



**JUNE 2020**



**SULHAMSTEAD & UFTON NERVET  
PARISH MAGAZINE 70P**

# **Parish Directory**

**St Mary's Church, Sulhamstead Abbots. RG7 4ED.**

**Website: [www.sunchurch.co.uk](http://www.sunchurch.co.uk)**

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# St Mary's Church Sulhamstead Abbots

Owing to the latest Government advice, all services are cancelled until further notice and the Church will be closed. Please see St Mary's website and the Parish Council website for updates.

Meanwhile, Canon John continues to record services and sermons which are posted on the church website and can be viewed at any time during the week. There are also Zoom meetings at 12noon on Sundays - please join if you can.

If you have any concerns, please contact Canon John or the Church Wardens.



**PLEASE NOTE: THERE WILL BE NO EDITION OF**  
**THE PARISH MAGAZINE FOR JULY OR**  
**AUGUST, BACK AGAIN IN SEPTEMBER.**

## Editorial ...

As we continue to hold our socially-distant editorial meetings, it has been lovely to meet so many people walking through St Mary's churchyard on their late afternoon walks. Even if nothing else has come of this ghastly business, it has been a pleasure to abandon the usual British reticence and enjoy a "hello" or even a socially-distanced chat with passers by.

Less desirable though is the growing habit of walkers (and cyclists) ignoring the Highway Code, in particular:

### **Rule 2 from the Highway Code**

**If there is no pavement, keep to the right-hand side of the road so that you can see oncoming traffic. You should take extra care and:**

- **Be prepared to walk in single file, especially on narrow roads or in poor light; and**
- **Keep close to the side of the road.**

**It may be safer to cross the road well before a sharp right-hand bend so that oncoming traffic has a better chance of seeing you. Cross after the bend.**

There seems to be many more cars going fast on the back roads since they have been 'let out'! With lots more people taking exercise by walking on the country lanes, the risk of an accident is higher than usual.

So please, if you are a walker, remember the Highway Code and if you are a driver, please slow down around bends.

And if you are the cyclist who pulled out behind a silver golf to cross the canal bridge when the lights were clearly on red, DON'T! You are a menace and a danger to other road users.

Rant over ...



## **From our Rector**

It sounds as if the lockdown is being eased at last. Those of us who enjoy a mug of tea outside in the early morning sunshine have noticed the dull roar from the direction of the M4 and the A4. The country may be getting back to work at last. The next date to watch, we've been told, is 28<sup>th</sup> May, when a decision is expected possibly allowing some classes to return to school. I know a lot of parents are uncertain about this – as is only to be expected in this weird situation when the answer to nearly every important question is, 'We don't know'; but many families have told me that their children are eager to return as soon as possible; and in our area, at least, teachers and staff are welcoming the first steps back to normality.

We all want to know, of course, when things will be normal again. Some people suspect they never may be. Others predict we'll all go wild for a couple of weeks, and then find ourselves back in exactly the same routine as before. But most people I've met have commented on a new sense of neighbourliness – especially during the Thursday clapping, when they've been having conversations with people they hadn't even met back in the beginning of March. Let's hope we can preserve that.

I'm hoping people will write accounts of their experiences during this time which, for many of the people in our villages, seems to have been marked by a degree of joy and freedom that's gone a long way to mask any underlying anxiety. We all know our woods and fields a lot better now; we've heard lots of birdsong which we'd never quite noticed before, and we've been walking, riding and running among the trees and in the lanes. I've suggested to our school that they might encourage the children to assemble a kind of time capsule – journals, poems, drawings – that we can gather together, seal tightly and lodge in the church. Some adults might like to join in, and do the same.

There will be darker memories too – quite a few people whose operations have been delayed, who will be anxiously hoping for a good place on the list for surgery; those whose livelihoods will have taken a knock and will be looking for a generous response from the government; but more especially those who have lost their lives to the virus. In the SUN villages I've only heard of two or three, but there may be more. We'll have a memorial service for them in St Mary's when the time is right.

## From our Rector continued ...

My own education in the wildlife of this area has been advancing by leaps and bounds. I've been listening to two garden birds that were unfamiliar to me – the chiffchaff, which makes precisely the sound I remember from the far-off days when my father used to sharpen the carving-knife before tackling the joint on a Sunday lunchtime; and the garden warbler which burbles away all afternoon quietly in the bushes, telling itself no doubt that everything in the garden is lovely. Why is it, I wonder, that you can hear the cheerful chirpings of house sparrows in Hollybush Lane and around Middle Farm, but never in the centre of Ufton Nervet?

---

Our church has been closed, as you know; but we've been very busy on-line, and we've all been in constant touch with each other. We don't know yet when we'll be able to re-open. As soon as we can, we'll unlock the door from dawn to dusk, so that people can come in and light a candle, and sit quietly for a while as they wish. Services may take longer to start again; but we can hope for a good Christmas, possibly even a Harvest Festival. We may well continue some of our online activity once the lockdown is over, but we'll be glad to be back in our building – which, as you know, has been welcoming worshippers to that well-loved corner for over 800 years. The church is people, not buildings – we know that; we know too that God can be worshipped wherever we meet him; and yet we still need our buildings. The early twentieth century poet T S Eliot had this to say:

“You are not here to verify,  
Instruct yourself, or inform curiosity  
Or carry report.  
You are here to kneel  
Where prayer has been valid.”

He was right, of course; and anyone sensitive to the presence of history will be aware of the benign company of our forebears who have crowded into St Mary's over the centuries to celebrate the good things in their lives; to mark the turning points in their lives, and also in the end to say their farewells. But there's more than that. A church like ours is a visible symbol of the promises of God – both a sign of love and safety and also an assurance of its reality.

What are these promises of God? someone may ask. Many, and perhaps different for each one of us. But perhaps the foremost, and the one that means most to us now, is this: he never promised that there wouldn't be distress. He never promised there wouldn't be suffering and loss. But what he did promise is this: we shall never be overcome. We shall never be overcome. That is our hope; that is the promise.

---

Since I wrote my first paragraph I've received further news on the background roar that gently awakes our villages just after dawn. It seems it may actually be a choir of central heating boilers, stretching up from Bottom Lane to the top of Sulhamstead Hill. First among them, I'm told, is a vast and noble specimen that was rescued from the engine room of the Queen Mary, and has been listed by English Heritage. What a fascinating place we live in...

**John Paton**

**PS High tech on display!**

This equipment's precarious balancing now explains the look the in John's eye and careful lack of movement when delivering his virtual sermon - in case it all crashes down!!!

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## Childrens Church

May's Children's Church was to have been a bluebell walk in the woods near the church, when the bluebells were absolutely stunning. Obviously Diana and Jane could not lead this so instead suggested that the children do the walk with their families instead.

Someone had placed a chair there, probably to sit and paint them, and Diana suggested that the children take pencil and paper with them so they could draw them. Minnie and Wilf Howman took her at her word and did these lovely paintings. Well done!



## Springtime Prayer

*For flowers that bloom about our feet,  
For tender grass, so fresh, so sweet,  
For song of bird, and hum of bee,  
For all things fair we hear or see,  
Father in heaven, we thank Thee!*

*For blue of stream and blue of sky,  
For pleasant shade of branches high,  
For fragrant air and cooling breeze,  
For beauty of the blooming trees,  
Father in heaven, we thank Thee!*

## **St Mary's 100 Club**

Winners of the May draw were

**1st:           *Nigel Rhind***  
**2nd:           *Julie Howell***  
**3rd:           *Penelope Pilkington***

## **Congratulations to all the winners**

The draw took place April via Zoom. Thanks to Canon John and the organiser of the virtual meeting!

**ALAS, STILL NO EVENTS TO REPORT IN THE  
VILLAGE DIARY BUT LET'S HOPE THAT, BY THE  
SEPTEMBER EDITION, SULHAMSTEAD & UFTON  
NERVET WILL BE UP AND RUNNING AGAIN!**

### **The William Bishop Trust?**

The Trust was set up for the benefit of students under the age of 25 years who are in need of financial help towards the furtherance of their education. This can be for help to buy specialist clothing, tools, books, musical instruments and any other item needed for the continuation of their study.

The charity was founded by the late William Bishop in 1846, to establish a church school for the poor children in the Parish of Ufton Nervet. It is highly probable that the present Sulhamstead and Ufton Nervet Primary School is the direct successor of the school founded in 1846.

To benefit from a grant from the trust, the applicant have been, or is at present, a pupil of the S.U.N. School. Applications from eligible students are welcomed and will be dealt with by the trustees in confidence. Written applications should be sent to:-

Mrs Sheila Price, The Abbots, Sulhamstead Abbots, RG7 4EE or email [theabbots@hotmail.com](mailto:theabbots@hotmail.com)

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## DEAR DIARY: Life during lockdown

Last Friday 1<sup>st</sup> May I turned to a new page in the month to view diary. It was completely blank apart from two entries; May 2<sup>nd</sup>, give wormer to cats; May 8<sup>th</sup>, VE Day. The April page was full, with crossings-out, as all church services, meetings, events, visits etc. were cancelled. Of course, the last two weeks in March were similar, and the spare time enabled me to get ahead with churchyard weeding. People said that surely the Fete and Summer Lunch will happen, and certainly the Harvest Lunch? But who knows??

Since the lockdown my life has fallen into a pattern, a definite routine which might appear dull but seems in fact ideal for me here in Burghfield / Sulhamstead.

7.00am, rise and shine; go through the house routine which involves opening blinds, cleaning computer key board, back door knobs, bell, light switches (new tasks), switching-on computer, feeding the cats and then Breakfast plus first read of the paper. Next the washing-up (no dish washer), plus other tasks and then get ready.

10.00am: For my allowed-exercise, I walk up to the church nearly every day via Hollybush and Shortheath Lane. Walking at a fast pace it takes 20 minutes, unless I meet someone on the way and stop for a chat, 2m apart of course. Sometimes the roads are empty but usually I pass the odd walker, jogger or cyclist coming in the opposite direction. People always say Hello. Saturday mornings are quite busy with more walkers etc and families often with a dog.

Anthony arrives: time to sit in the churchyard and reflect; to enjoy the sunshine, blue sky, clean air, empty skies and the silence, apart from bird song. Usually one or two walkers arrive. Over the weeks we have met, and conversed with many people, some new and some old friends, always 2m apart, before walking back.

Lunch then mainly at home: time to do other household tasks, gardening, church admin, make phone calls, visit to Co-op or Post Office for supplies and then its dinner and the evening plus TV. On Thursdays at 8pm we join all Woodlands Ave residents about clapping for the NHS. Anthony takes a banjolele and I have a frying pan and wooden spoon!!

On Fridays I deliver paper copies of the Sunday notices / magazine and again time for a socially-distanced chat. Saturdays mean a drive to Wellers to collect my fruit & veg order. Sunday is still Sunday, and at 10.00am I log-on to the church website to watch the service that John and Anthony have recorded, followed by a Zoom get-together at 12noon. No long walk that day.

My only deadline now is on Friday when I prepare and email-out the notices. I am of course far too old to join a community scheme for shopping etc. I hope the new normal, when it comes, will retain some of this calm, the goodwill and friendship in our community and the benefits to the environment. I am resolved to keep on with the walk!!

**Jenny Peabody**

## **ST MARY'S CHURCH MARKS VE DAY**

It was a modest, socially distant commemoration and two minutes' silence for VE Day. Just six people (the sixth, modestly out of camera shot) all safely 2m apart....



## **St Mary's Church marks Ascension Day**

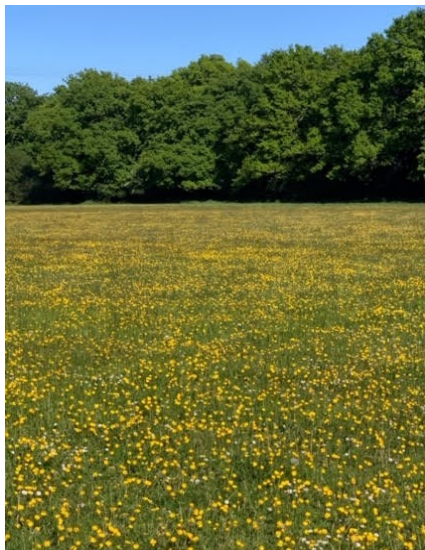
Alas, the the camera stopped recording after just 2 minutes of the Service so this is the only pictorial record. Another glorious day ...



## SCENES FROM VILLAGE WALKS ....

With thanks to Deborah James for her photos.

A reminder of the wonderful weather we have enjoyed during the lockdown, and how lucky we are to live in such a beautiful part of the country...





## LEMON DRIZZLE CAKE RECIPE

4 oz soft margarine

6 oz self-raising flour

1 level teaspoon baking powder

6 oz sugar

2 eggs (large)

4 tablespoons milk

Finely grated rind of 1 lemon

Topping Juice one lemon + 4 oz sugar

Put all ingredients into bowl and beat for about 2 mins. Turn into tin (8" round)\* and bake Reg 4 for 50 - 60 mins. If using

2 lb loaf tin (see below) cook for 40 - 45 mins.

Put lemon juice and sugar in small bowl and stir until blended.

When cake comes out of oven pierce the top and spoon over the topping whilst the cake is still hot. Cool in normal way.

*\*NB I use a 2lb loaf tin with a cake liner as it keeps all the topping in.*



## SULHAMSTEAD & UFTON CRICKET CLUB

The Watson Oval, Jack's Booth Ground, Bath Road, Near Theale, Berkshire RG7 5HP

### Sulhamstead & Ufton Cricket Club

Like so many other clubs we are mothballed for the moment. However the pitches are in excellent condition thanks to our small team of hardworking mowers. We have been applying for grants from local and national organisations so that we can extend and refurbish our pavilion. We have nearly raised what is needed and particular thanks to Sulhamstead Parish Council. The contractor started work but virus restrictions means they have had to stop as they could not source the materials needed.

If at all possible we will play cricket this summer.

**John Steeds**



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## 1ST UFTON NERVET SCOUT GROUP NEWS

IN THE LAST MONTH

Well, even being on lock down we have been busy as a Scout Group: we zoom the Scouts every Thursday evening ending with the clap for the NHS . The Explorers have be doing challenges each week. and the Cubs and Beavers have been making things. All sections completing badge work.



We have celebrated St Georges day in a way we have never done before we all wore our uniform for the big clapping and Norman Bagshaw very kindly played his trumpet for us while we all renewed our promise in our gardens.



We have had a Virtual Group camp in our gardens and did a zoom meeting so we could share our experiences in our tents.





## 1ST UFTON NERVET SCOUT GROUP NEWS

IN THE LAST MONTH

The Cubs made bows and arrows from kebab sticks and have a challenge on a Zoom meeting they all did a great job and lots of fun.



As a Group we celebrated VE day by having cake & cream teas in our front gardens and remembering all the heroes from then and now. Lots of Beavers, Cubs, Scouts & Explorers have been busy doing badge work at home, making things, learning new things, helping parents and neighbors.



We also as a Group helped the Scout Association walk to the moon and back to raise money for children in need and Comic relief by all walking a mile and pledging some money. Over £350,000 raised by the Scout Association.

As a Scout Group we carry on doing virtual Scouting and look forward to when we can all meet up again. 1st Ufton Nervet Scout Group sends its love to everyone out there and we are thinking of you all in this difficult time. STAY SAFE EVERYONE!

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## **Percy I—And so to bed.....**

By now I will have finished planting out my summer bedding and will be feeling thankful. This is the completion of an annual project that begins with the seed catalogue in autumn and ends with trowel fatigue, dirty knees, and a conviction to just get on and plant more perennials. Usually, what is eventually planted differs from the initial plan and this year is no exception.

The two important decisions of the plan are which plants, and which colours. At the front of the house the summer bedding plants are there to do a job of work which is basically to whack the beholder in the eye with a slug of colour. It is as simple and unsophisticated as that. I don't expect the passer-by to marvel at the beauty of any individual plant or flower but rather be arrested by the total effect. Therefore, I tend to choose strong colours and plant in sizable blocks (e.g. more Matisse than Seurat). Where possible therefore I opt for varieties with flowers of a single rather than mixed colour.

In choosing what to plant I try and satisfy a set of criteria. The first is ease and reliability of growing from scratch, either from seed or cutting. In an unheated greenhouse there are limits as to how early one can start so some cold tolerance and/or speed of growth are factors. The next criterion is a prolonged flowering period, preferably starting early and continuing right through September. In this regard, it is easy to get caught out and I remember once planting nemesia which were fantastically showy but only for a relatively short time. Increasingly, I am looking for drought tolerance.

Finally, I am mindful of the habit of the plants and their eventual height or spread. In my mind's eye the bed is built with low or trailing plants at the front, tall plants in the centre, a gradation of heights between the two and all behaving themselves. In practice, I usually get at least one lot that overwhelms their neighbours. For example, Petunias start out sweet and innocent but usually end up gangling and unruly. I pre-plan the tall centrepieces. At the very back, nearest the house, I always finish with Cosmos. The variety 'Sensation' grows to about 1.5m so it is wise to stake them otherwise they keel over in a stiff wind

In the front bed this year I have chosen Zinnia 'Purple Prince' which grows to 90cm. My last foray with zinnias merely fed the slugs so this is new for me and a bit of a gamble. I was persuaded to try again as they are drought tolerant and have nectar rich flowers attracting bees etc. I also thought a bold patch of purple would be eye-catching. My plant for contrast is the 'dwarf' African Marigold Sunspot Yellow. In support is Petunia Daddy Blue, which is a terrific performer and is forgiven its unruly rambling in favour of its excellent colour.

My economical space-filler this year is the bedding Dahlia Diablo which is devilishly easy from seed (I told you porkies earlier in the year when I said I was growing Bishop's Children – I only realised my mistake when I checked the seed packet for the height). Although in mixed colours the unifying aspect is the dark bronze foliage, which should go well with the yellow of Sunspot. Tagetes is a must have for its feathery foliage, masses of small flowers and drought tolerance once established, and, as usual, I have grown a number of different French Marigolds majoring on the robust and reliable Red Cherry.

I was going to go retro this year with red Salvias but due to a bit of inattention the whole tray got frazzled during some hot sun. But never mind, my homage to the 70's will just have to be flower-power.

## **Percy Growbags**





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# VE DAY CELEBRATIONS IN THE PARISH

As the houses and gardens around the parishes sported bunting and Union Jacks, the Wises Firs and Shortheath Lane area was no exception. The residents celebrated fittingly, with a socially-distanced Street Party celebration in the afternoon....





One house had a VERY distinguished visitor ...

Former WAAF Shelagh Frost, wearing the hat and medals awarded to WW2 fighter pilot, the late Air Cdr Jack Frost.



Next generation soldier, 21st Century Land Army girl and a car that would be the envy of Captain Mainwaring.

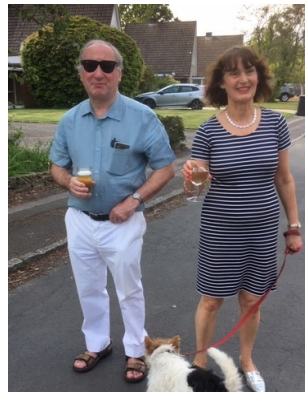




The day started with some solemnity as Norman Bagshaw played the Last Post before the residents observed two minutes' silence, which was concluded with Reveille.

Norman has also been entertaining his neighbours on Thursday evenings, after the NHS clap, with a variety of tunes.

Something to lift the spirits during these Ground-hogdays: we should put him in a convertible and drive him around the parishes, so we can all enjoy his uplifting music!







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## On why holding an Arts Festival in church is not a good idea

The Rectory  
St James the Least



My dear Nephew Darren

Your decision to hold a Summer weekend Arts Festival in church, bringing culture to your inner-city streets, was most commendable. Pity, how it all turned out.

The Friday evening started well with the concert of Scott Joplin piano music. Obviously knowing that the pieces were originally played in seedy bars on pianos wildly out of tune with several notes missing, your committee must have gone to endless trouble to find precisely the right instrument. Your stage-hands, were, however, less careful and hadn't noticed that the platform had a noticeable list to port. After each piece, the pianist had to relocate the piano stool closer to his nomadic piano, with the last piece being performed with both entirely out of sight behind the pulpit.

It created much innocent entertainment for the audience, but the fault really should have been remedied before the Saturday evening choir concert. Discarded kneelers and rotting hymn books do not form a stable base for a stage supporting an 80-strong choir. So, when it came to the enthusiastic rendering of hits from 'Oklahoma', with copious hand movements, it came as something of a relief that the stage took this as the moment to signal defeat, tipping the tenors behind the altar. The audience's thunderous applause, assuming this was a carefully choreographed part of the performance, was quite touching. I am sure all the compensation claims will soon be sorted out.

Your one great mistake was to take on responsibility for organising the refreshments afterwards. Church entertainments committees have centuries of collective experience in judging the numbers of ham sandwiches and bottles of milk required. I am forever proud that our own ladies – through years of experience – can now get five cups of tea from every tea bag and can butter bread so thinly that one pack can last several months.

What you now do with 29 surplus loaves of bread is a problem you have brought upon yourself. You could possibly use them for supporting the stage next year.

Your loving uncle,  
Eustace

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Since the coronavirus crisis Lockdown many people have used the word “surreal” about the circumstances we find ourselves in. However for society as a whole and individual organisations such as the Village Hall trust the situation is very **real** and currently extremely difficult. At the end of 2019 the trustees advised the community that the Village Hall was running a deficit budget and if additional Users and income could not be found then the hall would likely close by 2021. The trustees held an Open Day in January and were delighted to have so many local people come to the hall to give ideas and offer their support. One of those ideas was to launch a monthly Country Fayre and Café along the lines of similar village halls and the first of these was run in February. Sadly that was the last at this point in time as the Lockdown has meant cessation of all social activities. However although we are in Lockdown there are still costs even with the Village Hall sitting empty and unused. The Trustees have done all they can to minimise the costs and exploring options for grants to try and keep the hall available for at least 2020. However if new Users cannot be found or some of the previous Users don't return then 2021 will be a very difficult time for the Village Hall.

Another difficulty is that the Hall cannot be opened for only one or a small number of Users. It would be cheaper to keep it closed unless it returns to near previous usage.

One kind offer has been to run a 'crowd funding' scheme where local people and maybe more widely can be encouraged to make a donation to support the Hall. Other organisations have found this a surprisingly successful way to raise money. However if the Trustees cannot see a viable future for the Hall it would be disingenuous to accept money that would only postpone the inevitable closure.



In the face of all of this the Trustees continue to be positive. It is great that a number of people and organisations have become 'Friends of the Village Hall'. As long as the sun keeps shining we will have some small income from the solar panels over the summer and "who would have imagined such a situation when the decision to install panels was taken!". That income can be used for the Friends Summer draw.

Also they are considering how best to plan for the reopening of the hall and whether there is anything that can be done at minimal cost to brighten it up and make it a more welcoming place for everyone coming back to use it.

Hence there are number of actions the trustees will take to prepare for reopening of the hall. These include:

- \* Plan for modest works such as touch up the paint work and also clear out the Committee Room which currently stores all the chairs and tables
- \* The Hall Manager will consult with all the current Users to obtain a prediction of when they see they may be able to get back into the Hall commensurate with government guidelines
- \* **All members of the community are asked to consider** how they might use the Hall after Lockdown ceases and some social interaction can recommence. As an example when different households can get together the Village Hall could be a great place to have that big party where you control the space and the food.

If you have any questions about usage of the Hall post Lockdown please do not hesitate to contact the Hall Manager on telephone or on email

Phone Number: 0118 983 2383

Email: [sulhamstvillagehall@icloud.com](mailto:sulhamstvillagehall@icloud.com)

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**John Baxter**

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## Percy II: Parallels between the World of Gardening and Quantum Mechanics

Prefatory note – This bonus article was inspired on learning of a chance remark by a reader that I appeared erudite\*. If you are not au fait with quantum mechanics and find it a bit hard going, I have put in *italics* what would be helpful to google.

Heisenberg's Uncertainty Principle mechanics by observing that the uncertainty principle operated in our garden. Broadly, the principle states that there are limits to knowing exactly where something is and what it is doing at any moment. This is demonstrated every time Mrs G steps through the patio door to bring me a cup of tea. She will either know what I am doing but will not know where I am, or if she does find me straight away will not have a clue what I am doing. I sometimes find myself at the shed doorway uncertain why I am there, but I think that has more to do with age.

### Wave-particle duality

During lock-down I have been pursuing my ongoing philosophical enquiry into one of life's big questions: 'What is a garden for?'. This has led me to recognise that there are two types of user: a passive one for whom the garden experience is entirely sensory; and an active user who creates and maintains it. They can be identified through their different psychological responses. For example, some coloured and distorted foliage might elicit mere curiosity and interest for the passive user, but the active user will diagnose pear-leaf blister midge and immediately lapse into anxiety and depression. However, at various times, the same person might be passive or otherwise active. This reminds me of wave-particle duality where a collection of photons sometimes acts like a ray of light and at other times like a swarm of individual billiard balls.

### Superposition of states

Furthermore, according to the *Copenhagen interpretation* (of the underlying mathematics of quantum mechanics), any unobserved person walking through the garden is neither definitely active nor passive but instead is better described as a probabilistic mixture that will jump to one definite state when caused to do so, e.g. by encountering either a beautiful flower (passive) or a slug (active). But there are problems with this interpretation as Schrödinger pointed out in his famous thought experiment regarding the cat (google *Schrödinger's Cat*).

### Entanglement

Another quantum mechanical phenomenon affecting Mrs G and me is Entanglement. This is where objects are linked so that an independent action by one causes the other to jump to a specific state however widely separated, which could be light-years. Interestingly, the transmission of this causality is immediate and therefore is at odds with the *Theory of Relativity* which holds that nothing can travel faster than the speed of light (this is known as the *EPR-paradox* named after Einstein, Podolsky and Rosen). In our garden entanglement works like this: I plant some bamboo; Mrs G notices my action and immediately goes into a state of disapproval. I receive this signal which causes me to dig it out again.

I am going to finish with another philosophical idea. In thinking about what could be known for certain, René Descartes came up with 'Cogito ergo sum'. It is little known that his brother Percy was working in the Versailles Gardens at the time. He came up with a variant which is more even more certain; 'Hortus ergo sum' (I garden, therefore I am!).

### **Percy Growbags**

\*I hope that reader enjoyed this article but that it has disabused her of that notion.



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## AS YOU GO THROUGH LIFE

Don't look for the flaws as you go through life;  
And even when you find them,  
It is wise and kind to be somewhat blind  
And look for the virtue behind them.  
For the cloudiest night has a hint of light  
Somewhere in its shadows hiding;  
It is better by far to hunt for a star,  
Than the spots on the sun abiding.

The current of life runs ever away  
To the bosom of God's great ocean.  
Don't set your force 'gainst the river's course  
And think to alter its motion.  
Don't waste a curse on the universe--  
Remember it lived before you.  
Don't butt at the storm with your puny form,  
But bend and let it go o'er you.

The world will never adjust itself  
To suit your whims to the letter.  
Some things must go wrong your whole life long,  
And the sooner you know it the better.  
It is folly to fight with the Infinite,  
And go under at last in the wrestle;  
The wiser man shapes into God's plan  
As water shapes into a vessel.

*Kingdom of love and How Salvator won by  
Ella Wheeler Wilcox*

This poem is so relevant during these difficult times and full of wise Christian thoughts and advice. It was written in 1902 and I found it by chance. The first verse of the poem was in the Service of Thanksgiving for the life of The Hon Hugh Astor in Southwark Cathedral in October 1999, who added "On Sundays my housemaster at Eton used to ask us to recite it. Sixty years later there are still occasions when I find it beneficial to remind myself of these lines".

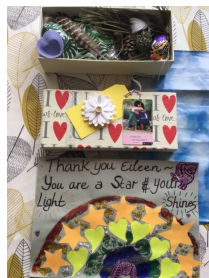
Hugh and Emi-Lou Astor lived at Folly Farm for many years and regularly attended services at St Mary's. The church fete was held in their wonderful Grade I listed gardens.

John Steeds

## **Caring in the community with ‘social distancing’**

Our volunteers are still being amazing and have found many ways to show they care for their friends (clients).

- They speak by phone or even Facetime a few times a week. One volunteer has driven outside her friend’s house to coincide with the arrival of her carer so that she can phone her friend from the car, meaning the carer can ensure they can have a chat
- They get their children to make cards and pictures
- They have made a rainbow poster for a friend’s window, so she knows she is not forgotten
- They have made a birthday cake and delivered it with flowers
- They are doing weekly shops
- One even delivered a “hug in a box” with a special message (see photo)



Our volunteers also helped our Coordinator during self-isolation: “They even did shopping for me, brought me flowers, treats, meds and sent messages. I felt very cared for.”

Thank you TiM Friends for your fantastic service and community spirit.

**Bev French, TiM Friends Coordinator : 07748 686615 :  
[bevfrench6@gmail.com](mailto:bevfrench6@gmail.com)**

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**We regret Café B and School Pastors are not operational at  
 the present time .**



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## Learning at Home during Lockdown

Hello Dear Readers

Mama has asked us to write something for your magazine this month because she has not seen William or Thomas properly for over 2 months now. She does see them on Zoom and has lots of pictures but she is writing them a story about a dragon family which she emails to them.

We are Penelope (Peeps) aged 10 and Daniel (Dax) aged 9. We are the older grandchildren of Mama and Pop-Pop. We live in south-east London and we have not been to school for many weeks now. I, Peeps, am in year 5 at school and Dax is in year 4. We have not seen Mama or Pop-Pop for a long time either. Our school home working is keeping us, and Mummy, very busy. It seems to take all day. We wonder how other children are faring.

There are things we like about learning at home and the main one is that the start of the day is more relaxed. We still get up at the same time, have our breakfast etc but we do not have the 30-minute walk to school. We have heard that some children wear their school uniform at home, but we do not. We start our learning at 9.30 am each weekday. We all used to do exercise with Jo Wicks at 9.00 am but .....it is sometimes a little strenuous, so we have a short walk instead.

Each day we sit down at our kitchen table with either a laptop, ipad or computer. We seem to need an awful lot of gadgets. Mummy sits with us. We are supposed to do 30-40 minutes each day of Maths, English and one other topic. We enjoy our Maths and like to do this first. We have done fractions, percentages and decimals. It is one thing to work out the answers but quite another to write it all in the text box for our teacher and this takes us much longer than if we were writing in our books. Next comes English. Last week I wrote a Greek myth and Dax wrote an Egyptian poem with hieroglyphics. We are expanding our noun phrases, using ambitious vocabulary, adverbs and varying our sentence starters. We do spellings and read as much as we can.

In the afternoons we do our other subject which might be art, geography, history, RE or PSHE. We have learnt about mummification, Pompeii and its artefacts. This was great fun but took us longer than it should. Peeps has produced seascape silhouettes in the style of Lotte Reiniger. Again, we research on the computer before transferring it all on to the Google Classroom. We've got the hang of this now but it took a while.



During lockdown we have also done scientific experiments. We recreated the water cycle in a bowl of hot water, we wrote persuasive letters from Earth to humans to stop pollution. In History we have researched the Jurassic period and created a poster. We do map reading in Geography. We have also studied Hinduism and in PSHE we made a wellbeing diary with a bank of activities which make us happy, plus a list of jobs we do around the house. We think we do quite a lot! It then asked us consider more things we might do to help.....honestly! Things we miss are feedback. We have no feedback on our work although with our Maths Mummy and Daddy know if we are right and Mummy checks our spelling. We miss the interaction with our friends. In school, we work quietly in groups and we bounce ideas on one another. It is not quite the same working at the kitchen table. The work that we are being sent is not as challenging as the work we do at school and we are easily distracted. We miss our teachers and class interaction. Having said all of that, we are still learning, just in a different way. We miss our friends very much but keep in touch on Zoom. Today is Dax' birthday and he is having a Zoom party with 7 friends.

Mummy spends most of the day with us and then she has to do her own teaching by Skype in the evenings. Daddy works all day at his computer too but we always eat together and have our walk together. Fortunately, the big park near us is open and we have seen baby cygnets and Canada goslings hatching.

Things are very different in London nowadays. You cannot see people's faces as everybody wears masks, you cannot see people's expressions and the buses we see are mostly empty. Sadly, lots of bus drivers have died in London. All our favourite coffee shops, restaurants and leisure centres are closed. Our school trips will not happen. We do not see our friends but .....we do more baking together as a family, we have learnt loads about technology and we can play in our garden and see the families either side of our house much more frequently. We have relished the lovely weather and we have barbecues "with the neighbours" and have grown closer in our community. On VE day there was a street party with music, keeping our distance. It is not all bad.

Please keep safe. We have just heard some startling news - it is just possible that we may return to school in June in some format. Are we ready?

With love from Peeps and Dax

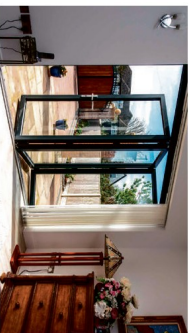
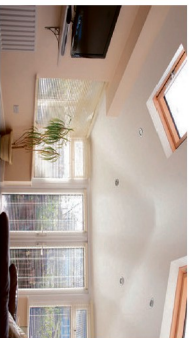
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## **West Berkshire Energy Switch - See if you can pay less for your energy bills**

The West Berkshire Energy Switch is a free to join scheme which gives residents the chance to see if they can make savings on their fuel bills. With many earning less than they would have usually and others with increased energy costs from working at or being at home more than usual

## See if you can pay less for your energy bills continued ...

Since 2016, over 724 households have switched supplier through the scheme, saving over £161,500 between them.

A one day reverse auction will be held in May; with suppliers competing with their best offers, and the winning supplier/s then sending registrants their personalised offer for consideration. Auctions are held each year in February, May and October.

There is no obligation to switch. Sign up and see if you can save; to register or find out more, visit [www.westberks.gov.uk/communityswitch](http://www.westberks.gov.uk/communityswitch)

You will need to have your latest energy bill to hand, as you'll need the details during the registration process.

Registration and acceptance is open until 30<sup>th</sup> June, and offers will begin to go out from 1<sup>st</sup> June. The sooner you sign up, the sooner you will receive your offer.

West Berkshire residents without internet access should contact the Big Energy Switch on **0800 048 8439** Mon - Fri 8.00am - 5.30pm by 21st June to register. Remember to have your energy bill or annual statement to hand when you call.



The advertisement is enclosed in a dark blue border. At the top, a dark blue banner contains the text "Increasing energy costs unBEARable?" in white. Below this, on the left, is the "Big Community Switch" logo, which includes the text "Big Community" in white on a dark blue background, "Switch" in white on a yellow background, and the hashtag "#BigCommunitySwitch" in black below. In the center is a photograph of a brown bear. To the right of the bear is a yellow banner with the text "Join our collective energy switch" in dark blue.



## LITTER LOUT REPORTAGE

As one of the delightfully, dedicated, devoted band of litter pickers in Sulhamstead I am glad/amazed/not-so-amazed to report that over the Lockdown period roadside litter has become almost non-existent!

The usual torn bags of MacDonald's detritus (and other fastfood outlets), Costa (and other coffee companies) cups, vodka bottles, syringes, Red Bull cans, soft drink cans (various), plastic water bottle (various), beer cans (various), bags of discarded disposable nappies and other unmentionable substances and "items" have disappeared! And not because the Trash Trolls have been secretly picking up the rubbish whilst we were sleeping!

It is because the "GGGGGeneral PPPPPublic" have been in lockdown, unable to drive around dumping things, the takeaway shops and drive-throughs that provide this litter have been closed, so the "GGGGGeneral PPPPPublic" who feel the need to buy fibrocalcific fast food, greedily gobble and gulp it down, and then throw away the lousy, leaking leftovers and associated paper, plastic and polystyrene out of their car windows have JUST NOT BEEN OUT to do it! HOOOORAY!

The long lasting lockdown has done a dreadful deal of damage to people's lives, health, education, welfare, and to our economic future - but our skies are clear, the air is fresh, the quiet is...well.....quiet, only punctuated by the birds singing loudly and the sound of happy children in their gardens and, when life returns to some sort of normalcy, we will miss these few things very much.

Having said that, on a final note of reproof, whilst the roads have been empty - those people who have been using them have been completely ignoring the speed limits and, as one of your delightfully, dedicated, devoted band of litter pickers (I have a 2m long litter picker....), I have had to throw myself into the hedges and ditches more times than usual to avoid being run over on our narrow, winding country lanes. I think I shall have to start wearing a bodycam so my wife can sue the idiot who mows me down and kills me.....

Stay safe! With love from your Local Litter Lout

# **SOME FREE THINGS TO DO WITH THE KIDS**

## **Bake with mud**

Use old pots, pans and cutlery and cook up some delicious mud cakes using mud, seasoned with flowers, stones, leaves and seeds.

## **Make Fairy Soup**

Collect leaves, petals, seeds and grass and mix them together into a small bowl of water. Use scissors to shred the ingredients, crush them using spoons.

## **Lie on the ground and look for shapes in the clouds!**

## **Make a mobile**

Not the kind that needs wifi and four bars... the kind that blows in the wind, and makes the sounds of nature and looks beautiful.

## **Make a head-dress**

Collect sticks, leaves, feathers, seeds and anything else that catches your eye and use them to create beautiful woodland headwear.

## **Noughts and crosses**

Paint Os and Xs on pebbles then play noughts and crosses, chalk a grid on the pavement.

## **Roll down a hill!**

No explanation required - find a hill, lie on your side at the top and roll!

## **Build a den**

Use a clothes-horse and drape a sheet over it.

## **Build a fire and toast marshmallows**

Gather some twigs and sticks and then build the fire together before taking charge and lighting it from a safe distance. Cover basic fire safety before settling down to toast marshmallows on sticks.

## Protecting yourself online...

As the world moves more towards being online, it's important that we don't forget to protect ourselves from cyber crime. It can be daunting having to learn new processes like online banking and keeping in touch with our friends and families on social media, but did you know that £1.7million was lost to cyber criminals by residents in the Thames Valley between April 2018—March 2019?

Here are some of the simple actions that you can take to protect yourself online:

**Use a strong, separate password for your email.** By creating a separate password for your email account, you're securing yourself if your password be stolen from an account elsewhere. Choose three random words and substitute letters for numbers to make the password harder for someone else to guess.

**Watch out for fake emails & texts asking for your information.**

These are called phishing messages, and they can sometimes look like they're from genuine sources. Look out for tell-tale signs such as poor spelling and grammar, incorrect email addresses and requests for information or payment out of the blue. Never give your personal information unless you are sure it's from a trusted source.

**Install the latest software and app updates.** You wouldn't put an old set of tyres on your car. Why would you trust old software to protect your personal data? Software and apps are regularly updated to secure against the newest viruses and online threats. Check the settings on your phone and computer to make sure you have the latest updates installed. Call your manufacturer or go on their website if you're not sure how to do this.

**Secure your social media.** Social media is a great way for us to keep in touch with loved ones and share our lives with them, but would you want a stranger to see this? Check the settings of your social media accounts to make sure you have adequate privacy filters enabled.

More details on how to protect yourself from cyber crime can be found on the [Thames Valley Police website](#).

If you think you have been a victim of an online scam, you should report this to Action Fraud on their website or by calling

**0300 123 2040.**





## **Burghfield and District Branch Royal British Legion The Royal County of Berkshire**

**"LIVE ON"**

**To the memory of the fallen and the future of the living**

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### **BRANCH MEETINGS**

**IN ACCORDANCE WITH GOVERNMENT GUIDELINES, OUR  
MEETINGS HAVE BEEN CANCELLED.**

**WE WILL KEEP MEMBERS INFORMED ON AN ONGOING BASIS  
AS SOON AS INFORMATION BECOMES AVAILABLE.**

Our Branch continues to go from strength to strength – we now have more than 120 members most of whom have not served in the armed forces. However, we all support the great work that the Royal British Legion does to help ex servicemen and women who are in any need. We meet monthly on the fourth Tuesday of each month at Burghfield CSA and we always have inspirational speakers.

If you would like to come to our meetings and possibly join our branch you would be most welcome.

**Just call Jane Steeds on 0118 983 2320.**

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**CAN THE LEGION ASSIST YOU?**

National Welfare Helpline - 0808 802 8080 (free landline call)

<http://www.britishlegion.org.uk/can-we-help>

# MOTs only £40



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## **Sulhamstead Parish Council**

**Chairman: Margaret Baxter    Tel: 0118 983 1306**  
**Clerk:                    Tina Harris**

## **Ufton Nervet Parish Council**

**Chairman: David Hannington    Tel: 0118 983 2383**  
**Clerk:                    Fiona Jones                    Tel: 07947 027065**

## **MAGAZINE ADVERTS**

**To place an advert in this magazine please contact:**

**Mrs Felicity Holden**

**Tel: 0118 983 2459**

**Email: [adverts@sunchurch.co.uk](mailto:adverts@sunchurch.co.uk)**

## **ADVERTISING RATES**

Whole page:        £110 per year

Half page:         £75 per year

***Cheques should be made payable to: SUN PCC***

## **Can we help?**

**Bland's School Foundation Trust** is a Burghfield charity which provides small sums to support the education of children who need financial assistance and live or attend school in Burghfield. The charity looks at education in the widest sense and donations have been made for school trips, scout trips, courses and educational equipment.

If you think you might qualify for a donation towards a specific activity please do not hesitate to contact:

Lotte Plant (Secretary and Trustee) 01189 832205 or  
email: [carlottaplant@gmail.com](mailto:carlottaplant@gmail.com)

# St Mary's Church

**The United Benefice of Sulhamstead Abbots  
& Bannister with Ufton Nervet**

**Sulhamstead Abbots, Berkshire**

**RG7 4ED - United Kingdom**

**WARNING - this GPS Postcode is 1/4 mile from the Church - Go Northwest**



**St Mary's, Sulhamstead Abbots, is part of a parish that includes Sulhamstead Bannister and Ufton Nervet. Worship has taken place on this site since 1189, possibly earlier. Most of the church is 13th century, with major restorations in the 15th and 19th centuries and a parish room erected in 2000.**

*A schedule of service is published in the monthly Parish magazine .*

**Rector— Revd Canon John Paton**

**Tel: 0118 3842158   sunrector@outlook.com**

## **SUNDAY SERVICES**

- |                |  |
|----------------|--|
| <b>8.30am</b>  | <b>Holy Communion B.C.P - 1st and 5th Sundays</b>                  |
| <b>10.00am</b> | <b>Holy Communion C.W - Weeks 2,3 and 4</b>                        |
| <b>10.00am</b> | <b>Parish Communion 1st Sunday Service &amp; Children's Church</b> |

**For all information about St Mary's Church, Sulhamstead Abbots visit our website**

# **[www.sunchurch.co.uk](http://www.sunchurch.co.uk)**