MUNDHAM MONTHLY EMAG NO.1 MAY 2018

INDEPENDENT - SELF SUPPORTING - DELIVERED ON-LINE FREE TO EVERY HOME IN MUNDHAM AND DISTRICT



This magazine has been put together to put people in touch with one another in the village, to encourage the swapping of plants, recipes, books, Exchange & Mart, hints and ideas.

'Letters to the Editor' would be very welcome. We seek to encourage peoples input to the magazine.

Help us fill the following issues and make your voice part of our local life.

If you wish to advertise an event which takes place during the first two weeks of the month, it needs to be in the previous month's magazine. If they go in the magazine of the month they will take place, they probably won't reach all the readers in time. We want to advertise your events very much so please make sure we can. Thank you.

Copy: 400 words maximum please, short articles very welcome: Small is beautiful!

Copy should be emailed to editors by 25th of the month to allow for distribution by the first week of the following month.

Any font acceptable. We alter it to fit the available space.

NB Letters can be longer. -See below.

DISCLAIMER

The views expressed in the Mundham Monthly EMag are not necessarily those of the editorial team. The Editor reserves the right to edit and rearrange articles, but will endeavour to do so only where space is limited or where the information will be enhanced.

All information is published in good faith but we take no responsibility for errors or omissions. We are happy to publish letters as 'name and address supplied' but will not include anything sent anonymously that is clearly defamatory or hurtful to a named individual. **The Editorial Team**

Editors: Mick Lovell, Louise Russell. Email: mmmeditors@gmail.com

PARISH COUNCIL, VILLAGE ASSOCIATIONS AND THOSE WHICH MEET REGULARLY

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SCHEDULE OF MEETINGS TO BE HELD BY NORTH MUNDHAM PARISH

COUNCIL 2018

5th June Planning Meeting

3rd July Planning Meeting & Full Council

Planning Meeting 7th August

4th September Planning Meeting & Full council

2nd October

Planning Meeting
Planning Meeting
Planning Meeting & Full Council 6th November 4th December Planning Meeting

All members of the public welcome to attend.

VILLAGE GROUPS IF ANY VILLAGE GROUP WOULD LIKE TO BE INCLUDED PLEASE CONTACT THE EDITORIAL TEAM

COMING SOON: GET THOSE DIARIES OUT BEFORE YOU FORGET

Chichester Farmers' Market

Location: Market Avenue Car Park Time: 9.00 - 14.00 1st and 3rd Friday of each month

Skyline

Recently I went by train up to London. The speeding view on the approach to Victoria station was of old dirty brown and grimy grey dwellings and offices. Even recently built modern apartment blocks painted to brighten lacked their original colour palette.

On the train home later, I watched our sun set in glorious, dreamy burnished orange, a giant shimmering lozenge sinking ever lower. Fellow travellers gasped in wonder and angled their mobiles to capture its journey. Its bright aura bled fingers of light horizontally into clouds rendering our travelling vision free, momentarily of dirt brown dwellings, the palette of the everyday.

Jackie Lovell

Lonely Hearts

Slim, middle-aged, deeply pessimistic man seeks mature, attractive woman with a view to possible headaches later.



Collections

At first I thought that I was someone who didn't collect anything, and then I remembered that when I lived overseas decades ago I began to collect stamps. They stood for crucial lines of communication and different cultures. Envelopes and cards arrived on my door mat from diverse places and such miniature items of glue and paper held me in thrall with their art and colour. Fixing them in my folder and examining them brought far away peoples closer.

I've moved home a lot since then and my stamp collection has moved with me, although now its home is the loft. It will never end up in landfill, a recycle bin or garden incinerator – that would be like burying whole nations.

Jackie Lovell

The French are coming The French are coming to North Mundham.

The biennial French Exchange between La Lucerne d'Outremere and North Mundham is upon us once again. The French arrive by coach on Thursday May 10th and depart on Sunday May 13th We accommodate French families for the duration and help entertain them. During the day the French depart in their coach and visit selected sites within striking distance of a day's return drive. This year the French have selected London on Friday and the Amberley Chalk Museum on Saturday.

The Saturday evening is always a great evening of feasting and dancing in the North Mundham village hall. This year the celebratory feast will consist of canapes to start with, hog roast and a variety of home made puddings made and donated by the host families. Country dancing to follow.

For this particular visit we have identified enough host families to accommodate our visitors. However anybody else who would like to be involved in future years please e-mail this magazine and let us know. In particular you would be very welcome to join the French visitors and their hosts at the party on Saturday evening 12th of May. We have a limited amount of tickets on sale for £12.00 each for anybody who would like to join in the fun and meet the French. In particular we would like to see more

young families getting involved.

In two years time it will be the turn of the French to entertain people from the Parish of North Mundham and so the whole process is reversed when we go to France and are hosted and entertained by the French.







Hello, It's me again, "ADA PRETTY". THE OUT AND ABOUTER REPORTING GLAMOUR PUSS from The Cat and Rabbit Rescue.



My Story today is about CAELLUM. The name is CELTIC for "BRAVE WARRIOR". When you have read his story you will

know why Claire gave him this name.

Nine years ago a call came into Nigel from a worried man to say there was a cat in the road which had been run over in Sidlesham. Nigel rushed to help the cat that was very badly injured and took him to our vet Mark who sadly had to remove Caellum's eye which was so very bad and because his leg was so badly damaged it was also removed. Poor Caellum's jaw was also hanging off and had to be wired up and believe it or not the next day he was purring and enjoying the attention. He did go to a new home with a lovely lady, who unfortunately was unable to keep him, so he has been back living with us for the past few years. He is an inspiration to us all at CRRC. Very loved and likes to be the centre of attention. My staff think he does have a bit of dementia now, so he is watched very closely and likes to sleep in proper beds and come and go wherever he wants to go. His recovery was made possible because he received

unbelievable care, which resulted in him having a lovely life here at the Centre.

Caellum is one of the bravest cats that we have ever met and he is very happy that his story has been told and would like me to show you all a picture of the handsome boy.

We rehome by appointment 7 days a week, following a pre home visit by one of our home visitors. If you feel you can give a home to one of our rescued cat's rabbits or guinea pigs please call us on 01243 641409 between 9am and 4pm, during the week.



A Record Breaking Night to Remember expected for St Wilfrid's Hospice

Saturday 5th May was the 10th Anniversary of the St Wilfrid's

Moonlight Walk, and the Hospice is hoping to make this a recording breaking year by recruiting over 1,000 walkers and raising a target of £100,000.

"We wanted to make sure this year is an extra special, fun packed event to show our appreciation to everyone who has supported it over the years" said Jerry Doyle, Head of Fundraising.

St. Wilfrid's Hospice Chichester 01243 775302 www.stwh.co.uk A light show and music from Spirit FM, compered by DJ Ian Crouch, helped to send walkers off in style from Westgate Leisure Centre. Up to 1,000 walkers

found 3 'Celebration Stations' peppered around the 5 and 10 mile routes.

Critically acclaimed, top singer, Amy Fuller, who has previously performed at Classic FM, BBC London, Edinburgh Fringe Fes-



tival and the King's Head Theatre in London, was joined by members from 'All that Malarkey', to sing moonlight and 'love and romance 'songs in a light-festooned station for walkers as they began their Moonlight challenge.

A'starlit enterprise', along trees in Broyle Road, created a starry spectacle near the Chichester Festival Theatre and magical performers entertained.

This Months Recipe:- Roast Lamb with Yoghurt

Hot Dish Main Course 215mins plus marinating.

Serves 4-6 Gluten Free, Wheat Free, Egg Free.

Ingredients

1.3kg/2½lb boneless leg of lamb

4 Garlic Cloves, thinly sliced 300g/11 oz Natural Yoghurt

3 tbsp Fresh Mint, chopped

2 tbsp Fresh Coriander, chopped

2 tbsp Olive Oil

Salt and Black Pepper



Instructions

- 1. Make deep cuts all over the joint and push the garlic slivers into the cuts.
- 2. In a bowl, mix together the yogurt, mint, coriander, oil, salt and pepper. Place the leg of lamb in a roasting tin and pour over the yogurt mixture. Cover and refrigerate for at least 4 hours.
- 3. Preheat the oven to 180C, 350F, Gas mark 4.
- 4. Roast the lamb in the oven for 2-2½ hours, according to taste. Serve hot.

God's Pharmacy! Amazing!



A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye... and YES, science now

shows carrots greatly enhance blood flow to and function of the eyes.



A Tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure

heart and blood food.

A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. then the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.

Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.

Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23 % sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart

and blood vitalizing food.



Avocados, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's

research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).

Figs are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of Sperm as well to overcome male sterility.

Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.



Olives assist the health and function of the ovaries

Oranges, Grapefruits, and other Citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.

Gardening Tip

.How to reduce the number of slugs in the garden. It's probably unlikely that we'll ever be free from slugs. However this tip from Anne Cassidy may help to keep them down now that tender young shoots are appearing. Here is the recipe .

2 cups of warm water, 2 Tablespoons of flour,1teaspoon of sugar, HALF A TEASPOON OF DRIED YEAST. Mix in one big bowl . Works even better left in the sun to speed up the fermenting process. Divide into smaller bowls with at least a couple of inches depth of the mixture .Encourage access to the bowls for the slugs and cover a certain amount of the bowl to stop too much flooding by rain.

My best 'catch' was 62 slugs in one bowl in just 5 days!

More gardening tips anyone?

Gardening Ideas and Exchange Anyone?

Louise Russell has a lovely species of mint in her garden just coming up and small enough to pot on if anybody would like some.

Anybody know where to get good mulch from ? How about a way to make your own compost, let us share it.

Gardening items and plants for Exchange and Mart; tell us about them? Why not advertise a garage sale free?

A Bring and Buy coffee morning could raise money to buy bulbs to make our parish more beautiful.

Are there any good creative gardeners out there who would like to write an article each month for us?

THE TWO GLASSES

There sat two glasses filled to the brim,
On a rich mans table, rim to rim;
One was ruddy and red as blood,
And one as clear as the crystal flood.
Said the glass of wine to the paler brother:
Let us tell the tales of the past to each other;
I can tell of banquet and revel and mirth,
And the proudest and grandest souls on earth
Fell under my touch as though struck by
blight,

Where I was king, for I ruled in might; From the heads of kings I have torn the crown, From the heights of fame I have hurled men down:

I have blasted many an honored name;
I have taken virtue and given shame;
I have tempted the youth with a sip, a taste,
That has made his future a barren waste.
Greater, far greater than king am I,
Or than any army beneath the sky.
I have made the arm of the driver fail,
And sent the train from the iron rail;
I have made good ships go down at sea,
And the shrieks of the lost were sweet to me,
For they said, Behold how great you be!
Fame, strength, wealth, genius before you fall,
For your might and power are over all.
Ho! ho! pale brother, laughed the wine,
Can you boast of deeds as great as mine?

Said the water of glass: I cannot boast
Of a king dethroned or a murdered host;
But I can tell of a heart once sad,
By my crystal drops made light and glad;
Of thirsts I've quenched, of brows I've laved,
Of hands I have cooled, and souls I've saved;
I have leaped through the valley, dashed down the mountain.

Flowed in the river and played in the fountain, Slept in the sunshine and dropped from the sky,

And everywhere gladdened the landscape and eve.

I have eased the hot forehead of fever and pain;

I have made the parched meadows grow fertile with grain;

I can tell of the powerful wheel of the mill,
That ground the flour and turned at my will.
I can tell of manhood debased by you,
That I have lifted and crowned anew.
I cheer, I help, I strengthened and aid;
I gladden the heart of man and maid;
I set the chained wine-captive free;
And all are better for knowing me.
These are the tales they told each other,
The glass of wine and the paler brother,
As they sat together filled to the brim,
On the rich mans table, rim to rim.

Eller Wheeler Wilcox 1872.



Three robbers hijacked a van carrying laxatives last night. They are believed to still be on the run.

Why is the Isle of Wight a fraud?
Because it has Freshwater you can't drink,
Cowes you can't milk,
Needles you can't thread and......
Newport you can't bottle

Decline of Morals report

In Chichester alone, on each day of each week, an average of 267 women make love to an unmarried man.

The man is now recovering in St Richard's

LETTERS TO THE EDITOR

Traffic problems on the B2166 aren't exactly news for those people who live on/near it or try to drive on it at peak times.— See photo below right. However the effects of A27 development bring valid new concerns about health effects of pollution. Moreover the increase in traffic levels throughout the 10 years of planned housing development in Pagham and Rose Green will impact heavily on B2166 users according to studies performed by Pagham Parish Council.

Local people are mobilising to make sure their views about health and quality of life are heard. (see below) Why not join them? Read on!

Fight Back Like 'The Village of the Jammed'?

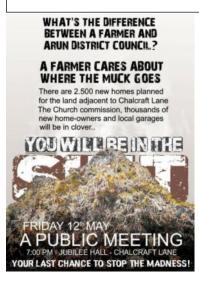
A short piece appeared in 13 April Telegraph regarding the action proposed by residents of Melbury Abbas in Dorset and their Parish Council against the County Council's diversion of HGV traffic in order to relieve too heavy traffic elsewhere. As a result HGVs are becoming jammed in the narrow village streets. The village is now widely known as 'The Village of The Jammed'

Residents there are going to Judicial Review to challenge the rights of Dorset CC to do this. This potentially can involve serious costs to the residents concerned. This situation has direct parallels for local people living close to the A27 who are threatened with significantly increased traffic in the coming years.

June Hamilton, who campaigns in our local area against the excessive traffic on our country roads

has highlighted that there is potentially a way of significantly reducing costs for anyone contemplating judicial review. This is by using a mechanism known as the Aarhus Convention. This is a protective shield against having to pay the costs of the other side if you lose the case. For it to apply it has to be claimed from the outset in the legal documents and the case has to have been brought for environmental reasons. If it applies, then your risk to the costs of the other side if you lose, is capped at £5,000, which needs to be stipulated in your instruction to legal advisors. This is a more practical amount to raise through public funding







PAGAM

(PAGHAM AND ALDWICK GREENFIELDS ACTION MOVEMENT)

We are happy to announce two events taking place In the month of May

The first is an informal meeting of the PAGAM Committee, Local Councillors and residents, taking place on

Saturday 12th May 2018 12pm- 3.30pm at Pagham Village Hall, Pagham Road PO21 4NJ

This event is intended to answer questions and make every effort to update residents as to the recent progress regarding the four proposed housing developments that threaten our village and pleasant way of life. We will have a large computer driven visual display as a means of information giving. Other issues to be discussed will be:

- Roads and traffic
- Pagham Nature Reserve
- Infrastructure

and of course tea, coffee, home made cakes and a tombola.

We will also be using this occasion to ask you the residents if you have a specific question you would like to ask relating to the proposed developments at our second event, a public meeting taking place on the

18th May 2018 See reverse for details

Our second event is taking place on

Friday 18th May 6pm—9pm At the West Meads Community Centre The Precinct, West Meads PO21 5SB

Our MP Nick Gibb has agreed to sit alongside representatives from ADC and Southern Water, an invitation has also been extended to West Sussex Highways and Highways England, however at this point no confirmation has been received

An example of questions that PAGAM will ask the ADC officers might be,

- 1Why has Ford airfield changed from a Brownfield to Green Field site, given that 30% is Brownfield ?
- 2Why is the majority of proposed building taking place on the far Western boundary of Arun, at least 7000 homes, with 10,000 cars potentially using the A27 ?

We would hope you may have your own questions to put to the panel of invited guests prior to the meeting to avoid duplication.

Revised dates for letters of objection to be received by ADC have now been extended to, Mid June 2018
So please continue to write letters, further details can be

found on our website, www.pagam.uk or call 07462 175329 Alternatively come along and see us on the 12th May 2018 at Pagham Village Hall The letter below, received from Anne Lloyd-Davey, was recently sent to Chichester MP Gillian Keegan. and copied to members of the Parish Council. It clearly expresses concern over the well understood public health and stress impacts of air pollution with a resulting significant financial impact on our already stretched services. She argues that the Northern Bypass option for the A27 will best protect the health of those living in the city and surrounding areas and reduce costs to the .economy.

The A27 – A Safe Solution or a Toxic Legacy

Air pollution – nitrogen dioxide gas and ultra fine particulate matter (PM2.5) from traffic emissions can penetrate the lungs and other sensitive tissues and even very low levels can shorten lives. "Legal limits are ridiculously high" states Frank Kelly, Professor of Environmental Health at Kings College, London. So called "Safe level of air pollution kills thousands every year" - Times 29 June 2017. It is estimated that about 40,000 deaths a year are linked to air pollution – Times 1 February 2017. Air pollution can be lethal even at levels officially judged to be safe (Harvard University) January 2018 and most children are being exposed to illegal air pollution levels.

Air pollution has been linked to stroke, heart disease, lung cancer Alzheimers, and asthma. Columbia, Harvard and Michigan Universities state - "Our findings suggest that air pollution not only corrupts people's health but can contaminate morality" - links have been made to bad behaviour among teenagers and generally fuelling crime by causing stress.

What are other areas doing to reconcile traffic management with good practice in the health care of their community – both mental and physical? Cornwall is considering the evacuation of "'polluted zones' as a cheaper alternative to building bypasses that take diesel vehicles away from pollution hotspots" - Times January 1 2017; "Cambridge has plans for a line to run underground

through its centre. The 2.8 billion line would help to protect the historic city centre from traffic" - Times 14 December 2017. More locally, Guildford has already solved its traffic/pollution problem with an underground bypass.

"A parliamentary enquiry declared air pollution a 'public health emergency' that cost the economy (London) £20 billion each year " - Times 26 March 2018.

Already identified in West Sussex are six air quality management areas. Current proposals for the 'Build a Better A27' will overwhelm our city unless the traffic can be routed to the north. An underpass along a route that is already peppered with light industry will take the 40% or so of through traffic away from city and countryside; reduce pollution (and noise pollution has not even entered the equation here); and restore local traffic to local roads.

Making sense of all the options is no easy task. Reduce the issue to containment of pollution and protection of mental and physical health and an honourable conclusion, devoid of vested interests must surely emerge. Let us have a northern bypass and protect our Historic City for all who live close, within or visit.

Anne Lloyd-Davey MA(London)

Please send your letters to the editor to mmmeditors@gmail.com



RSPB Pagham Harbour & Medmerry

May

Wednesday 09 May, Batty about bats!

Bat-detectors in hands, discover which bats call Pagham Harbour their home. Learn more about these intriguing nocturnal mammals with an evening stroll around Church Norton with Hampshire Bat Group's, Nik Knight.

Meet Church Norton car park PO20 9DT, 8pm (duration 2 hours) Booking essential, £12 per person / £9 members

Saturday 19 May, Marvelous Moths! Moths are far from dull – some are masters of camouflage, while others are as bright and beautiful as butterflies. Join us as we open up our moth trap and reveal which super moths have been caught from the night before - who knows we may even catch a hawk or a tiger!

Meet Visitor Centre, RSPB Pagham Harbour, Selsey Road, Sidlesham, West Sussex, PO20 7NE 8 am - 9 am

Booking essential £2 per person / £1.50 members.

Saturday 26 May Walk around Medmerry Westside:

To see waders, gulls and possibly avocet chicks.

Please note: this event is run by an RSPB volunteer group and is organised for interested members of the local community.

The best route is via Bracklesham . Please car share if possible - limited parking. DO NOT park in the private road south of the church.

Directions Location: GR SZ817968

Please meet in the new RSPB car park just south east of Earnley Church, near to the old Earnley concourse, at the end of Clappers Lane.

9:30 am (half-day) ,Price: Free, Leader Kerry Jackson

Saturday 26 May, Bird Watching for Beginners.

Have you ever wondered what that bird is that you've just disturbed with its flash of green and red, long undulating flight and shrieking call?

Learn to identify your local birds; each class starts with a mini-workshop to build up your knowledge on birds with topics including anatomy, ecology, optics, absolute beginners kit and behaviour. This is followed by a practical session on our wonderful reserve.

This workshop focuses on identification by song.

Directions: RSPB Pagham Harbour Visitor Centre, Selsey Road, Sidlesham,

Chichester, West Sussex, PO20 7NE

10am (duration 3 hours)

Booking essential Price: £10 per person / £8 RSPB members.

Tuesday 29 May, Mudlarks & crafts!

Mud, glorious mud – that's what a lot of our wading birds think! Come and find out what it is that lives in our mud that attracts so many birds, before making your own monsters that might hide in our mud.

Directions:

RSPB Pagham Harbour Visitor Centre, Selsey Road, Sidlesham, West Sussex PO20 7NE

10.30am (duration 2 hours)

Booking essential Price: £3 per child / £2 members.

Thursday 31 May, Seabirds & crafts!

Wid

Find out which seabirds call Pagham Harbour home and learn about one special little bird in particular, before creating your own to take home.

Directions:

RSPB Pagham Harbour Visitor Centre, Selsey Road, Sidlesham, West Sussex PO20 7NE

10.30am (duration 2 hours)

Booking essential Price: £3 per child / £2 members

June

Sunday 3 June Discover Medmerry (West) Guided Walk

Join us for a summers walk round the west side of Medmerry. Skylarks singing above accompanied by corn buntings, yellowhammers and other farmland birds are among the potential cast, along with butterflies, dragonflies and a host of other wildlife. This 4 mile walk which combines birds and wildlife with Medmerry's history and its creation into the reserve you see today.

Meet at Earnley car park PO20 7JL at 9.50am.10am start(duration 3½ hours). Booking Essential Price: £7 per person / £4 members





Latest news from RSPB blog.

Nest Cams

Both our expectant nest-cam mothers have settled down to the job of incubation. Our kestrel laid



another egg and finished with 5 eggs – a very respectable number! She has been sitting for a few days now with the male sometimes taking a turn too

and the young should hatch after 28 - 29 days.

The blue tit eggs have been harder to count as quite often the parents cover the eggs over with nesting material, including the alpaca wool we hung out. However, last count we managed was 11 eggs! The incubation period for these is 13 – 16 days. So now we wait...

Ferry Pool Hide

Back in November last year we started work on replacing our Ferry Hide. Progress continued through winter although the weather at the start of the year proved challenging...

However, we have now opened the hide to the public. There are still some jobs to be completed and as such the windows are currently fixed shut for H&S reasons. The hide opening hours will mirror the Visitor Centre opening times (10am – 4pm) but the viewing platform is accessible all hours.

Please note, the hide is currently only accessible from the Ferry Channel end. The path from the Visitor Centre via the Discovery Zone remains



closed as we still have work to do in the Discovery Zone and to the paths before we can open these to the public as well.

For the latest information please pop into our Visitor Centre.

For details of RSPB Pagham Harbour & Medmerry pick up a leaflet from our Visitor Centre or see our website www.rspb.org.uk/paghamharbour