

**We meet on the 3rd Sunday in the Month
at 10.00am in the Mill Road Car Park.**

**If you fancy getting your hands dirty with a little light
work do come along. We keep paths open, pick up litter
and generally keep everywhere accessible. You can
stay for as little or long as you like. It all helps.**

Next dates:

19th March

22nd April

21st May

18th June

Useful contacts:

Henry Heath (Chairman) 07776 144 053

Sue Crowhurst (Membership Secretary) 01903 368978

Adrienne Stevenson (Secretary) 01903 753977

Email: AdrienneStevenson@gmail.com

**Facebook: [https://en-
gb.facebook.com/friendslancingring/](https://en-gb.facebook.com/friendslancingring/)**

Website: <https://folr.wordpress.com/>

**Thank you to members old and new, and all who help,
including Tom Parry, Peter Whish and the Rangers.**



**SPRING NEWSLETTER
2017**

A new year and our first newsletter of 2017 with news about the area. As many of you know, winter is actually a busy time on the Reserve. The mowing takes place in the winter when the flowers have finished seeding and the removal of the long grasses allows the new season flowers room to come through. It also helps to control the scrub boundaries, as scrub plants such as gorse, hawthorn and blackberries will quickly take over the whole area if left. The Council completed the grass cutting in good time this winter and all is ready for the first meadow flowers to appear. Mind you we have not been without flowers this winter. From late December and early January we have had violets in flower in the wooded areas. This year they have been magnificent providing us with an old fashioned thick carpet of violets the like of which I haven't seen before. The intense purple flowers and their accompanying scent has been glorious. They are still flowering, so do go and have a look; in particular in the top wooded area overlooking Halewick Lane.

We have continued to work closely with Tom Parry, the South Downs National Park Ranger for our area and Tom managed to arrange a grant for some contractors to work in the Chalk pit recently. This is a difficult area to manage and is another example of where the scrub has been encroaching towards where we have a few Rampions, the Sussex flower. We hope this may help to provide them with conditions which might help them spread. Responding to requests the contractors have also opened up an old path in the Chalk pit which means that people can avoid a couple of the steeper, chalky slopes which become very slippery in the rain. If we now start to use the path and tread it down it will soon become well defined and less spiky.

Our new noticeboard is now up in the main car park. We will keep it updated with information about the FOLR and what can be seen.

ORCHIDS - the spotted leaves of the early purple orchids are now appearing in the woods. We have put up some notices asking people to keep away from the main bed as they are vulnerable to being

trodden at this stage. It is worth keeping an eye open generally, though, as they are spreading quite well within the woods.

AGM / COFFEE MORNING – Sat 8th April

This will be at the Holy Family Catholic Church Hall, North Road, Lancing as usual. Why not come along to see the books, plants, jigsaws, cakes and Phoenix cards for sale? We are not having a bric-a-brac stall again this year but there will be a raffle and free refreshments between 10 and 11.30am. The money taken from the coffee morning is vital for our funds, so please try to support us and spread the word. A short AGM will follow at 11.30. All the Committee are seeking re-election. New Committee members are also welcome, so please let me know if you would be interested and I can give you more details.

MEMBERSHIP RENEWALS

It is membership renewal time. Subs remain £3 individual, £5 family or 50p juniors. The brown renewal envelopes are enclosed. Please put your name and address on the front of the envelopes to renew at the AGM or leave the envelope with your money at:

- Fircroft News, Manor Road
- Lancing Pet Shop in Culver Road
- Bowness Avenue newsagents.
- Through the letterbox of 21 The Street
- Through the letterbox of 31 Sedbury Road, Sompting

Membership numbers are very important, so please think about renewing even if you can't help at the task days. Or could you, perhaps, encourage some new members? We are the link that keeps the Reserve working for the local people and visitors.

The South Downs have featured twice recently on the TV. Did you see the BBC4 programme or Countryfile? Both were very inspiring and it was good to feel that we do our humble bit to keep a small part of the special South Downs going strong. Just the encouragement we need to support our lovely Reserve and keep it looking good for all to enjoy!