

Worthing Archaeological Society

News sheet

Fieldwork

Fittleworth Fieldwalk, with CDAS, Saturday Feb 17th – Sunday 25th. Further details and names of Volunteers to Gill Turner, please:

Ggmturmer@aol.com

Your Membership must be up-to-date, so that you are covered by WAS Insurance.

WAS Field Unit

There are Excavations planned for Field 20 at Slindon, for a week, starting May 26th and at Malthouse Field, for 2 weeks, starting June 23rd. Further details to follow, but keep the dates clear.

Finds Processing

Throughout the year Finds are processed at 9.30am, twice-monthly, at our Slindon base, led by Gill Turner.

The next dates are: Thursday, 1st and 15th February

Thursday, 1st March - cancelled at the Shed as we will be at the Museum (Binsted Pottery Project)

Thursday, 15th March, Thursday, 5th & 19th April

Binsted Pottery Project.

Two more days of sorting in January, in the Museum.



February – March 2018



Lecture Programme

All Lectures are held in the Worthing Library Lecture Theatre at 7.30pm., except the AGM. which starts at 7pm.

February 13

Rob Wallace and David Millum: Bridge Farm 2011 to 2017

John Pull Lecture

Glass of wine or cup of coffee afterwards

March 13

AGM at 7.00pm

followed by Lecture at 7.30pm

Dr Geoff Mead: Source to sea – the River Adur.

April 10

Dr Jaime Kaminski: The science of a Middle Bronze Age hoard

WAS Study Days – see flyer at end.

Annual Journal

Has now been published, and you should have a copy.

Many thanks to all the Contributors and special thanks to Cheryl for Editing.

Articles for the next one will be very well received.

Cheryl's email: hutchincheryl@hotmail.com

WAS 2018 New Year's Walk

Angmering to Highdown - 'There and Back Again'.

The National Trust tells us that 'winter is the best time to wrap up warm, throw on some

wellies and go for an invigorating walk' and this is how a group of 16 WAS members, wearing our warmest layers, celebrated the New Year on January 7th.

We chose a simple but favourite 3 mile route from Angmering to Highdown and back again ending up at the cosy traditional pub The Spotted Cow for drinks and lunch. We crossed the A280 dual carriageway via the footbridge and along Ecclesden Lane passing the historic Ecclesden Manor House with a view of Ecclesden Mill beyond.

The manor house is a Grade 2 listed building, was first recorded in 1324 and rebuilt by John Forster in 1634. 'Two storeys and attic. Seven windows. Faced with flints and some red brick. Horsham slab roof, partly replaced with tiles. Casement windows with stone mullions. Central gable with kneelers and ball finials raised aloft on iron uprights resting on brick and stone piers. Round-headed doorway with pilasters and keystone over. Modern additions to north' [britishlistedbuildings.co.uk.] This beautiful 7-bedroom, 5-reception house is currently up for sale for just under 3 million pounds – the description and images in the Savills brochure are astonishing (where's my lottery ticket!). You can read more about Ecclesden, the manor, village and farm, the owners and tenants in Angmering Village Life <http://www.angmeringvillage.co.uk>.

A little further along the lane and on the hill behind the manor is the 'topless' windmill known as the Ecclesden Mill or Highdown New Mill. There have been several mills, including a watermill built on or near to this site over the centuries but this one was built in 1826. It had a very short life as it was only working until 1872. 'In 1880, the cap and sails were blown off. By the 1930s the mill was an ivy clad ruin. It was converted into a house in the early 1970s' The former mill and attached house are also currently for sale and Strutt and Parker describe it as 'a truly unique property'. The owners have also re-capped the mill.

We continued on our walk and soon the neat lane turned into a deep-furrowed muddy track. We passed a large chalk pit to the left of the path which is named on an 1875 map as 'the old chalk pit' and now has a fine modern house and stables with landscaped gardens built in it.

Highdown Hill began to appear above the trees and we knew that sooner or later we would have to leave the relatively sheltered path and stride out into the wind and climb to the summit. Our leg muscles soon began to groan, the altitude of the brow is about 81 metres, and Jennie suggested that we walk backwards to ease the pain! The views from the top were stunning - you could see as far as Beachy Head one way, Arundel Castle and the spire of Chichester Cathedral the other.

We stood within the ramparts listening to Brendan's fascinating and thought-provoking talk about the early evidence of the Hillfort from Bronze Age through to Iron Age. He also told



us about the extensive Saxon burial ground that was excavated in 1872 and the artifacts that were found. Alex explained his theory of flint mines that could possibly be hidden within the Hillfort area. He pointed out the known flint mining areas such as Cissbury, Church Hill and Blackpatch, visible from our vantage point. The group discussed the ancient track-ways, possible barrows and other earthworks and, of course, the Roman Bath House that was excavated by Worthing Archaeological Society in 1937/38.

After paying our respects to the 'Miller' and admiring his tomb, we headed back down the slope. We searched for the lime kilns on the 1875 map (we'll find them next time Connie) and crossed the Bath House field, through swamps and marshes and barbed wire fences to Angmering and our friends in the pub.

Thank you to all of the valiant walkers and brilliant speakers, to Keith for sending us his notes and illustrations and to Gill who had us all

kicking over mole hills in search of flint tools and Roman pottery.

The AA describes our New Year's route as a 'bracing hilltop walk' and it was positively invigorating in the cold easterly January winds. Theresa Griffiths

December Lecture The Life of a Civil War Soldier

A very knowledgeable and apposite presentation was given by Nigel Rumble at the Archaeological Society's December meeting. The Life of a Civil War soldier portrayed a time when there was great disparity between the upper and lower classes and this disparity was reflected in the *ranks* and *files* of the military. Nigel gave an illuminating talk regarding the clothing, garments and accessories of the fighting foot soldier. A detailed description of head wear showed how the soldier's status was reflected not only in the style of headwear but also the colour, whilst the number of buttons on a shirt also reflected status. The more buttons the more labour required by servants to dress the master or mistress.

Each soldier would carry a snapsack / *Schnappsack* or canvas bag containing provisions, typically a 1lb. of bread and a 1lb of cheese, and which has evolved into the knapsack that we know today.

Nigel had a wide ranging display of artefacts to accompany his lecture from breast plates and helmets to a selection of arms including a matchlock musket comprising of a *lock*, a *stock* and a *barrel* to a wheel lock pistol. The latter contained a complex wheel and spring arrangement to produce a *flash in the pan* which ignited the charge. The largest artefact on display was a foot soldier's pike. Many designs of halberd were available in medieval times, each designed for a specific purpose, the pike to stop a charging horse or the *poleaxe* to dislodge a rider.

With the relatively primitive means of production available to medieval clothing manufacturers much of the material produced at that time was common throughout Europe. This required



opposing armies to signify their allegiance by the wearing of ribbons or paper emblems attached to their broad coats, the precursor of breast pocket badges. Again colour denoted status with red being a readily available dye whilst black dye caused the cloth to degrade more rapidly thus making that colour more allied to affluence.

Many expressions or sayings have travelled down from medieval times and become common terms of speech. Some have been *italicised above* but one further expression that is in common usage is very specific to the common foot soldier namely *rank and file*. My assumption was that it referred to a general collection or body of people but to the medieval military strategist the rank and file formed part of a distinct plan for the choreography of battle. The *rank* is the left to right numbering of combatants whilst the *file* was the front to rear numbering of individuals. To *break ranks* meant that the body of soldiers would split in half with the rear ranks moving to one side and forward to double the number of files.

Nigel concluded by relating the diet of the foot soldier. His bread was baked and dried to a point where it could no longer support mould growth and could only become palatable by immersion in liquid, usually a weak broth. The cheese again being hard dried and salty inhibited mould. Meat was rare. Following the description of this *hard tack* Nigel's wife, Maggie, produced some extremely tasty and palatable biscuits based on a medieval recipe. I can highly recommend them and the request for the recipe will, I am told, be granted soon. (see below)

Chris Lane

January Lecture

Robert Turner on "The First Brexit"

Bob Turner started his lecture with the premise that island Britain is imbedded in the British psyche. Dover Cliffs epitomise national identity, but it has not always been that way. The separation of Britain from Europe affected the indigenous people.

Showing the AHOB chart of glacial and interglacial periods, he explained post-glacial sea rises, but said that 450,000 years ago most of Britain was accessible to migration from Europe. The only block was the river system (Thames, Rhine, Seine) all going to the Atlantic. Migrants probably did not come from Brittany, but via Germany and Belgium.

A domed chalk ridge linked England to France, of which Dover cliffs were part, with the same chalk escarpment left on both sides of the Channel.

Some of what followed of current thinking remains speculation/guesswork. He suggested we come back in a couple of years to test it. Mesolithic Britain separated from France c6200BC, but was separated before. Research in 2007 using new technology followed the palaeo-Arun offshore extension, and discovered a sudden drop-off into a cut valley running down the channel, and similar results occurred from the Solent. Elongated islands and funnel shape resulted from strong tides, with very little silt – carved out by a lot of water very quickly. In the northern Channel a series of islands with elongated flat tops pointed at the end were found – classic catastrophic flood terrains. As the ice melted, a lake formed where the North Sea now is, developing behind the chalk ridge. The first Brexit was 450,000 years ago as the chalk ridge started to overflow. Dover being prone to earthquakes, the dam was breached, and the water began to gouge channels. These rifts would have silted up repeatedly. There were two major breaks, 450,000 and 150,000 years ago, when a million cubic metres of water per second for several months would have poured through. At the end of the last glacial, rising sea levels meant a final break, after glaciers scooped the bed of the ice sheet. A maximum of 28,000 years ago the ice slowly retreated releasing waters. Doggerland provided an access area to Britain, but by 6500BC was a low-lying area of marsh and small islands linked to Europe. It had a good climate (warmer than today) and good land. An undersea landslide in Norway (the Storegga slide) created one of the greatest tsunamis the world has ever known. It could have been caused by unstable land, and earthquake, or an explosion of methane hydrate.

All Doggerland was submerged, and England was an island. Funnelled from the North Sea, the water broke through the last remnants of the Channel chalk ridge. The impact would have been catastrophic.

Goodbye to Europe – again!

Esme Evans

By popular demand, Maggie has sent the recipe for the biscuits she brought to Nigel's Lecture.

Recipe for 17th Century biscuits

The following is based on a recipe from Petworth House (see link below), but is almost identical to one from my home county of Lancashire, where they are known as Goosnargh Cakes.

<http://petworthhouse.blogspot.co.uk/2012/06/petworth-17th-century-biscuits.html>

To make biskits

To a quart of flour take a quarter of a pound of butter, and a quarter of a pound of sugar, one egg and what caraway seeds you please.

Wet it with milk as stiff as you can, then roll them out very thin, cut them with a small glass.

Bake them on tin plates.

Your oven must be slack; prick them very well just as you set them in.

Keep them dry when baked.

I adapted this as follows:

1 lb flour

4 oz butter

5 oz caster sugar

1 egg

1 tbsp milk

2 tsp caraway seeds

Method

Heat oven to 180 degrees. (Note: a 'slack' oven in the original means a moderate oven.)

Beat the butter and 4 oz of the sugar until fluffy.

Add beaten egg and caraway seeds to the mixture.

Beat in the flour to form a stiff dough, adding milk if needed.

Roll out to 1 in thick and cut out circles using a cutter or a small glass.

Place on baking sheets, leaving spaces

between each biscuit, and prick each biscuit with a fork.

Bake in oven for about 10-15 minutes until straw coloured and crisp.

Place on a rack to cool, dredge with the remaining sugar, then keep in an airtight tin.

[WAS Facebook](#)

If you would like to join WAS Facebook, as it is a closed site, for Members only, you have to be invited – put a request in on the page.

[Easy Fundraising](#)

If you shop online, do consider using Easyfundraising to make donations to WAS.

<https://new.easyfundraising.org.uk>

[2018 Sussex Archaeology Symposium](#)

A Sussex School of Archaeology event.

Tickets: £35 including lunch.

Speakers include Simon Stevens, David Rudling, David Millum, Greg Chuter.

Contact Details

- Email: info@sussexarchaeology.co.uk
- Phone: 01323 811785
- Website: www.sussexarchaeology.org

[Sussex Archaeological Society](#)

Ancient to Modern: the Changing Face of Sussex. Conference to be held in Lewes on Saturday 28th April.

To book online

<https://sussexpast.co.uk/event/landscape> or for more information, email Lorna Gartside: members@sussexpast.co.uk

[Horsham and District Archaeology Group](#)

Saturday 17th February HDAG Day-school: The Archaeology of Medieval Abbeys and Priors, with Simon Stevens.

Members £16, non members £24. For further information and to book please contact horshamarch@hotmail.co.uk or call 01903 872309

[Brighton and Hove Archaeological Society](#)

Talks start at 7.30pm at the Unitarian Church, New Road, Brighton. Free entry to BHAS Members, non-members £3.00

Friday 9th February – BHAS Lecture – Heritage on the Edge-Archaeology of the Seven Sisters – Speaker Tom Dommett

Friday March 9th Mike Parker-Pearson – ‘Stonehenge and New Discoveries’

Day School February 10th Jeremy Clark. - The Archaeology of Standing Buildings

Day School March 10th (In response to a direct request from members) Grant Williams. Flint knapping.

The cost of the dayschool is £25. Payment can now be made through BACs as well as with cash or a cheque made payable to BHAS.

Please contact either Jane Russell at

Russco40@hotmail.com, or Maria Gardiner at m.gardiner71@btinternet.com

Places are limited, so be quick!

[USAS Lecture Series 2017/18](#)

All talks start at 7.00pm

Venue: FULTON BUILDING Lecture Theatre A University of Sussex, £2 Members, £3 Non-Members

Thursday 22nd February “Late Roman Ramparts in Northern Gaul and their Social Implications”.

Speaker: James Bromwich.

Thursday 15th March “On the Track of Neanderthals in Jersey: the Ice Age Island Project”. Speaker: Matt Pope.

Thursday 12th April Holleyman Lecture “Medieval Shipping and Trade”. Speaker: Mark Gardiner. There is a charge for this Lecture, so book first.

For further info, email: admin@usas.org.uk; www.usas.org.uk

[Beeding and Bramber Local History Society](#)

Meetings are held at 7.45pm in Beeding & Bramber Village Hall, High Street, Upper Beeding, BN44 3WN and visitors are always welcome, entry for them £2.

Wed. 7 Feb. Lords of Bramber, Part 1 by John and Jeannette Simpson

Wed. 7 March AGM followed by Images of Brighton and Hove, Seafront and Piers by Cherry Gillingham

Wed. 4 April The Ramblings of a Railwayman by Geoff Burch

[Liss Archaeology](#)

<http://www.archaeology.co.uk/digging/fieldwork/the-colemore-project.htm>

[Eastbourne Natural History & Archaeological Society](#)

www.eastbournearchaeology.org.uk

[Chichester District Archaeology Society](#)

CDAS are running an introductory QGIS course on 24th Feb. This is to enable those with no experience of QGIS to get to a point where they

can do useful archaeological research. For more details, contact activities@cdas.info.

Saturday 10th February

A Study Day led by Gordon Hayden.
Roman-period pottery found in West Sussex (c.AD70-410).

Time: 10:00 – 16:00

Location: Fishbourne Roman Palace (David Rudkin Room), Roman Way, Fishbourne,.
Cost: Members £25, non-members £30 (if places are available). Payment is due by 10 January.

Tuesday 6 March 2018

Textiles: A study day led by Sue Wallis

Time: 10.00-15.30

Location: Eames Farm, Thorney Road, Emsworth, PO10 8DE. Free parking is available. You will need to bring a packed lunch.

Cost: Members £25, non-members £30 (if places are available). Payment is due by 1 February. Details of how to pay will be sent when your place is confirmed.

To book your place email Pauline Blagden at activities@cdas.info

Wealden Buildings Study Group

Meetings held at Wivelsfield Church Hall (RH17 7RD)

Sunday 18th February, 11.00am-3pm

Judy English - "History of The Garden"

Joe Thompson - "Wealden Timber framed buildings and the trees used to build them"

Sunday 18th March, 1.30pm-3pm

Dr Annabelle Hughes - "Buildings of the South Downs National Park"

This talk follows the WBSG AGM which starts at 11am and can only be attended by the Members of WBSG. The AGM is followed by this talk in the afternoon, which the Public are welcome to attend.

Cost £10 for the Study Day, £5 for the March talk, which includes coffee, tea and biscuits. Please bring a packed lunch for the February Study Day.

Reserve places by email:

visits@wealdenbuildings.org.uk or call our secretary on 01323 482215

Walking into History

Archaeology Walks for 2018 with Alex Vincent. These will resume in June.

And finally a reminder

Subs for 2018 were due on January 1st - £25 for ordinary members, £10 for full-time students.

Thank you very much to those who have already paid.

We would ask Members who pay by standing order or direct debit to please increase their amounts in line with the subs for 2018. Many thanks to those who have already done this. If the increased rate causes problems for anyone, do please let us know – via [Connie \[ConnieShirley1@aol.com\]\(mailto:ConnieShirley1@aol.com\)](mailto:ConnieShirley1@aol.com)

See Liz at Lectures or:

Please send to: Liz Lane,
Membership Secretary,
5 Smugglers' Walk
Goring-by-Sea,
West Sussex.
BN12 4DP

Membership forms can also be downloaded from the WAS website:

www.worthingarchaeological.org

Items for next News sheet please to

Liz, as above,
or liz.13lane@gmail.com

The Worthing Archaeological Society is a registered Charity (291431)

Worthing Archaeological Society

Registered Charity No. 291431

Notice of Annual General Meeting

Notice is hereby given that the Annual General Meeting of the Society will be held on Tuesday 13th March 2018 at 7pm in the Lecture Theatre at Worthing Library, Richmond Road, Worthing.

A g e n d a

1. Apologies for Absence
2. Minutes of the last AGM
3. Chairman's Annual Report
4. Treasurer's Report
5. Election of the Independent Examiner
6. Field Unit Report
7. Election of Officer and Committee listed below
8. Any other business

The current Officers and Committee members are standing for re-election.

| | |
|-----------|---------------------|
| President | Mr John Mills |
| Chairman | Mr Keith Bolton |
| Secretary | Mrs Cheryl Hutchins |
| Treasurer | Mrs Connie Shirley |

Committee members:

Mr Roy Plummer (Life Vice President), Mrs Josephine Thornton (Life Vice President), Mrs Liz Lane (Membership Secretary), Mrs Gill Turner (Finds Officer), Dr Jacqueline Lake and Mrs Patricia Leming (Day Schools organisers), Mr Andrew Bell and Mrs Theresa Griffiths (Lecture organisers) and Ms Amie Friend (Excavation).

Nominations for Committee Membership should be submitted to Cheryl Hutchins – hutchincheryl@hotmail.com or by post to 15 Queen Street, Littlehampton BN17 6EP before the date of the AGM.

A full set of finance accounts will be made available on the night of the meeting.

The meeting will be followed by a lecture by Dr Geoff Mead on Source to Sea – the River Adur.

Worthing Archaeological Society Study Day Programme - 2018

Saturday 3rd March

‘Ice Age Europe: The Archaeological record’

Dr Matt Pope, Principal Research Associate and Senior Teaching Fellow in Palaeolithic Archaeology at U.C.L. Matt’s research interests focus on the interpretation of archaeological records relating to human evolution, in particular early human adaptations to north European environments and responses to long and short-term climate change.

To be held in the Education Room at Worthing Museum.

Places still available.

Saturday 14th April

‘West Sussex landscapes and geology for the Archaeologist’.

Dr Matt Pope, Principal Research Associate and Senior Teaching Fellow in Palaeolithic Archaeology at U.C.L.

This is a **Minibus Day Tour** with limited space.

There are one or two places still available.

Saturday 29th September

‘An Introduction to timber-framed buildings of the Weald, their development and dating for beginners’.

Jeremy Clarke of The Wealden Buildings Study Group. Jeremy is President of the Wealden Buildings Study Group and has carried out numerous surveys on vernacular timber-framed buildings in southeast England.

This day school will cover terminology, how to approach dating a building, useful resources and a group practical session using site photographs and plans to try out the knowledge gained.

To be held in The Education Room at Worthing Museum.

Places still available.

If you are interested in any of these study days, please contact Patricia Leming

Email: p.leming@btinternet.com