

# SallyForth

Western District Newsletter

December 2016 and January 2017



## Diary of Events

### December 2016

|                           |   |                                  |                                  |
|---------------------------|---|----------------------------------|----------------------------------|
| Friday 2 <sup>nd</sup>    | <b>Basic 8 Bell Practice</b>  | Arundel                          | 7.30pm                           |
| Saturday 3 <sup>rd</sup>  | <b>Beginners &amp; Improvers Practice -</b><br>Contact Christine first on 01903 872623                      | Washington                       | 9.30am                           |
| Monday 5 <sup>th</sup>    | <b>Ringling Course – Doubles</b> (organiser: Jeremy Alford)<br>Contact Steph Pendlebury sec-north@scacr.org | Lower Beeding                    | 10.00am-4.00pm                   |
| Wednesday 7 <sup>th</sup> | <b>Codgers</b>  | for towers see<br>SCACR calendar | 11.00am–12.15pm<br>2.00pm–3.30pm |
| Saturday 10 <sup>th</sup> | <b>Ringling and Carol Service followed by Tea</b><br>Names for tea to Mandie at sec-west@scacr.org          | Pulborough                       | 3.00pm-6.00pm                    |
| Friday 16 <sup>th</sup>   | <b>Advanced 8 Bell Practice</b>   | Westbourne                       | 7.30pm                           |
| Saturday 24 <sup>th</sup> | <b>Surprise Minor Practice</b><br>(As this is Christmas Eve it may be cancelled – please check)             | Walberton                        | 10.30am                          |

### January 2017

|                           |  |                                  |                                  |
|---------------------------|--|----------------------------------|----------------------------------|
| Wednesday 4 <sup>th</sup> | <b>Codgers</b>   | for towers see<br>SCACR calendar | 11.00am–12.15pm<br>2.00pm–3.30pm |
| Friday 6 <sup>th</sup>    | <b>Basic 8 Bell Practice</b>   | Arundel                          | 7.30pm                           |
| Saturday 7 <sup>th</sup>  | <b>Beginners &amp; Improvers Practice -</b><br>Contact Christine first on 01903 872623   | Washington                       | 9.30am                           |
| Saturday 14 <sup>th</sup> | <b>Monthly Get Together</b><br><b>Ringling and light refreshments</b><br>Names to Mandie at sec-west@scacr.org                           | Arundel                          | 11.00am–12.00pm                  |
| Friday 20 <sup>th</sup>   | <b>Advanced 8 Bell Practice</b>  | Westbourne                       | 7.30pm                           |
| Saturday 21 <sup>st</sup> | <b>Surprise Minor Practice</b><br>Please note this is a week earlier than usual  | Walberton                        | 10.30am                          |
| Saturday 28 <sup>th</sup> | <b>New Members' Event</b> (for a poster follow <a href="#">link</a> )<br>Contact David Kirkcaldy: 01903 813653, or david.kirky@gmail.com | Shipley                          | 2.30pm                           |
| Saturday 28 <sup>th</sup> | <b>Stedman Triples Training</b><br>Contact Hamish: Hamish@wandleys.demon.co.uk   | Westbourne                       | 10.00am–4.00pm                   |

*See page 11 for contacts, links and regular practice details*

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

# Looking Ahead

## February 2017

|                           |                       |
|---------------------------|-----------------------|
| Saturday 4 <sup>th</sup>  | Northern District ADM |
| Saturday 11 <sup>th</sup> | Western District ADM. |
| Saturday 18 <sup>th</sup> | Southern District ADM |
| Saturday 25 <sup>th</sup> | Eastern District ADM  |

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

*Please send dates of forthcoming events for the next **Diary update** to Mandy and Hamish via [news-west@scacr.org](mailto:news-west@scacr.org) by **15<sup>th</sup> January 2017** and your contributions for the next edition of **Sally Forth** by **15<sup>th</sup> March 2017**. Thank you*

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## Quarter Peals

### St John the Baptist, Westbourne

14<sup>th</sup> August 2016

#### 1330 Grandsire Triples

- 1 Barbara Salmons
- 2 Jane Wilkinson
- 3 Caroline Taylor
- 4 Hugh J W Wilkinson
- 5 Peter M Wilkinson (C)
- 6 Robert Wilson
- 7 Geoffrey Anthony
- 8 Jack Burton

### St Thomas-a-Becket, Pagham

27<sup>th</sup> September 2016

#### 1260 Julie McDonnell

- 1 Hamish McNaughton
  - 2 Margaret Sherwood
  - 3 Susan Spencer
  - 4 Mike Wake
  - 5 Colin Spencer (C)
  - 6 Alan Martin
- Rung in support of the Julie McDonnell appeal by a joint Pagham & Walberton band

### St Mary, Pulborough

2<sup>nd</sup> October 2016

#### 1260 Plain Bob Doubles

- 1 Brenda Etherington
  - 2 Mike Etherington
  - 3 Peter Shearer
  - 4 Peter Gregory
  - 5 Bill Avenell (C)
  - 6 Ian Cockburn
- Rung for the Harvest Thanksgiving Service and with best wishes from all the Pulborough Ringers to Father Paul retiring this day from St Mary's

### St Mary, Walberton

4<sup>th</sup> October 2016

#### 1260 Julie McDonnell

- 1 Susan Spencer
  - 2 Margaret Sherwood
  - 3 Hamish McNaughton
  - 4 Mike Wake
  - 5 Colin Spencer (C)
  - 6 Alan Martin
- Rung in support of the Julie McDonnell appeal by a joint Pagham & Walberton band

### Chichester Cathedral of the Holy Trinity

8<sup>th</sup> October 2016

#### 1280 Pudsey Surprise Major

- 1 Peter Watson
- 2 Mike Wake
- 3 Hamish McNaughton
- 4 Gill Roberts
- 5 Philip Down
- 6 Colin Spencer (C)
- 7 David Roberts
- 8 Ewan Grant-Richardson

### St Mary, Funtington

21<sup>st</sup> October 2016

#### 1260 Julie McDonnell Bob Doubles

- 1 Helen M Green
  - 2 Alan D Pink
  - 3 Jenny Parker (C)
  - 4 Peter M Wilkinson
  - 5 Julie D McDonnell
  - 6 David J Mence
- First as conductor.  
In aid of the Bellringers Strike Back Against Cancer (SBABC) campaign

### St Mary, Funtington

6<sup>th</sup> November 2016

#### 1260 Plain Bob Doubles

- 1 Jamie Morgan
  - 2 Jane Wilkinson
  - 3 Hugh J W Wilkinson
  - 4 Jack Burton
  - 5 Peter M Wilkinson (C)
  - 6 Wendy Shutler
- First quarter: 1

## Tales from the Wild West

What a busy time for me it's been. I've only managed to get to a couple of West get-togethers since I last wrote. Our new SCACR publicity secretary, Alison Everett, did a lovely write up of our Petworth and Tillington visit. She also arranged for us to have a demonstration of Sally making at the recent West Tarring visit. A valuable asset for SCACR.



We've had quite a few new ringers start, some from the recent Heritage ringing days. What a manic day that was in our tower!

I rang for the remembrance services at both Westbourne and Funtington. How beautiful half muffled ringing sounds. Although a little bat tells me that the Funtington tenor de-muffled itself at the pre service ringing. Apparently it sounded like it was meant to be!

I have missed all the last district practices for personal reasons and have decided to hang up my spurs at the end of the term. I hope someone with more time on their hands will take up the role.

**Mandie Merlin**  
Sec West

## Michael Palmer Award

A reminder that nominations for the Michael Palmer Award have to be in by the end of December for consideration by the West's Committee. This a yearly award to a bellringer who has either achieved a personal goal or has learnt and progressed particularly quickly.

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

## YOUR DISTRICT NEEDS YOU!!

There are two important posts in the Western District which need filling at the ADM in February. As with most voluntary positions the job can be moulded to suit the incumbent as long as the core function is fulfilled. So, please, if you are interested in keeping change ringing alive and well in West Sussex and have a little time to devote then get in contact.

### **Bell Restoration Fund representative**

The Bell Restoration Fund representative is the first contact for requests in our District regarding advice, help etc. for bell related matters and for advice on applying for a Grant from the BRF to help with costs. You don't have to be an expert in bell maintenance - there are others on the BRF committee to advise and help out with practical things - just interested in helping retain the bells of Sussex for this and future generations.

Contact Graham Hills: [gr.hills@yahoo.com](mailto:gr.hills@yahoo.com)

### **Western District Secretary**

The core activities are being the first contact for anyone with a query either in the district or outside; arranging District meetings (twice a year), taking minutes and distributing them; issuing new members' certificates and distributing SCACR reports; attending 2 General Committee Meetings (March and Nov. at Hurstpierpoint). It's an opportunity to get involved in all sorts of ways at all sort of levels if you want to but equally well can be kept to the basics.

Contact Moya Hills: [mchills@talktalk.net](mailto:mchills@talktalk.net) or any other committee member (see page 11)

## Visiting other towers Young Ringers and tea!

Every month we are fortunate to have a gathering in the Western District which involves ringing and tea minimum. This is organised by your local secretary and other volunteer helpers and moves around all the towers so you can expect to host one in your church every three or so years! Sometimes we go to two towers, include a walk, visit a pub or include other activities if we can. It's a great opportunity to catch up with what is going on and meet others to ring at a different tower and support those who have organised the event. The previous month it was Bosham and Funtington, 10th December it's a Carol Service at Pulborough - even though it's Advent and some churches don't allow Carols until Christmas, we have been assured we can sing Carols!

At St. Andrew's West Tarring Saturday 8th October ringing began at 3.00pm with tea running from 4.30pm. Brenda Cox the Tower Captain and her band provided a splendid tea and I can't believe that not one of us took photos as the church was decorated beautifully for Harvest Festival. If you do take any photos related to bells and bell-ringing please send them to us at [publicity@scacr.org](mailto:publicity@scacr.org) to use in articles or add to the SCACR website.

The rope making and mini sally demonstration by John Norris Tower Captain from Hurstpierpoint with his wife Mary and the Sussex Young Ringers was in the church nave with mini sallies and method notelets for sale. The mini sallies (great for light pulls in bathrooms) and notelets raise funds for the Young Ringers to go on outings and participate in the annual Ringing World Young Ringers bell-ringing competition which will be held in Birmingham in summer 2017, it was London last year and Sussex entered two bands and did very well. If you are a Young Ringer would you like to be involved? Let Sandra know on [secretary@scacr.org](mailto:secretary@scacr.org)

**Alison Everett**  
SCACR Events and Communications Team Leader

## Ring and Walk Pevensey Levels Saturday 22 October

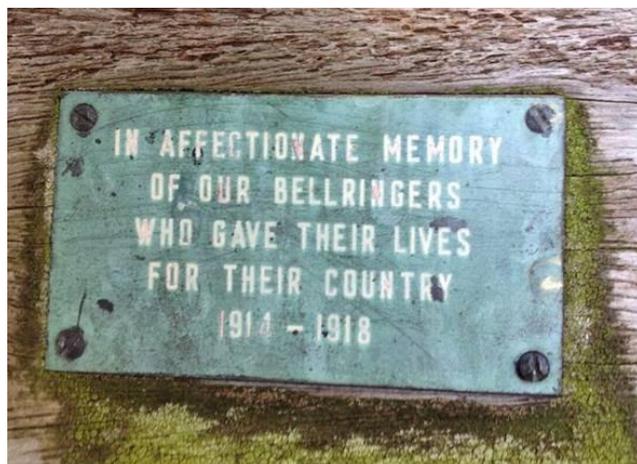


Marion Hollands and Nick Cant from the Eastern District organised a Ring and Walk for Saturday 22 October. I saw the item on the SCACR website calendar and planned to join them for the 2nd half of the day. There is lots going on - do have a look and support these events: <http://www.scacr.org/scacr-calendar>. If you are on Facebook then you will find updates in the SCACR Facebook group too (and twitter @scacr\_bells - follow #bellringing). The bell-ringers met and rang first at Pevensey then walked to Hooe, rang there and then walked down to the Star Inn at Normans bay where the lunchtime offer is to pay for the main course and get the starter and dessert free! After lunch they walked across the fields and along the coast to Pevensey bay where I met them and then back across the fields to ring at Westham. The photos show the group outside Westham Church and a memorial bench in the churchyard to commemorate fallen bell-ringers from WW1.

Left to right: Sandra Titherly, Marion Hollands, Nick Cant, Alison Everett, Christine Baldock, Alan Baldock and David Hollands took the photo.

**Alison Everett**  
SCACR Events and Communications Team Leader

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07786 264103 or 01243 775366



# SCACR UPDATE

## Julie McDonnell and Strike Back Against Blood Cancer #SBABC

Bell ringing and the bell ringing community has an amazing ability to change lives for the positive. Coming up to Christmas it is a nice time to reflect on how we are such a close-knit and caring group, as witnessed by the support Julie McDonnell has received from bell ringers around the world. Here in the Sussex County Association of Change Ringers you have probably read about or been involved in some of the bell ringing activities inspired by Julie McDonnell and her Bellringers Strike Back Against Cancer campaign. However, Central Council have publicised on their website and emailed out to all us as they have been made aware that many ringers around the country are not yet in the know, and when they do hear about it, of course they want to get involved! Here is a link to the article on the Central Council website: <http://cccbr.org.uk/pr/news/julie-mcdonnell/>.



Julie McDonnell, a Sussex ringer of only two years, has had three leukaemias and now brain cancer. In amongst her various treatments she initiated a bell ringing campaign which began with a walking and ringing event June 25th 2016 and now has its own method variations (e.g. Julie McDonnell Bob Doubles), and huge sponsorship from celebrities and businessmen, as well as families affected by blood cancer. The more quarter peals rung of Julie McDonnell methods, the more money is raised to help save the lives of children who need a second stem cell transplant, currently unavailable on the NHS in England. The sponsors have really taken to this initiative, which is in turn also raising the awareness of bell ringing in a positive way in the public sphere. Links to the methods and charities involved are at

<http://juliedmcdonnell.wixsite.com/sbabc>

So, for those interested, all you need to do is a) learn a new method, b) organise and ring a QP with or without Julie, and c) link the QP on Bellboard to the event Bellringers Strike Back Against Cancer. It's a great way for bell ringers to do their thing and at the same time save lives, while raising awareness of the positive power of bell ringing and bell ringers.

This is a picture of Julie was taken by Andrew Corby (Tower captain at Canterbury) It shows the bell that was dedicated to Fr John Lee who made SBABC possible, he died at the beginning of October. His name is on this bell at

Chiddingstone, Kent where he was Rector before he went to work for the Archbishops John Setamu and Justin Welby.

If ringing Quarter Peals is not your thing then help raise funds for SBAC by ordering Phoenix Greeting Cards products (Christmas cards, wrapping paper, Advent Calendars, other non-seasonal items) online at [www.jenthomascards.co.uk](http://www.jenthomascards.co.uk) and put in the reference box Julie MCDonnell or SBABC, Jen has generously offered to give her profits (20-25% of price) to Julie McDonnell's Striking Back Against Cancer campaign.

Look for #SBABC on twitter, and always retweet using the hashtag #bellringing!

## Association Barn Dance (29 October 2016)

This year's annual social event was a Barn Dance, held at Rawson Hall Bolney (RH17 1PF), featuring music and calling by Touchstone. The tickets were £10 for adults/£5 under-18s and included a fantastic hot supper organised by the Steyning bell-ringers and some wonderful desserts by Moya Hills and helpers. We sold 80 tickets, it was BYOB and we made almost £300 and had just loads of fun. The band said how wonderful it was to play to a packed hall full of dancers - at one point there were only a few sat down! If you have ideas for an event you would like next year then please let me know. If you can't attend then still you can offer assistance behind the scenes with the organisation - many hands make light work! The Sussex Association is very large, has 143 towers and 1300 members, we need to cater for them all, young and old, South East North and West.

## Cbeebies at Chichester



Discovering the Great Fire of London, part of a series called "My Story" aimed at pre-school children, where a child goes on an adventure with his grandparent into the past to explore a significant part of history, was transmitted on 27th of October at 5pm and was filmed in Chichester Cathedral in August and featured in the Chichester Observer. David Hall Tower Captain Lyminster and Arundel has written an article for Soundbow - if you don't subscribe yet have a look at your tower copy or contact Kathy Howard on [soundbow@scacr.org](mailto:soundbow@scacr.org) to find out how to lay your hands on one! Chichester ringers "fired" the bells to simulate the warning call to the citizens of London

## SCACR General Committee Meeting November 2016

These meetings take place twice a year, in March and November. We discussed rules finance safeguarding and other important essentials, but also the new website that Richard Pendlebury our webmaster and Matthew Jones IT specialist and Ashburnham Tower Captain have been working hard on. It is due out soon - a phenomenal amount of work has been spent on this! We also discussed the new members event on 28 Jan to be held in Shipley, the Songs of Praise Service commemorating those from Sussex who died in WW1 8 April, mini ring on tour, Sussex quarter peal week challenge, reports of planned fun events in all Districts, feedback from the excellent Horsham Festival of Bells and the hugely enjoyable Barn Dance.

Keep an eye open for future events being advertised soon, if you want 2017 could be a fun one! If you can offer your help in any way small or large, please let someone know. We are all volunteers and though we can claim expenses for travelling on Association business, we are a charity and gladly give of our time to keep bell-ringing fun and inclusive. The AGM is held mid May - we ring bells and enjoy the usual high standard of tea as well as deal with Association business, recognise achievements etc. Please come along and meet everyone, buy a raffle ticket or a Soundbow, take some photos, join a team or just learn a bit more about who we are, why we love bell-ringing and help us keep this unique part of our heritage alive and thriving.

[Alison Everett](#)  
[SCACR Events and Communications Team Leader](#)

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07786 264103

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## 'PR MATTERS' DAY, WELLESBOURNE, 25<sup>TH</sup> FEB 2017

Central Council is organising a day for ringers interested in promoting bellringing. It is intended to attract PR officers of ringing societies, with something for the experienced PR person as well as the less experienced who are not sure what is involved in volunteering for a role in the PR team. The event is not exclusive to PR Officers or Communications and Events teams, and many ringers will want to contribute their views on how we can 'market' bell ringing more effectively, or you may just want to find out more about the subject.

There will be a mix of external experts, panel discussion and group work to define the key elements which make public relations a success (or a failure), and we will develop action plans to become more effective, as well as overcome any barriers we face. Sharing lots of ideas, interesting initiatives and experience is the plan, and participants will get to know, and compare notes with, other ringers facing the same issues as themselves.

The cost, which includes buffet lunch and refreshments, is just £18. The application form is posted on the CCCBR website, so please apply early to avoid disappointment.

<http://www.cccbr.org.uk/events/pr-matters-day/#agenda>

[Nick Elks and Caroline Stockmann Central Council PR Committee](#)

## NEW TO RINGING OR JUST NEW TO SUSSEX?

If you are a new 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 in early 2017. A get-together for new ringers and members to meet with others who are at a similar stage.

This will be held at **Shipley on Saturday, 28 January 2017 from 2.30pm**. There will be a chance to have a ring, cup of tea & cake, and chat with other ringers. In addition it is hoped there will be hand bells 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 so if you would like to join us make a note of the date and look out for full details being circulated in due course. 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](mailto:david.kirky@gmail.com).



## Oh, the places you'll go! (A beginners' guide to visiting other towers)

Getting out to ring at other towers is good for you. Everyone says so, but how do you actually 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 definitely 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](mailto:secretary@scacr.org)

Matthew Jones, Ashburnham.

# It's a fantastic time to be a bell ringer!

By Matthew Jones, Tower Captain – St Peter's, Ashburnham.



**Figure 1: Team GB with their record 67 medals from the 2016 Olympic Games in Rio**

As I sit and watch Team GB raise the bar once again on what is possible, winning an amazing 67 medals at this year's Rio Olympics I can't help but think it's a great time to be a bell ringer.

Team GB's success has been built on a realisation that things were not going as well as they might and following a poor Olympics for Team GB in Atlanta '96, where they won just one gold and only 15 medals, a concerted effort to look again at the organisation and support for elite sport began.

Change came in small manageable bites and successes were built upon year after year. Large groups tend to have a battleship turning circle and as such change takes time. More important than the speed of change is the collective 'hands on the rudder', edging the direction towards a shared goal.

It's the collective will to move UK Sport that (over 20 years, I did say it was slow!) brought Team GB from 'not interested' to 'must watch' in the public consciousness.

It's this collective willingness to move forward, to engage, to get involved that I see in bell ringing, that makes it a fantastic time to be a bell ringer.

Where am I seeing this positive force? – I see it in the Facebook groups for bell ringers of all sensibilities, with vibrant discussions. I see websites being refreshed, updated and redesigned (The SCACR's and even CCCBR's are actively being redeveloped!!) and Twitter accounts proclaiming the latest goings on at Towers across the country. Why is this important? Surely new websites and social media are not a defining barometer of engagement? Perhaps not on the face of it, but there is real effort and passion here. Behind every post on Facebook is a ringer eager to share their views and every friendly comment or 'Like' is a helping hand of support for a fellow ringer. Behind every new website is a team of people working hard to help the community of ringers.

It's all too easy to have a view of bell ringing that doesn't extend over the horizon and to worry about the decline of bell ringing, but dip a toe in the wider world and a panoply of views, discussion and real engagement from bell ringers, about the hobby they love, becomes apparent.



**Figure 2: Facebook reveals a wider world of ringing**

because it doesn't match their experience, but this article has not been written to them. It has been written to you. Because you too love bell ringing. Some would say you're blinkered, but you think it enriches your life and want to share that joy with everyone.

*That* is why it's a fantastic time to be a bell ringer because, like Team GB, you and I can take manageable bites at the latest challenges facing us and build on our successes. Whether that's in your tower or a neighbouring tower, on an SCACR Team or just posting friendly comments to other bell ringers on Facebook. Together we'll be one of the many hands on the rudder of the good ship 'Bell Ringing' steering what we love towards a bright future.

**Interested in getting involved with an SCACR Team?** – contact [secretary@scacr.org](mailto:secretary@scacr.org) for more information.

**On Facebook?** – Join the SCACR group - <https://www.facebook.com/groups/4821517725/>

**Or tweet us** - [@scacr\\_bells](https://twitter.com/scacr_bells)

Of course it's not all online or 'virtual'. Bell ringing is about real people joining as a band to produce a glorious sound. This positive force can be just as easily seen in the ringers giving their time to teach, to help others, to maintain the bells, to organise events or simply to ring to the best of their ability. Indeed, we even see ringers coming together as a community to support each other and to make the world a better place. Who would have thought if asked 6 months ago that bells would ring around the world and even on the International Space Station in support of the 'Bell ringers Strike Back' event for the Blood Cancer charity the Anthony Nolan Trust? This, as much as anything, shows what is possible if we are all willing to pull together in support of a cause we believe in.

It's not just at the individual level either. Associations around the country are slowly adapting - The SCACR's new team based structure is a brilliant step in the right direction. The new Communications and Events Team and Training and Recruitment Team allow everyone to easily get involved in building the association you want to see. You can easily join a friendly, welcoming team of people to discuss and shape the future facilities you want to enjoy as an SCACR member, without bearing sole responsibility. Why is this so brilliant? - Because you don't have to be an amazing method ringer (or even an amazing rounds ringer!), a website designer or newsletter editor. You just need to be willing to join in the discussion.

I know there are people that will disagree with some or all of what is written here, who may pick holes in my argument

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## UPDATE FROM STEYNING

You will have been reading David Kirkaldy's reports on the state of Steyning tower over the last year and mentally commiserating with the Steyning ringers while being impressed by the way they have turned their misfortune into an opportunity to get out and about.

The latest news is that they are still hoping to ring for Christmas and the architect and structural engineer are coming to inspect on 28 November.

## WESTERN DISTRICT CONTACTS

|                            |  |  |  |
|----------------------------|--|--|--|
| <b>Secretary</b>           | Mandie Merlin<br>4 Roedeer Close, Emsworth PO10 7GP    | 01243 375182   | <a href="mailto:sec-west@scacr.org">sec-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>Bell Restoration</b>    | <b>Vacant</b>  |  | <a href="mailto:brf-west@scacr.org">brf-west@scacr.org</a>   |
| <b>Newsletter Editors</b>  | Mandy Rodgers<br>Hamish McNaughton                     | 01243 574074<br>01243 543410                                 | <a href="mailto:news-west@scacr.org">news-west@scacr.org</a><br><a href="mailto:news-west@scacr.org">news-west@scacr.org</a>   |
| <b>Central Council Rep</b> | Graham Hills   | 01903 266980   | <a href="mailto:gr.hills@yahoo.com">gr.hills@yahoo.com</a>   |
| <b>Committee Members</b>   | Helen Bickers<br>Sue Gadd<br>Moya Hills<br>John Taylor | 01903 603194<br>01903 813174<br>01903 266980<br>01903 745477 | <a href="mailto:sharptor@hotmail.com">sharptor@hotmail.com</a> .<br><a href="mailto:suegadd99@gmail.com">suegadd99@gmail.com</a><br><a href="mailto:mchills@talktalk.net">mchills@talktalk.net</a><br><a href="mailto:alansuetaylor@btinternet.com">alansuetaylor@btinternet.com</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 & Wisborough Green (2<sup>nd</sup> & 4<sup>th</sup>)

**Wednesday:** Billingshurst, Chichester, Felpham, Heene, Kirdford (7.45pm), Milland, Shipley, Stoughton, Thakeham, Tillington (7.45pm - 1<sup>st</sup> only) & Upper Beeding

**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>), Petworth, Steyning & Walberton

**Friday:** Amberley, Rogate & Storrington

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

### Regular Practices

|   |  |  |              |
|---|--|--|--------------|
| Beginners & Improvers Practice<br>- 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/scacr-calendar](http://www.scacr.org/scacr-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 dates of forthcoming events for the next **Diary update** to Mandy and Hamish via [news-west@scacr.org](mailto:news-west@scacr.org) by **15<sup>th</sup> January 2017** and your contributions for the next edition of **Sally Forth** by **15<sup>th</sup> March 2017**. Thank you*