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Rye Harbour Newsletter

Issue 7 Volume 5

Rye Harbour Newsletter
Compiled By & For The Residents

April 2006

Editor's Comments

The newsletter is a little thin this month, partly due to the fact we are missing Rye Harbour Characters and of course the Sailing News.

Is there anyone out there who would like to continue the Characters or perhaps you might have another interesting subject you could write about on a monthly basis, i.e. gardening, you won't get paid or any certificates but the newsletter does reach a very wide audience, you never know your talent may be spotted. Sailing news, with such a large flotilla of talent within the club, surely there must be one member who could drop us a short line each month, or maybe a group of you could get involved. Anyway if anyone is interested then either email me on ryeharbournewsletter@tiscali.co.uk or drop a line into the box at the back of Rye Harbour Stores and I will contact you.

The website this month



since I re-designed it has been an amazing hit, in fact over 15,000 of them, you seem to be enjoying the photo albums and the home shopping pages most, however

there are a lot of pages still in construction and I will add to them as soon I complete each one, if anyone

feels that I may have missed something or maybe you have a subject you would like to tell the world about, then contact me and I will create a page for you, (it must be clean and not slanderous). Visit www.ryeharbournewsletter.org and see for yourself. Next month's deadline is **Tuesday 18th April** due to the Easter break but please be punctual as I have been lenient and given you the long weekend, which doesn't leave me so much time.

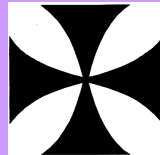
Collating, folding and stapling is now automated which basically means the odd blank page may slip through, I will do my best.

Special Features

- ♦ What's On
- ♦ Comments & Letters
- ♦ Church News
- ♦ Family News
- ♦ Tide Timetable
- ♦ Harbour Masters Report
- ♦ Local Bus Times
- ♦ Parent & Toddler
- ♦ Shop Times
- ♦ Nature Reserve
- ♦ Fishing News
- ♦ Neighbourhood Watch Update
- ♦ RH Heritage Group Update
- ♦ Flood Bund Around Village
- ♦ Parish Council Notebook
- ♦ Sleeping Disorders
- ♦ Ploughman's Lunch
- ♦ Skate Pipe See Page 30
- ♦ Jo Jingles Music Classes



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Mobile: 07890 385332

E-Mail: ryeharbournewsletter@tiscali.co.uk

Or The Post Box At The Rear Of

Rye Harbour Stores

Views and opinions that are expressed in this magazine, are not necessarily those of the Editor or named contributors. To the best of my knowledge all the details are correct at the time of going to press and I regret that I cannot be responsible for any alterations or cancellations.

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Rye & District Age Concern

Age concern is providing an Outreach Information Service in Rye
At Rye CVS, 25 Cinque Ports Street, Rye

On the second and fourth Thursdays of the month from 10am to 12noon

There is a wide range information available, on subjects such as benefits, residential homes, sheltered accommodation, support services, clubs, transport and many more. Age concern factsheets are available and copies can be supplied on request.

The service aims to help older people, their families, friends and carers. Callers can drop in during the opening hours mentioned above or telephone on **01797 225466**

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FROM THE HARBOUR MASTERS CHAIR

Bitterly cold winds continue unseasonably from the east ensuring many mariners stay by the fire side. The fishing fleet, of course, continue to net fish, so essential to our diet in the UK.

Commercial shipping also arrives whatever the weather and the pilots and boat crews toss around in the bay awaiting to board ships arriving with their cargoes of stone or departing laden to the gun-whales with grain or corn. But! We must prepare for the next season of boating and invoices have been calculated (8% increases this year) and sent to owners with craft moored in the rivers. The first requests are arriving for permission to have "Morris" dancing on the Strand Quay! The Harbour of Rye Advisory Committee has met where issues affecting the management of the harbour are discussed and, where appropriate, acted upon. Our pilot, Steve, is taking a well earned break in Australia for three weeks so Kirk and myself are completing pilotage ensuring swift turn around of vessels, which included the first ever consignment into the UK of a new recycled product known as "Glass Foam". This material is crushed glass, principally, neon tubes and is



manufactured in Norway. This, I believe is the first ever ship to arrive (In modern times) from this country. The Fish market (Now known as "Simmons Quay") refurbishment continues apace with all works expected to be completed by June. An opening ceremony is being planned for about the 14th of July when it is hoped a Government Minister will attend to "Cut the Ribbon". The fishing community are planning a greater event with catering and possibly a live band/disco where all families will be invited together with those who live in Rye and the Surrounding villages. At last, the harbour office is now on "Broadband" and so quicker arrival of many paged documents for us to read! Whilst calculating some tidal figures for this year I noticed that a number of tides height do not appear. 1.7m, 2.3m, 2.9m, 3.5m, and 4.1 m are not recorded. This suggests that rather than a neat sinusoid curve for the tidal cycle a stepped range of tides exists. Any thoughts?

A major bank raid in Kent. So what! Many of you will not

have realised that the harbour was a centre of interest for the police investigations. Over a period of three days immediately after the robbery plain cloth police officers were on site either in the Sailing Club buildings or stationed at the harbour office. No big black bin sacks appeared and the police moved elsewhere. This month sees the annual inspection of the navigational aids. Trinity House Lighthouse Authority are responsible for ensuring our aids are in good condition. A number of "Batwings" have been lost from beacons over the winter and repairs are in hand to ensure good aids for the summer season. Kirk, deputy harbour master, just returned after a weeks course in Ramsgate. He has been training for an oil spill event either in the river or at sea. The Harbour has a plan to boom the entrance in the event that heavy oil is spilt in the channel and threatens our harbour. We are both trained to carry out emergency operations in this event.

CARL BAGWELL
Captain
Harbour Master

PARISH COUNCIL NOTEBOOK

Icklesham Parish Council held their monthly meeting on March 11th at The Rye Harbour Village Hall - This was the last event in the Hall before its closure for essential repairs and renovations.

The resignation by Vivien Ennis lead to a vacancy in the Rye Harbour Ward and the Council were happy to accept the nomination of Charles Bronsden who has a house at the upper end of Tram Road to fill the vacancy. Charles in presenting his C.V. informed the meeting of his interests and involvement with the Harbour of Rye by being a member of the Rye Harbour Advisory Committee and Chairman of Rye Harbour Boat Owners Association.

Charles was welcomed by Corriene Merricks the Chairlady and other members.

Other items from Rye Harbour

The concrete beams on The Pound Field have been removed and likewise the concrete pipes at the rear of the Hall - This will be prior to preparing the site for the play area. Claire and Rachel of The Harbour Ducks Play Equipment Fund presented a brilliant account of the proposals which undoubtedly caught the interest of the members. Likewise District and County Councilors, Keith Glazier and Nick Rumus, have promised to help where they can with funding.

The next Parish Council Meeting will be held on the **10th April at 7pm for 7.15pm** at **Rye Harbour Church** - The Hall being closed.

Your correspondent also wishes Claire, Rachel and friends well and will report with interest.

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8am-3pm



NEIGHBOURHOOD WATCH



General Advice

Most burglaries are committed by opportunist thieves.

* In 2 out of 10 burglaries no force is used, they simply enter through an open door or window. It is very difficult to make your house totally burglar proof, but you can defeat most burglars.

* Try looking at your home through a burglar's eyes - look for places they could break in unseen. How strong are your locks on both the windows and doors; are there high hedges, trees or fences for the opportunistic thief to hide behind and hide vulnerable windows?

* The enemies of the burglar are noise and time. If your security measures mean that the burglar has to take a lot of time or make a lot of noise they can be put off. Great tips include planting plants with sharp spikes on in front of windows and down-pipes, laying pea-shingle on flowerbeds, gravel paths and driveways and fitting window alarms.

* Leave a light on in the evening when you go out; be selective as if you really were in the house. Ask yourself what lights would be on.

Doors and Locks

Do not leave a spare key hanging inside the letterbox, under plant pots or doormats or anywhere else around your home. Thieves know all the hiding places and you will just make their job easier.

Many doors offer as much protection from a determined criminal without a key as they do with one, so you could be at risk despite any other security measures you might employ. This is particularly true of outside doors that include any glass, which can easily be smashed to aid a thief's entry.

Outside doors are safest when fitted with what is called a "five-lever mortice deadlock". You can buy these in most DIY shops, but be sure to look at the facing plate (that's the bit in the door where the bolt pops out when the key is turned) and for extra piece of mind, you should see a "kite mark" showing the British Standard and the words five-lever, or similar. In some cases, your external door may not be thick enough for a five-lever mortice lock, as the recommended thickness is 44mm. If it isn't, you should look for a "high security rim deadlock" also carrying the British Standard BS3621.

Door hinges also need to be sturdy as thieves can easily remove them. Make sure they are secured with good long screws, and for extra security fit hinge bolts to reinforce the hinge side of the door against attack.

Glass in doors can be prone to attack but you can minimise the risk by fitting toughened laminated glass (two sheets of glass with a plastic sheet between them).

Security on integral doors is equally as important as on external ones. Doors leading from the inside of the garage to your home for example should also be fitted with 5 lever mortice locks and hinge bolts.

Letterbox

Fit a restrictor to the inside of your letterbox to stop anyone reaching through to release any locks and bolts. Fit a peephole, otherwise known as a "viewer", so you can see who's knocking before opening the door.

All doors that you would usually lock from the inside should be fitted with mortice security bolts, one third from the top of the door and one third from the bottom. Laminated glass is the best security option for glazed areas and wooden beading should be glued and fixed with security screws. On modern double glazed units ensure the beading, which holds the glass in, is not on the outside as this makes it easy for a thief to remove the glass.

Patio doors

Patio doors are especially vulnerable to break-ins, so additional security locks should be fitted at the top and bottom to stop the frame being lifted off the tracks, and ensure that the sliding section is always on the inside. A multi-lock system is recommended with mortice security bolts with removable keys at the top and bottom of both doors, and locks that prevent the doors from being lifted out of their runners. In addition to a multi-lock you should consider installing further security devices such as a burglar alarm or security lighting for overall protection.

Remember, quality locks and bolts are only as strong as the door and the frame to which they are fitted. Check that the frame is well fixed, and if the woodwork is weak or rotten make sure you replace it.

NEIGHBOURHOOD WATCH Cont...

Exterior lighting

Using external lighting that has been properly fitted and well positioned outside your home can be an excellent deterrent to burglars and other unwelcome visitors.

The type of lighting you choose depends on your lifestyle and therefore your requirement.

There are basically 3 types of lighting:

Static Lighting - controlled by you from inside the house. This is a lamp or garden lights which will be controlled with a switch, normally from inside your home.

Passive Infra Red/Motion detectors - this will give the impression that it is a darkened area and will only come on once someone has made the decision to enter your property. Be very careful how you position these lights as they can be accidentally set off by small animals or birds at night causing false alarms and annoyance not only to you but also your neighbours.

Photosensitive lights - these will come on as darkness falls. They are controlled by a switch in your home or by solar energy. They are normally low power.

Security lights can be easily tampered with from ground level. Position them high enough so they cannot be reached. Ensure you have one placed near your front door that will not only provide you with enough light to find your door keys, but will allow you to identify anyone who may come to your door without casting a shadow.

Often, floodlights are fitted with motion detectors that activate the light when anyone enters the space around your home. Always follow the instructions for fitting these lamps so that small animals or birds don't accidentally set them off repeatedly during the night - causing false alarm and annoyance.

If a motion detector is fitted you should be able to aim this without moving the light to ensure that only people on your own property set it off.

Lights should be pointed down so that they only shine on your property. If they shine on other houses or through neighbours' windows it is considered a form of pollution. Take notice and be understanding of any complaints, otherwise your neighbour may rightfully inform the authorities.

SUSSEX POLICE

In an emergency dial 999

For all other calls use 0845 60 70 999. If responding to a NHW by e-mail message please quote the Serial No. and date or the Crime Reference No.

Crimestoppers: 0800 555111 Information about any type of crime can be given anonymously on this number. Trading Standards: 01323 418200

Hastings Borough Council ASBO (Anti Social Behaviour Order)

Helpline: 0800 783 6084

Rother Antisocial Behaviour Co-ordinator: 01424 456160

Harbour Watch

Do you want to be kept up to date with Neighbourhood Watch information about crime prevention advice and issues relating to your area.

Then why not subscribe to this free service to receive this information by e-mail, either at work or at home.

It's as easy as sending an e-mail to HarbourWatch-owner@yahoo.co.uk to join. Please make sure that the subject reads 'SUBSCRIBE'.

If you would like to receive the NHW information at a different e-mail address, then include this in the message body.



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 Fishmarket Road, Rye. 01797 225006/226217

Saffron Summerfield

I am writing with details of my newly appointed residency at the nature reserve. I shall be resident for a year recording sound and running several sound recording workshops for local schools and members of the public who visit the reserve over the next twelve months. The 'found sounds' from the reserve will be mixed with new music from myself and eventually be played through four sound posts sited on the reserve. Each sound post will represent a season.



I will be keeping a weblog at my website www.saffronsummerfield.co.uk each month. The residency is managed by TEMPO ARTS and funded by ARTS COUNCIL ENGLAND/ SOUTH EAST, ROTHER DISTRICT COUNCIL, EAST SUSSEX COUNTY COUNCIL and RYE HARBOUR NATURE RESERVE.

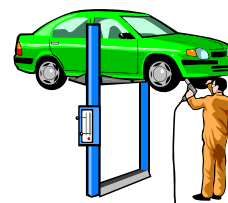
I am really happy to be working on this very exciting project on the Nature Reserve in an unspoilt village surrounded by history. If people from the village would like to do some recording with me please get in touch with Miriam Inskip at the Nature Reserve telephone 01797 227784

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Rye Harbour Nature Reserve Report

It's amazing how quickly Ternery Pool goes from relatively quiet winter mode, with very little present except a few duck and roosting Oystercatcher and Lapwing, to SPRING, with large numbers of noisy and aggressive Black-headed Gulls staking out their territories on the islands. If you look carefully at the gull flocks here you may notice that some birds are slightly different. They are a little larger, have a paler grey back with no white on the wings tips, a thick bright red beak and a black head (as opposed to Black-headed Gull in which it is actually dark brown!). These are Mediterranean Gulls, a species from Europe which have only recently succeeded in colonising Britain. Up to 37 pairs of this rare seabird have bred on the reserve at Ternery Pool in the last few years, about 20% of the British total, though worries over egg collectors have lead us to be a little cagey about their presence. To protect these and our other special nesting birds our voluntary "Tern Watchers" now start as soon as the gulls nest.

Following last year's work by the Environment Agency on the new sea defence at Rye Harbour Farm,



will allow visitors to get a "Bird's Eye View" of the reserve from our information centre. Hopefully by the time you read this the equipment will also be connected up to the computer making it accessible over the internet as well! Keep a look out on our new website www.wildRye.info.

the grassland and new pits of are attracting a lot of birds. Many of are declining nationally. Birds like Grey Partridge, Skylark, Reed Bunting, Lapwing, Redshank and Yellow Wagtail will be nesting



now on the farm, so **PLEASE** do not walk through the fields. Give the birds a chance and use the network of footpaths to enjoy the area. By the time you read this there should be Lapwing chicks running around the area near Lime Kiln Cottage – take a look at them and see how vulnerable they are. Thank-you.

Those of you who have visited Lime Kiln Cottage recently may have noticed a strange device fitted to the chimney (rather like one of those driers you used to get in the hairdressers!). This is our new camera, which

Management work during March included yet more willow clearance at Castle Water by our team of dedicated volunteers, and planting of willow cuttings around the viewpoint to provide a bit of shelter and soften views of the industrial skyline! We have also moved the six large white goats from Ternery Pool to Castle Water where they have joined others (an event which involved much butting of heads as they tried to work out who's boss!).

We've only have a couple of events during April, due to preparing for the Wildlife Weekend that's being held on the 5th to 7th May. If you would like more information or a program, call into the village shop, or Lime

(Continued on page 9)

Rye Harbour Nature Reserve Report Cont..

(Continued from page 24)
Kiln Cottage, or look on our website.

Sat 15th April. Easter Eggstravaganza in Camber Castle. A fun family event, hunting for Easter eggs in Henry VIII's castle. All children must be

accompanied by an adult. Cost £1 per child, accompanying adults free. *Pre-booking essential – 01797 227784.* Meet at Brede Lock car park (TQ919198) 1pm-3pm (1.5 miles)
Sat 29th April. Whimbrel Watch. For 11 years the Friends of Rye Harbour Nature

Reserve have been getting up before the lark, to see the Whimbrel. Find out why and enjoy the dawn chorus of gulls, terns, waders, wheatears and skylarks. Meet at Rye Harbour Car Park at 4.30am-8am. Donations appreciated.
by Barry, Miriam, Chris and Sam

Throughout the Easter weekend, Camber Castle will be open to the public from 2-5pm on Friday 14th, Sunday 16th and Monday 17th.

Usual cost, £2 per adult, £1 concessions, free admission to Friends of RHNR and English Heritage members.



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• WHATS ON - IN YOUR LOCAL AREA •

APRIL

SAT 1st

Antiques & Collectables Fair

Rye Community Centre, Conduit Hill.
9.30am – 4.30pm

Kent Game Fair – Kent County Showground, Maidstone. Tickets 08700115007

SUN 2nd

Friends of the Pestalozzi Estate

A walk to see early Spring flowers. 3pm.
Information 01424 870444

Antiques & Collectables Fair – Rye Community Centre, Conduit Hill.
9.30am – 4.30pm

FRI 7th

Pevensey Castle – Easter trail runs till 11th April. Information 01323 762604

SAT 8th

Pashlev Manor Gardens Trail

Information 01580 200888

Winchelsea Singers – A Celebration of music for Spring at St Thomas Church, Winchelsea at 7pm. Tickets £7 including refreshments, available at the door.

SAT 9th

Friends of Rye Wurlitzer – Andrew Nix in concert. Starts 2.30pm, tickets on the door £5.50 to include interval refreshments.

TUE 11th

Rye Museum Association – Heraldry in East Sussex

A talk by Brian Purdey – surveys the arms borne by the distinguished county families and making some observations on those families and their interesting quarterings at 7.30pm. Information 01797 226728

THURS 13th

Yesterdays World Battle – Children's Easter hunt. Runs till 23rd April. Information 01424 775378
www.yesterdaysworld.co.uk

FRI 14th

Battle Annual Marble Match.

Information 01424 773721

Antiques & Collectables Fair

Rye Community Centre, Conduit Hill.
9.30am – 4.30pm

Smallhythe Place – Easter Egg Trail.

Follow the clues around our beautiful garden to claim your Easter prize. Runs till 17th from 11am – 4pm. £1.50 per child. 01580 762334

Rye In Bloom – Easter Fair as a fund raiser, held at The Buttermarket from 10am – 12noon. Produce stalls, tombola, little plant stalls ect.

SAT 15th

Antiques & Collectables Fair

Rye Community Centre, Conduit Hill.
9.30am – 4.30pm

Easter Eggstravaganza in Camber Castle

A fun family event, hunting for Easter Eggs (with a difference) in Henry V11's castle. All children must be accompanied by an adult. Booking essential 01797 227784. Meet 1pm Brede Lock car park. Charge £1 per child accompanying adult free.

Yesterday's World Battle

Children's Easter hunt runs till 23rd.
01424 894313

Herstmonceux Castle – Free Admission to Gardens and Grounds from 10am – 5pm. Refreshments available also a Carvery lunch in the Castle dining hall between 11am – 3pm. Castle tours subject to availability, Adults £2.50 – Child £1.00, Horse & Carriage rides on the estate (weather permitting) Adults £2.00 – Child £1

SUN 16th

Antiques & Collectables Fair

Rye Community Centre, Conduit Hill.
9.30am – 4.30pm

Herstmonceux Castle – Free Admission

to Gardens and Grounds from 10am – 5pm. Refreshments available also a Carvery lunch in the Castle dining hall between 11am – 3pm. Castle tours subject to availability, Adults £2.50 – Child £1.00, Horse & Carriage rides on

the estate (weather permitting) Adults £2.00 – Child £1

Pestalozzi – Drumming, Music & Dance. Information 01424 870444

MON 17th

Antiques & Collectables Fair

Rye Community Centre, Conduit Hill.
9.30am – 4.30pm.

SAT 22nd

Battle Abbey – St George's Day Dragon trail, runs till 23rd.

Information 01424 773721

TUE 25th

Pashlev Manor Gardens – Tulip Festival, runs till 4th May. 01580 200888

SAT 29th

Whimbrel Watch – For 11 yrs – The Friends of Rye Harbour Nature Reserve have been getting up before the lark to see the Whimbrel. Find out and enjoy the dawn chorus of gulls, trens, waders, wheatears and sky larks.

Pre-booking Advisable 01797 227784. Meet 4.30am Rye Harbour car park.

Antiques & Collectables Fair – Rye Community Centre, Conduit Hill.
9.30am – 4.30pm

Smallhythe Place – Costumes in the barn. A special display in the barn theatre. Time 11am – 4pm price £2. Runs till 1st May

SUN 30th

Antiques & Collectables Fair

Rye Community Centre, Conduit Hill.
9.30am – 4.30pm

MAY

MON 1st

Antiques & Collectables Fair

Rye Community Centre, Conduit Hill
from 9.30am – 4.30pm

TUE 2nd

St. Michael's Hospice Open Gardens
Church Place Farm, Vicarage Lane, Westfield. Open 10.30 – 4pm.

(Continued on page 23)

• WHATS ON - IN YOUR LOCAL AREA •

Wheelchair access to garden only.
Admission £2.50

FRI 5th

Wildlife Week-End – Runs till 7th, a variety of activities and events including guided walks, art exhibitions, bike rides and much more.

The Birds of Castle Water – This event is part of the Rye Bay Wildlife Festival. Information 01797 227784

SAT 6th

Discovering Flatlopers Wood

Explore this little unknown Trust Nature Reserve, in the far east of the country. May at Flatlopers is a good time for woodland birds and flowers. It may be muddy underfoot. Please wear suitable clothing & footwear. Meet 10am at the track at the Southern end of Flatlopers Wood off Bixley lane, near Beckley. No toilets available, No dogs, No disabled access. Donation to SWT appreciated.

Wildlife Week-End – Family Fun at Rye Community Centre from 12.00 Noon – 5pm. Free exhibition and children's activities with countryside rangers and local conservation volunteers. Also Sunday 7th

Pottery Painting on Wildlife Theme

Vist Cinque Ports Pottery and paint your own piece of pottery in the studio. Your piece will be ready within 10 days. Time 11am – 2pm. Cost average £5. Booking advisable 01797 222033

Walking Introduction to Rye

A 4KM circular walk, introducing the 'Ancient Towne' of Rye with East Sussex County Council's Andrew Whitnall. Time 10am – 12pm, meet at Rye Community Centre. Donations appreciated.

FOR FURTHER EVENTS OF EAST SUSSEX WILDLIFE WEEKEND PLEASE CALL IN AT RYE TOURIST INFORMATION CENTRE FOR A BOOKLET OR PHONE FOR A COPY

SUN 7th

Friends of Pestalozzi – Estate walk

looking for Spring Butterflies and other insects. Time 3pm 01424 870444

Friends of Rye Wurlitzer – Phil Kelsall concert starts 2.30pm. Tickets on the Door £5.50 to include interval refreshments.

MON 8th

Battle Abbey – Archaeology road show. Information 01424 773721

TUE 9th

Rye Museum Association – Slide Show

Colin Page, looking at the Countryside around Rye, from the marsh to the woodlands around the villages. Time 7.30pm

SAT 13th

Antiques & Collectables Fair – Rye Community Centre, Conduit Hill from 9.30am – 4.30pm

Smallhythe Place – Barn Theatre open day. Demonstrations, readings on stage ect. Time 11am – 4pm 01580 762334

SUN 14th

Pashlev Manor – Spring plant fair 01580 200888

Antiques & Collectables Fair – Rye Community Centre, Conduit Hill from 9.30am – 4.30pm

MON 15th

St. Michael's Hospice Open Gardens
Little Haven, Station Road, Northiam. Open 10.30 – 4pm. Wheelchairs access. A charming 3.5 acre natural garden. Admission £2.50

SAT 20th

Battle Abbey – Knights Tournament, runs till 21st. Information 01424 773721
St Michael's Hospice – A coffee morning held at Iden village hall from 11am – 1pm. Cakes, tombola, bring & buy, plants, bric a brace ct. Entry 50p includes tea/coffee & biscuits

SAT 27th

Heathfield Agricultural Show

Antiques & Collectables Fair – Rye

Community Centre, Conduit Hill from 9.30am – 4.30pm

Mapp & Lucia Walk – Meet 2pm at the Look Out, Eastern end of High Street (viewing point with telescope). The walk ends at Lamb House which is only open on Thursday & Saturday 2pm – 5pm. Cost for walk £4.95

SUN 28th

Battle Medieval Fayre – Runs till 29th. Information 01424 773721

Antiques & Collectables Fair – Rye Community Centre, Conduit Hill from 9.30am – 4.30pm

MON 29th

Antiques & Collectables Fair

Rye Community Centre, Conduit Hill from 9.30am – 4.30pm

TUE 30th

St Michael's Hospice Open Gardens
Westwell House, Main street, Northiam. Open 10.30 – 4pm. Wheelchairs access. A three acre woodland garden. Admission £2.50

The Byre House, main street, Northiam. Open 10.30 – 4pm. A mixed informal garden of ¾ acres. Admission £2.50

WED 31st

Mapp & Lucia Walk – Meet 2pm at the Look Out, Eastern end of High Street (viewing point with telescope). The walk ends at Lamb House which is only open on Thursday & Saturday 2pm – 5pm. Cost for walk £4.95

PLEASE NOTE RYE FARMER'S MARKET HELD EVERY WEDNESDAY ON STRAND QUAY BETWEEN 10am – 1pm - Both THURSDAY GENERAL MARKET AT ROPE WALK

IF YOU HAVE AN EVENT YOU WOULD LIKE ME TO ADD, PLEASE LET ME KNOW BEFORE DEADLINE

Rye Harbour Heritage Group

Just a brief update on the activities of the Rye Harbour Heritage Group. By the time you've read this you will have hopefully attended the open meeting at the Church on Saturday 25th March where we will have displayed a selection of photos together with examples of Saffron and Heidi's work involving the village youngsters filming and interviewing some of the village elder statesman (and women). In addition we will also be providing the opportunity to scan any of your old documents and photos.

Most of the hardware has now

been purchased, including laptop PC's and scanners to enable us to scan and copy your precious images and this work is now underway. In addition new video cameras have been purchased for the youth group and these are getting plenty of use.

Mike Slavin has been burning the midnight oil in organising the format for the database that will be used to manage the large volume of information we will be hoping to accrue in due course once you have all raided your attics.

A new website has been set up which once fully up and running

will enable anyone to log in, view and add any comments to the pictures and other information on display, hopefully this will assist us putting names to some of the old photos. Feel free to browse the web site which can be found at www.ryeharbour.net

Last but not least, another call for volunteers to assist with some of the data gathering and inputting, if you feel you have some time to spare and would like to contribute to the preservation of the history of your village, don't be shy, give a call to any of the team below and we are sure we can find you something to do.

Upgrading The Flood Bund Around The Village

As everyone is already aware, the flood bund along the River Rother is being progressively upgraded. The section around the village has now been scheduled for this summer, but staged to minimise disruption to villagers and visitors. The bund runs from the inlet next the wharf (0 marker) along to Lime Kiln Cottage (650 marker), a total of 650 metres. Essentially the two outer sections will be undertaken at the same time, these being from 0-200 (finishing just next to Harbour Point) and 450-650 (from the top of the beach road by the gate to Lime Kiln Cottage). Provisionally these will start in the middle of July and will be completed in early September. The central section, running in front of the William the Conqueror pub and covering the ramp to the Sailing Club and Lifeboat Station, will not start until middle/

late September. Hence the disruption to leisure activities during the season will be minimised, although the civil engineering will be only too apparent! However, I think they will make considerable efforts to minimise disruption.

The bramble hedge and trees outside Harbour Point and along the rest of the bund as necessary, have been cleared early to prevent the birds re-using their nests in the area and having a much larger upset when the civil engineers move in during July. Where they will not damage the new bund structure, the roots of brambles will be left to re-grow quickly, hopefully encouraging the birds to re-colonise the area rapidly.

Drawings of the proposed works are still available for reference in the William the Conqueror.

Mike Slavin



Jo Jingles Music classes for babies and toddlers

I am starting Jo Jingles Music classes for babies and toddlers at Rye Sports Centre on Wednesday mornings from January 25th. The classes are age specific as follows:

9.30 am -10.15 am 6months to walking

10.30am – 11.15am walking to 2 years

11.30am – 12.15pm 2-4 years

The basic aim of a Jo Jingles class is to give toddlers a fun introduction to music through the use of songs, nursery rhymes, percussion instruments, movement and dance, sound games and stories. The weekly music sessions last 45 minutes. Parents or guardians of young children are encouraged to join in with their children at the classes, with the emphasis being very much on fun and informality! Contact Alison on 01580 754064 for further details.

The Monday Club

The Monday Club in Rye Harbour meets every two weeks, always on a Monday at the village hall from 2pm until 4pm. Activities in the hall are Scrabble, Whist, Chatting and of course tea. The Monday Club is loosely in association with the popular monthly Lunch Club and their meetings are arranged to take place either side

of this event.

We would welcome new members as numbers are rather low at present and so if you are interested, pop into the hall and meet us. The dates of the Monday Club and the Lunch Club are always displayed on the notice board outside of the village hall.

Sleep, Nutrition and Exercise?

Bad sleeping habits would thus make you eat more, gain overweight and would increase the sugar level in your blood...

While some of us think that sleep is a total waste of time and is only necessary so we do not collapse, this is a mistake. Some of the latest researches inform us that sleeping less than six hours a day can cause diabetes. The researchers seem to think that lack of sleep affects a certain hormone that is responsible for depressing the appetite. What happens as a result of a diminished sleep is that the organism produces less of this hormone, hence – there is no stopping of our desire for food.

Bad sleeping habits would thus make you eat more, gain overweight and would increase the sugar level in your blood. Once you begin eating in weird hours, your nutrition is in danger. No diet would be able to restrain you. Professionals suggest that one should sleep between six to eight hours a day. Good healthy sleep would not only make you feel better, but will in fact do you better. It is important to try and go to sleep at the same time, so your body would learn to function in a certain regime.

Also, prevent yourself from having large meals before rest time and know the health effects of caffeine. Caffeine puts me to sleep actually better than anything, yet I try to consume it as less as possible. You all know the heavy feeling in the stomach

when eating just before bedtime. Our body often times knows what's good and what's bad for us, all we have to do is listen to it.

What one can do before going to bed is a little exercise: I do not mean jogging for an hour, although it would of course be profitable, I mean spending about 20 minutes on stretching out and the like. Try and make a habit of it and also of getting a good night rest; our body is also a kind of a machine – treat it well and it will serve you good. Have a goodnight everybody!

ABOUT THE AUTHOR

Our experts have executed a research to find the best online nutrition sources. Find the results only on the Nutrition online bible . More valuable diets info on Nutrition on Tigilet.

Insomnia Health Guide
10 must know tips for a full night of sleep.
Beat insomnia tonight!
HealthMBA.com
Natural Sleeping Remedy
Sleep aid helps you fall asleep quickly and stay asleep all night.
Mellodyn.com
Lack Of Sleep Info
Get Info on Lack Of Sleep from 14 Search Engines in 1
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ARTICLE BY PATON JACKSON



FISHING NEWS

ROUND RYE BAY FOR MORE



The weather has played its part during March as always, with most of the wind coming from the northeast to easterly direction. This has made it hard to get out in the Bay for the trawlers and more so for the scallopers fishing off Dungeness Point and further out in the Channel, with the wind seeming to be funneled down through the Dover straights. Catches for both have been much the same apart from one day when the wind dropped, it veered round to the south, the tides eased and the water cleared away a little giving much better conditions and the trawling boats nearly

doubled their catch. This was short lived, but it's a very good sign for when the weather settles down a bit. With spring upon us now, things should start to improve.

Day's ashore have seen skippers and crews getting the trawls ready for the next cycle of fishing in Rye Bay, this being the sole fishery using small double rig or triple rig set ups carrying through to the start of winter. Some nets are replaced altogether, some are repaired by renewing the bottom sections, these being the parts of the trawl that see most damage through chaff and tears, with most of them

reset on the ground ropes giving the right amount of slack in the net to allow it to open up and set while being towed along.

Netting boats are now fishing with plaice gear closer inshore, this also affected so much by the weather and sea conditions, the water temperature is low now and is making quite a difference in the shallower parts of the Bay. Dover sole are still very scarce with the plaice catches only picking up slightly, everyone is waiting for the wind to come from the southwest and the hope of better things to come.

BOY ASHORE

WHAT DO YOUNG PEOPLE GET UP TO THESE DAYS ?

Just look at what they can get up to

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APPEAL FOR HELP

Rye Harbour Youth Action Group, which organises the two youth clubs within the village, is running low on funds and is in desperate need of donations and or somebody to co-ordinate a funding application.

If anyone can help in these matters and you don't have to be local, please contact Vanessa Jordan on 01797 229859, all help will be gratefully appreciated.

FEEL FREE TO PARTICIPATE

<http://www.ryeharbournewsletter.org>

AT RYE HARBOUR VILLAGE HALL

PARENT **NEW**

10.00 am to 12.00 Midday

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&

Make new friends!

Why not come & join us?
For refreshments, whilst your toddler's being busy.

TODDLER

Lots of fun things to do!

NEW

Toys

Health Visitor - 1st Wednesday Of Every Month

For further details contact: Claire on 01797 223894

BIRD CALLS & SONGS

Rye Harbour artist in Residence Saffron Summerfield together with Kent based sound artist Robert Jarvis are planning a new sound installation for this year's Wildlife Weekend in the Rye Bay area. Festival. The subject will be birdsong and our relationship to it. If you have any stories, favourite bird calls/songs, or perhaps can suggest a good location or two for recording a particularly musical dawn chorus, please could you contact Saffron directly at: 01424 734193 or email her at saffron@motherearthmusic.co.uk

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Rye Harbour Church News

We have

started a Children's Club on Saturday mornings in the Harbour Church once a month, on the day before the Family Service. It runs between 10 a.m. and 12 noon and each follows a particular theme. February's was "The Story of Rye Harbour Church" and March's was "Mothering Sunday". The children are of Primary School Age and I am joined in a leadership team by Molly Saunders (a nurse), Joy Davenport (curate and retired teacher) and Julia Brown (a doctor specialising in paediatrics). This Saturday Club is for any Harbour children whether they have "Church background" or not. We simply present some aspect of the Christian faith through music, story-telling



Communion Service on that day.

10th, 11th and 12th
April – at St. Mary's
we have
devotional Services at 7

p.m. using art, music and readings.

13th is Maundy Thursday
14th is Good Friday with a Procession (11 a.m.) and Readings of our Lord's Passion starting at St. Anthony's Church, Watchbell Street.

16th is Easter Day with a 9.15 a.m. Service at the Harbour Church. In the evening there is an Easter Celebration arranged by Churches Together at Thomas Peacocke College at 6 p.m.

Christians are called to take their place in the worship and thanksgiving of the Church. Will you be there?

Hugh Moseley
01797-222430


Veni, Sancte Spiritus
and art, which the congregation at The Family Service can share. We are moving the next Family Service to 30th April (10.30 a.m.), so the next Saturday Club will be on 29th (10 a.m. – 12 noon). We have our Child Protection measures in place and we are fully insured. We look forward to seeing your youngsters joining the Club and the families being with us on the Sunday.

9th April is Palm Sunday when we recall Jesus' triumphal but humble ride into Jerusalem, a King coming to his own people. We have a 9.15 a.m. Holy

FEEL FREE TO PARTICIPATE

<http://www.ryeharbournewsletter.org>

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Rye Harbour Parent and Toddler Group

Not much to report this month. There hasn't been yet so I am unable to say when the parent and toddler group will resume but hopefully it won't be too much longer! As soon as I have a date I will let you know in the Village Voice column of the Observer, on the Newsletter website and on the notice board outside of the village hall.

Unfortunately we haven't been given a date for the completion of these

Claire



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Family Announcements

The Rye Harbour Ducks Playground Association

The Rye Harbour Ducks Playground Association are still busy fundraising. We are currently selling Easter Chicks (filled with chocolate) in the Conqueror for just £1 each and are also working on organising a curry night and afternoon tea, more on these hopefully next month.

As Marcus informs me there have been no objections to us using the money raised for the skate park we will shortly be transferring this to our growing account. We have also been given a generous donation of £250 from the kind people at the Nature Reserve. Anyone wishing to help with fundraising can contact Claire on 223894.

FEEL FREE TO PARTICIPATE

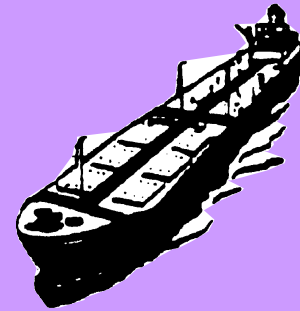
<http://www.ryeharbournewsletter.org>

BIBLE STUDIES

Every Wednesday evening at 7.30pm, there is a bible study and house group at my house in Tram Road. We have good free discussions and are forming good friendships. All and any are welcome. Molly Saunders.

The Ploughman's Lunches

There will be no Ploughman's Lunch this month due to improvements being made to the Village Hall



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