

Look To!



The Eastern District Newsletter

March 2021

Little did we know a year ago when we were put into lockdown that we would still be in another lockdown a year later and that we have hardly been able to ring the church bells as we know. I have been in contact with a few towers and it's nice to say that a lot of ringers have been able to keep in contact with each other either through phone calls, WhatsApp, zoom or around their village or local area. Some towers were able to ring two or three bells for a short time last year when a few restrictions were lifted. An addition to the world of ringing has been ringing room with a new addition of something called Wheatley, which enables you to ring on your own, to practice or learn a new method. If you would like to have a go contact a committee member who can help you get onto it if you don't know how. We held our AGM on Zoom, this was well attended. There was a chat room for people to chat with other members, also there were three ringing rooms for people to go and have a ring if they wanted to. We had a break so anyone who wanted to could bring along their ringers tea. Some had a table with a full ringer's tea on and a few others just brought a plate along with a variety of item to eat.

The meeting went well and a copy of the minutes is on the SCACR website for all to see. At the meeting Isla Beckingham was welcomed as a new member with her father Stephen presenting her with her membership certificate. We would like to welcome a new member onto the Committee Tony Shaw, a ringer from Rotherfield. We are still looking for someone to come onto the committee to take over the role of 'Look To' editor. This involves sending out a few newsletters each year to our members.

If we are able to later in the year we will look at putting a couple of Saturday meeting on but in the meantime please join us on one of the Ringing Room sessions, details of these are in the newsletter.

I hope you are all keeping safe.

Words from Marion Your District Secretary

Marion Hollands

Subs

A gentle reminder to towers who haven't yet paid their subs that these are now overdue please get in touch with Sue or Jonathan if you have queries

Join the Association online practices - all welcome!

Every Saturday, from 3 pm

Are you missing ringing, or missing chatting with your ringing friends from other towers? Perhaps you're worried that you've forgotten everything you'd learned... Why not give the fun and supportive weekly online practices a go? The great thing about online ringing is that you don't have to think about bell handling, so you can focus on the theory and practising the method without worrying about the length of your tail end, or how high up to catch the sally. Learners join small groups to concentrate on specific things, supported by super, friendly helpers.

Our learners are making great progress, and many of them are now ringing things well beyond their ability in the tower - so they will have all that knowledge under their collective belts once they get back into the belfry. From intro to Plain Hunt, to "different Doubles" and moving on to Minor, we're got something for everyone. More experienced ringers are wanted as helpers!

- 3.00-3.30 pm - online chat via Zoom (don't forget your cuppa!)
- 3.30-4.30 pm - Novices' Practice (please join the Zoom call by 3.20 pm) - rounds & call changes, Plain Hunt, Plain Bob Doubles, Grandsire Doubles...
- 4.30-4.45 pm - break (join the Zoom meeting if not already in the Novices' session)
- 4.45-5.45 pm - Moving on to Minor Practice - Plain Bob and Little Bob Minor, Kent Treble Bob Minor...

To sign up for either or both the Novices and Minor sessions, contact Steph via sec-north@scacr.org. The practices make use of [Zoom](#) and [Ringing Room](#). If you'd like to give it a go but you're unsure about the technology, just contact your District Secretary, who will be happy to put you in touch with someone who can help.

Young Ringers - get a pair of e-bells for £25

Are you under-25? Do you like ringing hand bells, or would you like to give it a go? SCACR is offering young ringers a grant of £65 to buy a pair of **electronic handbells** for just £25 (usually £90). Contact Hamish McNaughton for details: secretary@scacr.org.

Upcoming Events

Saturday Practices.

Saturday 27th March 11.00 a.m.

Eastern District Practice meeting on
Zoom and Ringing Room

Saturday 24th April 11.00 a.m.

Eastern District Practice meeting on
Zoom and Ringing Room

Join Zoom Meeting

[https://us02web.zoom.us/j/87964406127?
pwd=dFpBWmFlei8zR2VmNUIHOEpB
MG4wZz09](https://us02web.zoom.us/j/87964406127?pwd=dFpBWmFlei8zR2VmNUIHOEpB MG4wZz09)

Meeting ID: 879 6440 6127

Passcode: EAST-meet

Midweek Practices.

Would anyone like to have some midweek practices on ringing room and zoom. Please Contact Pauline or Nick and if enough people are interested something can be arranged

ADM on Zoom

Saturday May 8th at 10.00 a.m.

Details to follow.

Association of Ringing Teachers & Central Council Collaboration



As restrictions to ringing continue for some time yet, the association of Ringing Teachers (ART) and the Central Council of Church Bell Ringers (CCCBR) have joined forces to bring a series of activities, teaching, and support ways in which we can help ringers and bands stay together and then recover. For example, the production of a Survival and Recovery Toolbox from which ringers, bands and even ringing societies can pick the tools that will best help them keep going until ringing can resume and tailor them to local needs. The toolbox will give access to training, a variety of new (and old) ideas and the opportunity to learn from what others have done or are thinking of doing. The toolkit, whilst hosted by ART is very much a joint initiative with resources being developed together.

We are also issuing a regular joint newsletter giving updates, stories, and information fresh off the press.

The toolkit and newsletters can be accessed via <https://ringingteachers.org/survival-and-recovery-toolbox>
The Council Executive and ART Management Committee are thinking about recovery strategies at a more fundamental level as well. If you have any ideas or would like to help in any aspect of this – building, delivery or engagement – then please get in contact with us. Working together is the best way of building a positive future for ringing.

Recovery Champions

To coordinate the flow of ideas and information, we are coordinating a network of **Recovery Champions** across the country who will focus on recovery planning within the local area. They won't necessarily be the people doing all the work or dealing with mailing lists; but they will be in the best position to know how that could work in their local area. Please consider becoming a Recovery Champion if you are planning activity in your local area. Networking with others will give you ideas, help and support – you don't have to do it all yourself. Each Association has been asked to nominate people who will be good Champions, however particularly for the larger ringing societies Champions will work best at District level or even more local than that. There is no limit to the number of Champions an Association can have. The Recovery Champions will have access to a range of tools and contacts to help them meet the needs of their local area. It's all free and available to be shared with individual Tower Captains, churches and ringers. If you think this initiative will be helpful to you and ringers, or you'd like to find out more, please contact Annie Hall who is coordinating the Recovery Champions at annie.hall@sky.com

Getting our bells ringing again

With the potential resumption of bell ringing on the horizon, I have prepared some notes with regard to checking your bells before starting ringing. (These have been based on guidance from the Kent County Association). The most important thing will be to visually inspect everything relating to the bell installation, including the ringing chamber, intermediate chambers and the bell chamber itself. Ensure that nothing might impede the swing of any of the bells. There was an instance at one of the Eastbourne towers where the wire mesh over the louvre came adrift and was resting against one of the bells. If this had not been checked and cleared there would have been some quite expensive damage. Also, the tower had to be industrially cleaned because of the ingress of pigeon droppings, etc. This may present a good opportunity for a bit of bell maintenance to be carried out at the same time as this will establish that all is well. Do check stays for signs of cracks, check that all nuts are tight, check ropes are running freely through pulleys. Where appropriate, some bearings may need lubrication, but do not be tempted to force lots of grease into ball bearings. Once everything is clear, the next stage will depend on the competence of your ringers as to how far they can go. It is suggested that the bells are rung up one at a time by an experienced ringer who will know if the bell feels OK. There should be no need for anyone to be at bell level, in a number of towers this could not be done safely anyway. Should anyone decide that this must be done, then ring each bell up and down so that the person at bell level is not among a lot of raised bells. This would also be a good time to check your tower risk assessment

SUSSEX CLOTHING IS BACK

Loose polo shirts, fitted t-shirts, hoodies, rugby tops, fleeces – all embroidered with the Sussex logo.

Many colours, styles and sizes (including children) to suit all.



Please visit the Clothing page (can be found under Resources) on the SCACR website for full details and order form. Orders will be placed on the last day of every month, delivery time is approx. 4 weeks from the order being placed with the supplier.

Any questions, please get in touch with Sandra Alford at clothing@scacr.org

FEEDBACK SO FAR

I am really pleased with my rugby shirt – it is a great length for ringing!

I love my polo shirt, it's a really nice fit and colour.

Fleece and rugby shirt are lovely and fit very well, thank you!

I shall wear my t-shirt with pride!

Good price, good quality and good fit – thank you.

Love curling up in my hoodie!

Cheese Scones

Ingredients.

12oz Sifted Self Raising Flour
1 tsp baking powder
3oz Butter
6oz Grated Cheese
1 Large Egg
6 tbsp. Buttermilk
Seasoning
Mustard powder
Milk to glaze



Method

Rub flour, Baking powder and butter together to make fine breadcrumbs. Stir in seasoning and mustard powder. When mixed make a well in the centre and add the egg and buttermilk to form a soft dough. Adding more buttermilk or milk if required.

Shape into a thick round about 3 centimetres thick. Cut into wedges as you would a pizza, brush with milk and sprinkle with grated cheese. Bake in the oven at 180 degrees Celsius until golden and risen.

One thing I have learnt is that oven temperature can vary, this is what works for my oven.

Keep up to date with the Sussex County Association of Change Ringers

Visit www.scacr.org



- Don't have a 'Soundbow' subscription? Contact Kathy Howard at Soundbow99@gmail.com, 01903 813653. Yearly postal subscription for four fat issues is still only £6! Why not set up a tower subscription if you don't have one already...
- Find SCACR on Facebook - search for 'SCACR' – the Association has a page and our members have a secure private group for their posts about ringing in Sussex.
- Find SCACR on Twitter. Use @scacr_bells and @sussexbells
- Contact Alison Everett, your Communications and Events Team leader, at publicity@scacr.org if you want to know more about publicity or social media

Eastern District Committee

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The next edition of Look To! Will be in June 2021.

The deadline for relevant content will be the 8th June.

Send it to sec-east@scacr.org. Many thanks to everyone who contributed!

