

PARISH NEWS



The Parish of Aldingbourne, Barnham & Eastergate

50p



Image by whitelmay via iStock

IN THIS ISSUE

HARVEST THANKSGIVING

FEWER PRIESTS AHEAD

NEWS FROM OUR COUNCILS

www.parishofabe.org.uk

October 2024



**PARISH OF ALDINGBOURNE, BARNHAM
AND EASTERGATE
SERVICES FOR OCTOBER 2024**



Saturday 5	Our Lady of Walsingham 9.30am Said Mass		St Mary's, Barnham
Sunday 6	Trinity 19/27th Sunday 8.30am Holy Communion 9am Mattins 9.30am Said Mass 10am All-age Communion 10am Parish Communion 11.15am Sung Mass 12.30pm Holy Baptism 6pm Evensong	BCP BCP BCP BCP	St George's, Eastergate St Mary's, Barnham St Mary's, Barnham St George's, Eastergate St Mary's, Aldingbourne St Mary's, Barnham St Mary's, Aldingbourne St Mary's, Barnham
Sunday 13	Trinity 20/28th Sunday 8.30am Holy Communion 9am Mattins 9.30am Said Mass 9.45am Sunday Seekers 10am Family Communion 10am Parish Communion 11.15am Sung Mass 4pm Songs of Praise 6pm Evensong and Benediction	BCP BCP BCP 	St George's, Eastergate St Mary's, Barnham St Mary's, Barnham Eastergate School St George's, Eastergate St Mary's, Aldingbourne St Mary's, Barnham St Mary's, Barnham St Mary's, Barnham
Sunday 20	Trinity 21/29th Sunday 8.30am Holy Communion 9.30am Mattins 9.45am Sunday Seekers 10am Family Communion 10am Parish Communion 11.15am Sung Mass 6pm Evensong	BCP BCP 	St George's, Eastergate St Mary's, Barnham Eastergate School St George's, Eastergate St Mary's, Aldingbourne St Mary's, Barnham St Mary's, Barnham
Sunday 27	Dedication Sunday 8.30am Holy Communion 9.30am Mattins 10am Family Communion 10am Parish Communion 11.15am Sung Mass 3pm All Souls'de Memorial Service 6pm Evensong	BCP BCP 	St George's, Eastergate St Mary's, Barnham St George's, Eastergate St Mary's, Aldingbourne St Mary's, Barnham St George's, Eastergate St Mary's, Barnham

Other regular weekly services:

- 10am – Holy Communion every Wednesday at St George's, Eastergate
- 6pm – Evensong (BCP) every evening at St Mary's, Barnham
- 6.30pm – Said Mass every Tuesday at St Mary's, Barnham

The logo for Messy Church Harvest features the words "Messy Church" in a white, rounded, sans-serif font. "Messy" is on the top line and "Church" is on the bottom line. The text is set against a background of stylized autumn leaves in shades of red, orange, and yellow. Below the main text, the word "Harvest" is written in a bold, dark red, serif font.

Messy Church

Harvest

Come and join us for a fun, creative afternoon of crafts & activities based on a harvest bible story



Sunday 13 October 2024, 2.30 - 4.30pm

Eastergate CofE School, Church Lane, PO20 3UT

Everyone of any age is welcome

See www.parishofabe.org.uk for more information



WESTERGATE METHODIST CHURCH
Westergate Street PO20 3RH

Westergate
Methodist Church
Every Friday
12 noon - 2pm

Please feel free to visit us
If you require a voucher please contact
HELP THROUGH HARDSHIP

A FREE PHONE NUMBER TO SPEAK TO A TRAINED CITIZENS
ADVICE ADVISOR (MONDAY - FRIDAY 9AM -5PM)
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bognorregis.foodbank.org.uk

Registered Charity in England & Wales (1148187)
Registered Charity in Scotland





THIS BEAUTIFUL EARTH

António Guterres (United Nations Secretary-General) has said that we're at 'Code red for humanity: the alarm bells are deafening, and the evidence is irrefutable: greenhouse gas emissions from fossil fuel burning and deforestation are choking our planet and putting billions of people at immediate risk.'

At this time, when the month begins having just celebrated Harvest Thanksgiving, we look around us and realise that we have to think about this every day and maybe use this harvest-time to work out more keenly as to how are we to respond to these climate concerns?

The world belongs to God

'The earth is the Lord's and everything in it' (Psalm 24:1). The world is not ours, but God's! We are called to share in care for God's world: *'Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves*

on the ground.' (Genesis 1:28). We represent God by governing with the same self-giving generosity that we see in His creation of the earth. This challenges our consumer mindset, that sees the earth's resources as both limitless and existing simply for our needs. For example, the fashion industry uses as much carbon per minute, as a car emits going six times round the world! How can we make a difference in our world?

We belong to Christ

We also belong to the one who's plan is: *'to be put into effect when the times reach their fulfilment – to bring unity to all things in heaven and on earth under Christ.'* (Ephesians 1:10). We can look forward to the time when God will create a new heaven and a new earth and make everything new. Meanwhile, we are called to serve as He serves, caring for the earth and our fellow humans, by living simply, recycling, conserving energy and choosing reusable options.

In terms of our world, there is no plan B! God gave us only one planet!

How are being faithful stewards of all that God has placed into our temporary care?

Fr Paul

*See page 7 for the latest news
from the Parish of ABE*



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FROM THE REGISTERS JULY/AUGUST 2024

Baptisms

11 Aug Matilda Brooker (B)
 18 Aug Mateo and Lily Ginters (B)
 25 Aug Lexi Richards (E)

Weddings: We pray for the following couples married in our Churches

6 July Alexander Welsh & Melanie Phillips (A)
 13 July Marcus Turner & Emily Crouch (A)
 3 Aug Kyle Merchant & Lauren Smith (A)
 10 Aug Stuart Halsey & Sophie Corbett (B)
 23 Aug Robert Houghton & Charlotte Russell (A)
 30 Aug Leah Charles & Charlie Grantham (E)

Funeral: We commit into God's loving care

16 July Catherine Gillies [93] (E)
 2 Aug Gerry Kester (B)

Burial of Ashes

5 July Peter Jones [79] (E)

DATES FOR THE DIARY

Events coming up in the Parish include:

- **11 October – ABE Quiz Evening at Barnham Community Hall**
- **13 October – Songs of Praise at St Mary's Barnham at 4pm**

SUPPORT FUND

The Walberton, Binsted and West Barnham Support Fund has funds available to make grants to support those in financial hardship who live in those areas. If you or you know someone who might possibly be eligible then speak in confidence to Fr Paul or Rev Sheila who are trustees of the fund.

PARISH LUNCH

A Bite to Eat (Parish Lunch) is on 17 October in Eastergate Hall. Please do come if you can to share in a simple lunch of homemade soup, bread, cheese, tea, coffee and biscuits with one another. We also enjoy the challenge of a light hearted quiz. All are welcome!

AUTUMN WEDDING FAYRE

An Autumn Wedding Fayre is being held at Barnham Community Hall on Sunday 6 October from 10.30am to 2.30pm. The Parish has a stand at this event to promote both the parish and the church, in general, as venue for a wedding.

ABE FUN QUIZ NIGHT

This fun quiz night is being held at Barnham Community Hall on Friday 11 October starting at 7pm. £5 per person (towards church funds) and bring your own drinks and nibbles. Teams of 6 - bring your own team or we will make them up on the night. Maybe a group of friends, a church group and so on? We look forward to a great evening, together, so come along! To assist with planning please could you sign the sheet in church or email the Parish Office so we know how many are coming.

SONGS OF PRAISE

Our Songs of Praise event is on Sunday 13 October at 4pm and this time it is the turn of

St Mary's, Barnham, to be our hosts. We are again joined by members of the Chichester City Band and our own team of organists. Hymns to be sung have been chosen from suggestions made by you. There is plenty of parking and please follow the signs as to where this will be. Donations will be requested which are split between the Parish and the Band. Come and have a great sing!!

JAR OF COMPASSION

This year we have been supporting Talking News through the donations in the jars at each church. This is therefore a gentle reminder for us to finish the year with a final push to support this year's charity.

We now need to think about which local charity we might want to support in 2025? Please could you send your suggestions to the Parish Office by the end of November and then the PCC standing committee can make a decision at its December meeting. Who should we support next year?

SCHOOL ADMISSION FORMS

These are due to be completed this month. If you require the church (Fr Paul) to complete the relevant section for either Bishop Luffa or St Philip Howard Schools then contact him to arrange this and this has to be done by Saturday 19 October as Fr Paul is then away from parochial duties up until the deadline.

LAMPOST POPPIES

Are you free on Saturday 26 October and able to fix a few poppies onto the lampposts in Aldingbourne, Eastergate and Barnham in readiness for Remembrance Sunday? If so, we shall meet at Eastergate Village Hall at 10am where tea, coffee and bacon/hash brown rolls will be provided. If you are able to help. Email nina@eastergatehall.org.uk or jaallington@gmail.com for more info.

MEMORIAL SERVICE

We are holding a memorial service at St George's on Sunday 27 October at 3pm for All Souls-tide. This is an opportunity to remember our departed loved ones through readings, prayers, music, silence and lighting a candle. All are welcome to this service.



WESTERGATE

Who knew that it takes 170 petals to make a paeony? This was what we found out during a demonstration by Vanessa of how to make paper flowers. These flowers were so realistic that the only way we knew that they were artificial was that they rustled. Vanessa brought with her a garland that she had made for her daughter's wedding that had been attached to an arch. It was beautiful and was made with paeonies and other flowers as well as artificial greenery.

A group of us went to see the new version of Oliver. This was a new staging but it used the original music so we knew all the songs. What a delight this show was. It used all the advantages of the stage in the Chichester Festival Theatre such as the revolving floors to add movement.

The committee are planning more visits to the theatre as well as other visits to places of local interest. All to include tea and cake.

In August we didn't have a formal meeting. Instead we had a ploughman's lunch followed by a quiz organised by Sally.

In July, we were all at sea. Our W.I. went to Itchenor Harbour where we boarded a boat for a harbour tour. Those who use sticks were a little concerned at having to walk along a narrow pier to reach the boat but we all managed to board the boat without falling

in! We sailed up to Bosham where the pilot told us some of the history. It was interesting to see Bosham from the seaward side.

Once we were back on dry land our minibus took us to Billy's where we warmed up with a bun and a hot cup of tea. A good afternoon.

We meet on the 2nd Tuesday of each month at the Westergate Church Hall (behind the church) at 2pm. Come and join us. We'd love to see you.

Catherine White-Aldworth



EAS TERGATE & BARNHAM

With the summer over and the nights drawing in, it was back to what we do best – our WI meetings and events!

The book group met to discuss the good and the bad of *The Jigsaw Man* – a thought-provoking book, although not one for the faint hearted!

At our Friday meeting, we were delighted to have the opportunity to hear from Elaine Schurch, a local nutritional therapist. Elaine shared her knowledge of the makeup of a good diet and the food groups we need to keep our bodies well and active, as well as blowing a few myths on what is good for us. She also very kindly baked some fabulous treats, made with the most unusual ingredients – brilliant!

Finally, our Tea & Chat group are visiting a new establishment in Middleton this month, they really enjoy trying new venues.

Our WI meets at Eastergate Village Hall on the second Friday of each month 7.30-9.30pm. Visitors are always welcome, however, we have a waiting list for new members.

Georgette Budhram

FEWER PRIESTS AHEAD?

In this parish we have and do benefit from the ministry of a number of priests which enables us to maintain our full pattern of services but we must heed the warning and the call that Bishop Martin recently gave at the licensing of the priest in charge at Lyminster and Wick about the future. We were warned and asked to take action both by prayer and deed to seek out new vocations to ministry. And why?

The number of people offering themselves for ordination to the Church of England has fallen by 38 per cent since 2020.

In the autumn of 2020, there were 591 men and women beginning ordination training. This autumn it will be about 370.

The Ministry Council has said the goal is to secure a “stable” number of 7600 full-time clergy, factoring in their projected retirements. To achieve this, the Church needs about 630 newly ordained ministers a year.

The Bishop of Chester, who chairs the Ministry Council, recently told General Synod

that some of the factors affecting people’s decision have been identified. These include: local clergy wellbeing (or lack of it), demographic changes in society, lack of diocesan resources for vocations outreach work, suspicion of the CofE as an institution, concern over the Living in Love and Faith initiative, and the size of the clergy stipend package (there is considerable financial anxiety among existing clergy).

But, as one Diocesan Director of Ordinands said recently on social media, “We can’t really ask the missing candidates why they didn’t come forward. We can only speculate...”

Bishop Martin asked us to look around when we come to church and see who we think could have a vocation to ministry. Why not challenge them about it and encourage them? Or look at ourselves, what can we offer?

Our church needs to foster vocations to all expressions of ministry for now and the future. Please pray for this.

Fr Paul

SAILING WITH THE SPIRIT

Maybe there are just one or two sailing days left this year or have we packed our boats up for the winter now?

On a calm, windless day, it can be frustrating to be in a sailboat. Your sails are ready to go, but with no wind and only calm waters, you aren’t going anywhere!

Some sailors try to propel their little boat forward by paddling with their hands. Others fret over the lack of wind. But others simply stay on land, and wait. For it isn’t until a breeze blows up, and the sails fill out, that a sailboat can skim out towards the open sea.

This scene is similar as to how the Holy Spirit works in our lives. The Bible describes the Spirit as wind and sometimes, like the sailors, we may have to wait for His energising power

to guide and move us onwards. There are occasions, from a spiritual standpoint, nothing seems to be happening. During these waiting times we may wonder what purpose God has for us.

But while some of the people in the sailing club might have left their boats to do other things, they were also watching for signs of the coming wind. No one was packing up or going home - they were waiting with a purpose.

In our times of stillness and waiting, we can also wait with a purpose. We can pray for the Church, our community and the world. We can pray that we will be ready for God to move us into the next course He has planned for us. And we can keep our sails ready, for the Spirit to blow afresh into our lives!

HIGH DAYS & HOLY DAYS

9 October – Luis Bertran, patron saint of Columbia

Do you want your life to make a difference – for the good – in this world? Then Luis Bertran (1526-81) is the saint for you. This fearless Dominican priest so inspired tens of thousands of people in Latin America that he was chosen as patron of Columbia.

Luis Bertran was born at Valencia in 1526. He joined the Dominican Order in 1544, and was priested in 1547. Bertran started with the most important thing any Christian can do: he became a man of profound prayer. The rest of his ministry was built on this deep personal walk with God.

Luis Bertran was appointed ‘novice-master’, and right away put his faith into action: he began to reform the priests of his own order. Like a John the Baptist, Bertran preached both the fear and the love of God – urging people

towards a proper repentance and a turning to God in faith and humility.

But Spain was just the beginning for Bertran. In 1562 he was sent on the hazardous journey across the Atlantic to life in a priory in Cartengna, Latin America. Here he spent six years preaching to the Indians in Spanish, by way of a translator. His holiness and love were infectious – tens of thousands of Indians responded to him, and were baptised. He met the same response when he moved on to the Leeward Islands, the Virgin Islands and the Windward Islands.

Perhaps the Indians loved Bertran so much because he did not just preach to them. He was one of the first to openly criticise the cruelty and rapacity of many of the Spanish ‘adventurers’, whom the Indians both feared and hated.

Back in Spain in 1568, and now 42, Bertran decided it was time for him to concentrate on training other preachers for the missions. Bertran stressed to them the importance of both prayer and of doing good works that matched their own preaching. For this he won wide respect from all around him. By the time he was 54, Bertran was worn out. In 1580 he preached his last sermon in Valencia Cathedral, and then was taken ill, dying a few months later.

Bertran’s example of a life of prayer, humility, integrity, reformation, witness and concern for social justice is very much needed today.

17th October – Ignatius, Bishop of Antioch

Of the 54 Roman emperors who ruled AD 30 to 311, only about a dozen made the effort to persecute Christians.

One of these was the Emperor Trajan, who ruled AD 98 to 117, though he was half-hearted about it. He decreed that Christians, although guilty of “anti-state behaviour”, were not to be hunted out for arrest, unless they



Image via Wikimedia

Luis Bertrán by or after Francisco de Zurbarán

were “very obvious” about their faith, and unless they refused to reject Christ when asked.

One such Christian was Ignatius, the second Bishop of Antioch, a leading city of Syria. He was arrested in Antioch during a persecution of the Antioch church and sentenced to be sent to Rome to be devoured by wild beasts in the arena there.

Soon Ignatius was put in chains, along with a number of others, and escorted by a unit of Roman soldiers to Troas on the Aegean coast, for embarkation to Rome. It was a long and arduous journey through Asia Minor, and the soldiers stopped off at various cities along the way.

This gave Ignatius time to write a series of seven remarkable letters to various churches along the way. And as news of his arrest and journey to Rome spread, the prominent Christians in each city flocked out to meet him as he arrived.

Ignatius’ letters reveal him to be passionate for church unity. He encouraged constant community worship and frequent celebration of the Eucharist. He was especially eager to stress the authority of the New Testament,

and to oppose the docetists, who held that Christ’s sufferings and death were apparent but not real.

But above all, the letters reveal Ignatius as completely devoted to Christ. He was keen to receive martyrdom and stressed that on no account was anyone to attempt to prevent his death. For him, martyrdom was the ultimate imitation of Christ, and a gift from God. Although we have no account of his martyrdom, it is widely assumed that Ignatius got his wish, and died upon the completion of his journey to Rome.



Image via Wikimedia

Ignatius, Bishop of Antioch

SMILE LINES

Signs of our times? Pew-sheet notices that didn't come out quite right...

- Would the person who took the church step ladder last week please bring it back, or further steps will be taken.
- After Sunday morning coffee, please empty the teapot and stand upside down on the draining board.
 - Hymn of Invitation: ‘Whoever He Leads I’ll Go’
 - Our visiting monster today is the Revd Jack Bains.
 - Church toilet out of order. Please use floor below.
- Worshippers are asked to wait, until the choir has been served Holy Communion.
- Pray for continual growth for our teens, that a food foundation will be laid in their lives.
 - We are always happy to have you sue our facility.
 - The activity will take place on the church barking lot.
 - Hymn: ‘I am Thin, O Lord.’

Growing up

Your child has started growing up when he stops asking you where he came from and starts refusing to tell you where he’s going.

BARNHAM AND EASTERGATE COMMUNITY TRUST

As we move into October, we look forward to welcoming you to our community halls - Eastergate Village Hall and Barnham Community Hall. Both our buildings have many friendly events to offer you including the following:

- **Pop Up Shop Opportunities at Eastergate Village Hall on Tuesdays** during the busy coffee morning. Please contact Nina for more information.

- **Weekly Coffee Mornings:** Nina's Friendly Coffee Morning on Tuesdays at Eastergate Village Hall, 10.30am – midday (quiet space also available). Wednesdays at Barnham Community Hall, 10am – midday. Just pop along, you will be made very welcome.

- **Friendly Foodie Fridays:** Friday 11 and Friday 25 October (the 2nd and 4th Fridays of each month) in the Community Hub at the back of Eastergate Village Hall. We will have rescued/surplus food on offer to our community from our partners UK Harvest.

This amazing initiative is available to everyone. We accept cash donations but they are not compulsory. Please bring a bag. We look forward to welcoming you.

Please contact Nina for more information (details below). This project is now kindly sponsored by Nyton House Residential Care Home.

- **The Autumn Wedding Fayre at Barnham Community Hall:** Sunday 6 October. The hall will be full to the brim with exhibitors and amazing ideas. 10.30am – 2.30pm. Free entry. Please contact Ali for more info.

- **Motown and Northern Soul Evening at Eastergate Village Hall:** Saturday 12 October. Dance the night away with Dj's Toni Cassini, and Colin Slater. 7.30pm – 11.30pm. £5 on

the door. (limited seating available due to need for dance floor space so please arrive early).

- **Halloween Quiz at Barnham Community Hall:** Saturday 26 October. £4per person, max 6 in a team. Doors 7pm. Fancy dress optional! Please book in advance. Fully licensed bar, hot dogs, snacks and raffle. Please contact Ali, details below for more info.

- **Halloween Family Fun at Barnham Community Hall:** Sunday 27 October. Featuring magician Nick Clark. Includes disco, games and fancy dress competition. Food and drink, sweets and treats available. Tickets just £4 per person. Please email Ali for more info and to book.

Please keep an eye out on the local noticeboards, our Facebook pages and our website for more information barnhamandeastergatecommunitytrust.com.

Our motto is 'Together We Are Stronger' and we look forward to seeing you very soon.

Take care.

All the staff and volunteers at Barnham and Eastergate Community Trust

For enquiries and more information please contact Nina-Maria McMaster on 07849 356097 or email nina@eastergatehall.org.uk (based at Eastergate Village Hall) or Ali Tarbard at ali@barnhamcommunityhall.org.uk or 07714 456482 (based at Barnham Community Hall).

NEWS FROM OUR COUNCILS



ALDINGBOURNE PARISH COUNCIL

The latest meeting of Aldingbourne Parish Council took place at 7pm on 3 September at the Aldingbourne Community Sports Centre (ACSC). Eight councillors were in attendance.

Emergency Resilience: A presentation was given by Giles Vos from the Rapid Relief Team (RRT), which is a charitable arm of the Plymouth Brethren. The RRT aims to deliver hope and relief to people across the globe, whether it be fire, flood, or humanitarian need – supporting emergency and disaster relief, health & disability, youth and homelessness poverty and hardship through quality catering, product donations and disaster support.

Mr Vos said the RRT would be happy to help with initiatives within the parish, including planting and litter picking – and would also be happy to be called on as part of the Parish Council's emergency resilience plan.

Councillor Trabucco thanked RRT for their time and expressed the parish council's gratitude that they had volunteered to help with some initiatives within the community.

Planning: The council discussed a motion from Councillor Trabucco, seconded by Councillor Rickard, to amend the current scheme of delegation in order to stand down the council's planning committee and reabsorb all its functions and responsibilities in the full council.

Councillor Trabucco said one of the main purposes of a parish council was to determine planning applications and noted integrating planning into full council meetings would allow all councillors to be in attendance and have a say on the planning process. He said this would free time up for councillors to take

on other initiatives and make the parish council more proactive and efficient in how it manages its time.

Residents in attendance were against this proposal. After a discussion, a vote was taken, with two councillors in favour and six against the motion. As such, it was agreed separate planning meetings would continue.

West Sussex County Council (WSSC): County councillor Trevor Bence advised that plans for the A27 had been scrapped by the new government. He also noted that archaeology should always be considered when reviewing planning applications and all historical data held by WSSC should be included and referenced to ensure that National Highways are also required to consider any findings.

Gym Facilities: Councillor Jarman advised that councillor Sue Foott had volunteered to take part in the task and finish group on gym facilities outside of the parish council alongside two members of the public. Councillor Jarman reported that Ormiston Academy are now opening in the evenings and weekends via a management company to operate the facilities. Councillor Jarman has agreed to request a meeting with the management company to clarify what was being offered to the community and would report back.

Delville Oak: As per the Street Scene Committee notes, Aldingbourne Parish Church was approached with a request to see if they would plant the Delville Oak sapling that was provided by Martin Beaton in their churchyard. A dedication ceremony has been agreed for Sunday 10 November 2024 at 2pm.

Date of next meeting: The next meeting of the full council is due to be held on 1 October.

Marie Singleton

clerk@aldingbourne-pc.gov.uk



The latest meeting of the Parish Council took place on 3 September. The first major item on the agenda was the co-option of Ray Coggin as a parish councillor. The Planning & Environment Committee has not met since June and was due to have met on 10 September, but planning applications have been very quiet at this time potentially due to the election and possible forthcoming planning reforms being put forward by the new government. We wait to see the impact on housing development in the area and possible our neighbourhood plan. We will let you know of course if anything significant happens that we feel you need to know about.

The new porch projects at both our community halls (funded by the Trust, the Parish Council and through a grant from BIFFA) have finally been completed and I hope users of the facilities will agree they are welcome improvements. Our various working parties have continued with their work to improve the community in which you live.

The People, Places, Spaces Working Party, which aims to enhance the appearance of our parish and support the sense of community, has been progressing its various projects.

The Village Garden at Murrells Field is beginning to take shape with planters constructed using sleepers having been installed and a new path laid. Planting will take place at the end of September and the next phase of works will then take place to create the garden itself. The planting around the village signs is being managed by our 'green angels' who are learning what sort of plants suit each of the very different sites. The

lamppost planters have looked splendid and will be replaced with winter plants in the next month or two. A survey of benches and a programme of repairs will take place shortly. The litterpicks continue to take place on the last Saturday in the month and the number of volunteers increases and they feel they are really making a difference. The team are always looking for more volunteers so if you can spare some time to help, please contact: volunteer@barnhamandeastergate-pc.gov.uk

The Community Resilience Team has continued to purchase equipment to be used in times of emergency including two generators purchased using a grant received from SEN. The team has also arranged more free first aid courses contact Nina McMaster (assistantclerk@barnhamandeastergatepc.gov.uk) for more details.

The Murrells Field Team continue to develop plans for improvements to the area and a presentation of the potential options to spend the s106 monies received will be made to the next meeting of the council on 15 October.

The Communications Working Party have now published five editions of the monthly newsletter which can be found on the website along with the ability to subscribe to receive the newsletter so do take a look. The annual printed newsletter will be the next project aiming for a Christmas publication.

Penny Wycherley and Nina McMaster have been the council's attendees at a working party facilitated by WSCC to look at the provision of bus shelters along the route of the 500 bus. A fund of £100,000 has been made available, which will fund 10 shelters. No sites have yet been finally agreed but we are hoping that sites near the Croft Surgery, on Fontwell Avenue and in the centre of Barnham will feature in the final list.

Alison Crabb
clerk@barnhamandeastergate-pc.gov.uk

Nina's Friendly Coffee



Morning



*Every Tuesday 10:30-12
At Eastergate Village Hall*



All welcome from babies to golden oldies.

*Come for a coffee, cakes, scones,
company, and a chance to make new
friends!*

Even well-behaved dogs are welcome!

*Contact Nina on 07849 356097 for more
information or just come along!*

NEWS FROM OUR SCHOOLS

Walberton Pre-School

We have all enjoyed a lovely break over the summer holidays. We work hard, and it feels very necessary to take time to relax and then prepare for the academic year ahead.

Our wonderful pre-school parents very generously gifted us a voucher for The Ivy in Chichester. We all got together towards the end of August, and it was lovely to see each other and share our holiday news. I'm afraid to say the service was appalling, but we enjoyed the food, drink and a lovely chance to all get together and of course it is wonderful to feel so appreciated by our families.

We are back now for the new academic year, with lots of new children. It is always a privilege to be entrusted with people's precious children, and we never take this for granted. It's lovely to catch up with our older children, who have grown and are full of stories of what they got up to in the holidays. Some have been on an aeroplane, some have been on a ferry, some have slept in a tent...

Our new children all came for a play during the summer holidays, and spending this time with them before

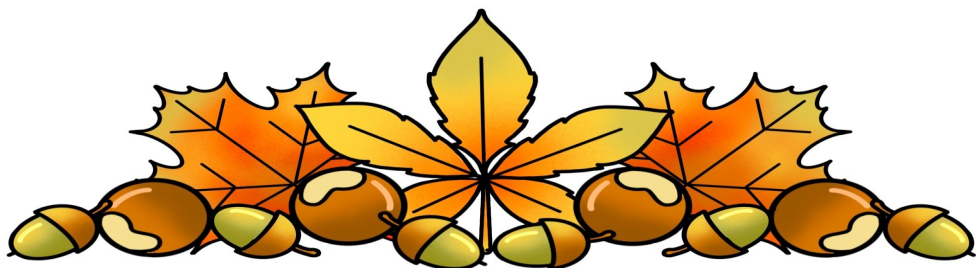
the beginning of term is a great stepping stone to them coming in September. We don't get funded for this time, but we strongly feel that it is an important thing to do to support the transition of the children from their homes to coming to pre-school.

The children have loved exploring the play spaces. The home corner has been busy, with all the dolls being fed delicious 'food' cooked in the play kitchen. The wooden trains are ever popular, and always a favourite. We have read lots of stories, made things with playdough, drawn pictures, made collages and built towers with blocks - and its only day two!!

Outside, the wildlife are realising that their summer sojourn is now over - the woodlice, snails and worms are all being found and observed. One little lad found a worm and proudly showed it to his classmates - enthralled!

We are looking for volunteers to come and play... if you think you may be interested, please do get in touch with us. We can promise you a fun time - and also biscuits!

Helen Baxter





PARISH OF ALDINGBOURNE, BARNHAM
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12.30 - 2pm

at Eastergate Village Hall

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All ages welcome

Just turn up!



Raffle

Quiz

Lifts available

For more information please contact the
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ALL IN THE MONTH OF OCTOBER

It was... 250 years ago, on 26 October 1774 that the Colony of Massachusetts Bay began building up its militia of 'minute men', who could respond to the growing British threat at a moment's notice. The American Revolutionary War began a few months later.

100 years ago, on 15 October 1924 that the Statue of Liberty in New York Harbour was designated a US National Monument.

90 years ago, on 24 October 1934 that the earliest known recording of the song 'Santa Claus is Comin' to Town' was released. Performed by banjo player Harry Reser and his band and sung by Tom Stacks, it has since been recorded by more than 200 other artists.

80 years ago, on 2 October 1944 that the Warsaw Uprising in Poland was ended. The Germans destroyed the city, killing 200,000 civilians and expelling 700,000.

Also 80 years ago, on 9 October 1944 that British Prime Minister Winston Churchill and

Soviet leader Joseph Stalin met to discuss the future of post-war Europe.

70 years ago, from 30 October to 13 November 1954 that the first Rugby World Cup was held in Paris.

65 years ago, on 11 October 1959 that Britain began introducing postcodes. They began in Norwich, and by 1974 had been rolled out across the whole country.

50 years ago, on 9 October 1974 that Oskar Schindler, Austria-Hungarian-born German businessman, died. He saved more than 1,100 Jews during the Holocaust by employing them in his factories. The story is told in the film *Schindler's List*.

30 years ago, on 13 October 1994 that the three main loyalist paramilitary groups in Northern Ireland announced a ceasefire following the IRA's ceasefire announcement on 31 August.

25 years ago, on 12 October 1999 that the United Nations announced that the world's population had reached six billion. It reached seven billion in 2011/12.



Surrender of the Warsaw Uprising resistance, October 1944

POSTCODES

Some 65 years ago, on 11 October 1959, Britain began introducing postcodes. They started in Norwich, and by 1974 had been rolled out across the whole country.

The idea was to speed up sorting following the mechanisation of the postal system. But for the process to work, people had to use it, and it was therefore important to make sure that people could remember their postcode easily. So, psychologists from Cambridge University were asked to assist in their design.

This worked so well that a survey in 2016 revealed that people are now more likely to remember their postcode than their debit card PIN. And the information sticks: apparently 17% of people questioned could still remember the postcode of the house they lived in up to 30 years earlier.

When the first postcodes were trialled in

Norwich, the first three characters were NOR (now NR followed by a number) representing the name of the city, and the last three signified a particular street or large business.

The main point of a postcode is to ensure that a letter or parcel gets to the correct Royal Mail sorting office, where it can then be sorted into the correct round. So the “outcode” will specify a postcode area and district, and will have up to four characters. The “incode” designates a particular postcode sector and delivery point, and always has one number and two letters.

What is a delivery point? It could be a street, part of a street or a single property. Or in rural areas, something a bit bigger. The postcode area is of course much larger: the smallest in Britain is WC in London, covering one square mile. The largest is IV, Inverness, at 6,243 square miles.

OSKAR SCHINDLER

Fifty years ago, on 9 October 1974, Oskar Schindler, Austria-Hungarian-born German businessman, died. He saved more than 1,100 Jews during the Holocaust by employing them in his factories. The story is told in the film Schindler’s List.

At the time of his death, in Hildesheim, Germany, he was almost unknown and very poor. After the war he and his wife Emilie (both now recognised by Israel as Righteous Among the Nations) had emigrated to Argentina, where they separated in 1957 and Oskar returned to Germany alone. Money was raised to pay for his burial in Israel. Emilie died in Germany in 2001.

Oskar Schindler had been an opportunistic German industrialist and a ‘convenient’ member of the Nazi Party who set himself up in an enamel factory in occupied Krakow, Poland, as part of a ‘Germanisation’ programme in 1939. The factory had

previously been Jewish-owned.

Schindler employed Jews from a nearby concentration camp and used bribes and his own diplomatic skills to protect his workers from the brutality of life in the camp and ensure they were not deported. He added an armaments division and convinced the SS that his employees were essential to the war effort – although very little was produced.

The risks he took, which included dubious business deals, brought suspicion of giving unauthorised aid to Jews and of corruption: he was arrested three times but not charged.

His factory was relocated to Brännlitz, near his hometown, at his request, and reopened there purely as an armaments factory – and, thanks to Schindler’s persuasive powers, a sub-camp of a nearby concentration camp. An assistant compiled a list of almost 1,200 Jewish workers needed to move from Krakow to work in the new factory – ‘Schindler’s list’ – which enabled their survival.

WHICH COMES FIRST, THE JAM OR THE CREAM?

Or is it the chicken or the egg.....?

Which do you prefer, when it comes to eating scones? Of course, Cornwall and Devon have long been in rivalry over it, with Cornwall preferring the jam first, while Devon opts for the cream.

Now a recent YouGov survey has found the Cornish method is currently winning the debate. 62 per cent of us, and every British county (except Devon and Somerset) favour the jam-first Cornish approach.

Even the Queen also favoured the Cornish method. But the King is more pragmatic, once admitting that “I go with whichever is closest to me to start off.”

But now YouGov has discovered that when it comes to people under 30, the preference is beginning to swing the other way. While 80 per cent of people who are over-70s choose jam before cream on their scone, the figure falls to 48 per cent among the under-30s.

YouGov calls it a “glimmer of hope” for the Devon method and reckons that “on current trends we could start to see some crossover in coming generations”.

WALKING IS A GREAT WAY TO EXERCISE

You may be young or old, working endless hours, or retired. But there is one exercise you can still undertake almost anywhere, for however long or short a time: walking.

According to health specialists, the simple act of walking “ticks so many boxes – improving our brain, mental and musculoskeletal fitness, as well as our physical fitness.”

Here are five reasons why:

Walking raises your heart rate and makes you breathe faster.

It gives you the benefit of a moderate aerobic workout – without the stress on your joints. As for your blood sugar levels, consider this: after a meal your blood sugar level rises and your pancreas releases insulin to bring it down. But even a five-minute walk can help by blunting the spike in blood sugar. Try and keep your pace brisk – aim for 100 to 130 steps a minute.

Walking improves your bone density

Walking briskly engages the muscles along the back side of your body – the glutes, hamstrings and calves. They in turn put a bit

of pull on your bones, which stimulates your bones to produce osteoblasts, which improves your bone density and reduces your risk of osteoporosis.

Walking improves your mood

It stimulates your parasympathetic nervous system (nerves that relax the body during stress) and stimulates your amygdala (that part of you which controls your emotions). And if you can walk near water (rivers, coast, in the rain) you get exposed to negative ions in the air. These electrically charged molecules are excellent for your mental health.

Walking helps your brain

You will sleep better, and your brain will be in better shape for memory and cognition. Walking also stimulates creative thinking – studies have found walking is a great time for problem-solving.

Walking helps your body shape

An instant way to look younger is to stand tall. So walk with your head up, shoulders back, and lengthen your back, to stand up straighter. And with firmer muscles, your overall body shape will improve, which in turn will boost your confidence!

OUR COMMUNITY

Clubs, events and meetings, walks, talks and fun...



Nina's Friendly Coffee Morning



Every Tuesday 10:30-12
At Eastergate Village Hall

All welcome from babies to golden oldies.
Come for a coffee, cakes, scones,
company, and a chance to make new
friends!

Even well-behaved dogs are welcome!
Contact Nina on 07849 356097 for more
information or just come along!

Barnham and Eastergate
Community Trust

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AT EASTERGATE VILLAGE HALL

Supported by the National Lottery Community Fund



Sunday 6th October

Arrival time 1pm



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AT EASTERGATE HALL

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*(please note participants must have
completed 'A' at a previous session)*



Course includes the basics of first aid:
recognising a stroke or heart attack, giving CPR,
using a defibrillator, the recovery position and
other relevant topics

For more information and to book email
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Aldingbourne Parish Council
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on
Saturday 26th October at 11am

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Meet at:
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by **12 NOON, Wednesday 16 October 2024** at the latest. **No exceptions given**

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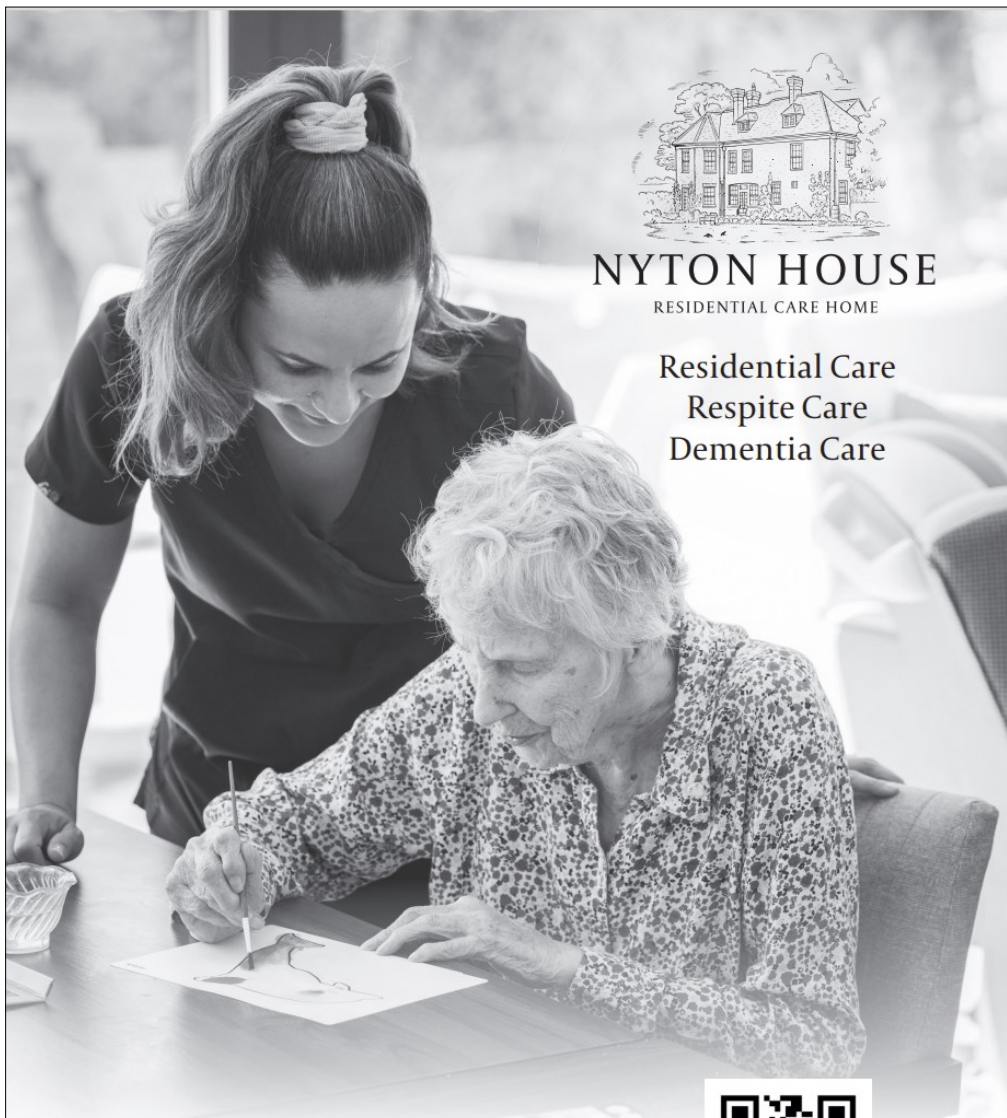
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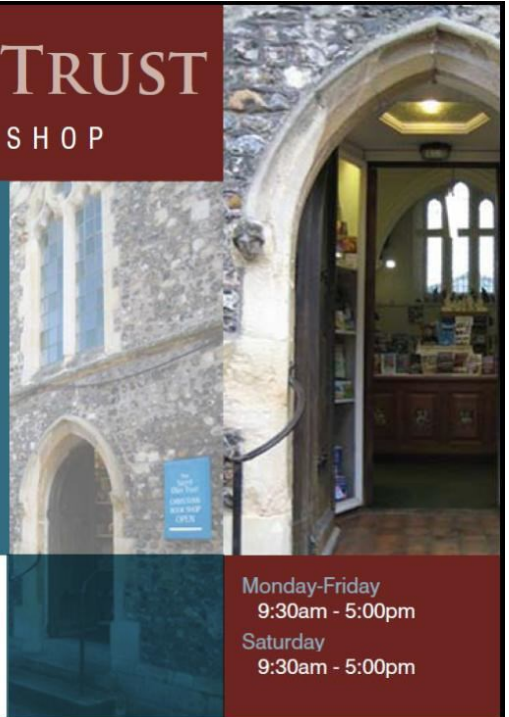
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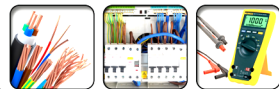
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