. If the site appears genuine, but is new to you, it could be recently created just to draw unsuspecting buyers in. So firstly check for 'https://' in the address line to see if it's 'secure', then you can also check if it's newly created at www.who.is.
3. Look for poor spelling, bad grammar and phrases that don't sound right.
4. Check that the business has a physical address together with a shipping and returns policy. Some sites may look as if they are UK-based, but are, in fact an 'anglicised' version of a site in another country - i.e. with prices in British £ - but require shipping from abroad. Also look for a UK landline telephone number for customer enquiries.
5. Check out 'Trustpilot' for customer reviews at www.uk.trustpilot.com.
6. Finally, if you're still uncertain, you can use TinEye (www.tineye.com) or image search on Bing, Google, etc., to see if the images in the

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Sward Wardens: Of Owls, Larks and Hedgehogs

I've always been a night owl. I'm writing this as my creativity kicks in; unhelpfully that's usually around 9.00 pm. I spent my childhood howling in resistance at those who dared tell me it was bedtime. I would read until 3.00 am and be virtually dragged from my bed for school in the morning.

Despite what my mother says, it's a real thing. We are genetically predisposed to different chronotypes* associated with our circadian rhythm. There are owls (those who wake and sleep later), larks (those who wake and sleep earlier) and ambivalent (those who are more adaptable to sleep pattern changes).



I used to long to wake up earlier and make the best of the day. Especially as a keen birder it would be advantageous. If I ever do it's glorious. The air is different in early morning. There's so much light, so much time. But there are perks to the night too. It's quiet; everyone else is asleep. It's peaceful and less distracting. And the best bit, of course, is watching nocturnal animals.

I live with another owl. Together, we slink about the local nature reserve at

dusk. Hushed tones to fit in. Eyes adjusting to the perceived blackness. There is rarely anyone else around. The damp smell of the reedbeds seems stronger than in the day. The gravel and parched grass crunch more loudly underfoot. The world feels bigger somehow, yet more tranquil.

We detect dancing bats who whizz past our faces, saving us from nibbling evening midges. We walk directly past rabbits on meadow buffets, who barely look up to note us. We take in pre-roosting bird calls; Reed Warbler, Song Thrush, Blackbird, Robin, and skyward silhouettes of those returning for the night; gulls, corvids, a Peregrine. A fox on patrol stops to watch us with an air of disdain; 'It's my turn now'.



Once we're out of the reserve we stop at the usual spot, at the usual time, and wait. Then we see it. Squat legs, busy snout and about 5,000 spines scuttle across the car park and along the kerbside dandelions. The hedgehog crosses the road; it's not busy but it's still a risky game, and I once flagged down a startled mini-bus driver to allow for safe hog passage. The hedgehog continues along a footpath, and through a fence hole cut by kind urban wildlife heroes.



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These sightings feel like treats to which few of us are party. I've not only accepted my nighttime owl form; I completely embrace it. Just don't ask me to make plans before midday.

Kerry Williams:

Communications Officer - Conservation

Photos

Pipistrelle bat © Hugh Clark FRPS

Hedgehog hole in fence © Sam Roberts

**A chronotype refers to an individual's natural preference for sleep and wakefulness, influenced by their circadian rhythm. They determine whether a person is more inclined to be a morning person (early chronotype) or an evening person (late chronotype).*

Chronotypes are apparently tied to genetics and can affect various aspects of life, including sleep quality, performance, and daily activities. -Ed.

From the Vicarage

'Why' asks Richard Harries, 'are people reluctant to use the words 'right' and 'wrong'?' Those on social media can be very judgemental, but even there these words do not come naturally. (Page 12, Church Times, 30 May 2025.)

This article, 'Strange demise of moral language', surmises that by the 1980s what was legal rather than what was honest became the prevailing mood. Language use changed too: shoplifting (theft) was unacceptable (wrong). Consideration of extenuating circumstances were reviewed in every case from cribbing (cheating) at exams to driving under the influence (drunk driving).

Has the shift of understanding how people may be drawn into wrongdoing

(crime), by social deprivation and dysfunctional upbringing, as meritorious as it may be, because it can lessen judgemental attitudes, actually made a difference? Consider how often people are stopped by shop staff for theft, but no charges are made by police. At one school in a deprived area, some children were regularly climbing on the roof and spitting at staff and pupils. If there is no clear boundary taught to youngsters, what does their future look like?

We need to use the language of wright and wrong without sounding judgemental. Reinhold Niebuhr acknowledged the evil of the Nazis but was aware that 'the seeds of that evil were in ourselves'. One of his prayers runs 'We pray for wicked and cruel men, whose arrogance reveals to us what the sin in our own hearts is like when it has conceived and brought forth its own fruit'. Christians can be seen as self-righteous when talking about sin, but we know that we are all guilty of wrongdoing (sin). We carry the name of our Saviour and Redeemer, Jesus Christ.

It is time the Church spoke up: the invidious creep of dishonesty tainting all of society must be called out. Perhaps starting with our Parliament, where wrongdoing on a massive scale (Blood infection disaster, Post Office scandal and the Grenfell Tower fire) has been shunted around and no-one brought to account. The thieves, liars and the cheats must be held accountable, at every level and in all aspects of life.

And God have mercy on us poor sinners.

Revd Shirley

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Sunday 6th July

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

Sunday 13th July

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

Sunday 20th July

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

Sunday 27th July

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

Prayer

9.30 am each Wednesday at Berwick church.
(On the first Wednesday of the month there is Holy Communion (BCP) instead.)

5.00 pm each Thursday online Zoom meeting - please contact Shirley Pearce for login code (revshirleym@gmail.com).

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

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