

# **The Botolph Bell**



**The Magazine for the Parish of Heene  
June 2018**

# What's on at St. Botolph's

Look at the regular events we hold in addition to our prayer group and Sunday morning services:

<b><u>Monday</u></b>	10.00 am - 11.00 am	Gentle Exercise Class
	1.15 pm - 2.45 pm	Home Ed. Drama
	5.45 pm - 6.45 pm	Yoga
<b><u>Tuesday</u></b>	7.30 pm	Folk group practice
<b><u>Wednesday</u></b>	10.00 am - 11.45 am	U3A Inspired Instrumentalists
	12.00 pm - 1.00 pm	Instrumental Groups
	7.00 pm - 8.00 pm	Tai Chi
	8.00 pm - 9.00 pm	Kick Boxing
	8.00 pm - 9.00 pm	Oriental Dancing
	7.30 pm - 9.00 pm	Bell Ringers' practice
<b><u>Thursday</u></b>	7.30 pm - 9.00 pm	Spring into Soul Community Choir
<b><u>Friday</u></b>	10.30 am - 12 noon	Coffee morning
	11.00 am - 11.30 am	Home Ed. Children's Recorder Group
	12.00 pm - 1.00 pm	U3A Beginners' Recorder Group
	7.00 pm - 8.00 pm	Chinese Straight Sword ( <i>Monthly</i> )
	7.30 pm - 8.45 pm	Church Choir Practice
<b><u>Saturday</u></b>	10.00 am - 11.00 am	Oriental Fan ( <i>Monthly</i> )

All events are weekly unless otherwise stated and contact details are shown at the back of this magazine.

*St. Botolph's Church, Lansdowne Road, Worthing BN11 4LY*  
*[entrance on Manor Road for most mid-week events]*

## Services

Friday, 1st June	10.15am	Prayer Group
Sunday, 3rd June	10.00am	Sung Eucharist
Friday, 8th June	10.15am	Prayer Group
Sunday, 10th June	10.00am	Sung Eucharist
Friday, 15th June	10.15am	Prayer Group
Sunday, 17th June	10.00am	Sung Eucharist
Friday, 22nd June	10.15am	Prayer Group
Sunday, 24th June	10.00am	Sung Eucharist
Friday, 29th June	10.15am	Prayer Group
Sunday, 1st July	10.00am	Sung Eucharist

## Thought for the Month

### NEW DIRECTIONS!

It is good from time to time that life should change direction. I'm viewing my future retirement as just that. My life and priestly ministry will change direction. I welcome the fact that pressures and responsibilities will be remarkably fewer. What will, I hope, remain constant and faithful, will be serving Jesus in prayer, worship and pastoral care.



This year on 2nd July I will celebrate 40 years of priesthood. I thank God daily for His grace without which one could never sustain priestly ministry. In those 40 years I've worked in South East London as a Curate in Deptford, 17 years as a Parish Priest in Toxteth and 20 years in the Diocese of Chichester; four as Vicar and Rural Dean of Brighton and 16 as Archdeacon of Chichester. During those years I have come across the most inspirational, committed Christian people, both lay and ordained, for whom I offer thanks and I'm going to miss so many of them in the future, whatever that holds for me. The exciting thing is of course meeting new people and making new friends and always keeping in contact with old friends.

For Jesus' life took on several changes of direction. For example, after years of hidden life immediately after his baptism in the Jordan, Jesus faced his public ministry which was one of transformation, changing people's lives for ever (something Jesus still does today). He then sets his face towards Jerusalem to face his passion and death, something his followers could not comprehend. Then his glorious resurrection and ascension where Jesus prepares his followers for his departure and that significant change of direction sees Jesus return to his father in heaven where he has prepared a place for each of us.

**June 2018 60th Edition**

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Wherever we are in life, as Christians we are never alone, Jesus is always our companion, we live with him, in him and for him. Jesus invited us to call him friends and that is a friendship like none other.

I'm looking forward to retirement and living in the North York Moors National Park in a lovely medieval market town called Kirkbymoorside. I will certainly miss Sussex but look forward, with my two dogs, to exploring the wonders of North Yorkshire.

On leaving the Diocese I'm genuinely thrilled that St Botolph's is to have a new priest. I wish you well in the future and my prayers and best wishes that you will go from strength to strength in witnessing to Our Lord Jesus Christ in all that you do.

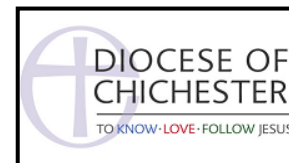
With assurance of my love and prayers.

Fr Douglas

**The Ven Douglas McKittrick**

**Archdeacon of Chichester**

**2018**



## **Could you write for the Botolph Bell?**

If you have enjoyed visiting some interesting places, write poetry or short stories, have a fascinating hobby or a favourite recipe, then we would love to hear from you.

Photographs would also be gratefully received. For our printers to accept these, though, they do need to be - if at all possible - at least 300 dpi. (If you're not sure, send them anyway and we'll see what we can do!)



We cannot guarantee to publish everything we receive, but new contributors are always very welcome.

Please email your contributions to [botolphbelleditors@gmail.com](mailto:botolphbelleditors@gmail.com)



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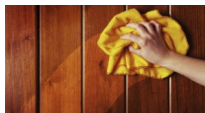
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## What's on next?



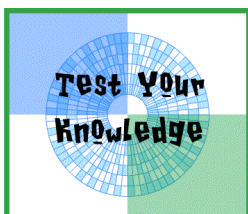
As regular readers of this magazine will be aware, we hold occasional cleaning and gardening days here at St. Botolph's Church, to try to make the inside and outside of the building look the very best it can do, and our next such event will be on **Saturday, 23rd June.**

Tea or coffee, toast and marmalade will be available for anyone who'd like it at **9.30am** to provide suitable 'fuel' for the hard work to follow - and hot or cold drinks will be available later in the morning too.

It depends on what needs doing, but we normally keep going until early afternoon.

Anyone who feels they could help with either cleaning inside or gardening, even if only for a short time within the day, would be very welcome.

For further details, contact Rik Clay on 01903 693587 or email [rv.clay@ntlworld.com](mailto:rv.clay@ntlworld.com)



# QUIZ!

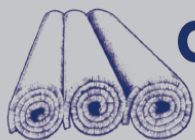
**Saturday, 7th  
July, 7.30pm**

**WHERE?** St. Botolph's Church (entrance at rear, in Manor Road, Worthing)

**WHAT?** As well as the quiz, a Ploughman's Supper will be included - ham or cheese or a vegetarian option - and wine, beers and soft drinks will be on sale throughout the evening in aid of church funds.

**WHO?** Tickets **(£7 per person)** can be purchased individually or you may enter as a team of up to six people.

*To reserve your place please email [StBotolphworthing@gmail.com](mailto:StBotolphworthing@gmail.com) or contact Adrienne on 07738 022399.*



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# Code-cracking to help cure disease



## The Human Genome Project

Did you know that each human has 3.2 billion letters of code in their DNA make up — the equivalent of five thousand novels?!!

In the NHS England's 100,000 Genomes Project a thousand people each week are having their entire genome 'read' and the collecting of samples of blood, tissue and saliva of patients is now coming to an end.

The April 2015 edition of the Botolph Bell contained an article about the Human Genome Project previously undertaken by NHS England and referred to the 2014 Government announcement of a further project to undertake the study of the genetic code of 100,000 people.

The new project started in early 2015 and it was expected that it would take three years to collect data. It would aim to enhance the study of gene therapy transforming the diagnosis and treatment of patients with cancer and rare diseases. Data obtained from this trial would enable pharmaceutical companies to accelerate research into solutions for these diseases.

Eleven NHS Trust hospitals throughout England are responsible for taking samples from patients referred directly by their GP's. When collected, samples from these hospitals are sent to Genomics England



***The halfway human genome sequences landmark of 50,000 was reached in mid-February this year, and as of 4th May, according to Genomics England, 60.679 genomes had been sequenced.***

Ltd, a company created by NHS England for data processing. Illumina Inc., an American company with laboratories established in Saffron Waldon, Essex, is a partner company in the project and is engaged in the programme for sample analysis.

At Saffron Walden, Illumina is using banks of 'Sequencers' -



***Your genome is found in almost every cell of your body and it is the instructions for making you.***

***It contains all your 20,000 genes and, if printed, would fill a stack of paperback books 61m high or fill 200 telephone directories!***

***One sequenced genome equals two billion bytes or 200 GB—enough to fill the memory of an average laptop!***

machines able to target single genes or entire pathways of DNA chains - to sequence the whole genome, decipher the genetic codes and analyse them. Results are sent back to Cambridge for validation and clinical action. This programme will be able to produce a DNA mapping for patients with rare diseases and link that to their records.

By creating and storing data from the largest collection of genomes in the world; the project, under the control of NHS England, is attracting biotech and pharmaceutical

companies to Britain to search for new treatments.

According to a statement from Genomics England Executive Chair, Sir John Chisholm, in February, the Project is now "able to operate at a scale to complete the target by the end of 2018."

**Nick Le Mare**

***Some of the information for this article has been gleaned from the Genomics England website. There is lots more information to explore at <https://www.genomicsengland.co.uk>***

# What exactly is a full load? ...

## Public transport

A light-hearted look at the world

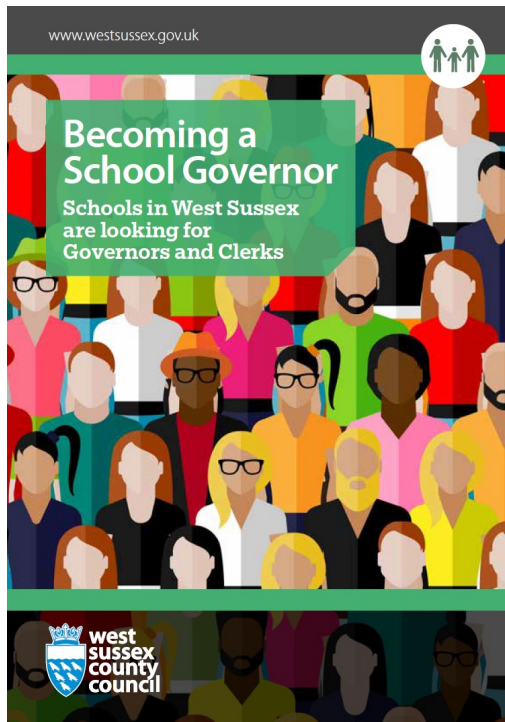


Lorry load in Mali, Sub- Sahara Africa.



Regional train in Tamil Nadu, Southern India.

# Could you be a school governor?



School governors are volunteers who want to make a positive contribution to children's education. They do not need to be education experts or have formal qualifications.

## ***The most effective governors are those who:***

- \* listen, think and ask questions;
- \* believe that education is important;
- \* take an interest in the role of schools in the community;
- \* can work with others and assimilate a wide range of information and data;
- \* have a willingness to learn;
- \* have sound communication skills;
- \* are prepared to give time to doing the job well.

**A governor performs a vital strategic role as part of a governing body.**

## ***Governors need to make time to:***

- \* attend full governing body meetings, usually twice a term;
- \* attend committee and working party meetings about once or twice a term;
- \* attend school events; read reports and background papers before meetings;
- \* visit the school during the working day;
- \* take part, if necessary, in staff appointment panels, pupil exclusion panels, complaints panels and staff discipline and grievance hearings; and
- \* attend training.

## ***The governing body:***

Individual governors have no power or responsibility. It is only the full governing body that has legal duties and powers. However, all governors



share in that corporate responsibility.

The school's direction is agreed by the governing body, headteacher and senior leadership team, who also make sure the school is meeting its targets.

The headteacher and staff manage the school on a day-to-day basis.

**How to apply:** Express your interest by completing and returning the WSCC application form or emailing [governor.services@westsussex.gov.uk](mailto:governor.services@westsussex.gov.uk) with any questions.

## On the hunt for history books



Do you love history? Are you an avid reader of books which give you the facts about people and events throughout the ages? Then you could be just who the Friends of Chichester Cathedral and West Sussex Archives Society are looking for!

These two groups are getting together to run a fund-raising second hand history book sale in the Vicars Hall at Chichester Cathedral on 12th and 13th October, and the hunt is on for books to be sold on that occasion. Half the proceeds will go towards projects within the Cathedral which are supported by the Friends.

Although quite a number of tomes have already been amassed, more are needed to make the event a success and if anyone in the Heene area would be able to donate some, these would be very gratefully received.

The organisers do not want historical novels or history magazines, but any other history books would be welcomed. These encompass a wide range of categories from local history, biographies, architecture and military to railways, historical surveys, family history and churches. Some books on the sale days will be specialist collectables whilst others will be of a more general nature.

Books can be handed in to The Friends' Office, The Royal Chantry, Cathedral Cloisters, PO19 1PX, on Tuesdays or Fridays between 10am and 1pm, or enquiries can be made via email [wsascom@btinternet.com](mailto:wsascom@btinternet.com) or by ringing Iain Jessup on 07973 768917.



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## Dog days!

As the song says, summertime (well almost) and the weather is easy ... but easy isn't always the case for our dogs. After such a long and cold winter, we are all naturally ready for those hazy days and warm nights, but we should remember that our pets might not necessarily feel the same.



Most dogs do not thrive in hot weather, particularly the Brachycephalic (or squash-nosed) breeds. We humans can choose whether we want to sit in the sun; we can apply factor 50 to stop us burning, keep ourselves hydrated with an ice-cold beer, but what about our four-legged friends, do they really appreciate being subjected to the blazing sun in the interest of you deepening your tan? Make sure there is always shade available for your pet and plenty of fresh drinking water, especially on walks.

Did you know, animals can get sunburnt just like us? If your dog has a pink nose or ear flaps, these will need protecting from the sun. Pets are susceptible to skin cancer too. There are lots of pet sun screen products available over the counter, but it is advisable to always check with your vet first before applying them particularly on pets with sensitive skin.



Dogs can suffer from heatstroke within minutes. We can sweat through our skin, but dogs have to rely on panting and losing heat through their noses and paws to regulate their temperature and keep them cool. Imagine sunbathing in a thick fur coat, well that is how your dog will be feeling. Heat stroke can be fatal, yet so avoidable if you act sensibly. Don't walk your dog in the midday sun, opt for early morning or late evening instead. Keep them off hot pavements, if it feels too hot to touch then it's too hot for your dog to walk on. Don't insist on a marathon walk, a dog will be just as happy with two shorter ones. Stick

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to gentle exercise, don't throw balls/sticks for them. You know they will only want to please you by chasing after them and bringing them back. Swimming is great but remember not all dogs like it. Don't throw objects into the sea, and watch the tides, dogs can be carried away on the current just like humans. Don't let them drink sea water, it will act as an emetic and make them sick. Wash off the salt and sand, it can be very irritant. If they swim in rivers and lakes, always check for toxic algae before letting them jump straight in.

Be careful of getting too close to unfriendly visitors when the sun comes out. Adders can be commonly seen on Cissbury Ring and they don't appreciate being disturbed so keep dogs on the lead, adder bites can be serious!

Some dogs just can't resist the odd bee or wasp, often resulting in very puffed-up cheeks. For some, the worst it could be is a painful mouth, for others, however, it could require an emergency visit to their vets to alleviate swelling of the airway and subsequent respiratory distress.

**And the deadliest sin of all!** Never ever leave a dog in a car on a sunny day or you might not have a dog on your return. The




temperature inside a car, left in the sun, can increase by 40 degrees in just one hour even with the windows left slightly open.

In memory of my dear dog Jade.

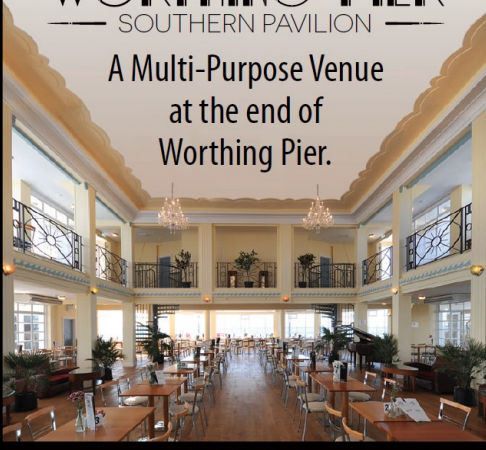
**Sue at Heene Road Vets**

**The views expressed in this magazine are not necessarily those of the editorial team.**



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## Meet the Editors

***Have you ever wondered who the people are behind your monthly Botolph Bell? Well, over the next few issues, you have the opportunity to find out!***

**Name:** Jackie Didymus

**Botolph Bell history:** In as an editor from Day One!

**How did you get involved?** I have been singing in the choir at St. Botolph's for the past 27 years (alongside my husband, Martin) and took on the role of church publicity officer back in 2012. When the idea of a magazine for the parish of Heene was first mooted, I expressed support, and I suppose the fact that I had started my working life, back in the 1970s, as a newspaper journalist and had worked as such (on and off) until 1989, meant that I was an obvious choice to join the editorial team.



**You've mentioned your early career, but what have you been doing since?**

While working on Navy News in Portsmouth in the late '80s I gained an Open University General Arts degree and then went on to do a Post Graduate Certificate in Education at Bognor College, training to teach primary age children. I taught for 11 years (mainly on long-term supply contracts) teaching across the full infant and junior age range at a number of different schools. When we adopted two children in 2001, I decided I couldn't combine being a mum with full time teaching, so took a short break and then went back to the school environment as a teaching assistant. For the last four years of my employment I was teaching, and planning for, groups aimed at more able children in a local mainstream primary school.

**That sounds as if you are no longer working. Have you retired?** Well, yes and no! I am busier now than I've ever been, but am loving what I'm doing! When I gave up working in school in July 2016, my main reason was to be able to pursue interests and attend groups which didn't fit in with work hours. I hoped to be able to get a few private primary-age pupils too, so I wouldn't lose touch with the world of education. My plans have proved more successful than I could ever have hoped!

**So what are your hobbies and interests away from teaching?** Family history, reading, watching TV quiz shows, word games, getting out and about with my camera, but - above all - music. I sing with Worthing's Community Spirit Choir and with Portsmouth-based chamber choir Wyndcliffe Voices, as well as playing xylophone and recorder in Worthing U3A's Inspired Instrumentalists. Once I 'retired' I took up recorder again after more than 30 years, and now play in two local recorder groups and lead two more (one for children, one for adults). I would like to go back to learning Italian too, but I just don't think there are enough hours in a day!

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# Who's Buried in Heene Cemetery?

## **Thomas Cracknell (1833 - 1906) and Agnes S Cracknell (1837 - 1905)**

HEENE St Botolph row 6/14. Kerb all round.

CRACKNELL (North kerb): THOMAS CRACKNELL died 30th June 1906 aged 73 years

(South kerb): AGNES SARAH CRACKNELL died May 7th 1905 aged 68 years

Thomas was born in Bocking, Essex, son of Joseph Cracknell, a silk weaver, and his second wife, Ann. Joseph had two children - Charlotte and William - by his first wife, Elizabeth, and at the time of the 1841 census Joseph and Ann were living in Church Lane, Bocking, with 15-year-old Charlotte, eight-year-old Thomas and Thomas's younger sister, Mary, who was six.

By 1851 Thomas was living in Clerkenwell, London, with his older half-brother William, a grocer, William's wife Elizabeth and their nine month old son, William A. Cracknell. Thomas, 18, was shown as a shopman, but ten years later he had his own household in Ipswich Road, Shoreditch. He was a clerk in a tobacco warehouse and was shown, at the age of just 28, as a widower. His parents, Joseph (who, at 59, was still shown as a silk weaver) and Ann, were sharing his home.

Agnes Sarah was born in Stoke Newington daughter of Charles Law, from Northampton, a gardener in 1837, later a victualler, and Phillis (nee Bailey). Phillis was Charles' second wife and Agnes had an older half-sister Lucy Maria. In 1861 Agnes was living with her parents in Shoreditch, and working as an assistant to her father. She and Thomas were married in Camden, in 1863.

In 1881 they were living in Broadwater Street, Worthing and Thomas was shown as a wine merchant. Agnes had her mother Phillis Law with her, and a Scottish domestic servant, rather amusingly called Mary S. Grape!

Thomas was granted probate, together with William Sams, over the will of John Tilbury in 1883. (see May's Botolph Bell). He was described at this time as 'Thomas Cracknell, Gentleman.'

In 1891, Thomas, shown as a retired wine merchant, and Agnes were living in Yew Tree House in Yapton. Phillis was still with them and did not die until 1898, at the age of 98.

By 1901 Thomas and Agnes had moved to 'St Michael's', Church Road, Heene, with a domestic servant. Agnes died there in 1905, and Thomas in 1906. Thomas had become quite a wealthy man and left effects valued at £10,574 2s 10d.

**Liz Lane & Jackie Didymus**

5	3	6	1	9	7	2	4	8
2	8	7	6	5	4	9	3	1
4	9	1	3	2	8	7	6	5
8	4	3	7	6	5	1	2	9
9	1	2	4	8	3	6	5	7
6	7	5	2	1	9	4	8	3
1	5	9	8	4	6	3	7	2
3	6	8	9	7	2	5	1	4
7	2	4	5	3	1	8	9	6

### Sudoku solution

Here is the solution to the Sudoku puzzle which appeared in our May edition. Were you able to solve it in the six-minute timescale suggested?

### Church bloopers

The Seniors' Group will have a picnic on Saturday. Each person is asked to bring a friend, a vegetable and a sweet, all in a covered dish.

(From Diocese of Salisbury website)



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