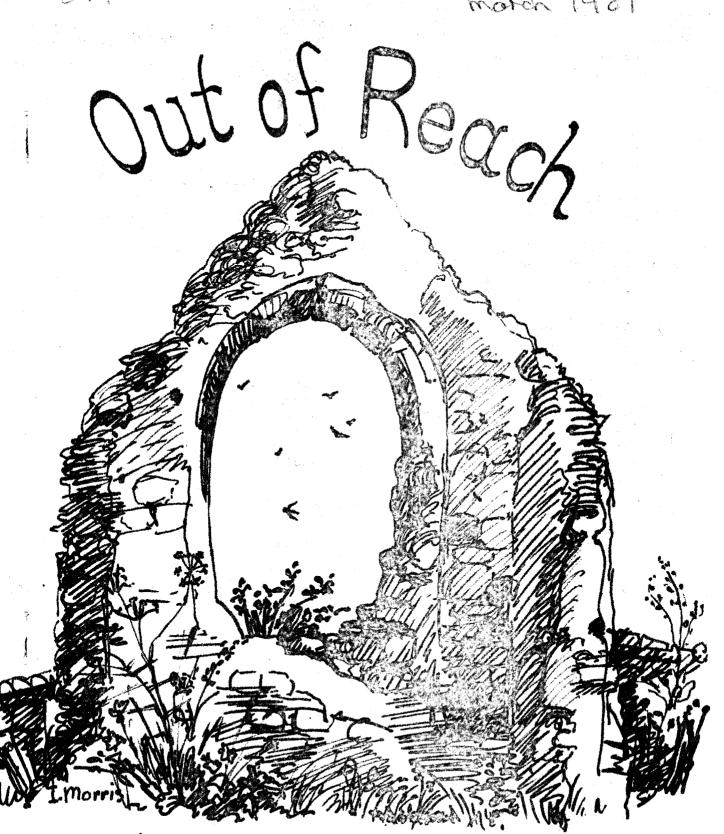
54 morch 1981



DISTRICT COUNCILLOR: Mrs. Margaret Cook.

Ash Cottage, Commercial End,

Swaffham Bulbeck, CB5 ONF Tel: Cambiridge 811335

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Albert Johnson (Chairman) Tel: Newmarket 741437

Snake Hall Farm, 50 Swaffham Road, Reach.

Ray Folkes

Harvey Harrison Joyce Harrison Rodney Housden

CLERK TO THE PARISH COUNCIL: Mrs. M. Evans Tel: Newmarket 742232

23 Great Lane, Reach.

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Til den House, Reach.

Ray Folkes (Caretaker) Tel: 741414 Albert & Gwen Johnson

Judith N eeves (Secretary)Wendy ColeAnita Folkes (Treasurer)John RobinsonBill & Jean EstellBill Pedley

Joyce Harrison

Bob & Emily Smith

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Derek Badcock

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VICAR: Rev. Canon J.K. Byrom, Swaffham Prior Vicarage Tel: Newmarket 741409

For County Council information, until May 1981, would you please contact Mr. Geoffrey Woollard, Chalk Farm, Bottisham, Cambs.

Tel: Cambridge 811209

Editorial

I am pleased to say that this month's issue promises to be a bumper one. I was delighted to receive a most interesting and informative feature on "The Mystery of the Two Churches in One Churchyard at Swaffham Prior". Very grateful thanks are extended to the anonymous writer of this. Thanks also to Hazel Bradley of Burwell, for her interesting article about the Tichbourne Dole, a Lady Day custom which falls towards the end of the month.

I also received an anonymous letter of complaint about the dogs of Reach. No doubt this will provoke varying reactions, depending on whether readers happen to be dog owners/lovers or not. However, I do feel that this magazine should be a mouthpiece for varying opinions or grievances of everyone in the village. Before I get an angry letter from every single dog owner in Reach, I should like to point out that the writer is only referring to the limited number of dogs that actually cause the nuisance. If anyone wishes to make further comment on this or any other subject I will be pleased to include them, and maybe we could have a regular letters column. Or is this too much to hope for!?

At the last Fair Meeting it was decided to have a theme this year. We are hoping that as many people as possible will dress in Medieval-type costume. Of course, this is purely optional, but if you do wish to enter into the spirit of the thing, Sue Jordan has very kindly sketched a typical medieval man and lady in the dress of the day, to give you some guidelines. We will also be printing them in the next two issues. Many thanks for this to Sue. (See note below)

March seems to be a busy month in the village, so here are some dates for your diary. A Pancake Race is being held for the first time this year in the village on Tuesday, 3rd March. Cook your pancake first at home and bring it in the pan to meet outside the Village Centre at 6.30 p.m. It should be fun, but only if people turn up, so please come and join in. The next Fair Meeting is on Thursday 12th March at 7.30 p.m. On Saturday, 7th March there will be a Jumble Sale at 3.00 p.m. at the Village Centre. It is in aid of Reach Sports Club, in order to provide the teas for all the children on our annual Sports Day in June. All jumble and cakes will be gratefully received. The School Jumble Sale is on Saturday, 14th March at 2.30 p.m. and there will also be a Jumble Sale in aid of Reach Church on Saturday, 4th April at 3.30 p.m. at the Village Centre.

I would like to welcome to the village the Clarke family who have recently moved into Chapel Lane. Best wishes for a speedy recovery to Mrs J Candian of Ditchfield after her recent stay in hospital and also to Mrs N Smith of Fair Green.

NB The sketches of the medieval man and lady will appear in next month's Out of Reach.

Estimates given free by

JOHN REED

LANDSCAPE GARDENER

ALL TYPES OF GARDENING WORK UNDERTAKEN

ALL TYPES OF GARDENING WORK UNDERTAKEN

Reach.

(After 6.00 p.m.)

REACH PARISH COUNCIL

News from the January and February Meetings

Footbridge at the Hythe

The footbridge at the Hythe has now been repaired. (This was damaged a few months ago when a horse, being led over, fell through the railings). As this narrow bridge is obviously unsuitable and dangerous for horses, it is hoped that such an accident can be prevented from happening again.

Contributions towards the upkeep of the Burial Ground

The Parish Council is very grateful to have received some contributions recently from individuals that go towards the costs of keeping the Burial Ground in good order. Thank you very much.

Planning Meetings

The series of meetings, under the general title of "Planning", is continuing. A most interesting and informative talk was given last month at Swaffham Bulbeck on "Conservation and its effects on Planning". This month the meeting will be held in Reach on Wednesday, 11th March at 7.30 p.m. in the Village Centre. Miss Nicola McFadyen and Mr David Eastwood of the East Cambs. District Council Planning Dept. will speak on "Countryside Conservation". (A very topical subject - with the current passage through Parliament of the Countryside Bill.) Obviously everyone is welcome.

Planning Applications

The following planning applications have been received:-

- From Mr Robertson-Tierney for construction of new vehicular access and alterations to the front line fence at the Post Office.
- From Mr Dudley for the erection of a garage with flat above 2. etc.
- From Mr Reed for the erection of a car port. 3.

As usual, these plans may be seen either at the Planning Dept. at Ely or, at the Village Shop where they are available for a limited period of time.

Continued

BRIDGEMAN AND SONS

NEWSAGENTS

A Chapel Lane
Reach
Tel: Newmarket 741129

REACH PARISH COUNCIL (continued)

Twinning of East Cambs. with Orsay

East Cambridgeshire has already been "twinned" with Kempen in Germany. A further liason is now being planned with Orsay in France. During the period of 11th - 13th September 1981. delegations from both these countries will be welcomed by the District Council and various activities are being planned. On the Saturday 12th Sept. the visitors will be entertained at Bottisham Village College with a series of "traditional exhibitions and activities", put on by the various villages in East Cambs. The official ceremony will also take place during that afternoon.

This is a brief, explanatory notice and more detailed information etc. will be given later, but it promises to be an important, colourful and interesting day.

CAMBRIDGESHIRE LIBERAL ASSOCIATION

Bottisham and District Branch

We are very pleased to be putting forward the first Liberal prospective candidate for this area for the County Council elections since local government reorganisation in 1974. Felicity McMahon was adopted by Cambridgeshire Liberal Association as prospective candidate on December 6th, and was "introduced" to Bottisham and District Liberals at a meeting on January 6th. We are fortunate that she expects to contend the seat, since those who know Felicity know well her interest in the community, her energy and her capacity for hard work.

> James Fitch Chairman

W. HUNTER - CYCLE DEALER

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X Saturday

7.30 a.m. - 12.00 noon JOHN HARDIMENT (HEATING) LIMITED - MAINTENANCE DIVISION

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Monday to Friday 7.30 a.m. - 5.30 p.m.

Saturday

7.30 a.m. - 12.00 noon

FROM THE VICAR

AGE AND AGEING

I thought you might perhaps be interested in reading part of the quarterly broadsheet from the Ely Diocesan Board of Social Responsibility on the subject of Age and Ageing. It was written by Mrs Isabel Burn, one of our Diocesan Social Workers, who may be contacted on Ely 3739 between 9.00 a.m. and 12.00 noon on Tuesdays, Wednesdays and Thursdays.

THE POSITION TO-DAY

In 1900 for every person over 65 there were 21 under that age; in the 1970's for every person over 65, there were 5 under that age. To put it another way, in 1976 in Cambridgeshire, 71,800 people were over 65, and of these 26,500 were over 75 (36.9%). In 1991 the projected number over 65 is 96,100, of whom 39,800 will be over 75 (41.4%). It is the very old who will survive even longer; a national projection estimates that by 2001 there will be a 60% increase over to-day's number of people over 85. But the resources to help the elderly are not growing in proportion to the need, and in the next ten years there will be far more physically frail, perhaps mentally infirm, people living in their own or their relatives' homes. Only relatively few will be accommodated in the hospitals, old peoples' homes or sheltered housing: most will be in the community. Many will live alone and most will be dependent on the help of families, friends and neighbours, the churches and other voluntary organisations.

WHAT CAN WE DO TO HELP?

First, we need to find out what services for the elderly exist in our parish. The local authority provides a great many, supplemented by voluntary organisations. Secondly, we should assess the needs of the elderly around us. Do they need transport to hospital or church, for instance? Are there enough Home Helps, or could someone help with shopping? Once we know the needs we can decide on what scale the church (and the larger community) is to be involved. The active among the recently retired can be invaluable at all stages. Whatever else needs doing, there will always be a housebound person who appreciates a visitor. A visitor needs, among other qualities, the gift of listening and an observant eye:

FROM THE VICAR - Age and Ageing (continued)

he/she may often be the first to notice deterioration, and might have a mental check-list something like this:-

- Is this person eating adequately? (Anaemia is common.)
- 2. Is the heating adequate? (Hypothermia is always a danger.)
- Is he/she anxious about money? (Many, through pride, do not claim all the allowances they are entitled to.)
- How can we alleviate the inevitable family stress caused by looking after a frail person? (Could the parish organise a granny-sitting service?)
- 5. How can we keep this person in touch with village life?

Our general aim is always to help the elderly person retain their dignity and independence as far as possible, and to fight their feelings of uselessness, being a burden, boredom and depression. They need to be needed as much as we do. Our friendship with them should be a matter of give and take, of interest and concern. And finally, we may have the privilege of sharing in their preparation for the great adventure of dying.

"What Can We Do?" - an Action Guide published by Age Concern is full of suggestions for parish action. Age Concern, Great Eastern House, Tenison Road, Cambridge (Telephone Cambridge 355948 mornings only) can provide help on every aspect of the elderly.

AUCTION

There will be an auction in aid of Porch and Tower repairs on Saturday 28th March at The Old Barn House, in the High Street, by the kindness of Prof. and Mrs Soulsby. Time to be announced later, on posters.

Children's Worship

As I have to be away on the fourth Sunday in March, we shall be holding our children's eucharist on the fifth Sunday, March 29th, both in St Mary's and Reach. March 29th also happens to be Mothering Sunday, which is obviously appropriate.

The Reach Church Ladder

The Reach Church Committee wish it to be known that they will be glad to loan the ladder belonging to the church to anyone needing it. They would be glad if application could be made to one of the Continued...

FROM THE VICAR - The Reach Church Ladder (continued)

Wardens, Mrs Fuller or Miss Whitehead; and they would be grateful if perhaps a small donation could be made towards the upkeep of the fabric.

The Lenten Appeal

The Committee decided that as this is the year of the Handicapped, the most appropriate object for our collection this Lent would be the School for the Handicapped in the Old Palace at Ely. Envelopes will be distributed early in Lent, which begins on 4th March. The Committee would be grateful if donations could be given to Mrs Harrison when she is delivering papers.

Shrove Tuesday Supper

We very much regret that the supper we had hoped to arrange in the School on 3rd March had had to be cancelled. I apologise for letting the notice of it slip through into last month's issue.

J.K.B.

COVER THE POOL APPEAL BULLETIN

The Scottish Evening at Bottisham Village College on 31st January raised £280 and was a great success enjoyed by everyone. On the 6th February the Golden Arrow disco was also very popular with the 10-14 year olds at BVC, and raised £85. The Crofters Barn Dance on 13th February was well attended and most enjoyed - profit shared between the Appeal and the P.T.A.

A quite different event is coming up on Sunday, 12th April. Beginning at The Bell, Bottisham at 10.00 a.m. there will be a Car Rally. More details next month.

Goods for the mammoth Auction on 16th May are being collected now to be stored at Chalk Farm (not BVC). Antiques, furniture, gifts, household and garden items are all welcome (though we can't cope with beds, deep freezers, settees, very large wardrobes etc.). If you are moving house, clearing a house, or just turning out the loft, let us know, we can help, and make some money for the Appeal. Mr Peter Day, a partner in Bidwells, has agreed to be our professional auctioneer once again. He and all the other helpers work voluntarily, so all we need are the goods to sell.

> Felicity McMahon Press Officer

FROM THE CHURCHES

Worship in March: St Mary's and Reach

- QUINQUAGESIMA: 7th Sunday before Easter
 - 8.00 a.m. Holy Communion (Reach)
 - 9.30 a.m. Matins and Eucharist (St Mary's)
 - 6.30 p.m. Evensong(Reach)
- ASH WEDNESDAY
 - 7.00 a.m. and Holy Communion (St Mary's)
 - 6.30 p.m.
 - 8.00 p.m. -Deanery Quiet Evening and Eucharist in
 - 9.30 p.m. Soham Parish Church.
- WOMEN'S WORLD DAY OF PRAYER
 - 7.30 p.m. Service in St Mary's
- 8, 15 and 22: LENT I, II and III
 - 9.30 a.m. Parish Communion (St Mary's)
 - 11.00 a.m. Family Communion (Reach)
 - 6.30 p.m. Evensong (Reach)
- THE ANNUNCIATION OF THE B. V. MARY 10.30 a.m. Holy Communion (St Mary's)
- Auction in aid of Tower and Porch repair: The Old Barn House, High Street, Swaffham Prior.
- 29 LENT IV: MOTHERING SUNDAY
 - 9.30 a.m. Children's Eucharist (St Mary's)
 - 11.00 a.m. Children's Eucharist (Reach)
 - 6.30 p.m. Evensong (St Mary's)
 - APRIL
 - 3.00 p.m. Jumble Sale in aid of Reach Church Funds in the Reach Village Centre.

PIANIST WANTED for ballet classes starting after Easter in Swaffham Bulbeck. Please contact Jane Newberry - Cambridge 812154.

The Mystery of Two Churches in One Churchyard at Swaffham Prior

The Norman Conquest had come and gone. By 1071 King William had subjugated Hereward and his Saxon forces in the Isle. Soon he was to install a soldier Norman Bishop, who was to break up the power and estates of the ancient Anglo-Saxon Benedictine Monastery, and with the "Honour of Ely" and his knights to control the island and the strategic approaches to Ely from Swaffham Prior and Reach.

After the Conquest (1085), historians tell us there were few major monastic houses north of Crowland. It is said there were 35 large monasteries centered around two localities, one in the West and the other in East Anglia. This group of great religious houses, composed of Ely, Ramsey, Crowland, Peterborough, Thetford, Bury St Edmunds and Norwich, had been devoted to the Saxon monarchy. old "Danegeld" area north of Crowland was ripe for Christian redevelopment. What Christian institutions had survived there were much decayed. King William's half brother was Bishop of Bayeux. Many new religious orders were arising on the Continent. The worldly Norman prelates regarded England as a religious mission expansion area.

The Normans "took over" Church and State. King William's occupation army of 4,000 men had to be organised fed and paid. There were immediate dangers of further Saxon risings and a Danish counter invasion. As the era advanced, the French became a menace. State and Church were therefore organised to provide the King with a field force for insurgency, defence, and expeditions to France, and later to the Crusades. From then on, there was seldom a time when this Feudal army was not in action somewhere. The "mobile" King's Court constantly toured the land collecting taxes, hunting in the King's Forest, dispensing justice and receiving petitions. All was aimed to provide food and money for, and to ensure the loyalty and efficiency of the Norman Army, its Officers and the Knights. Crown dispensed money and land to the Norman hobles, their families and their friends and retainers, including the clergy, in return for loyalty and military service.

The methods which had been used by St Augustin's Mission to Anglo-Saxon Britain had not differed greatly from those used by Churches in foreign parts today. The Evangelist was a travelling preacher. He set up a preaching site, usually marked with a cross. often on or near a sacred place of the "old" religion. There followed a "field" church and then a "manse" with a resident preacher if the local people wished it. The Norman clergy, who now came with

- 8 -

Continued ...

The Mystery of Two Churches in One Churchyard (continued)

the settler families of the knights did much the same, but with one difference. They and the new Orders of Monks which followed in succeeding eras no doubt "put up" with their "Brothers in God", the old Saxon clergy. Firstly, because the company was more to their liking than in the Baronial Hall, and probably as well to keep an eye politically on behalf of their Norman lords and patrons.

Since earliest times churches and church yards had been sanctuaries in times of trouble. The round tower churches of Suffolk, for instance, by construction and siting were both watchtowers and forts, against pirates and invaders from the sea. The rolls of the Court of Pleas for example between 1148 - 1163 record the grant of continued sanctuary rights in the churchyards of Hempston (Hereford) and Essendine (Lincs.). Swaffham Prior with its "Reach" for water-born approach to the heart of Saxon resistance, the Isle of Ely, was for 300 years well within the sphere of the effects of numerous bloody revolts. The village churchyard with its church/churches was well placed for defence and sanctuary.

In many places the Preaching Crosses became not only sites for religious and social assembly, but for markets and fairs. Reach was an important market and the broken remains of such a cross still exist in the grounds of the ancient house "White Roses", until quite lately Church property. The hamlet is thinking of a new village sign, probably the old market cross could well be raised again?

There followed soon, the era of the building of the majority of English Parish Churches. Historians today have proved that most of these were built by private individuals, without let or hinderance from Church or State. The builders regarded these churches as private property and for their exclusive use. They reserved the right to appoint the clergy. In places where several lords of the manor co-operated to build a church even the interior might be divided. The Church at Brocklesby (Lincs.). is divided into six distinct parts (or chapels?) for this reason, and was so since it was built in medieval times.

The Saxon manor of Swaffham was first divided into Swaffham Bulbeck and Swaffham Prior. By the end of the Manorial system, tradition has it there were seven manors in it. From Churches Hill in Reach the local story goes one could see seven churches. What most probably happened at Swaffham Prior was the villeins and Saxon Continued...

The Mystery of Two Churches in One Churchyard (continued)

veoman continued to be served by the old clergy from Ely and the new Norman priest held services in Latin and French for the Bulbecks and the like. No doubt the Brothers-in-God "got along" and combined in their basic Church loyalty under the rule of the Papacy.

The heated quarrels for the lands and rights of the old Saxon Monastery at Elv between Bishop. King. Monastery. Convent and Cambridge Corporation were to affect for centuries the Swaffhams and their people. Even the Papacy issued decrees about it all, first under Pope Innocent 11 and later in 1158 Pope Hadrian issued further legislation and directions. It seemed reasonable that when patronage was obtained from different (and probably feuding) nobles to build or repair the two churches, to use the same old site. After all, a compromise could be arranged between the two priests. But as today, if it had infringed anyones rights to agricultural land it would have been another question. The use of the same site had the advantages of being a place of customary meeting, a sanctuary in times of trouble and centuries of sanctity. Even in the 19th centuary the difficulties of building of a church at Reach had to be got over by building it on a bit of Burwell Church Land, with an already ruined chapel on it.

It may be said there is a lot of guess work in this hypothesis for solving the mystery of Swaffham Priors two churches in one church yard. However, research shows that two churches in one churchyard for the reasons discussed are not so uncommon as one might imagine. To date the writer has found similar situations at Willingale (Essex), Alvingham and Cockerington (Lincs.), Reepham, South Walsham, Great Melton and Antingham (Norfolk) and Trimley (Suffolk). All have two churches in one churchyard.

LETTERS TO THE EDITOR

To The Editor. 'Out of Reach'.

I wonder if I might make this complaint, through 'Out of Reach' to those dog owners in this village who refuse to keep their dogs under proper control, i.e. confined to house or garden unless exercised under supervision.

I am sure I am not alone when I sav that I am tired of clearing up when a dog has fouled my driveway or garden; or having to pick up rubbish when a scavenging dog has torn open the bag left out for the refuse collectors. The last point, and the most serious, is the continuing danger these wandering animals are to traffic in the village. I have on numerous occasions had to swerve, brake and often stop dead in order to avoid these dogs. So far I have avoided an accident but I dread the icy morning when my car might slither out of control near the school 'Bus Stop'. There are enough driving hazards around without willingly adding to them.

Please will the dog owners of this village behave a little more conscientiously and consider other residents or perhaps they should question themselves seriously about their pets - if they are unable or unwilling to exercise their dogs and simply put them onto the streets - should they own a pet at all?

"An Angry Resident"

Chalk Farm Bottisham 14th February 1981

The Editor. Out of Reach.

Dear Editor,

My grapevine tells me that John Brooks of the Tan House, Tan House Lane, Burwell, has been selected by the local branches as the Prospective Conservative Candidate for the County Council Elections on May 7th. As the retiring Councillor, and as one who has always had the interests of 'my villages' at heart, I could not be more pleased with this news. Indeed, if I had been asked to pick a suitable person for the job, my own choice would have been John Brooks. He has my full support for the Election and, if elected, in his new task of representing us all at Shire Hall.

Continued ...

LETTERS TO THE EDITOR (continued)

The task is difficult. as I discovered, but John Brooks is. in many ways, better equipped than I to shoulder it, having, firstly, a bit more time to devote to Local Government - and it takes a lot of time and persistence; secondly, the valuable experience derived from service at a senior level in another substantial Authority, East Cambs, District Council - I started off with no similar experience: and thirdly, the ability, acquired from years with the Ministry of Agriculture, to understand how the Civil Service and 'The System' works and to know how to make it work for the Community instead of the other way round! I had none of these advantages that give John Brooks a head start and will enable him to make his job as our County Councillor easier and more rewarding, both for him and for us.

Another reason for my strong support for John Brooks is that I and my family have known him and Kay for many years, from when they lived in Commercial End, Swaffham Bulbeck. In all that time, I have recognized not only a true friend and a kindred spirit, but also someone to whom I could, and did, turn frequently for sound and reliable advice. John Brooks is one of the wisest people I have ever had the privilege to meet, and Local Government, at any level, in these difficult times, needs, above all, wise and far-seeing folk who can find, through experience, a sensible way forward, not being diverted by temporary phenomena or flights of fancy.

John Brooks' involvement in our local Schools, his abiding interest in so many community matters and, dare I say it, his known love for his home patch, should serve us, and him, in good stead for all that lies ahead.

Yours sincerely,

(signed) Geoffrey Woollard

HANDY HINTS

Squeeze a few drops of lemon juice over the mincer before using it for sticky fruits such as raisins, dates etc. This makes the mincer easier to clean and the fruit does not stick.

To remove ballpoint marks from cloth rub on a paste of bicarbonate of soda and milk, then wash in the normal way.

Joyce Harrison

From Councillor Mrs Margaret Cook

20th February 1981

The Fen Droves

From time to time I receive complaints from members of the public about the Fen Droves. These have increased during the last few months and have caused concern to the three Parish Councils whose meetings I attend.

The exact legal position of the droves is somewhat obscure, but the Highways Department of the County Council (Mr Lucas is the man to contact) will investigate complaints of encroachment, rubbish-dumping, and obstruction etc., if complainants give exact particulars; Mr Lucas does not have the resources to investigate general complaints. If anyone has any doubts about what is happening to the droves, they would do well, in the absence of a County Councillor, to inform members of the Parish Council, or Contact Mr Lucas at the Shire Hall. Local knowledge is very important in these matters, and much valuable information concerning the Droves, is contained in the Ordnance Survey Sheet No 154 (Cambridge and Newmarket).

Margaret Cook

FROM THE PARENTS AND FRIENDS OF THE SCHOOL

GRAND JUMBLE SALE
Saturday 14th March at 2.30 p.m.
Entrance by lucky ticket (5p)
Children free
Homemade cake stall

If you have any jumble please bring it along to the School or let us know and we will collect.

The EASTER EGG BINGO is being held on Friday 3rd April at 7.15 p.m. We would be very grateful for any donations of Easter Eggs.

100 Club Winners

Week 3	Mr A Nash	£10
Week 4	Mrs H Marsh	£20
Week 5	Mr Richards	£10
Week 6	Mrs C O'Dowd	£10

The next Committee Meeting will take place on Monday 9th March at 7.30 p.m.

Sue Hardiment

SWAFFHAM PRIOR PLAYGROUP

This year the Playgroup are having a "Lucky Dip" stall at Reach Fair on Monday 4th May. We should be grateful for any donations of small presents either ready wrapped or to be wrapped by us.

BOTTISHAM VILLAGE COLLEGE MUSIC SOCIETY

Friday 6th March 8.00 p.m. at The Village College

CLARE COLLEGE CHAPEL CHOIR Conductor TIM BROWN

A programme of choral music, solo songs and instrumental works Composers include:

Byrd, Tallis, Victoria, Schubert, Brahms. Kodaly, Holst and Tippett.

TICKETS: £1.00 (members 75p) Students 40p

THE TICHBOURNE DOLE

In the Church calendar 25th March is known as Lady Day, the Feast of the Annunciation. On this day a ceremony called the Tichbourne Dole is performed at a village near Winchester in Hampshire. A dole was the handing out of food, clothing or money by Lords of the Manor to the poor and needy.

The Tichbourne Dole originated in the 13th Century. On her deathbed the lady of the manor pleaded with her notoriously mean husband to show some generosity to his serfs. She suggested he set aside some land to provide wheat for an annual dole of bread. agreed to give as much land as she could walk around while carrying a lighted torch.

Although she was weak and near to death she succeeded in crawling around 23 acres of land before both she and the torch expired. To this day the land is known as "The Crawls".

In former times the Tichbourne Dole was a loaf of bread and two pence for the deserving poor. Nowadays, a descendant of that brave lady gives a symbolic dole of a portion of flour to all the Continued...

THE TICHBOURNE DOLE (continued)

villagers. The flour is first blessed by the parish priest.

For our recipe any plain flour will do, and you don't need to live in Tichbourne, or be poor or even deserving, to make this bread.

Hazel Bradley (Burwell)

WALNUT BREAD FOR LADY DAY

250 grams (10 oz) plain flour

50 grams (2 oz) walnuts

150 grams (6 oz) soft brown sugar

275 ml ($\frac{1}{2}$ pint) milk

1 egg

1 teaspoon salt

1 teaspoon bicarbonate of soda

2 teaspoons cream of tartar

Grease a loaf tin (2 lb size approximately 9in x 5in). Sift flour, salt and cream of tartar into bowl. Add chopped nuts. In another bowl beat egg, sugar, bicarbonate of soda and milk together. Add to the flour mixture and stir with a wooden spoon.

Pour into the loaf tin (the mixture is quite wet). Leave mixture for 20 minutes, meanwhile setting oven at 375°, Gas 5. After 20 minutes put tin in oven and bake for one hour. Test by inserting knife into centre and if knife comes clean the loaf is ready. Remove tin from oven and turn loaf out onto wire tray to cool.

Serve the loaf thinly sliced and buttered.

