

# SallyForth

Western District Newsletter  
December/January 2019



## Diary of Events

### December 2018

Saturday 1 <sup>st</sup>	<b>Beginners &amp; Improvers Practice -</b> Contact Christine first on 01903 872623	Washington	9.30am
Wednesday 5 <sup>th</sup>	<b>Codgers</b>	for towers see SCACR calendar	11.00am–12.30pm 2.15pm–3.30pm
Friday 7 <sup>th</sup>	<b>Basic 8 Bell Practice</b>	Arundel	7.30pm
Saturday 8 <sup>th</sup>	<b>Ringling and Tea (<a href="#">link</a>)</b> <b>Carol Service (See BOX on PAGE 5 )</b> Tea - Names to Moya at sec-west@scacr.org	Pagham	2.30pm 4.00pm 5.00pm
Friday 21 <sup>st</sup>	<b>Stedman and beyond 8 bell practice</b>	Arundel	7.30pm
Saturday 22 <sup>nd</sup>	<b>Surprise Minor Practice</b>	Walberton	10.15am

### January 2019

Wednesday 2 <sup>nd</sup>	<b>Codgers</b>	for towers see SCACR calendar	11.00am–12.30pm 2.15pm–3.30pm
Friday 4 <sup>th</sup>	<b>Basic 8 Bell Practice</b>	Arundel	7.30pm
Saturday 5 <sup>th</sup>	<b>Beginners &amp; Improvers Practice -</b> Contact Christine first on 01903 872623	Washington	9.30am
Saturday 12 <sup>th</sup>	<b>Ringling (<a href="#">link</a>)</b> <b>Followed by Tea - Names Moya at sec-west@scacr.org</b>	Bosham	2.30pm-4.00pm
Friday 18 <sup>th</sup>	<b>Stedman and beyond 8 bell practice</b>	Arundel	7.30pm
Saturday 26 <sup>th</sup>	<b>Surprise Minor Practice</b>	Walberton	10.15am

### Looking Ahead

ADMs	North	2 <sup>nd</sup> Feb	Horsham, followed by a quiz and supper
	West	9 <sup>th</sup> Feb	Angmering
	South	16 <sup>th</sup> Feb	TBA
	East	23 <sup>rd</sup> Feb	Battle
Quiz		9 <sup>th</sup> Mar	Pulborough Village Hall with Fish and Chip Supper

You can find out about nation-wide ringing events by looking at [www.cccbr.org.uk/things-to-ring-for](http://www.cccbr.org.uk/things-to-ring-for)

Many thanks to everyone who sent in items for the newsletter. Your input is greatly appreciated.

Please send your contributions for the next edition of **SallyForth** to  
[news-west@scacr.org](mailto:news-west@scacr.org) by **15<sup>th</sup> March 2019**. Thank you

# Secretary's Musings

Well, by the time you read this it will nearly be Christmas again and another year gone. There have been lots of national events to ring for this year, having had 2 Royal Weddings and then just recently the Ringing for the Centenary of the end of WW1. It has also had many sociable Saturdays as well for us all to enjoy including the Beetle Drive in March, a walk through Knepp Estate and an exceptional Outing to Salisbury by coach with lovely weather and bells. I have been helped out organising and running these events by several different people, and I wish to say a big thank you to all of them for taking some of the burden from me.

We have just had a meeting of our committee members to arrange our Diary for next year and hopefully it will be just as enjoyable. There will be another Quiz evening in March at Pulborough Village Hall (so get your thinking caps on) with fish and chip supper, hopefully another walk and ring in July, and another novice ringers morning in August and possibly another District Outing. We are also hoping to hold some more ringing up and down mornings as they seem very popular as no one seems to get much practice as they start to learn this.

Having also just had the Association General Committee Meeting there is hopefully going to be a return of the 2-day Training Courses next year, and also in January it is also hoped to have a Saturday morning for all new ringers and teachers from the Ringing Remembers campaign. Watch the website for details ([www.scacr.org](http://www.scacr.org)).

Don't forget on the SCACR website you can find all that is going on in Sussex; not only in our District but the other Districts in Sussex as well, so if you fancy a drive on a Saturday to another Ringing Tower for one of their practices you will be most welcome, I am sure. If you are worried about walking into a strange Tower why not ask someone from your Tower to come with you. If you are nervous about ringing just ask the person in charge to stand with you whilst you get your confidence. I can assure you we are all most welcoming to visitors, and after the first time you will be surprised how often you will see the same faces at different events, make friends and improve your ringing. Practice makes perfect!

All that remains is to wish you all a very Merry Christmas and a happy and healthy New Year. Hoping to see many of you at our Carol Service and ringing on 8<sup>th</sup> December.



**Moya Hills**  
**Sec West**  
[sec-west@scacr.org](mailto:sec-west@scacr.org)  
01903-266980

**SUSSEX COUNTY ASSOCIATION OF CHANGE RINGERS - West District**

**WELCOME TO OUR NEW MEMBERS**

*All at Storrington this time!*

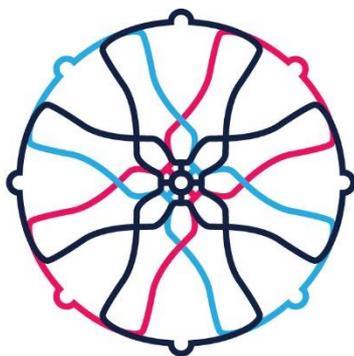
**Hilary Morris**

**David Bolingford**

**Elizabeth Armstrong**

**Joanna Jones**

**Philip Jones**



THE CENTRAL COUNCIL OF CHURCH  
**BELL RINGERS**

## CCCBR UPDATE

Behind the scenes there has been much work being carried out by the new workgroups since they were set up following on from our AGM last May.

One of the most successful projects has been 'Ringing Remembers', led on behalf of the CCCBR by Vicki Chapman, which had the initial target of recruiting and then training 1400 new bell ringers across the country. This target however has now been surpassed (2600 and still rising at the point of going to press), and in Sussex over 150 new recruits have signed up; the main task now is to keep them ringing.

The Volunteer & Leadership group is busy, in conjunction with the Association of Ringing Teachers (ART), in developing a youth forum. This will be the main subject for the second day of the 2019 ART conference to be held in Worcester over the first weekend in March. Other work is being undertaken with University ringing and in developing leadership skills. These are important at all levels from tower captains to Association officers; good leaders will hopefully encourage retention of ringers and therefore keep numbers up.

Publications are being reviewed as to what is useful to have in print or available electronically. Other titles may well be discontinued, however the decision has been made that a new edition of Dove's Guide will be printed. Publications falls under the remit of Communications & Marketing; this group has also been busy supporting the other work groups in publicising projects.

The hardware aspect is now dealt with by Stewardship & Management. All current guidance is being reviewed to ensure that it is up-to-date and available to all ringers. Work continues on a long term project to understand tower movement and how it can be measured and dealt with.

The CCCBR Website is also being reviewed; this again is a project involving more than one workgroup and much work is being undertaken by Technical & Taxonomy. In addition a major piece of work on the method framework is hopefully being finalised.

All in all there is much going on to build on the reforms voted through, and there is other outstanding work for the future. A direct membership organisation is being progressed, and the size of the CCCBR will be reviewed in the future. We continue to work in a collaborative manner with others, for example the Ringing World, ART and the Keltek Trust in connection with finding new homes for surplus bells. In addition regular liaison meetings are held with the Church of England, Churches Building Council and EIG (insurance).

David Kirkcaldy  
Central Council Rep

### Michael Palmer Award

**Do you have someone in your Tower who has achieved a personal goal over the past year or someone who is learning and progressing very quickly?**

Denise Palmer set up this award in memory of her husband, Michael, to reward a ringer who needs congratulating and encouraging to carry on.

They can be either young or old.

Nominations together with a little write up as to why you believe this person deserves this award need to be in by the end of December.

Any nominations should be sent, as a Word Document, to:  
Moya, West's Secretary ([sec-west@scacr.org](mailto:sec-west@scacr.org))

# Ringling Remembers Recruits

## at Steyning

Like many across the country on Sunday, 11 November Steyning ringers had a busy day. In all we rang three times, first for our Service of Remembrance then 'Ringling Remembers' and finally in the evening for 'Battles Over'.

At each of these we had the three latest recruits to have joined our band, all of whom had registered with 'Ringling Remembers'. Geoff has been learning since the summer, Lucy and Tom started more recently after moving to the town. We trust they are all hooked and will enjoy many years of ringing in the future.

David Kirkcaldy



*Geoff Goodman, Lucy Forbes-Reeves Tom Sutton*

## at Chichester Cathedral



At 12.30 on Remembrance Sunday the Chichester ringers met to commemorate the 100<sup>th</sup> anniversary of the signing of the First World War Armistice. The band was swelled by the seven Ringling Remembers recruits shown in the picture, six of whom are learning to ring at the Cathedral. We were glad to welcome Jane from Crondall in Hampshire who was visiting the city. All the ringers successfully rang in rounds.

*From the left the ringers are: Shaun, Celia, Jan, Chris, Carol, Jane and Henry.*

# Would you be willing to be our District Ringing Master?

I think the term Ringing Master is incorrect these days, and the title should be something like Ringing Co-ordinator, but that has not been decided upon by the committee.

**You do not have to be the greatest ringer around, just be a keen ringer and attend most of our Saturday District Meetings.**

I believe this to be a very valuable position as everyone gets to know you and you get to know other ringers.

As you get to know other ringer's strengths or weaknesses you are able to organise ringing to suit them and the ringers get more confident, especially novice ringers, with someone they know running the Get-Together each month. You are not committed to attending every Saturday Get Together should something else happen in your life as there are always other people who can be asked to help by running the odd one.

If you would like to take this on, please contact any of the West District Committee members or Moya on [sec-west@scacr.org](mailto:sec-west@scacr.org) or phone 01903-266980.

Graham Hills



## Ringling with Carol Service

All welcome including family & friends

Saturday, 8<sup>th</sup> December

St . Thomas a Becket Church, Pagham

Come and join other ringers for some ringing from 2.30pm  
Followed by a Carol Service of 5 Lessons and Carols at 4pm,  
then enjoy tea and a chat.

*Please book your tea with Moya ([sec-west@scacr.org](mailto:sec-west@scacr.org) or phone 01903-266980)*

*By Wednesday 5<sup>th</sup> December please*

## Salisbury Surprise Western District Outing 13<sup>th</sup> October 2018

Have some sympathy for the organisers of ringing outings as apart from the usual stress of getting ringers, securing bell towers, navigation, parking, weather, traffic and flu bugs, there will always be the surprise! It happened after our first tower on this outing on 13<sup>th</sup> October after our ring at Stockbridge. The coach failed to start!



It had all begun well with 19 of us being collected from Worthing, Washington and Petworth early on Saturday morning. Unfortunately, Kathy could not be with us as she had a bad cold and Stoughton and Chichester had an outing of their own, so numbers were a bit down. We made good progress, enjoying the dawn spreading across the Sussex Downs through Midhurst, Petworth, Winchester and Stockbridge where we found **St Peters Church**. After sampling the local coffee shops we climbed the stairs to find 6 easy bells (7 cwt tenor). Changes, Grandsire, Cambridge and Bob Doubles gave everyone a chance, with local chocolates on hand as a reward. Back at the coach we were faced by Jim, our driver, desperately trying to start the coach! Phone calls were made to no avail, bus times to Salisbury consulted (every 2 hours and we had just missed one!) and local garages contacted. This was going to take some time so we dispersed to explore local shops and galleries (70% off Orvis clothing and 3 outlets selling Afghan and Persian rugs! It was one of those sort of towns). Brenda suggested that I had gone into the rug shop to find a magic carpet to transport us to Salisbury and Tony thought a prayer mat would be more useful! We went to see the huge Brown Trout hovering about 6 feet away in the crystal clear Test stream and were tempted by the barrow load of free Bramleys in a local garden gateway making sure we did not return empty handed. After 20 minutes, we took our seats on the

coach and the engine fired at last after the ignition had been turned off and the vehicle locked and then unlocked. We had lost Pip for a while, but once retrieved, we were soon on our way to Salisbury.

The sun came out as we passed Porton Down and thought about Novichok, then we were in to the City passing vaping shops and tattoo parlours. At **St Martins Church**, our next ring, were two pianists rehearsing for the evening concert in the church and titled "From Russia with Love". Down 4 steps in the porch to the ringing chamber and we found 8 fine bells (13.2.4 tenor) and a ninth bell supporting the central table. We rang Grandsire Triples, hunting and changes and admired the fine display of peal boards which dated from 1887, recording the first peal in the City.

Lunch was our next destination and we were quickly able to walk into the central shopping area and battle with the crowds enjoying the very warm autumnal sunshine. The recent poisoning scares seem to be far away although Zizzi's, the restaurant at the centre of the incident, was still boarded up. The Cathedral was amazing of course, but we had little time to explore other than to get a stiff neck from looking up at the spire.

There was a wedding finishing at **St Thomas Church**, our next ring. A large building built in 1445 after the original church from 1220, built for those working on the Cathedral, had been demolished. The entrance for the bells was tucked around the side road and between the shops so our ringers trickled in to climb up to a ring of 8 bells (25 cwt tenor). A four way split cctv screen gave us views of the bells and church while long ropes, a swaying tower and the effects of lunch, made the ringing a bit ragged to start. It settled down and we achieved Grandsire Triples, hunting and changes before it was time to regain our coach and check that the engine was still running!

We headed back through Stockbridge then on to Houghton and the little church of **All Saints** with its timber tower and light ring of 6 bells (2.2.21 cwt tenor). A bit of a contrast with our last venue but they went very well. The ground floor ring were installed in 2014 and framed by huge timber braced posts. I was glad the heating was off as you had to nestle up against the radiator to ring the 4 and 5 bells! We managed Cambridge, Kent,



Grandsire and hunting, they were fun and sounded a bit like door chimes outside where Alison was discovering a covered well in the churchyard.



*Where's that spider?*

Back on the coach parked by the oddly named pub, “The Boot Inn”, we headed north to Whitchurch where **All Hallows Church** had a splendid ring of 10 bells (26.1.4 cwt tenor), a real surprise in this little town. There were long ropes and an electrically operated “spider” hoist operated from within the ancient corner stair cupboard which clearly fascinated some! Rather apprehensively, we took up the ropes to ring but were rewarded with a pleasant surprise. For 10 bells, you have to be able to hold up at hand and back stroke, but these were so well engineered that this was no problem, even on the treble. Two tenors had been added to the original 8 in 1999 and Jo showed us that ladies have no problems with big bells as she rang the heaviest bell. There was a certificate on the wall given by the local community and thanking the ringers “In recognition of the pleasure and joy given to the townsfolk over countless years”. A lovely tribute. We managed Grandsire Caters, (well done Harry!), hunting and changes before gathering for a group photo and thanking David and Moya for all of their work in making the day so enjoyable. With the light fading we joined the coach for a final time, dug out our packed teas and let Jim drive us back to Sussex.(well done to him for what must have been a stressful day)



What a splendid day for everyone and many thanks again to David for his selection of towers which gave us challenges enough and for guiding the ringing so that nobody was forgotten. Also thanks to Moya and Graham for all of the work in organising the finances, transport and ringers. Don't miss out next year all of those unable to come along and be rewarded with a host of fond memories.

David Hall



## **LOOK NO FURTHER FOR YOUR IDEAL CHRISTMAS PRESENT!!**

*Check out our wide range of clothing this festive season. We've got everything from t-shirts to gilets for men, women and children.*

*Not a reindeer's nose in sight although possible a Jingle Bell – ho, ho, ho!*

*See details at [www.scacr.org/resources/clothing](http://www.scacr.org/resources/clothing) or contact Sandra at [clothing@scacr.org](mailto:clothing@scacr.org). Orders to be received by 1<sup>st</sup> December 2018.*



# Learning the Ropes

The Association of Ringing Teachers (ART) have developed a progressive learning scheme for change ringing called Learning the Ropes. There are a number of principles behind the scheme. The two that I would like to mention are:

- The learner is aware of the details of the scheme and the related nature of the exercises. That is, they understand the purpose of each exercise and what lies ahead of them.
- The scheme is split into 5 levels so that progress can be landmarked

More about the scheme can be found at <http://www.learningtheropes.org/>

Matthew and Henry are shown below receiving their Level 1 Bell Handling certificates. There is a strong emphasis on style and eliminating bad habits before they develop. Ringing up and down is also included.

Matthew and Henry have already started Level 2 Foundation Skills which covers bell control: rounds and call changes, making places and dodging.



*Matthew receiving his Bell Handling certificate from Hamish McNaughton.*

Matthew is a useful member of the Aldingbourne band. His mother Claire, also in the picture, and sister Zoe are also members of the band.

Following Matthew on this program at Aldingbourne are Mark, who joined through the Ringing Remembers Scheme, and Heather.

*Henry receiving his Bell Handling certificate from David Roberts*

Henry joined the Chichester Cathedral ringers as part of the Ringing Remembers scheme. In fact, this presentation was done on Remembrance Sunday. Henry is enthusiastic and has learnt rapidly.

Five more learners, at the Cathedral, are also following the Learning the Ropes training program.

[Hamish McNaughton](#)



Maggie presiding over the raffle



in a complicated wheelchair which extended into an upright position. A bell was lowered to enable her to chime individually, to obvious delight when she heard the sound of “her bell”. Many visitors said they loved hearing the sound of the bells.

Our thanks to all the experienced ringers who came to support us on a wet afternoon in October and to our coffee morning in November. The sum raised currently exceeds £1,200 and not all the Smartie tubes are in yet! We were able to end the last day with a fine course of Stedman Doubles.

Michael Nott

## Findon Fund Raising update

The buzz of the two days was incredible, with all the ringers pulling together to do their bit for the repairs to the bells. It was a memorable opportunity for visitors. We rang mostly rounds with one supervised novice in at a time so those new to it could experience some of the satisfaction of ringing together. The joy and pure excitement on people’s faces when they had a go, especially the children, was a pleasure and in particular, our first participant, a lass



Caroline helping a visitor

## Walk and Ring at West Grinstead 14<sup>th</sup> July 2018

*“ From quiet homes and first beginnings, out to undiscovered ends,  
there's nothing worth the wear of winning,  
but laughter and the love of friends”*

(Hilaire Belloc)

This repeat of what has become a regular favourite, took place on 14<sup>th</sup> July in the middle of one of the longest heat-waves ever! With temperatures exceeding 30 degrees, the number of people wishing to walk initially had been only 14 or so but a last minute rush, perhaps to avoid England’s World Cup match with Belgium or perhaps the Gay Pride Walk in Worthing, had risen to over 20. This had put extra pressure on the evening catering at a local hostelry but as we were to eat early at 7.00 pm, it was not a problem.

West Grinstead church has a charm of its own with huge marble monuments, box pews marked with the old local estate occupants’ names, a split level floor and rather long bell ropes. It is also the last resting place of Hilaire Belloc, poet, MP and man of Sussex, who was brought up in Shipley and is associated with the windmill. Those arriving were a little taken

aback by the sight of two matching, miniature, black Shetland ponies grazing between the headstones! Ann had brought them along for an outing but they were to take their supper on the hoof as we walked along and not in the pub! Richard Verral was on hand to guide us, quickly the bells were rung up and we took turns to ring rounds, plain hunt and Grandsire Doubles. Nerves were tested as we tried to pull straight down and long while avoiding the sight of the old wooden coffin propped up nearby! We enjoyed ourselves and added to everyone's ringing experience, but soon it was time to gather sun-hats and water bottles and strike out on the footpath west towards Shipley.



18 or so of us were quickly feeling relaxed and cheerful as we passed huge fields of ripe wheat and ancient trees. The A24 main road and a dice with the traffic came up (hearts in mouths as the ponies made it safely across). The Knepp Castle Estate awaited us and a delightful, tree lined, shady walk on past the huge mill pond and eventually the main house of Sir Charles Burrell, with a minor diversion off of the footpath to get a bit closer. Beautiful, ancient oak trees and a light breeze made the path a real pleasure. Occasionally, the ponies would lag behind and we would hear the clattering of tiny hooves as they scampered after us (and into the distance if it was green)!

Shipley came up quite suddenly as the footpath ended after about one and a half miles, where the cars were waiting to take us back. We said goodbye to the gorgeous ponies, who had their own horse trailer waiting. At West Grinstead church we found Barry and Bella, his spaniel, waiting to start the walk! (whoops Barry). Then we divided up again to ease the parking at our pub, The Windmill, at Littleworth, and motored off to find our supper.

Orders had been taken in advance but drinks were the priority as we explored this delightful hostelry. The library of books in the porch did not mean that it would take an age to be served, and the young ladies behind the counter soon provided the vital refreshments. An area had been set aside for a table and several other ringers joined our group to make it up to 22. The food was excellent and was served with efficiency, no mean task as it was all piping hot and delicious. Then the dessert menu was selected and Elizabeth had a surprise after ordering a lemon sorbet but was served a dish called Setti-Velli. There was much laughter as a yellow semi-sphere shaped sponge mound appeared, topped by a red finial (nipple?) The taste was a disappointment too for Elizabeth so did not get the booby prize!

Thanks to Christine, Karen and Jane for walking the route and organising the event and to Richard for his welcome at West Grinstead. I hope you can do it all again next year!



David Hall

## Quarter Peals

*If requested, SallyForth is pleased to report Peals and Quarter Peals rung in memorium of ringers or national figures, or rung to celebrate events which are of general public interest or of specific interest to bellringers, or which include "firsts" for one or more members of the band.*

*Please ensure that all members of the band are happy to have their names printed in SallyForth before sending your request.*

### St Nicholas, Arundel

4<sup>th</sup> June 2018

#### 1260 Plain Bob Doubles

- 1 Anna Hall
- 2 Nalon Le Fournis
- 3 Susan Spencer
- 4 David Hall
- 5 Colin Spencer (C)
- 6 Tony Davey

Rung to commemorate the 100<sup>th</sup> anniversary of the death of George Attree, the first General Secretary of the Sussex County Association (1893-1909).

First quarter peal: 2 & 6

### Chichester Cathedral of the Holy Trinity

6<sup>th</sup> October 2018

#### 1280 Yorkshire Surprise Major

- 1 Jane Deadman
- 2 Susan Spencer
- 3 Chris Fynes
- 4 Hamish McNaughton
- 5 Peter Watson
- 6 Chris Dart
- 7 Colin Spencer (C)
- 8 Nick Deadman

Rung for a wedding at the Cathedral and in memory of Peter T Hurcombe of Hurstpierpoint, a former Master of the Sussex County Association

### Chichester Cathedral of the Holy Trinity

11<sup>th</sup> November 2018

#### 1280 Yorkshire Surprise Major

- 1 Gill Roberts
- 2 Peter Watson
- 3 Jane Deadman
- 4 Hamish McNaughton
- 5 David Roberts
- 6 Mike Smith
- 7 Nick Deadman
- 8 Colin Spencer (C)

Rung on the Centenary of the end of the First World War, as part of the "Ringing Remembers" event

### Holy Trinity, Bosham

30<sup>th</sup> September 2018

#### 1260 Grandsire Doubles

- 1 Jane West
- 2 Carol Bishop
- 3 Alison Everett
- 4 Caroline Taylor
- 5 Ewan Grant-Richardson (C)
- 6 Dave Hanwell

Rung for Evensong in memory of Jane Powell, a member of the Bosham band for more than 10 years.

### Chichester Cathedral of the Holy Trinity

3<sup>rd</sup> November 2018

#### 1250 Cassiobury Surprise Major

- 1 Ian Hunt
- 2 Alison Hunt
- 3 Jane Deadman
- 4 Gill Roberts
- 5 Hamish McNaughton
- 6 Colin Spencer (C)
- 7 Mike Smith
- 8 Nick Deadman

Rung in fond memory of Cicely Bartram, a former ringer at the cathedral.

### St Mary, Walberton

11<sup>th</sup> November 2018

#### 1260 Grandsire Doubles

- 1 Hamish McNaughton
- 2 Marjory Murphy
- 3 Susan Spencer
- 4 David Hall
- 5 Colin Spencer (C)
- 6 Chris Dart

Rung half muffled for Evensong on the centenary of the end of the First World War, in memory of the fallen.



The Chichester Cathedral Band that rang a Quarter Peal to commemorate the 100<sup>th</sup> Anniversary of the Armistice and prior to the Special Service of Remembrance and Reconciliation on the afternoon of Remembrance Sunday (see above).

*From the left: Mike Smith, David Roberts, Colin Spencer, Nick Deadman, Gill Roberts, Jane Deadman, Hamish McNaughton, Peter Watson.*

## WESTERN DISTRICT CONTACTS

<b>Secretary</b>	Moya Hills 311 South Farm Road, Worthing BN14 7TL	01903 266980	<a href="mailto:sec-west@scacr.org">sec-west@scacr.org</a>
<b>Events Co-ordinator</b>	David Hall	01903 884724	<a href="mailto:events-west@scacr.org">events-west@scacr.org</a>
<b>Education Officer</b>	Christine Butterfield	01903 872623	<a href="mailto:ed-west@scacr.org">ed-west@scacr.org</a>
<b>West BRF Rep</b>	Roger Watts	07901 570433	
<b>Newsletter Editors</b>	Mandy Rodgers Hamish McNaughton	01243 574074 01243 543410	<a href="mailto:news-west@scacr.org">news-west@scacr.org</a> <a href="mailto:hamish@wandleys.demon.co.uk">hamish@wandleys.demon.co.uk</a>
<b>Central Council Rep</b>	David Kirkcaldy		
<b>Committee Members</b>	Janice Crawford Graham Hills Sue Gadd	01903 266980	<a href="mailto:brf@scacr.org">brf@scacr.org</a>

### WESTERN DISTRICT PRACTICE NIGHTS

You'll always be welcome on practice nights at other towers in the division, but it might be an idea to check before you get there!

**Monday:** Aldingbourne, Arundel (2<sup>nd</sup> & 4<sup>th</sup>) & Lyminster (1<sup>st</sup> & 3<sup>rd</sup>), Northchapel, Pagham, Pulborough, Slindon, Stedham, Westbourne, West Tarring & Yapton

**Tuesday:** Aldwick, Findon (2<sup>nd</sup> & 4<sup>th</sup>), Fittleworth, Funtington, Goring-by-Sea, Graffham, South Harting, Washington (2<sup>nd</sup> & 4<sup>th</sup>)

**Wednesday:** Billingshurst, Chichester, Felpham, Heene, Kirdford (7.45pm), Shipley, Stoughton, Thakeham, Tillington (7.45pm - 1<sup>st</sup> only), Wisborough Green (7.30pm)

**Thursday:** Angmering (2<sup>nd</sup>, 4<sup>th</sup> & 5<sup>th</sup>), Bosham, Easebourne (1<sup>st</sup> & 3<sup>rd</sup>), Findon (1<sup>st</sup> & 3<sup>rd</sup>), Midhurst (2<sup>nd</sup> & 4<sup>th</sup>), Milland, Petworth, Steyning & Walberton

**Friday:** Amberley, Rogate & Storrington Upper Beeding (2<sup>nd</sup> & 4<sup>th</sup>)

**Other Towers:** Fernhurst (3), Lodsworth & Trotton (4)

### Regular Practices

Beginners & Improvers Practice - contact Christine first	1 <sup>st</sup> Saturday of every month	Christine Butterfield	01903 872623
Basic 8 Bell Practice	1 <sup>st</sup> Friday of every month	Colin Spencer	01243 824952
Advanced 8 Bell Practice	3 <sup>rd</sup> Friday of every month	Colin Spencer	01243 824952
Surprise Minor Practice	4 <sup>th</sup> Saturday of every month	Graham Hills	01903 266980
Codgers Practice	1 <sup>st</sup> Wednesday of every month	Mike Foster <a href="mailto:codgers@scacr.org">codgers@scacr.org</a>	01903 741664

### Ways to keep in touch with what the Sussex Association of Change Ringers is doing

Take a look at the SCACR calendar at [www.scacr.org/calendar](http://www.scacr.org/calendar)

Subscribe to Soundbow. SCACR quarterly magazine. £1 each or £6 pa for a postal subscription. Contact Soundbow Editor Kathy Howard 01903 813653

You can register and keep in touch via Facebook – just search for SCACR

If you use Twitter then look for @scacr and @sussexbells

If you need to know more about social media please email Alison Everett, our Communications and Events Team leader, at [publicity@scacr.org](mailto:publicity@scacr.org)

*Many thanks to everyone who sent in items for the newsletter. Your input is greatly appreciated.*

*Please send your contributions for the next edition of **SallyForth** to [news-west@scacr.org](mailto:news-west@scacr.org) by **15<sup>th</sup> March 2019**. Thank you*