



LEWISHAM DISTRICT NEWSLETTER

DECEMBER 1998

THE KENT COUNTY ASSOCIATION OF CHANGE RINGERS

Master's Report 1997-98

For those who missed James Hardy's report at the ADM it is reproduced below

This has been a good but demanding year both personally and for the district. I think many members have benefited from the events this year, especially the Bob doubles training day, which was a great success.

Having set the date, I then accepted the offer of a much-needed weekend away. Jeremy and Nigel kindly took on the task of arranging and tutoring the two groups, both of which saw good improvement in peoples understanding and knowledge of the method. I am very grateful to them both for all their hard work and patience.

It is my belief that training is and must continue to be the primary function of the district, and it is vital that we are made aware of subjects in which training is needed. It is also essential that more experienced ringers continue to give their time and expertise to these projects, several of which we hope to initiate for next year.

In order to make these ventures worthwhile, we must encourage less able ringers (whether members or not) to attend and thus benefit as many towers as possible. It is your job as members to spread the word.

I would like to congratulate Margaret Macey and Philippa Rooke on their ringing school which they ran during the summer. I know many ringers made great improvements as a result of this, and I hope that they will feel able to repeat what was a very worthwhile project.

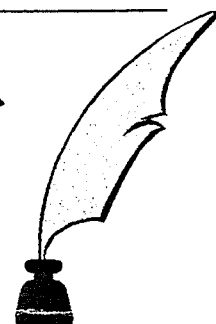
Work and children have occupied much of my time this year, and I would like to thank Jeremy (who also had his wedding to "do") for doing so much of the "legwork", as well as for his superb newsletters.

Please do remember to speak to me, or my successor regarding any suggestions you have for training or practices; YOUR SUGGESTIONS AND SUPPORT ARE VITAL FOR EFFECTIVE PROGRESS!

Thank you for your help.

James J.Hardy

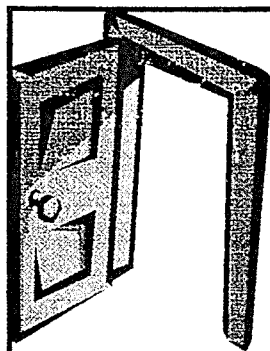
Dates for 1999



9 th January	QDM	Bromley
20 th March	Six bell Method Competition	Bexley
17 th April	QDM	Biggin Hill
10 th July	QDM	Greenwich
9 th October	Annual Meeting	Bickley
13 th November	Call Change Competition	Eynsford
11 th December	Carol Service	Eltham

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St Mary Cray Open Day

Church bells need ringing

*Letter to the Editor of St Mary Cray
Parish Magazine after the event*

CHURCH bells across South London will fill the air with celebratory noise to mark the millennium - but only if there are enough people to ring them.

A special committee set up to recruit church bell-ringers urgently needs people to help ring in the year 2000.

The Archbishop of Canterbury, Dr George Carey, has contacted the Central Church of Bell-Ringers and written in the weekly publication *Ringling World* to try and get all church bells in England ringing at noon on January 1, 2000.

By ED COOK

The Ringing 2000 Committee, based in Lewisham, is trying to recruit more ringers with special demonstrations in St Mary Cray. Committee member, Margaret Macey, who rings for All Saints Church, in Fooks Cray, said: "Bellringing is a very skilled pastime and something which must be taught. It can not just be picked up in an hour. "It often takes a lot of training before someone fully masters it." Fully fledged bell-

ringers have opportunities to go on day-trips and ringing holidays.

Demonstrations will take place this Saturday at St Mary's Church in the High Street, every hour from 11am to 3pm. Anyone, who wants to come along should contact Margaret Macey on 0181 302 4992.

Anyone interested in bell-ringing must be over 12-years-old and be prepared to spare one evening a week and time on Sundays.

Successful ringers will be posted to their nearest church.

Dear Editor,

I was at St. Mary's at the Bell-ringing Exhibition, and I would just like to congratulate all concerned for a very interesting and informative time. The exhibits were varied, including the TWO video displays and I was made to feel very welcome by the "Bell-people". It struck me how many of them are young married couples and their families, all enjoying the social side as well as the dedication of bellringing. I hope you got some young people to volunteer, as I gather campanology is quite addictive, and can be good fun(at times).

I actually spoke to the Vicar of St. John's, Eltham, who had come to visit the Exhibition and the Church. Perhaps your fame is spreading! I hope so.

Thanks for a very nice morning,
Muriel Unsworth.

their towers.

The day was a lot of fun - a lot of hard work - but it appears to have been worth it.

Were you there? If not why not?

Back on 7th November there was the open day at St Mary Cray to attract new ringers in to ringing. If you missed it you must have been blind as the locality was peppered green and yellow posters advertising the event.

Between 11a.m. and 3 p.m. the church was an exhibition hall for bell ringing. Two video presentations, display boards, various items of bell ringing hardware, the portable jubi-peel and of course demonstrations and tower tours. Teas and refreshments were also on offer to all.

A successful day resulted in 30 new names expressing an interest in finding out more about ringing. These names are being passed to tower captains in the surrounding area who I hope will be inviting these potential recruits to join them in

We are having another day at Eltham on the 16th January - please if you can come and help. Offers of help with publicity, ringing on the day, putting up exhibition stands and the such like, picking bits and pieces up, etc etc will all be needed. Please please help us to help the district help you recruit more ringers (Len Morley can be contacted on 0181-319-0051). We owe it to ringing to recruit more ringers to ensure that this ancient art continues into the new century.

P.S Thank you to Rhiannon, James, Sara, Bradley, Lyn and Don, Simon, Nigel, Ruth, Len, David, Philippa, Jim, Caroline, Nick, Melanie, Ann, Hannah, Carol, Lyn, Fiona, Susan, Barry, Cathy, Rupert, Jessica, Paul, Mark, David Macey (surprise visitor) and anyone else not mentioned for all their efforts. We reckon 14 towers were represented. Please help again and drag some more people along to help as well.

Any Other Business



January Quarterly Meeting

The next Quarterly meeting will be held at Bromley on Saturday, 9th January. Ringing will be at 3 p.m. and the service at 4-30p.m. which will be followed by tea and business meeting.

Names for tea to David Kingston, (0181-464-4891) please, by the previous Wednesday. Evening ringing may be at another tower.

REMINDERS

Subscriptions

Subscriptions for 1999, which are due in January, remain unchanged, i.e.

Practising Members	£8.00
Senior Citizens and Junior Members	£3.00
Non - Resident Life Members	£7.00
Life Members	£120.00

Do remember that only those members who pay the current year's subscription by the end of February, are eligible for the KCACR insurance benefits.

Covenants

Anyone wanting to start paying their subscription by covenant from 1999 should obtain a form from me. On completion, the form, together with a personal cheque, should be sent to Bill Lanyon. After the first year the subscription should be paid to the District Secretary but must still be in the form of a personal cheque.

1999 Handbook

Details for the Handbook have to be submitted around the end of the Year. The information in the current handbook will be repeated unless changes of Tower Secretaries, ringing times, etc. are notified to me in good time. Quarter peal details are also required in the same form as in the current Handbook.

Mary Andrews



Youngsters let loose

8.30am on a cold Saturday morning and there's Margaret at Hannah's front door thinking 'it seemed like a good idea at the time' but it was already very cold. Hannah had overslept and therefore had to pass her paper round over to her brother but she was ready just in time, Simon was trying to digest "The Telegraph" in the back of the car. The same sort of thing must have been happening at other homes where Jim went to pick up Sally, Melanie and Caroline; Philippa met Rhiannon at Orpington Station.

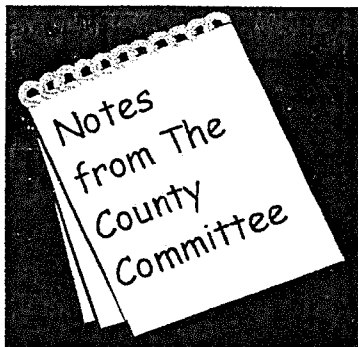
So, what was going on? Philippa and Margaret decided after the success of the summer school that the youngsters who had given up some of their time to help should be invited on a ringing day of their own. Snodland, Cuxton, Halling and Shorne agreed to allow us to ring their bells and it was decided that two quarters should be attempted during the day.

Three special methods were chosen for the day - Reverse Canterbury, St. Simons and St. Martins, in the event Reverse Canterbury was rung to touches and plain courses of St. Simons were also attempted. Hannah called a quarter of Bob Doubles, which unfortunately came to grief about half-way through when two bells swapped over. Everyone did something new - called changes, called a touch of Plain Bob Doubles or rang the tenor behind and Rhiannon rang Plain Hunt on five for the first time.

Lunch was taken at The White Hart in Cuxton, where having eaten, the six youngsters tried their luck at the Pool table - we didn't ask about the success rate!!

A second quarter was attempted at Shorne when Plain Bob Minor was called for, unfortunately this was miscalled within sight of the end (not by one of the youngsters). Nick Wilkins, who had joined us after lunch, had arranged for a final ring at Chalk. By the end of the day six tired, cold teenagers and four adults feeling just the same agreed that a good day had been had by all and each of the youngsters had done something which challenged them - well done to all.

Philippa Rooke and Margaret Macey



**General
Committee Meeting
28 November**

Headline news is that a new Handbook Editor has been found. Dickon Love has taken on the job. Frank Lewis continues to run the KCACR web site and welcomes items. Donald

Niblett will not seek re-election as County Chairman at the next AGM. The AGM will be at Tonbridge. Tickets/details from Catherine Lewis.

It was reported that 2 or 3 Districts had reached the target of raising £1 000 for the BRF. Subscriptions for 1999 will be unchanged (practising Members £8). A proposal to increase to £9 for 2000 will be put at the AGM. Views will also be sort on the proportion which goes to the BRF (currently 50%).

A day of celebration for the Millennium is planned for summer 2000, possibly on 24 June 2000. Current proposals incorporate the 8 bell striking competition, other ringing, service in Canterbury or Rochester Cathedrals and a dinner. Details rather depend on whether the Association President (The Archbishop of Canterbury) can attend.

BRF grants were approved for Downe and Bexley.
Bill Lanyon

Covenants

Thank you everyone who are paying their subscription by covenant. We have just submitted a tax repayment claim for £80 in respect of 1998 subscriptions. At the General Committee Meeting in November it was agreed to extend the scheme to the other Districts.

Covenant numbers were 13 for 1997 and 32 for 1998. It would be nice to reach 50 for 1999. I will be at the January meeting with forms, or please contact me direct (address in the Handbook under Woolwich).

A few points:

1. Covenants are only suitable for people who are at least basic rate taxpayers.
2. Payment must be made directly by the Covenantor. However subsequent reimbursement from tower funds is possible. A double covenant to cover a non taxpaying spouse is also possible.
3. It is quite painless!

Bill Lanyon

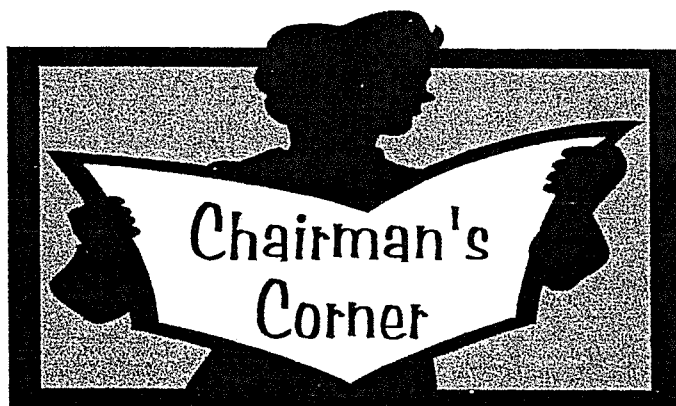
Copy deadline - 1st March 1999

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Hello!

As some of you may know I was elected to the post of District Chairman at the Annual District Meeting at Beckenham in October. I'm a big supporter of the District Newsletter, and had the 'bright idea' of writing a 'Chairman's Corner' for each edition. Of course I now realise this means I have to think of something to write! So here we go...

I guess that quite a few people who read this newsletter don't go to many District events, and might not know who I am, so here's a bit of background: I learned to ring at Chelsfield in September 1979 and joined the Association in October 1981. In my early ringing career I was mad keen, grabbed lots of towers, and rang lots of quarters and a few peals. However, I then became addicted to opera (truly!) and moved to London in the early 1990's; I came home and rang at weekends but didn't pursue it with as much enthusiasm. My addiction to opera wore off and I came back to ringing about three years ago.

I now live in St Mary Cray, where I ring on a Sunday morning whenever I can, but my main tower is still Chelsfield where I am now Tower Captain. I am also a member of the District's Millennium subcommittee, and of the KCACR (i.e. county-wide) Training Committee.

At Chelsfield we are fortunate to have a large band for a six bell tower but I know this is the exception rather than the

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rule. Over the next year I would like to visit every tower in the district on a practice night, (or a Sunday), so I can meet you and hear about your ringing experiences. However, there are 30 towers in our District so it might take a little while for me to reach you all! I would also encourage you to come to District events as they are organised for your benefit; you can't have a say in what happens if you don't come!

I think that's probably quite enough for a first effort! I look forward to seeing you at the next District Meeting on 9th January - even if you're not a member, you can still come and listen to what's happening, and take part in the ringing. If you'd like to talk to me about anything to do with ringing and the District or County, please feel free to call me on 01689 812236.

Best wishes

Philippa Rooke

ROPE HANDLING

Introduction

You've seen those smooth handlers with their straight ropes making it look oh so easy. Why doesn't yours go like that?

Like any long practised skill, it only looks easy. It demands a co-ordination that was last demanded of you when you were learning to walk or skate or first hit a ball and you were younger then and not deterred by mistakes or failures. Well, you can't let a bell on the end of a length of rope get the better of you so see if any of the following suggestions can help you tame it.

First advice

If you're just up to rounds you should still continue your solo handling, even single strokes, with an instructor giving advice. Often the details of correct handling are forgotten as you concentrate on the rounds and your rope takes on an increasingly wild life of its own. If your instructor doesn't suggest this, ask for more help and advice on any problems. Insist on some solo practice until you get it right. Remember that it's the details of correct handling that give you control over the bell and not the strength of the pull.

1. Why does my bell not reach the balance at backstroke; it wobbles nearly there then falls down?

Give a longer sally pull, evenly with both hands, past your waist and continue moving your hands down after you release the sally until they meet on the tail end before the bells starts to rise. It is important to release the sally with both hands at the same time. N.B. When trying both strokes, a common fault is to cut short the sally pull at the waist as you try to get your hand on the tail end.

Q U E S T I O N S

When your second hand joins the tail end you may disturb the movement of the rope as it rises especially if you get this hand on late. This hand should join the rope before it, starts to rise for a smooth rope movement. practise just pulling off the sally and getting your hand neatly on the tail end while someone else catches the sally and sets it for you after the backstroke.

You may not be allowing the bell to rise to the balance at backstroke because your hands check the rise too soon, or you don't let your hands rise above your head for fear of hitting the stay, or you need to use a box. You need to work out where your hands should be on the tail end so that at backstroke the bell will only reach the balance and not the stay when your hands are above your head and your arms are slightly flexed. (They should not be stiff and straight.) Try to keep them on the tail end at this point, if they slip down you will need to learn how to move them up the tail end again.

Sometimes a slight tug just before releasing the sally will help get the bell up to the balance but be careful not to over-pull. A longer steady pull is better.

Try to feel the pull of the bell on the end of the rope and go with it rather than trying to check it. If you over-pull then you have to strongly control or brake the movement of the bell and this leads to constant over-pulling.

2. How do I get my hands off the sally and neatly onto the tail end?

The free hand, usually the right, should join the other hand on

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the tail end just above it, touching, not overlapping nor apart. Try to keep the hands in touch at all times: continue to move them down as a pair when you release the sally, rather than take them apart then together again. The right hand should move down to meet the left hand and grasp the rope, rather than waiting for the left hand to begin to rise and meet the

A LEARNER

right where it releases the sally.

Watch the video tape on bell handling for the slow motion of this movement. Practise doing it in mime, without pulling the bell off. Watch others who do it smoothly as well as those who don't but don't criticise, just observe and think about what you do.

Sometimes the hands may be turned to the wrong side after you release the sally with the backs facing you, making it difficult to immediately slip the free one onto the tail end until the rope starts to rise. Practise just pulling off and getting your hand on neatly while someone else catches the sally and sets the bell.

The right hand should move down to meet the left hand and grasp the rope, not wait for the left hand to begin to rise and meet the right where it released the sally.

3. Why is it so important to get my hand on the tail end before the rope starts to rise?

Then you can adjust where you are holding the tail end at this time. During any length of ringing one's hands tend to slide down the tail end and when hunting a heavier bell it is important to change the position of your hands on the rope. If you do this as the rope rises you don't have a firm grip on the tail end and you can disturb the rise of the bell by your adjustments. When the rope is at the bottom of the sally pull there is no tension on the rope and it is safer to adjust your grip quickly at this time.

4. How do I adjust my hands on the tail end while ringing?

In order to go up the tail end, i.e. take up some rope, at the bottom of the handstroke pull, the free hand grasps the tail end a few inches above the other hand which immediately moves up the rope to join it. This adjustment needs to be done quickly before the sally starts to rise.

5. Why does my rope go loose or wobbly towards the end of the sally pull when my hands rise above my face?

Or: I can't feel whether the bell is at the balance or will suddenly come tumbling down.

The bell has started to slow down as it rises but your hands have continued up at the same momentum. Try to slow them down as they rise past your face and keep a little tension on the rope without stopping its rise so that you can feel what the bell is doing and whether it will reach the balance or start to swing down again, signalling that you must pull the backstroke down quickly.

6. My bell keeps bumping the stay at backstroke.

Move your hands slightly up the tail end and as they may slide down again you need to learn how to do this correctly while ringing, or stand your bell and adjust your grip.

- Don't pull so hard at the handstroke.
- Don't push your arms up faster than the rope, keep a little tension on the rope to feel where the bell is.

7. My bell comes straight down at backstroke, although it doesn't bump the stay, and my ringing gets faster.

You need to give the bell more rope because it is not reaching the balance. Let out some tail end (slide down the tail end a little as the bell rises to the balance) or stand your bell and get a box.

MIGHT ASK

by Helen Pettet

8. Why does my bell always seem to be late at backstroke in rounds?

Your bell has gone over the balance at backstroke and when you follow a bell you have to pull it up to the balance first before you can pull it over thus making you late.

- Don't over-pull the handstroke.
- Grasp the tail end slightly higher so the rope will only let the bell rise just to the balance if necessary.

Remember that in rounds the bells do not always reach the balance at backstroke before they are pulled down again but they need to rise to the balance at handstroke to allow for the handstroke gap.

(Reprinted, from *Ringing World*, 19th September 1998).

**Due to the enormous success of the
open day at St Mary Cray - another open day in January**

BELL-RINGING

HANDS-ON DEMONSTRATION

DO YOU WANT SOMETHING THAT REQUIRES BOTH
MENTAL AND (GENTLE) PHYSICAL EFFORT AND ALSO
A LOAD OF FUN AT THE SAME TIME? THEN COME AND
HAVE A GO AT BELL-RINGING (CAMPANOLOGY) ON

SATURDAY 16th JANUARY

in

**ST JOHN'S CHURCH
HIGH STREET
ELTHAM**

DEMONSTRATIONS HELD EVERY HOUR
BETWEEN 11 AM & 3 PM BUT TURN UP
WHENEVER YOU CAN

AN INVALUABLE CHANCE TO GET HOOKED ON ONE OF
ENGLAND'S GREATEST ARTS. IT'S FREE AND, UNDER PROPER
SUPERVISION, COMPLETELY SAFE

EVERYONE AGED 12 YEARS OR ABOVE IS WELCOME TO JOIN US

WARNING - RINGING IS EXTREMELY ADDICTIVE

Produced by the KCACR

We need your help!!

Please phone Len Morley (0181-319-0051) if you can help on the day



Help with hunting

Please help me to get the idea of Plain Hunting. I'm told that I have to 'Get ropesight', but no-one seems to be able to tell me just what that is. I just don't seem to be progressing and feel that I'm letting the others down.

If it's any consolation, you are at one of the most difficult stages of learning to ring. Don't worry about 'Ropesight' for the moment; let's look at the basics. You should be able to write Plain Hunt for five and six bells, to appreciate what is happening. Write a lead of Plain hunt on five bells and use the figures as a guide. Look at what the treble does; it hunts up, lies two blows at the back, hunts down, and leads. When hunting up it passes bells that are hunting down; when hunting down it passes bells that are hunting up.

When you start to hunt up you must ring *slower* than in rounds, quite a bit slower if you are ringing on five or six bells. The only way you can ring slower is by balancing your bell a fraction longer each time. So - it comes back to bell control. Practice balancing (holding the bell up) *every stroke*, handstroke and backstroke. Many people find it difficult to hold the bell up at backstroke - which is why they can't hunt up!

Having hunted up, we have to hunt down. Now we have to ring faster than in rounds, by stopping the bell swinging a fraction sooner (often called 'checking' the bell). It swings back sooner and thus strikes sooner. But, when you want to ring slower, as when you come to lead and to hunt up, you will need to pull a bit harder to balance the bell again. So, remember:

- Hunting up, ring slower than rounds, by *balancing* the bell.
- Hunting down, ring faster than rounds, by *checking* the bell.

When learning to hunt you will probably be ringing the treble to 'Plain hunt on five bells'. "Go" is called at a handstroke and you start hunting on the next handstroke - by hunting up. So, at your backstroke lead, pull hard enough to be sure of holding up on the handstroke. In rounds, 2 is, following you. Now, as you hold up:

- ⇒ 2 hunts down in front of you, and you *hold up* to pull (handstroke) after 2. *As you pull*, watch the other ropes and you will see that 4 follows you, so, as you hold up
- ⇒ 4 hunts down in front of you, so pull (backstroke) over 4. *As you pull*, watch the remaining ropes - 5 pulls after you so hold up and:
- ⇒ 5 hunts down in front of you, so pull (handstroke) over 5; this only leaves 3 so hold up and:
- ⇒ 3 hunts down in front of you, so pull (backstroke) over 3.

You have now hunted up over the other bells.

It doesn't take long to realise that, in plain hunt, ringing the treble, you pass the other bells in the order 2,4,5,3. That's all right for the moment - but it won't always happen in this order. Each time, as you pull, you should be watching to see which rope follows yours - then holding up to pull after it.

The golden rule for hunting up is to Follow the bell that followed you.

This is the first stage of ropesight, to see who follows you, at every pull, when you are hunting up. It's easier to see when you ring slowly enough, so - once again - be sure that you can hold up and ring slowly. (Ropesight is almost impossible if you are not in the right place!)

**Hunting Up -
ring slower than rounds**

**Hunting down -
ring faster than rounds**

Now you have to hunt down. In Plain Hunt (and in some of the methods where the treble plain hunts) you can do this by following the bells in the same order as when you hunted up. (But remember that you will be ringing faster!)

However, there is another way to hunt down which is useful for when you *don't* meet the bells in the same order as when you hunted up: When you are last bell (At the back) there are four ropes pulling before you.

As you hunt down you 'lose' a rope each time you pull, so you see:

- * Four ropes pulling before you pull, then
- * Three ropes pulling before you, then
- * Two ropes pulling before you, then
- * One rope pulling before you, then you
- * Lead - handstroke and backstroke.

(This is the next stage of ropesight, and it's easier to see if you are ringing at the right speed, a bit faster than in rounds.) Two points to remember:

- At the last backstroke (one rope in front of you), pull a little harder to balance your bell for leading.

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- If no-one says "That's All" as you lead, carry on - by hunting up again, so remember that you must hold up after each backstroke lead to start hunting up again. (So be sure to pull hard enough.)

Plain hunting is not easy at first, so don't be discouraged if you don't 'Get it' first time, or even the twenty-first time. Keep working at it because it's all worth while when it *does come* right - and it's the gateway to all other change ringing.

When you can plain hunt by -ropesight as described above, there is another skill to learn, 'Counting your place'. This becomes very important later on, so learn it now. Listening for your bell when ringing rounds. If ringing the third, you are counting (I hope), 'One-two-THREE-four-five-six-etc. In hunting you move to different places; to know where you are you should count each place.

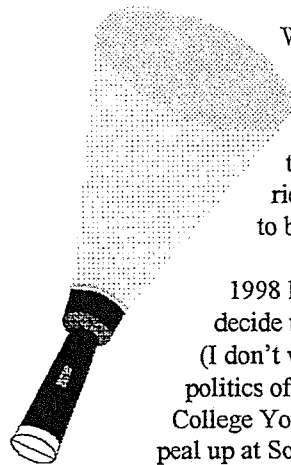
Ring the treble to plain hunt, each time you pull you should think 'Lead-lead-seconds-thirds-fourths-fifths-fifths-fourths-thirds-seconds-lead-lead-and so on.

You will find that you can do this and *listen for your own bell* at the same time, but it will take practice. Be assured that taking the trouble to do this now will pay off later.

PETER WENHAM

(From *Ringing World* 2nd October 1998)

1998 - some highlights (very abridged)



Whilst putting this newsletter together, some of the articles made think about some of 1998 ringing. Personally the highlight was getting married - however it is not my place to bore you with details.

1998 has seen the College Youths decide to admit women to their ranks (I don't want to get involved with the politics of that), but then linked to the College Youth's was a certain long length peal up at Southwark - at this point all at-

tendees at the Southwark Dinner will yawn and switch off

Back on 25th May a select band of ringers rang a peal of 12,675 changes of Stedman Cinques to commemorate the 75th anniversary of the first attempt by a band from the College Youths which had been successfully brought round on 21st May 1923. Unfortunately that first peal was subsequently found to be false and hence was not allowed to stand in the records.

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Hereford Ringing Course 1999

The Hereford Ringing Course will soon be advertised in the *Ringing World* - generally the Christmas and New Year editions

It's due to run between Thursday 8th April to Sunday 11th April 1999.

Courses this year will include

Rounds and Call Changes	Plain Hunt on 3,4, or 5
Plain Hunt to Doubles	Plain Bob Doubles
Grandsire Doubles	Plain Bob Minor
Kent Treble Bob Minor	Surprise Minor - Cambridge
Stedman Triples and Caters	Plain and/or Little Bob Major
	Surprise Major

If you want to improve - why not apply

It is great fun

(Continued from page 9)

So this merry band stood and rang for a mere 9 hours 42 minutes to commemorate the first original peal. I have rung only two normal length peals and did not until that day appreciate what an achievement 9 hours of ringing is. It means that you can turn up at 9-30ish in the morning, (the ringing is just starting), go off for a couple of hours, come back (they are still ringing), wander around the cathedral, replace a slider at a local tower (courtesy of James Hardy - Mr Walking Tool Kit) get involved in recording a telly programme, return, have lunch, have a couple of pints and find them still ringing. Finally at 7-30 ish the bells successfully comeback into rounds.

Why any of them were still standing, let alone ringing, I shall never know.

Well the good news was an excellent peal successfully scored, a record length for the Bells of Southwark and the event raised about £ 8,500 for the Cathedral's education project.

Oh yes - I'd forgot to tell you what triggered my memory of this event. If you look in the quarter peal details you'll see a first quarter for Den Murray of Cambridge Surprise Major on the 24th May - a real effort to score that one. The link - well the ringer of the 11th in the Southwark peal the following day, Phil Rogers, feeling no pressure at all just popped out and rang the treble for that quarter.

Thanks to both Phil (and Gwen), Den Murray, is now allowed to go to Hereford this year should he so desire, as he has rung his first quarter of surprise major. Phil - let me know when you've got an important peal on next and we'll invite you into a quarter the day before.

Jeremy Byers

ALL POWER TO THE ELBOW

As the big four-oh looms above the horizon I have to face the fact that I am not a young man any more. But it seems only yesterday that Godfrey Gray was giving me my first ringing lesson at St Mary's, Dover. Actually it was over 25 years ago and I am now paying the price. Bellringing can damage your health.

I moved to Dartford in 1993 and was soon invited to ring the Tenor to a peal of Stedman Triples there. It went really well and the striking was excellent. It was, however, rather fast and many of you reading this will know what the Tenor at Dartford is like...

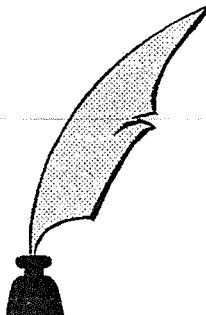
I usually ignore muscle strains and they go away, but after a couple of weeks my elbows were still aching. On hearing what I had been up to, the doc pronounced that I had Tenor's Elbow and referred me to the local hospital. To cut a long story short, the hospital discharged me in 1996 with some tablets and a pat on the head.

I have just discovered the British School of Osteopaths in London. Although I am a guinea pig for a student (mine is the former Deputy Director for Education in Somerset who wanted a career change!) the lecturers always take a close interest. One lecturer, who specialises in 'outer limbs', had never seen elbows as pronounced as mine and attributed it to pulling heavy bells before my body had stopped growing. In hindsight I recall always making a meal of ringing the heavier bells to impress the girls (although it never worked!) which gave me frequent muscle strains allowing small amounts of bone to fuse onto my elbow to make running repairs to the muscle. It might have been all right had I not possessed a body an anorexic would die for.

The learning point for me now as a bell handling instructor is clearly to keep an eye on the youngsters and not to let them get ahead of themselves.

Keith Tolputt

More dates for 1999 (Proposed District Practices)



We are currently arranging the District Practices for 1999. Proposed dates are as follows:

20th February
20th March (same day as 6 Bell)
24th April
22nd May
19th June
24th July

As yet the venues have yet to be fixed, however we hope to get these fixed up in the next few weeks.

There is no practice planned for January as weekends are fairly well filled with district events already - please come and help with the Open Day and the Training Day if you can

As usual please phone James Hardy (0181-659-2631) or Jeremy Byers (0181-289-5675) for more information.

Newsletter Accounts

I am sorry to bore you all with a set of accounts in the Christmas edition - we will all no doubt receive our credit card statements in January groaning with Christmas purchases - so another set of figures is unlikely to be appreciated.

Anyway the figures opposite reflect the score as regards the Newsletter since I have been editor. The purpose of the exercise is to let you all see what I've been up to with your cheques of £ 4. It also proves that I need your continued support for another year or so to make the figures break even.

I will be looking in to the possibility of sponsorship and advertising over the next year or so. If any one has a company they know who would like a year's relatively cheap advertising please contact me

In the meantime, if anyone has any questions, or would like to check through the records please give me a ring.

Finally thank you for prompt payment of subs - it all helps. New subscribers always welcome

Jeremy Byers

PS For any techno boffins the accounts have been prepared under the historical cost convention and on an accruals rather than a cash basis.

Lewisham District Newsletter Accounts for the year ended 30th September 1998				
Income and Expenditure Account				
	Year ended 30th September 1998		Nine months ended 30th September 1997	
	£	£	£	£
Income				
Subscriptions Received	168.00		17.00	
Donations Received	5.00		25.00	
Interest Received	1.08		0.17	
			<u>17.17</u>	
Total Income Received		174.08		42.17
Expenses				
Copying & Stationery Costs	110.90		86.50	
Postage	29.95		27.18	
			<u>113.68</u>	
		140.85		113.68
Surplus/(Deficit) for the year		33.23		-71.51
Balance Sheet at 30th September 1998				
	1998		1997	
	£	£	£	£
Current Assets				
Balance at Bank		47.66		133.17
Current Liabilities				
Subscriptions received in advance	4.00		101.00	
Copying costs payable	27.76		24.50	
Postage costs payable	10.00		10.00	
Amounts due to J.R. Byers - expenses yet to be reimbursed	44.18		69.18	
			<u>194.68</u>	
		85.94		204.68
Net Assets/(Liabilities)		-38.28		-71.51
Represented by				
Accumulated Surplus/(Deficit) bf		-71.51		0.00
Surplus/(Deficit) for the year		33.23		-71.51
		<u>-38.28</u>		<u>-71.51</u>

Quarters and Peals

QUARTER PEALS 1998

RW PAGE

[1]	26/04	BROMLEY	1260	Grandsire Triples	98/781
[2]	14/06	BEXLEY	1280	Cambridge Surprise Major	98/731
[3]	28/06	CHELSEFIELD	1260	Plain Bob Minor	98/705
[4]	29/06	EYNSFORD	1280	Ullesthorpe Surprise Major	98/754
[5]	05/07	BEXLEY	1280	Kent Treble Bob Major	98/755
[6]	05/07	BROMLEY	1320	Cambridge Surprise Minor	98/801
[7]	19/07	BECKENHAM	1277	Glasgow Surprise Major	98/851
[8]	26/07	CHELSEFIELD	1260	Doubles 5m.	
[9]	20/08	CHELSEFIELD		Cambridge Minor	

Congratulations :

Keith Burton	1st quarter at first attempt [8]
Neil Fagin	1st on 8 [1]
Emma Harrison	1st Kent Major [5]
Rupert Cheeseman	1st in method [7]

PEALS 1998

RW PAGE

[1]	04/07	GREENWICH	5040	Cambridge Surprise Royal	98/699
[2]	07/07	GREENWICH	5040	London Surprise Royal	98/746

From Ringing World up to edition No. 4557, August 28, 1998.

QUARTER PEALS 1998

RW PAGE

[1]	26/04	BROMLEY	1260	Grandsire Triples	98/1042
[2]	24/05	BECKENHAM	1260	Cambridge Surprise Major	98/1041
[3]	12/07	CRAYFORD	1260	Plain Bob Minor	98/951
[4]	23/07	EYNSFORD	1260	Plain Bob Doubles	98/923
[5]	09/08	CRAYFORD	1260	Plain Bob Doubles	98/948
[6]	13/09	BEXLEY	1260	Stedman Triples	98/976
[7]	13/09	CRAYFORD	1260	Plain Bob Triples	98/1092
[8]	13/09	ST MARY CRAY	1260	Plain Bob Minor	98/1094
[9]	20/09	ERITH CH CH	1260	Grandsire Doubles	98/1017
[10]	23/09	SIDCUP	1260	Plain Bob Doubles	
[11]	28/09	ELTHAM	1250	Cassiobury Surprise Major	98/1018
[12]	04/10	CHELSEFIELD	1296	Cambridge Surprise Minor	
[13]	11/10	CHELSEFIELD	1260	Plain Bob Doubles	
[14]	18/10	ERITH CH CH	1272	Kent Treble Bob Minor	98/1113
[15]	08/11	CHELSEFIELD	1279	Grandsire Doubles	

Congratulations :

Tom Scarth	1st quarter [9]	Neil Fagin	1st on 8 [1]
Simon Morris	1st inside [8]	Jeremy Ducker	1st on 8 [7]
Christopher Backhouse	1st inside [9]	Melanie Wilkins	1st inside [13]
Caroline Poll	1st inside [13]	Cathy Hall	Circled tower [7]
Simon Chant	1st doubles inside [5]	Den Murray	1st Surprise Major [2]
Christopher Backhouse	1st Treble Bob [9]	Matthew Hilling	250th quarter [4]

(Continued on page 13)

(Continued from page 12)

Martin Luffman 100th quarter [4]

PEALS 1998

RW PAGE

1998

[1]	04/08	BICKLEY	5040	Stedman Triples	98/871
[2]	31/08	ERITH CH CH	5056	Yorkshire Surprise Major	98/944

KENT COUNTY ASSOCIATION OF CHANGE RINGERS

LEWISHAM DISTRICT

**Minutes of the Annual District Meeting held at Beckenham on
Saturday, 10th October 1998**

The Chairman, Mr. J. J. Rooke, opened the meeting by welcoming everyone.

1. APOLOGIES FOR ABSENCE

Apologies for absence were received from Mr. & Mrs. A. D. Saunders of Beckenham, Mr. A. J. Britton and Mr. & Mrs. C. F. Jeal of Bexley, Mrs. N. Gay of Biggin Hill, Mr. D. H. Kingston of Bromley, Mr. & Mrs. N. F. Foster and Miss A. Wilkins of Chelsfield, Mr. R. Long of St. Nicholas, Chislehurst, Mr. R. J. Cheeseman and Mrs. N. Robins of Crayford, Mr. L. A. Dumper and Mr. & Mrs. D. Holdridge of Eltham, Mrs. R. A. Backhouse of Christ Church, Erith, and Mr. R. D. Bing of Woolwich.

2. MINUTES OF THE LAST MEETING

The minutes of the last meeting, which had been circulated, were confirmed and signed.

3. MATTERS ARISING FROM THE MINUTES

Page 2: 6. Fundraising - Ashford District Suggestion

The Ashford District suggestion was discussed. Bexley was not in favour: Chelsfield felt they might be able to introduce the idea at some time in the future. Generally, members were in favour in principle but felt that implementation could cause local difficulty and it was unlikely that the District would raise funds in this way.

Page 3: 8. Any Other Business ... Bob and Clare Pruden - Chelsfield

The Chairman reported that Bob and Clare Pruden's baby was doing extremely well and was to be christened at Chelsfield's Patronal Festival.

4. CORRESPONDENCE

Visit to Bury St. Edmunds - Summer 1999

In his letter giving his apologies for absence, Mr. Bing mentioned that his church social club was planning a visit to a brewery at Bury St. Edmunds. If sufficient ringers were interested, he suggested that this could be combined with ringing at a couple of towers. Any who wished to pursue this matter was asked to contact Mr. Bing.

County Six-bell Striking Competition

The Secretary had received a letter of thanks from the General Secretary to the District for hosting the County Six-bell Striking Competition and congratulating Chelsfield, the winners, on an excellent piece of ringing. The Competition had been held at Sidcup and a copy of the letter was being sent to the ringers at that tower.

Mrs. C. Eastaugh

Following the move away from the District of Mr. & Mrs. J. Hill of Christ Church, Erith, Mrs. C. Eastaugh had taken over as Secretary of that tower. Her name and telephone number were given to members for reference.

5. OFFICERS' REPORTS

The reports of the Ringing Master and the Secretary had been circulated and were accepted. Mr. Hardy commented that he had a few suggestions for the next year. He wondered whether members would like him to arrange a practice at Southwark Cathedral. Any training ideas from those at the meeting or from other members of the District would be welcome. The Press Representative, Miss Vale, reported that it had been a good year for book sales, especially books for beginners and diagrams. Only one technical book had been sold. Several sweatshirts had been sold. Reports had been sent to The Ringing World. Miss Vale reminded towers that she would always be happy to help with publicity. She had taken part in the Ringing In 2000 meetings.

6. ELECTION OF OFFICERS

The following officers were elected:

Chairman*	Miss P. Rooke	P. Mrs. M. E. Macey	S. Mr. J. R. Byers
Ringing Master	Mr. J. J. Hardy	P. Miss M. R. Andrews	S. Mr. L. G. A. Morley
Assistant Ringing Master	Mr. J. R. Byers	P. Mrs. R. E. Pointer	S. Mr. J. J. Hardy
District Representatives	Mrs. S. C. Hardy Mr. W. D. Lanyon	P. Mrs. R. E. Pointer P. Mrs. C. Eastaugh	S. Miss P. Rooke S. Mr. J. J. Hardy
Press Representative	Miss J. Vale	P. Miss C. Hall	S. Mrs. C. Eastaugh
Secretary	Miss M. R. Andrews	P. Miss P. Rooke	S. Miss F. Cannon

* The Chairman, Mr. J. J. Rooke, did not wish to seek re-election.

7. ST. MARY CRAY OPEN DAY

Mr. Pointer gave details of the Open Day to be held at St. Mary Cray on 7th November. Fliers and leaflets were available and members were urged to advertise this event as widely as possible. The Jubi Peal would be available. It was stressed that this event had been arranged for the benefit of the whole District and members were urged to give the occasion as much support as possible. If it proved to be successful, similar Open Days might be held in different parts of the District.

8. ELECTION OF NEW MEMBERS

The following new members were elected:

BECKENHAM

Ms Alice Baverstock)		
Mrs. Fiona M. Byers)		
Mrs. Marion F. Cross)	P. Mr. J. J. Hardy	S. Mrs. S. Hardy
Miss Louise Fox (jnr.))		

Mr. Richard Fox (jnr.))
Miss Rhiannon M. Meredith)

ERITH, CHRIST CHURCH

Mr. Thomas J. Scarth P. Mrs. C. Eastaugh S. Mr. M. D. Backhouse

FOOTS CRAY

Mr. Simon Morris (jnr.) P. Mrs. M. E. Macey S. Mr. N. Pointer

ST. MARY CRAY

Mrs. Lynn Pointer P. Mr. D. E. Pointer S. Mr. N. Pointer

9. PROGRAMME FOR 1999

The following programme was agreed for 1999. The Secretary was given the authority to make alternative arrangements if necessary.

Quarterly Meeting	9th January	Bromley or Chelsfield
Six-bell Striking Competition	20th March	Bexley
Quarterly Meeting	17th April	Biggin Hill
Quarterly Meeting	10th July	Greenwich
Annual Meeting	9th October	Bickley
Call Change Competition	13th November	Eynsford
Carol Service	11th December	Eltham

10. ANY OTHER BUSINESS

Ringling Arrangements

Mr. Hardy asked for an indication as to whether members would be interested in a practice at Southwark Cathedral. It was agreed to go ahead with this idea. The next practice was to be at Eltham on 28th November and a training session would be held on 30th January - helpers and pupils were needed. Application forms would be sent out. Other training would be arranged on request. The possibility of booking Quex Park for a day was also mentioned.

12-bell Practices

Miss Rooke mentioned that a county 12-bell practice had been arranged at Canterbury Cathedral on 30th January and another on 29th May at Quex Park.

Teaching to Teach

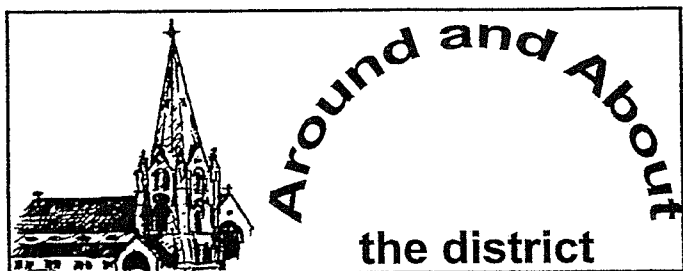
Mr. Hardy offered his congratulations to the Chelsfield band on winning the county six-bell Striking Competition. He wondered whether there would be any interest in a teaching to teach day.

Newsletter

Mr. Byers thanked members for their contributions to the Newsletter. Ideas for the Christmas issue were wanted.

Votes of Thanks

Votes of thanks were proposed by Miss Vale to the Rev. Sandra McCarthy, Curate at Beckenham, for conducting the service, to the Rector, Revd. Canon Derek Carpenter for the use of the church and the bells, to Mr. John Newton for playing the organ, and to the Beckenham ringers for preparing and serving an excellent tea.



Beckenham - important news for visitors to St George's - practice night is changing to a

Thursday from the New Year.

Ringing times will be 7-30 p.m. to 9-30 p.m. It is hoped that the extra practice time will enable us to offer a better structured practice to all attending.

St John's Erith - thank you to all involved in organising the Carol Service this year. I thoroughly enjoyed the afternoon and the refreshments.

Call Change Competition - a poor attendance by towers in the district this year. Fortunately Beckenham and Chelsfield were able to field two teams each this year so there were five bands competing.

The results

1st	Beckenham - White	9	faults
2nd	Crayford	17 1/2	faults
3rd	Chelsfield - Martin	18	faults
4th	Beckenham - Red	28	faults
5th	Chelsfield - Tours	48	faults.

Thanks are due to Eltham for hosting the afternoon (11/10 for the tea and cakes) and to Mike Trimm who sat and froze to listen to the five competing teams .

A thought for next year - if you can't enter a single tower team, why not try entering a joint team. The winning team does not go onto a county competition, and the whole point of the competition is to help promote good striking. Hopefully the odd competition like this makes all the ringers listen harder and improve their striking.

Greenwich - the work on the floor beneath the bells is imminent and the faculty for the work on the fittings is being finalised. Hopefully the work will be done by the time the district visit later in the year.

Belated Congratulations - to Jeremy Clitheroe and Liz Cruickshank, both ringers at Bickley, who announced their engagement earlier this year.

And Finally.....

Topical Tip of the Quarter - While away on holiday, leave old shoes outside the door. Get a neighbour to rearrange them on a daily basis to give an impression of occupancy.

Training Day

Saturday 30th January 1999



Following the success of the last Bob Doubles training day, James has decided that it would be a good idea to run another one (he promises to be around this time!!).

The suggested groups are

- **Bob Doubles on to Bob Minor**
-
- **Bob Doubles in to other Doubles**

Bob Doubles to Minor - is aimed at those who have been ringing touches of bob doubles either affected or unaffected and are looking to extend their ringing to minor.

Bob Doubles in to other Doubles - aimed at those who are ringing touches of bob doubles either affected or unaffected and are looking to learn new doubles methods. The course will be aimed at St Martins and St Simons - it is unlikely to cover Grandsire (and definitely not Stedman) unless of course there is a demand for it.

We are therefore looking for

Students and Helpers

for the day.

As yet no arrangements have been made, but we would envisage two or three practical sessions at various towers, and associated theory sessions. The groups will be limited to a maximum of 5 students.

On the basis of 2 groups and three sessions, we will be looking for about 16 other ringers to help out.

Please phone Jeremy Byers (0181-289-5675) or James Hardy (0181-659-2631) to book your place or offer assistance.

UNLESS YOU PHONE US WE WILL NOT BE ABLE TO ORGANISE THIS EVENT

PS. The last course was great fun - if any of the participants are interested, we could look into going out for a meal in the evening. It's an opportunity to relax and share your day's experiences away from the tower.