

THE BOXGROVE BUGLE

THE MAGAZINE LINKING CHURCH AND PARISH

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May 2020



Where is this lovely spot? See page 12 to find out ...

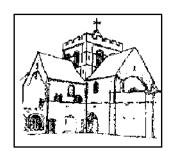
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Who's Who in Boxgrove

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(Vacancy for second Churchwarden)

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BOXGROVE VILLAGE HALL Bookings & Enquiries

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BOXGROVE VILLAGE STORES & CAFE

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

Sun 8.00am-2.00pm

Tel no: 01243 773201 - Boxgroveshop@gmail.com



From Father Ian

It seems to be increasingly apparent that the current emergency situation is not going to come to an early resolution, and that we shall continue, for some months, to live with the constraints of isolation, social distancing, and the other limitations in our lives.

This will certainly be affecting people in different ways. I suspect that, at some level we all feel threatened, at another, powerless, and most of us, frustrated.



Yet, the strength of our local community has been much in evidence. The stronger have been assisting the more vulnerable with shopping and all sorts of help. Supportive 'phone calls and emails are helping to reduce any sense of loneliness and isolation, and people have been looking out for one another, and exchanging greetings across the socially-distanced spaces.

The Vicar, as you might expect, has been praying for you all. There has been a streamed service every day, on the Priory's *Facebook page, and I have also been watching over various other elements of community life, and exercising my role as Chair of Governors at the village school and Trustee of the almshouses.

My wife, Jo, has been in and out of Saint Richard's with a few complications resulting from her M.S., but is now recovering well at home.

Our puppy, Theodore, is growing at an alarming rate, and is a tremendous distraction.

Alex is safely ensconced in Cambridge, and writing her doctoral thesis.

I send you all warmest good wishes. Stay safe!

Father Jan

PS: I strongly recommend the collection of prayers etc for this time of coronavirus, available from the Church of England website.

~ . ~ . ~

* For those who, like the editor, do not 'do' Facebook, please see page 7 for help with accessing the streamed services.

Unfortunately, because of the church's closure, there are no public services until further notice, although Mass is still being offered by the priests with intention for your needs.

Prayers are offered daily.

There is a live-streamed Sunday Mass every week at 11.00am on the <u>Parish Facebook</u> page; and you can also watch the services, after the live stream, on the parish website: <u>boxgrovepriory.co.uk</u>.

For further up-to-date information please see Facebook or the website.

THE BUGLE

Articles on any aspect of Boxgrove news - village or Priory-based - are always most welcome. In normal circumstances the Boxgrove Bugle is distributed **free of charge** to each household within the parish and published on-line, as well as being sent further afield and being available in the Priory for visitors and non-residents of the parish. Its print run exceeds 700 copies per month. Currently, however, it is possible only to publish on the <u>Priory website</u>.

Items to be considered for publication should be sent to the <u>Editor</u> Submission is requested by the **I5**th **day of each month**, please, for publication on or around the last Sunday of each month. Alternatively, items clearly marked "**Boxgrove Bugle**" may be left in the Vicarage postbox.

Please note:

The Editor's email address has changed to editor.boxgrovebugle@gmail.com.

DATES 2020

NB: There is no Bugle in January or August

Issue Month	Copy Deadline	Publication Date
June	15 May	31 May
July	15 June	28 June

BUGLE ARTICLES AND CONTENT

Please contact Tina Thurlow - editor.boxgrovebugle@gmail.com

BUGLE ADVERTISING

Please contact Tina Thurlow - editor.boxgrovebugle@gmail.com

ADVERTISING RATES 2020

Per I/8 page £40.00 per annum £4 per month

Please make cheques payable to:

'Priory Church of St Mary & St Blaise'

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and may be read on-line in colour at http://www.boxgrovepriory.co.uk/boxgrove_bugle.html

Why not add a link to your desktop?



From the Bishop of Chichester: the new Bishops of Horsham & Lewes

Dear friends,

Following the announcement from Downing Street this morning, I am delighted to say that the next Bishop of Horsham is to be The Revd Ruth Bushyager and the next Bishop of Lewes is to be The Revd Prebendary Will Hazlewood.

Yours

+Martin

Note: The full announcement may be found <u>HERE www.chichester.anglican.org/glitter_news/2020/04/29/downing-street-announces-new-bishops-horsham-and-lewes/</u>, and a video of the Bishop's announcement may be found <u>HERE</u> or on Facebook at <u>www.facebook.com/DioceseofChichester/videos/vb.282265845139540/243897083481345/?type=2&theater</u>





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

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

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

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

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

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



Special events in the Priory

Readers will appreciate that during the period of the current crisis no public services or other events will be held in The Priory.

We very much hope that this situation will not last for an extended period. Please watch the <u>Priory website</u> for the latest news.

THE PARISH OF SAINT MARY AND SAINT BLAISE, BOXGROVE MONTHLY CALENDAR AND MASS INTERCESSIONS MAY

1	Fri	Sts Philip & James, Apostles	Fairness in working conditions
2	Sat	St Athanasius, Bishop & Doctor	Theologians
3	SUN	FOURTH OF EASTER	Parish and people
4	Mon	The English Martyrs	Those facing persecution
5	Tue	Feria	St Olav's Bookshop
6	Wed	Feria	The despairing
7	Thu	Feria	Walsingham
8	Fri	Mother Julian of Norwich, Mystic	Julian Groups
9	Sat	Feria	The football industry
10	SUN	FIFTH OF EASTER	Parish and people
П	Mon	Feria	The ambulance service
12	Tue	St Pancras, Martyr	Schools
13	Wed	Our Lady of Fatima	Those needing protection
14	Thu	St Matthias, Apostle	Child abuse victims
15	Fri	Feria	The Judiciary
16	Sat	Feria	Walsingham
17	SUN	SIXTH OF EASTER	Parish and people
18	Mon	St John I, Pope & Martyr *(Rogation Day)	The Fishing Industry
19	Tue	St Dunstan, Bishop *(Rogation Day)	Farmers
20	Wed	Alcuin of York Deacon, Abbot *(Rogation Day)	Supermarkets & shops
21	Thu	ASCENSION DAY	Parish and people
22	Fri	Feria	School teachers
23	Sat	Feria	The communities at Bec
24	SUN	SEVENTH OF EASTER (SUNDAY AFTER ASCENSION)	Parish and people
25	Mon	St Bede the Venerable, Priest & Doctor	Church historians
26	Tue	St Philip Neri	Gardeners
27	Wed	St Augustine of Canterbury, Bishop	The Archbishop of Canterbury
28	Thu	St Lanfranc, Abbot & Bishop	Christian apologists
29	Fri	Feria	The dead
30	Sat	St Joan of Arc	The French
3 I	SUN	PENTECOST	Parish & people

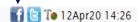
^{*}The word "rogation" is from the Latin rogare, 'to ask'. Historically, the Rogation Days (the three days before Ascension Day) were a period of fasting and abstinence, asking for God's blessing on the crops for a bountiful harvest. Fewer of us today directly derive our livelihood from the production of food, yet it is good to be reminded of our dependence upon those who do and our responsibility for the environment.

Practising our faith during the Coronavirus lockdown

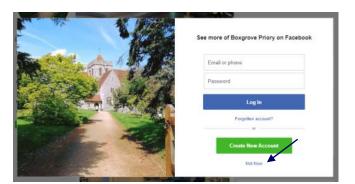
As well as the streamed services from the Priory and elsewhere, there is a wealth of other material to assist our prayer lives during this restricted period. These resources include the websites of the Diocese of Chichester (www.chichester.anglican.org) and the <u>Cathedral</u> (www.chichestercathedral.org.uk).

For those who wish to join the 'streamed' services but do not 'do' Facebook, please go to the Priory's website (www.boxgrovepriory.co.uk) and click on the blue 'Facebook' link in the bottom right-hand corner of the screen on the 'Homepage' as shown here:

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When the page opens, do not be put off by the box which appears at the bottom of the page inviting you to log in or 'Create new account', but scroll on down the page, at which point another box will appear and click on 'Not now'. You should then be able to scroll down the page until you find the service you want, then click on the 'Play' arrow.







Prayers for use during the Coronavirus outbreak

The Church of England has produced a booklet which may be found online HERE (https://www.churchofengland.org/sites/default/files/2020-04/Prayer% 20Book%20Digital%20Single%20Pages%202%20April 0.pdf).



You cannot be too gentle, too kind. Shun even to appear harsh in your treatment of each other. Joy, radiant joy, streams from the face of one who gives and kindles joy in the heart of one who receives.

All condemnation is from the devil. Never condemn each other, not even those whom you catch committing an evil deed. We condemn others only because we shun knowing ourselves. When we gaze at our own failings, we see such a morass of filth that nothing in another can equal it. That is why we turn away, and make much of the faults of others. Keep away from the spilling of speech. Instead of condemning others, strive to reach inner peace.

Keep silent, refrain from judgement. This will raise you above the deadly arrows of slander, insult, outrage, and will shield your glowing hearts against the evil that creeps around.

+ St. Seraphim of Sarov

BOXGROVE PARISH COUNCIL

Parish Council report, April 2020

I have been overwhelmed by the tremendous response by so many kind and thoughtful people to this Covid 19 epidemic which is affecting every corner of our country. Those of you who immediately jumped out of the blocks to offer help with just about anything that's been needed, from delivering a leaflet to all of the older and more vulnerable announcing what services were available from so many volunteers, and delivering provisions from shops and stores - particularly our own Boxgrove Stores. Craig and his staff have been brilliant filling boxes with groceries with orders received over the phone ready for delivery - and some, I might add, a lot further afield than Boxgrove and Halnaker. A huge thank you to all of you. And the patience of you all when queuing at the shop, carefully observing the recommended one-at-a-time routine, is to be commended.

Thanks to legislation rushed through Parliament, the Parish Council were able to hold a 'Virtual' Meeting over the Internet. The Agenda was brief but we were joined by a number of residents on line, which was encouraging as they were able to ask questions. It is likely this will happen in May, on the first Monday, the 4th. To join, you must contact Imogen, our Clerk (boxgrovepcl@gmail.com), for a meeting ID number and a Passcode. Concern was expressed regarding the high incidences of dog excrement being left on our footpaths and in one case the footpath by the School. Much of it is bagged but the bag left behind! This is disgraceful and so unsociable. It has been suggested that it is dog walkers from outside the Parish, who show no regard for the simple rule, 'bag it then bin it'.

Parking unnecessarily on pavements was also mentioned during the virtual meeting, and I would like to stress that thoughtless parking can be a inconvenience to some of our elderly and maybe infirm residents; so please ask yourselves, 'do I really need to park on this pavement?'

It has been quite a heart-warming experience to see so many of you turning out on Thursday evenings to show support for our tremendous staff in the NHS, who are managing this unprecedented crisis which we are enduring. I'm very proud of them and those who showed their appreciation.

It is somewhat disappointing that a couple of Parish projects have been put on the back burner for a while. The siting of the new seating bench at the southern bus stop and the installation of the Village entry gates in Halnaker have been deferred until circumstances get back to near normal. All of the items have been delivered and are in safe keeping.

Fuller details of our Parish Council Meeting can be viewed in the comprehensive draft minutes on the website, <u>boxgrovepc.org</u>.

And finally my best wishes to you all during these difficult times. Use your common sense; keep your distance, and stay safe.

Henry Potter

Chairman of the Parish Council

THE OPTIMISTIC GARDENER

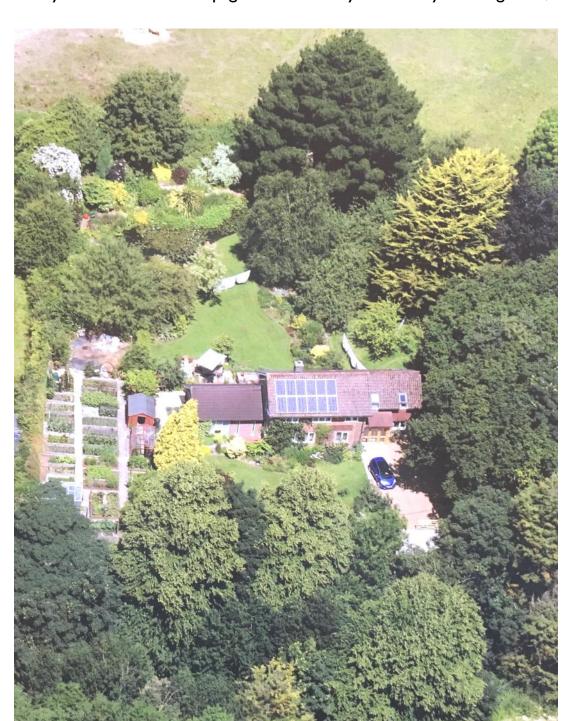
High Trees - No.33

A virtual tour of High Trees garden

There doesn't seem to be an alternative word for 'unprecedented'. I have heard and read this word countless times in the last two weeks. If you Google synonym for 'unprecedented' many similar but not quite exact words appear, my favourite of which is bizarre.

So - in these bizarre times I am unable to write for the usual hard copy of the Parish magazine and am only going to be viewed online. FANTASTIC! I can show you lots of photos of High Trees in glorious technicolour.

I have been writing for The Bugle now since February 2017. In that time we have come into the 21st century with a colour photograph on the cover of the Bugle but my garden still sulks away in monochrome on page 10. But now you'll need your sunglasses, folks.



In my very first piece I introduced the High Trees garden and told readers how we had set about developing it.

Maybe I should tell you a little about my garden. We have been at High Trees since I 988 when we took over a rather neglected acre of land with a few fruit trees worth preserving, some splendid if overgrown shrubs acquired from the waste heap at a local nursery by the previous High Trees incumbent, and a couple of very large hen houses. Without the hens in, I hasten to add!



When we first moved in to High Trees our garden was spotted by one of those annoying little planes which buzz round the countryside spotting suckers and photographing their gardens - then to sell them at great expense to said suckers at a later date. We have been lured into doing this now at least five times - each time we say will be the last but each time there is some subtle difference in what we have done to the house or garden so we are drawn into relieving ourselves of wads of cash for the pleasure.

Here is the very first of those pictures - probably taken in the Spring of 1989 before we had dug the pond which we did in the summer holidays of 1989 at the bottom of the garden. We had started to clear the space to the left of the house where we have the vegetable garden. This was done by dressing the ground in vast acres of black plastic (completely frowned upon now in this enlightened age) and then, as the majority of the weeds disappeared, we revealed a little at a time and started the construction of the raised beds which now make up the allotment area.



There was already the base for a greenhouse - the original glasshouse long gone - so one of our first jobs was to buy and erect a 12ft x 8ft replacement . This is still in the garden and is the nerve centre of our propagation industry; it is used for growing seeds, cuttings and potting for the growing season - starting on Boxing Day with my sowing of the onion seeds. In the summer we use it to grow peppers and aubergines (remember D A Poisson?!) and in the winter to provide some protection for overwintering tender plants. Oh yes - it is also a good place to hide when the heavens open or 'someone' wants a hand moving a heavy shrub which he is digging up to transplant.



And here is the vegetable patch now - in June with the potatoes almost ready for lifting! We are already enjoying its bounty in April with purple sprouting broccoli, leaf beet and asparagus, and by July we will be self-sufficient in vegetables and fruit.



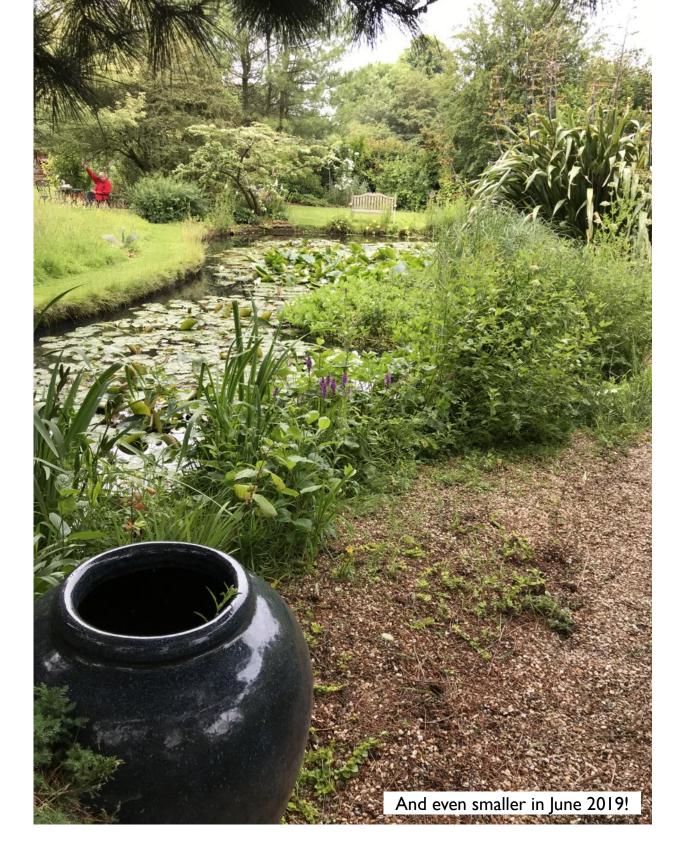
Another part of the garden which provides us with endless pleasure and entertainment is the pond. We thought that having a large pond would save us time in the long run from doing the hard work of weeding or mowing, but in fact it gives us plenty of other work to do. Only yesterday I noticed a huge raft of blanket weed which had been skulking on the bottom of the pond but the warm weather we have had in the last few days caused it to float to the surface. So I donned the waders and grabbed a rake and started weeding!

I love before and after pictures so here is the pond in progress, when filled, and as it looks nowadays:









... but believe me - when you are wearing waders and forking out lumps of blanket weed it seems enormous.

I won't take you round the entire garden in one go. Like all the best garden tours I will keep something in reserve, round the corner and just out of sight. Also I imagine that the June edition of the Bugle may also be on-line!

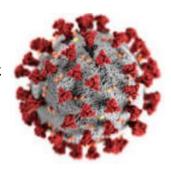
Wherever you are, I hope your garden is enjoying your attention as much as mine is, and that you are enjoying your little piece of paradise too.

Janet Reeves

LOCKDOWN - A PERSONAL VIEW

The news in the early part of the year was largely related to Brexit and floods around much of the country following months of rain.

An epidemic in China began to assume press interest which increased when an outbreak in Northern Italy of what was by now being called a Coronavirus was affecting many people.



Nearer home, advice was being issued by the government and certainly by the Church of England on handwashing, sanitisers and the protection of vulnerable people. A ban on the physical exchanging of the peace had already been introduced.

At The Priory, a sanitiser replaced the holy water stoup in the porch and Father lan and other celebrants were using sanitisers at the altar. Strict instructions about the reception of Holy communion then followed.

By the third Sunday in Lent we had put out chairs along the side aisles to allow for distancing and we had stopped the passing of the collection plate and the offertory procession to limit touching. And then quite suddenly, the Church of England decided churches should be closed. There are pros and cons about the decision but as Supermarkets have shown, organised distancing and limitation on numbers can limit the risks of infection. However, we must not forget the huge wave of infections and the need to limit the spread and the number of deaths.

With Holy Week and Easter fast approaching the prospect of being locked out of The Priory was almost unthinkable but it was something we needed to come to terms with.

And yet, with some assistance, on Mothering Sunday in an empty building Father lan sang Mass which was streamed via The Priory Facebook page.

I do not personally use Facebook and have had a fairly negative view of some of its effects but wow what a lifesaver it has been. Father Ian has streamed Masses during Holy Week and Easter and every day since. Sue and I have been able to be there in spirit each day and it has been wonderful to be aware of and acknowledge others sharing the live celebration. Although numbers "attending" the live transmission have varied and mostly modest it seems many have looked later so that on Easter Day there were over 2000 views. Clearly, this raises a number of questions and possibilities about "doing" church and attracting people who wouldn't normally enter the Priory. I am immensely grateful to Father Ian for setting up and continuing these daily celebrations which I know are greatly valued.

Of course, the lockdown is affecting the business of The Priory and the Annual Meetings when Churchwardens and PCC members are elected have had to be put back till later in the year. This is new territory but means I shall continue as Churchwarden for rather longer than planned. Another uncertainty is that I fall into that group of people deemed vulnerable and may be told to stay at home when others begin returning to normality, whatever that may mean in the future. Many people furloughed or made redundant will certainly be worrying what the future holds for them.

Oh, and by the way - any news on Brexit?

David Jones

BOXGROVE & TANGMERE JULIAN GROUP

SUSPENDED UNTIL FURTHER NOTICE

Members may like to know the intended plan and use it for private study

The group meets on the *second Monday of each month at 3.15pm in the **St Blaise Centre**, **Boxgrove**. Notices with details of venue are placed on the church notice board.

11 May Psalm 139, vv 1-9: "... your right hand shall hold me" (ASB)

8 June Psalm 24, vv 1-5: "He shall receive the blessing from the Lord" (BCP)

'Trust, the Highest Prayer'

Julian of Norwich ~ Enfolded in Love series edited by Robert Llewelyn



CHANGE OF PLAN

We have some news to bring you. Sadly we've had to cancel our virtual Morris practices after the first one caused £8,000-worth of damage.

We introduced the new virtual practices after mass gatherings were banned because of the Coronavirus outbreak. Sessions were to take place from dancers' own living rooms via 'Zoom' from dancers' own living rooms, but that plan has now been abandoned following a calamitous start.



Simon Whitbread, our Squire, said: "Our members have been really missing dancing, so we decided to see what we could do from our own homes. It was a bit of a disaster, to be honest. We did not expect everyone to try clashing sticks via their laptop screens. And when someone performed an over-exuberant split caper and nearly garroted themself with their hanky and a low-hanging light fitting we decided to call it a night."

In total, the session destroyed six laptops, three light fittings, several windows and two television sets. One dancer was also hospitalised after slipping on a toy car, and a pet dog had a lucky escape when it choked on an errant bell.

The team is now turning its attention to writing a dance which can be performed in accordance with strict social distancing measures. Provisionally entitled 'Containment Billy', during it dancers will never pass closer than 2.5 metres from each other, whilst 3m-long Morris sticks and hazmat suits, specially adapted to allow bells to be attached, will keep performers safe.

Simon added: "We'll see how the new dance goes. We don't want to do anything that puts anyone at risk. We're not worried about any potential audience, as no one wants to come within ten feet of a Morris dancer at the best of times".

ST WILFRID'S HOSPICE

Walton Lane, Bosham, PO18 8QB Tel 01243 775302 www.stwh.co.uk





To all our incredible supporters ...

We are so grateful to everyone who's been in touch with words of support. It means so much to our patients, staff and volunteers to know St Wilfrid's Hospice is in your thoughts during these difficult times. With the situation surrounding Coronavirus changing daily, our top priority remains patients and their loved ones. We are doing everything to ensure our services continue without compromising the safety of our patients and their loved ones - as well as our amazing staff and volunteers who are working tirelessly.

By adapting the way we deliver our care, we're currently providing support to more than 300 patients in West Sussex, playing a key part in the healthcare system. We are working closely with our partners in the NHS, fellow hospices and many more organisations and businesses to ensure the integrity of all vital services throughout this crisis. Our Living Well Service remains closed, but we are supporting people using video conferencing and calls. We are also able to signpost people to voluntary groups who are able to offer practical advice.

Community care

St Wilfrid's dedicated Community Nursing teams are following the government guidance and using technology to contact patients where possible. They are continuing to provide symptom control, nursing care and emotional support to terminally ill people at this most testing of times.

Care at the Hospice

We have opened 4 new beds in the inpatient ward, bringing the total to 18. We are working under additional safety measures to ensure patients and their loved ones continue to experience compassionate care. Understandably, this has involved putting in place new guidance for people wanting to visit their loved ones. We're asking for essential visits to be kept to either 1 or 2 visitors at any one time – assuming no one is experiencing any Coronavirus symptoms.

Supporting the Hospice

With the recent closure of our high street shops and the postponement of all our current fundraising events, we're relying on the public to continue supporting the Hospice in whatever way they can. This is a very difficult time for everyone and we're so grateful for any help you can give us.

The best way to keep up to date with what St Wilfrid's Hospice is doing to support the local community is to visit stwh.co.uk and follow our social media channels.

Thank you so much to our supporters, volunteers and donors for your on-going support. Stay home and keep safe.

Best wishes,

Alison Moorey Chief Executive Send us a WilfCard! Visit stwh.co.uk/wilfcards



THE ALDINGBOURNE TRUST OPEN FARM



At the Aldingbourne Country Centre one of our key enterprises is the Open Farm. The people we support are a much valued part of our team. They play a key role In keeping our animals happy and healthy as well as helping us to maintain high welfare standards.

From the moment they arrive in the morning they are ready to get stuck in. No job too small or too big and definitely no job too dirty! Our daily essentials consist of feeding all the animals, poo picking the fields, cleaning the bird houses, and cleaning the guinea pig huts. As well as this we also like to carry out regular health checks on each animal to ensure they are as healthy as they can be. Many of the people we support enjoy doing this; they take great pride in knowing our animals are healthy because they have contributed to looking after them so well. A few even help us to administer medication when needed.

Another part of their job includes the public. We run guinea pig handling sessions and alpaca feeding on a daily basis. The people we support love to teach the children about our animals and how they care for them. The farm isn't just about cleaning up after our



animals, they all enjoy human company. We often take the ponies down to the woods and the people we support take it in turns to lead them independently.

Our farm members are passionate about all our animals and a few have formed a bond with them over time. Many of the people we support are also interested in the behaviour and training of our animals, for example James, who works on the farm on a Friday, has bonded with the ponies. Particularly

Rupert. He adores James giving him a tail scratch and will occasionally let him sit down next to him while he is having a snooze. Josh, who works on the farm on a Friday, has bonded with our 3 muscovy ducks. When they first arrived they were frightened of people. Josh spent lots of time working with them to gain their trust. They will now eat out of his hand! Vicky, who works on the farm on a Tuesday and Friday, is helping us to train the donkeys. Tom and Jerry, the donkeys, are a bit cheeky and don't like to walk on a lead. Vicky is helping us to teach them how behave in a positive way.

Whilst the Aldingbourne Country Centre is currently closed, our animals are still a top priority! We are caring for them daily and spending extra time with them until they can see you all again.

For more information about the Aldingbourne Trust or our Open Farm, please visit www.aldingbournetrust.org.

Leah Moore, Senior Marketing Officer

Email leahm@aldingbourne.org
Mobile 07548971411 - Direct Line - 01243 546040
Central Office - 01243 544607

BLAISING IN THE KITCHEN

with many thanks to Sally Bosson

Staffordshire Oak Cakes



Eaten by the potters and loved by all Stokies! They are nutritious, easy and filling!

Dating back to at least the 18th century they have recently started to become more popular, and I have even seen them in our local Sainsbury's and at a festival. Mainly eaten for breakfast and as a snack, they were baked fresh every day, produced by small bakers in, effectively, their front room throughout the potteries; just the odd one survives today but people like Poveys, a family company, continue to export them around the globe. It has been called the Tunstall Tortilla, the Potteries Poppadom and the Clay Suzette. This recipe was taken from the internet and works very well. We prefer the slightly stronger taste of wholemeal flour but you could use white, which is what most commercial brands do. My husband's father was a fireman at the Potteries and used to make them.

Ingredients

I level tablespoon of dried yeast
I teaspoon of sugar
225g wholemeal flour
225g oatmeal - either medium or fine or a mixture
Pinch of salt
½ pint of water - warm
½ pint of milk - warm (I use skimmed, but any will do)

Dissolve the yeast in some water until it's a paste. Keep mixing: it may take a couple of minutes. I would do this in a small glass or something similar. Add the I tsp sugar. Mix and leave somewhere warm.

Put the flour, oatmeal and salt in a large bowl and mix.

Once the yeast has gone frothy, put it into the dry ingredients, then add the other milk and water and mix slowly until you have a lumpy batter. Leave this for about an hour or overnight, covered up.

You can use a griddle or a heavy based frying pan: it cooks like pancakes and needs turning over.

The traditional filling is bacon and cheese, but cheese and onion is good and you can do pretty much anything with them. I tried them with fruit and cinnamon but wasn't so keen, but you could use them in the same way as pancakes - they are just a little healthier because they are oats.



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Sadly, we have had to cancel forthcoming lectures; however, we look forward to resuming them when better times are here again.

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Sadly it appears that the Mobile Library service is, at least for the foreseeable future, being discontinued. The following text appears on the County Library service website:

"Our Community Mobiles have spent significant time off the road in the past 12 months due to mechanical failures. Unfortunately, the vehicles are no longer serviceable and we have taken the decision to suspend the service."

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