

# SUSSEX BOOKENDS

A WEEKLY CELEBRATION OF THE SUSSEX CHARACTER

## Out & About in Sussex

Hands up all those who know that June 16 is Sussex Day? Shamefully until very recently my arms too would have remained firmly by my sides!

The idea of celebrating our glorious county was first suggested to West Sussex County Council by Ian Steedman of Worthing in 2006. The notion was thought a worthy one and the first

Sussex Day was marked in 2007. June 16 was chosen as it is the saint's day of St Richard, who was Bishop of Chichester from 1245-1253 (he is the patron saint of bus and lorry drivers). I very much hope that celebrating Sussex Day will gather momentum over the coming years.

Do let us know if you plan to celebrate it.

## Sussex Dialect Quiz

1 Sussex dwellers frequently use the expression 'I reckon,' what does 'reckon' mean?

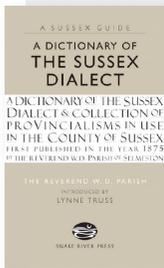
2 Confusingly a 'ladycow' isn't what it suggests. What do you think it is?

3 What creatures would have lived in a 'beeskep'?

4 What is a 'beck'?

5 'I wunt be druv' is a favourite maxim used by Sussex folk, especially those of a stubborn persuasion, but what does it mean?

Email your answers, along with your name and address to: [editorial@snakeriverpress.co.uk](mailto:editorial@snakeriverpress.co.uk). The sender of the first set of correct answers received wins a copy of A Dictionary of Sussex Dialect by the Reverend W.D. Parish worth £8.99. The correct answers will be posted at [www.snakeriverpress.co.uk](http://www.snakeriverpress.co.uk) next Saturday.



Many people love a leisurely, day-long country walk with a picnic or a pub lunch. In Sussex we have many choices: the Downs with their wide skies and long views; the shady glades and ghylls of St Leonard's Forest; the remote, wild heathland of the High Weald commons.

There's a different delight in simply walking home. There are local landmarks: mature hedges; perfumed shrubs in tiny front gardens; ancient or exotic trees; a sudden view of the sea - all these change with the season.

To discover different ways of walking home, you need an Ordnance Survey Explorer map and bus time-tables. Locate where you live on the map, and if you don't already know them, look for nearby green spaces: parks, allotments, playing fields. There will be twittens, footpaths and suburban roads that lead to the nearest countryside. Luckily for us in Sussex this is never far away. Pick a place where you can see footpath links, consult your bus time-table, take the bus to this point and walk home - it's both economical and very satisfying.

## Join us at Borders

Snake River Press invite our Argus readers will join us at Borders Bookshop in Brighton this Thursday at 6.30pm. Three of our authors will give talks and sign books.

To get you in the mood for the summer holidays Susan Jamieson will be discussing many of the destinations featured in her Old-Fashioned Family Days Out in Sussex (all

of which are free). Pat Bowen, who wrote 20 Sussex Walks (and the piece above) will be enthusing us to get out and discover many of the wonderful walks the county has to offer. To complete the trio Rob Yarham will urge us all to don binoculars as he discusses his book Bird Watching in Sussex. Call 01273 731122 for more details.

## Live & learn

The painter John Constable (1776-1837) was born on June 11. Although most famously associated with the landscapes of his native Suffolk, one of his most ambitious late works is an image of Brighton beach, The Chain Pier, exhibited at the Royal Academy in 1827.

Poet, painter and visionary William Blake (1757-1827) is also not usually associated with Sussex. Blake came to Felpham in 1800 and although he began Jerusalem while here, it was not a happy time as he was tried, and acquitted, for high treason in 1804!

We would love to hear from readers of similar interesting, quirky or strange facts relating to the county. Email us at: [editorial@snakeriverpress.co.uk](mailto:editorial@snakeriverpress.co.uk)

## Lost words

Here are some delicious sounding Sussex puds.

**Black-eyed Susan:** A 'well' pudding, with plums or raisins in it. The most famous is Sussex Pond Pudding which is made with the addition of a lemon.

**Blanket-Pudding:** This is a long, round pudding, made of flour and jam, also sometimes known as a bolster-pudding, presumably as it resembles the pillow of the same name.

Do you know any other old Sussex foodie expressions? If so email them to [editorial@snakeriverpress.co.uk](mailto:editorial@snakeriverpress.co.uk). The most interesting ones will be posted at [www.snakeriverpress.co.uk](http://www.snakeriverpress.co.uk) next Saturday.

## THE NIGHTINGALE

I may be right, and I may be wrong, but I'm perfectly willing to swear, that every time I go to my civic amenity site, a nightingale sings in the bushes there. Vera Lynn was almost certainly wrong about the nightingale in Berkeley Square - it was probably a robin singing through the night - but all you really need to do if you want to hear a true master of birdsong at work, is visit a number of key sites in Sussex. The most reliable sites to hear, or even to see, a nightingale are Pulborough Brooks and Ebernoe Common. And, of course, Billingham's civic amenity site.

From Bird Watching in Sussex by Rob Yarham, illustrated by Curtis Tappenden.

