

Northern News



The Northern District Newsletter - December 2016

Dates for Your Diary

December

Saturday 3 rd	Ringling, Mince Pies, Mulled Juice/Wine	Bolney	16:00 - 18:00
Wednesday 7 th	Codgers	Cowfold/Henfield	11:00 - 15:30
Saturday 10 th	Young Ringers' Practice	Ditchling	14:00 - 16:00
Monday 12 th	Advanced Practice	Rusper	19:30 - 21:00

January

Wednesday 4 th	Codgers (contact Mike Foster at codgers@scacr.org for details)		
Saturday 7 th	Ringling with Brunch	Warnham	10:00 - 12:00
Monday 9 th	General 8 Bell Practice	Lower Beeding	19:30 - 21:00
Monday 23 rd	General 10 Bell Practice	Horsham	19:30 - 21:00
Saturday 28 th	Young Ringers' Practice	TBC	14:00 - 16:00

February

Wednesday 1 st	Codgers (contact Mike Foster at codgers@scacr.org for details)		
Saturday 4 th	Annual District Meeting	East Grinstead (TBC), 15:00	
Saturday 11 th	Young Ringers' Practice	Fairwarp	10:00 - 12:00
Monday 13 th	General 8 Bell Practice	Slaugham	19:30 - 21:00
Monday 27 th	General 10/12 Bell Practice	East Grinstead	19:30 - 21:00

March

Wednesday 1 st	Codgers (contact Mike Foster at codgers@scacr.org for details)		
Saturday 4 th	Mini-ring with Coffee & Cake	Bell Meadow (TBC)	15:00 - 16:30
Monday 13 th	General 8 Bell Practice	Balcombe	19:30 - 21:00
Saturday 18 th	Young Ringers' Practice	TBC	14:00 - 16:00
Monday 27 th	General 10 Bell Practice	Warnham	19:30 - 21:00

Remember, anyone can go to any District's event/practice!

Northern District Regular Practices - 2nd and 4th Monday Evenings

From January, these will all be general practices. Ringing will be rounds onwards, but with an advanced element as well. Any feedback to Neil Dobson practice-north@scacr.org.

Northern District Saturday Gatherings

Northern District gatherings continue to take place on the 1st Saturday of each month. These are general ringing (rounds onwards) with a social element. All welcome!

Sussex Young Ringers Practices

All young ringers are welcome to come along to these monthly practices. Cake provided! Contact AnneFranklin@hotmail.co.uk for more details.

Northern District Training - Saturday Mornings

The Doubles Course on 5th December was over-subscribed, so we're planning to run another Doubles course early in 2017 (more details to follow). Let us know what other courses you'd like! sec-north@scacr.org

If you're interested in being more involved in the District/Association, we'd love to have you on the committee! Please get in touch with the District Secretary, Steph: sec-north@scacr.org

What's happened around the District?

Northern District Saturday Gathering: Ringing with coffee & cake, Slinfold, 5th November

Fifteen people representing 7 different towers met up at Slinfold on the morning of Saturday 5th November. Sandra Alford kept us on our toes and made sure we all had plenty of turns. Requests ranged from call changes right up to London Surprise Minor so everyone's brain had a good work out!

We adjourned downstairs for coffee and cake to find that three extra people had joined us in time for the meeting. The cakes were scrummy of course; Rosie Gregory brought some delicious fruity flapjacks and Richard Pendlebury made chocolate refrigerator cake, it would have been rude not to try both wouldn't it??

It was a shame that the Slinfold ringers had a previous engagement catering for the Christmas craft fair in the village hall, so they couldn't join us, but the craft fair gave some of us the chance to do a bit of impromptu shopping; never a bad thing in my experience!



Thanks to Elaine Farrow for contributing this article and to Nigel Friswell for the photos

Business Meeting, Saturday 5th November

Once again we had some good discussions about plans for the Northern District for the coming year. Everyone had a chance to have a say and make suggestions. The programme of Saturday events suggested by the committee was changed slightly to take account of these remarks - check out the [SCACR website](#) events calendar for more details! We also decided to hold Saturday Ringing Courses for the Northern District (in addition to Association Courses); the first of these will be Doubles early in 2017 - more details to follow...

Another WHIRLS success: Skittles & Dinner at The Bull, Shermanbury on 28th October



Once again, the WHIRLS (Warnham, Horsham, Itchingfield, Rusper, Lower Beeding and Slinfold) group of bell ringers met. Not, this time, to ring bells but a purely social evening playing skittles at *The Bull* at Shermanbury. Five of the six towers were represented and joined by ringers from Steyning, who are suffering from withdrawal symptoms while their bell tower is renovated and currently ringing at Lower Beeding. The absence of bells did not reduce the rivalry but it was somewhat

tempered by the makeup of the teams from mixed towers.



The Bull excelled itself as usual with massive pizzas and even one child's portion, though there was not a child in sight. Both before and after the food the

scoring was very varied. With 25 people attending we formed four teams of five. David and Jenny Smith recorded the scores and Graham Burling herded us into place.

The winning team were the Cattelwoods; that was Graham and Camilla Canning, Andrew Allen and Rosemary Cattell under the command of Mike Cattell. So, what was the prize? They each got a packet of Skittles! Camilla also had the highest individual score, and won a box of Viennese Whirls!

Thanks to Nigel Friswell for this article and to Steph Pendlebury for the photos

Postscript from Graham Burling: The work on Steyning tower was completed about three months ago, but the concrete has got to 'go off'. Steyning ringers are hoping to be back in their own tower by Christmas. The LB ringers selfishly hope they won't be as it has been great having them!



Dance, Music and Bellringing to Celebrate the Life of Henry Burstow

To mark the 100th anniversary of the death of Henry Burstow, celebrated ringer and collector of folk songs, a concert was held in St Mary's Horsham on 22nd October. The concert featured Horsham Folk Club, St Mary's ringers, Broadwood Morris, and the Bernardi Music Group and String Academy. Video of the tower bells was projected onto a screen in the church during the ringing. This was another excellent opportunity to raise the profile of change ringing!



Thanks to Nigel Friswell for the photos.

WHIRLS Outing to Kent, Wednesday 17th August

Graham Burling excelled himself once again with an extremely enjoyable outing to Kent, taking in a ride on the Romney, Hythe and Dymchurch railway! Thanks for organising such a great day!



SCACR News and Events

New to Ringing or just new to Sussex?

If you are a recruit to ringing you may have recently become a member of the Sussex County Association of Change Ringers. But do you know what this means?

Have you been to any event held by the Association? On occasions the response to these questions is a resounding "NO". There seems to be an idea that Association events are just for experienced ringers and therefore the less experienced are put off.



In an effort to overcome this we are arranging a **new event at Shipley on Saturday, 28th January 2017 from 2.30pm**. This is a **get-together for new ringers and members** to meet with others who are at a similar stage. There will be a chance to have a ring, cup of tea & cake, and chat with other ringers. We also hope to have handbells and a dumb bell, as well as ringing books for sale to help you understand and make progress with your ringing.

All will be welcome! Please try to encourage others to come along as well, and find out what OUR Association has to offer YOU.

Contact David Kirkcaldy for further information: 01903 813653, or david.kirky@gmail.com.

Oh, The Places You'll Go! (A Beginner's Guide to Visiting Other Towers)

Getting out to ring at other towers is good for you. Everyone says so, but how do you go about doing it and what should you expect? Don't worry - this handy guide will give you the answers and get you out and about in no time.

When you first start to ring, you enter a strange new world contained in the ringing room of your local church tower. There are strange new concepts to grasp, new terminology and a friendly bunch of people to get to know. As you learn you start to settle into this new environment and make it your home. Those strange terms become commonplace and those welcoming faces become familiar friends. It all starts to become a familiar part of your routine, a place to unwind and forget about the stresses of the day.

Suddenly though, one of those friendly faces may well pull you back out of your comfort zone...

"You ought to pop along to Little Handlington" they'll say.

"They're a friendly bunch and they have a great practice on a Thursday night. It would really help to give you some extra practice of X."

"Umm... Yes" you reply, "that err... sounds great."

You're not too sure what has just happened, but you can see your comfort zone drifting away beneath you. DON'T PANIC.

The fact is that many ringers enjoy ringing at other towers and the easiest way to do this is via the regular practice nights that happen at towers throughout the country. Ringers do this both to enjoy the practice themselves and for the joy of helping another tower with an extra pair of hands.

You may not be aware, but you'll probably find that several of the ringers at your tower, at least on occasion, ring elsewhere.

So why has somebody suggested you visit another tower? Has your conversation not been sparkling enough? Has the fact that you were late last week when your dog was in the vets been noticed? Simply - No. People suggest a visit to another tower because they know how much it will help your ringing. Indeed, they will be remembering how much it helped them and how much it still helps them to 'get out and about' ringing at other towers. Most likely if someone has

suggested you ring at another tower, then they themselves have rung there recently, know it well and are confident you'll be welcomed.

But what if this hasn't happened to you? Are you not good enough to ring elsewhere? Are you not cool enough, not 'one of the gang'? Again - No. It is simply that no one has yet thought of you and the ringers at Little Handlington as a perfect match. In this case, there is only one thing for it. Grab the bull by the horns and ask your tower captain or any other experienced ringer at your regular practice night if they can suggest a tower that you might be able to go along to for extra practice. They'll be only too pleased to support your enthusiasm with some suggestions.

Once you've made the decision to go into this brave new world, there are a few things you can do to make your visit enjoyable, minimise any worries and to get the most out of it and here they are:

Top tips for visiting other towers:

- **Get in touch first.** If you've been invited along by another ringer then you probably don't need to worry about this, but if you haven't and are thinking about visiting a tower, then get in contact first. This gives you a good chance to ease your nerves, as you'll know you are welcome before you turn up on the night. It will also help both you and the Tower Captain to know a little beforehand about what you can do and what you are looking to learn. (Contact details for each tower can be found on SCACR.org).
- **Take a friend, colleague, acquaintance.** If you've been invited somewhere or someone suggests you visit another tower, then ask if they'll come along with you. If you are contacting a tower yourself, then ask one of the other ringers from your usual practice night to come along too. It really helps to have a familiar face with you and if they are an experienced ringer, then all the better to steady your own nerves!
- **Arrive on time.** It's only polite to arrive on time, but you also give yourself chance to scope out your surroundings before starting to ring, meet the ringers before the ringing begins and more often than not, get a little practice in before the majority of ringers arrive.
- **Be clear about what you can and can't do.** If you've been in contact already, then the Tower Captain should already know your current ringing abilities. If not, then just be clear about what you can and can't do. It is also worthwhile being a little modest. If you say you can ring Call Changes or a particular method, expect to be asked to ring them on any bell. It is much better to say 'I can ring call changes and I'm just learning to ring the treble to plain hunt.' Than to say 'I can plain hunt' and be asked to ring the treble to a touch of Bob Doubles. Remember you'll be ringing on unfamiliar bells, so stick with what you are confident at to start with and allow the Tower Captain to invite you to try something more complicated if they see you are doing well.
- **Be social.** Talk about something with anyone that will listen. Good topics are anything positive; differences with your home tower, the sound of the bells, the history of ringing there or even the weather! Compliments on the bells, the ringing chamber or the church and its surroundings are all appreciated by the local ringers.
- **Do it in small steps.** Start with a local tower with the same number of bells, or close to the same number as your own and build up from there. You will be welcome wherever you go, but doubly so in a tower where you can help the band with a steady hand at rounds, call changes or a method where they are struggling. However, don't be put off from visiting towers with more bells, especially if you can contact them first - Many towers have separate practice nights to accommodate beginners and more experienced ringers.

- **If all else fails, just do it!** I have often attended other towers' practice nights. Sometimes invited, sometimes pre-arranged and sometimes completely out of the blue. No matter what my ringing ability, I have always been made welcome as soon as I introduce myself as a bell ringer. Do not be afraid that the band are too advanced for you, too old, too young, too fast, too slow, the bells too heavy or too light, the draught too long or the sallies too fluffy. Don't let anything put you off. I guarantee you will learn something. Remember - just outside your comfort zone is where amazing things happen.

If you still need more help, advice or encouragement, just drop an email to secretary@scacr.org

Thanks to Matthew Jones, Ashburnham, for this article

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Northern District ADM: Saturday 4th February, East Grinstead (details TBC)

Ringings 15:00-16:30 - rounds onwards, all welcome! Come and have a go at ringing on 12.

Service 16.30-17:00

Ringers' tea 17:00-17:45 - baked potatoes, puddings and tea/coffee

17.45-18.30 Annual District Meeting - to elect the Northern District Committee

Come along to have your say about what you'd like your District to be doing for you!

Names for tea to Steph Pendlebury by Monday 30th January please! sec-north@scacr.org

Details will be kept up-to-date on the [SCACR website](#) calendar, and circulated by email and posters for the tower noticeboard. The meeting agenda and minutes of the previous meeting will be circulated nearer the time.

We're always happy to welcome new committee members! The committee is a very relaxed and friendly bunch; please do have a chat with one of us about what's involved...

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

- Request to receive any or all of the District Newsletters, just email database@scacr.org
- The Association magazine, *Soundbow* (not available electronically) is available to buy at District and Association events (£1), or you can get a postal subscription - email soundbow@scacr.org for more information.
- 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, at publicity@scacr.org

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Useful contacts

Northern District Secretary - Steph Pendlebury: sec-north@scacr.org; 01403 268 512

Association Secretary - Sandra Alford: secretary@scacr.org

Northern District Monday Practice Organiser - Neil Dobson: practice-north@scacr.org

Northern News Editor - Katherine Potter: news-north@scacr.org

Northern District Committee Members: Richard Pendlebury, Sandra Alford, David Perkins, Jonathan Spencer, Rosie Gregory, Neil Dobson

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Please send items for the next newsletter while they are fresh in your mind to:
news-north@scacr.org