

The Show (Snow) Must Go On!



Winter Wedding - Victorian Style.

Try Something New

- Returning or Beginning? Art's easier than you think with classes at Arts Dream of Selsey—**See p5.**
- Singing is good for the Sole. Join The Selsey Shanty Men, the buoy band singing in the 'quay' of C-shanty? — **date for the diary!**

Go Outdoors.

- Be entertained by the Balandis-Lilley Over 50's dance group concert on 25th Jan. see p3.
— **date for the diary!**
- Get involved with the Open Gardens scheme. The Parish Council team/calendar and The November Report from Chairman Tim Russell will help.
Next Meeting 06— Jan 2019
— **date for the diary!**

Staying In?

- What would you do with a basket on your doorstep this Christmas? Read the short story on **p6.**
- Making plans for next years holidays— don't be caught on the same cruise as Giselda Ponsonberry-Smith in The Deckchair Gave Way. Our second short story on **p9.**
- Get stuck into our Christmas crosswords, jokes and quiz.
- Find out about the fund raising for Remembrance Day including the Poppy Lunch Hog Roast. Andy Forsyth's letter is on **p13**

Get in the Garden

- Our expert gardener Nicole Luyten explains what to tackle to make your garden ready for the new year. **See p8.**

Antidotes to Christmas—or is it Just Humbug?

- There's a recipe for Courgettes Provençale (Imagine you're in Cannes) **See p12**
- Book Review. So much more than 'chick lit', Gail Honeyman's debut *'Eleanor Oliphant is Completely Fine'* could be on your reading list this Christmas. **See p7.**
- Our illustrated talk takes you through how you can produce pleasing water-colours. **p7.**
- Mindfulness can be as simple as breathing. Read Danna Faulds short meditation. **p12**
- Brueghel, Robbing the Birds Nest. Is This Painting A Parable For Our Times? **See p7.**

What's In This Month's MM

- **November Parish Council Report; Home Building & Open Gardens Scheme.**
- **What's On & Coming Up?**
- **Book Review; Gail Honeyman.**
- **Mindfulness; Just Breathe.**
- **Jokes, Crosswords and Quiz.**

- **Two Short Stories; The Deckchair Gave Way. The Wicker Basket.**
- **Gardening— Those Winter Jobs Simplified.**
- **Watercolours Made Easy.**

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 people's input to the magazine. Help us fill the following issues and make your voice part of our local life.

Please forward this edition to your friends, if they would like to receive a regular copy they can email us at mmmeditors@gmail.com Louise Russell & Mick Lovell



NORTH MUNDHAM PARISH COUNCIL

Working for the whole community

SCHEDULE OF MEETINGS TO BE HELD BY NORTH MUNDHAM PARISH COUNCIL	
Planning Meeting & Full Council	8 th January 2019
Planning Meeting	5 th February 2019
Annual Meeting of Electors (2)	19 th March 2019
Planning Meeting & Full Council	5 th March 2019
Planning Meeting & Employment Cttee	2 nd April 2019
Annual General Meeting	14 th May 2019
Planning Meeting	21 st May 2019
Planning Meeting	4 th June 2019
Planning Meeting & Full Council	2 nd July 2019
Planning Meeting	6 th August 2019 – NO MEETING
Planning Meeting & Full Council	3 rd September 2019
Planning Meeting	1 st October 2019
Planning Meeting & Full Council	5 th November 2019
Planning Meeting	3 rd December 2019
Planning Meeting & Full Council	7 th January 2020
Planning Committee Meetings will commence at 18.45 at North Mundham Village Hall unless advertised to the contrary. Full Council will commence at 19.15 or immediately after the Planning Committee Meeting.	

The Chairman has the right to call a Council (3) or Parish Meeting (4) at any time during the year should any matters come before the Council that they feel this is necessary the Parishioners will be advised.

- (1) Local Government Act 1972 sch 9(1)
- (2) Local Government Act 1972 sch 12 para 8
- (3) Local Government Act 1972 sch 12 para 9(1) and 25(1)
- (4) Local Government Act 1972 sch 15(1)(a) and 30(1)(a)

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North Mundham Parish Council Report.

Our November meeting was a busy one. There are two items in particular to mention.

The most significant item is the emerging District Council Local Plan Review. We are still getting to grips with this. We only saw the details for the first time on the day of the meeting, when they were published in advance of a District Council Cabinet meeting on 14 November, followed by a Council meeting on 20 November. If the review document passes those two hurdles, it will go out for public consultation from 13 December 2018 to 7 February 2019.

Although the document covers a multitude of planning issues, one of the key issues is the requirement to meet future housing needs. As well as proposing major development on a number of sites, the document sets out a proposed housing requirement for each parish. The proposed housing requirement for the parish of North Mundham is 50 houses.

If this number survives the consultation phase, that is the number which we will have to find space for. We can either sit back and let the District Council decide where they will go, or we can produce our own Neighbourhood Plan to provide for them. It is important to realise at the start that if 50 houses are to be our allocation, that is what a Neighbourhood Plan must provide for – a Plan that provides a lesser number will not be accepted.

You may recall that, until recently, we had been advised that we did not need a Neighbourhood Plan, and so we were concentrating on producing a Parish Plan instead, which is a much less bureaucratic process. However, this recent development has persuaded us that we must revive our commitment to developing a full Neighbourhood Plan. There is a further complication in that we will need to keep pace with the emerging Local Plan, which is a very demanding timetable.

Several months ago, some of you were kind enough to volunteer to help develop a Neighbourhood plan, and we will be in touch to see if your offer is still open. And we still need the help of more volunteers – developing a Neighbourhood Plan needs to involve the whole community. It is not something that the Parish Council, working in isolation, can do for you. If you can help, please let me know.

The other issue for which we would appreciate your help is in planning the Open Gardens day next year. We have heard a number of views about how long the gardens should be open – is four hours enough to let visitors get round them? How widely should the event be advertised – or is this primarily an event for local people? Who should benefit from the proceeds – should they go to a particular charity? These and any other questions are really for discussion with the people who are kind enough to open their gardens. We appreciate you may not want to make a firm commitment this far in advance about whether to open your garden. But it would be helpful to have your views anyway, and we will plan a small event early next year to find out what you think.

Tim Russell, Chairman. 01243 781052. t.russell@northmundham.org

What's Happening Locally This December and January?



East and North Street, 9am - 2pm.

1st & 3rd Friday of every month



Friday 25th January 2019

The Balandis-Lilley Over 50's dance group will give a concert at 10am at North Mundham Village Hall. Admission is free. It is hoped however that guests will take part in the raffle, the

proceeds of which, together with those of programme sales, will be donated to the Selsey Lifeboat Fund. Donations of items as raffle prizes will be gratefully accepted. Enquiries to Sandra Lilley 01243 264832



**The Selsey Shanty Men
Need You!**

Sing in the shower?
Fancy something different?
Nothing complicated!
Just men singing...

**Come along Wednesday
December 12th 7pm
St Wilfrid's
Church Hall, Church Rd
Selsey PO20 20LS
Enqs. John 07826 556041**

**A man walks into a bar.
....ouch**

**What happened to the man
who stole an advent calendar?**

He got 25 days

What is the best Christmas present?

A broken drum, you can't beat it!



Arts Dream Selsey



Beginners & Returners Art Group

You haven't drawn or painted a picture since you left school?

Here is your chance to have another go!

Feel free to drop in any time -

Wednesday afternoons

St Wilfrid's Church Hall in Church Road, Selsey

2.00pm – 5.00 pm

£20 per 8 week session

All materials available to give you a chance to find out what suits you best.

Professional tuition by qualified teacher

Occasional workshops by visiting artists



For further information please call Angela 01243 603332 or email

dwbenwell@gmail.com

**What is Santa's favourite pizza?
One that's deep-pan, crisp and even.**

Short Story:

There On The Doorstep, In A Sprinkling Of Snow, Was A Deep Wicker Basket...

Emma dropped gratefully with a wince onto her sofa, facing her was her twinkling Christmas tree, next to that an array of pink lights gently curving between candles along her mantle shelf above her fireplace. It was a week until Christmas Eve and around her room, on every furniture surface were numerous Christmas cards of every size and guise. Back in November, Emma had pondered on the images that would dominate this year's Christmas cards. Two years ago it was penguins, last year it was owls and polar bears but this year she noted three themes: pugs – all shapes and sizes, dachshunds sporting plaid coats and even some llamas!

There was Christmas cheer in abundance in Emma's living room except for one shady, overlooked corner where a large, snow glitzed card stood in shadow. This was Emma's special card, its annual arrival so predictable that she could almost bet on the day of the week in December that it would land on her door mat, for Christmas began for Emma with this special arrival and usually, yes usually it was centre stage on her mantle shelf between her pink lights. Only the exotic foreign stamp varied year on year. But for the first time in eight years this year's special card had simply not appeared so Emma had found out last year's card, for she kept every one, and put it on a low table in a quiet corner where it could be barely seen but where she knew it was. She had no real idea why she had dug the old one out from the shoebox beneath her bed but simply knowing the substitute was there helped halt the sad gap growing beneath her heart.

But it didn't stop her sleepless nights of wondering where this year's card was and only yesterday she bumped into a trolley at the Co-op that she was certain should not be there and had some bruises, aches and pains as a result, and, that was on top of her lateness at the farm shop last week where she worked part time. It was just ten minutes away in her Fiat, but that was the measure of her expectation and growing puzzlement, so her lateness just left Emma stricken and out of sorts, especially when one colleague thought she might be sickening with flu - Emma almost wished she was, it would be less mysterious to deal with.

Before her is a large, half full, glass of red wine, the bottle next to it and three digestive biscuits, one wrapped in gold paper and beside those is a much loved snow globe. At her feet is the rest of a large half-empty tin of Christmas Assortment biscuits.

Outside the temperature is dropping as Emma feels her eyelids flutter, so she pops her glasses down, shakes her snow globe so that it cascades around the snowman within and lets herself sink into slumber.

Being alone for the last eight years means that Emma has slowly carved a life in the village around her farm shop job and friends wondered but never asked why there were no photographs of any family. Emma had a reputation for quiet social habits and no frills trust and was respected for just being fifty something Emma. Her friends did know that with her late husband Frank, Emma had moved to a rural Sussex village ten years back and had embraced cleaner air, lighter traffic and fields instead of city parks. Then Emma Jane jerks awake to her door chime and, as she pulls her door open, hears footsteps rushing away.



Photo by [Darren Coleshill](#) on [Unsplash](#)

There on the doorstep, in a sprinkling of snow, is a deep wicker basket wrapped in noisy cellophane which is already peeling away, on the bottom is a sender address sticker and recognising the name both her hands shake and she nearly drops the basket. Inside is a tatty red paper parcel with an envelope peeking out.

Emma scans the longed-for words as tears fall, yes, it is her special card but this time, after eight years of no sender's address and so wondering where her foster son has been living, so many places, so many different stamps, she holds a plane ticket, destination New York, arrival JFK New Year's day 2019.

That night, in the centre of her mantle shelf, sits Elliot's largest ever card with a picture of a snow globe on it and inside his treasured handwritten New York address and a small wallet of dollars. Elliot had always known where Emma lived but, until right now Emma did not know of Elliot's home.

All his previous cards just said, 'love Elliot' – Christmas is here at last!

Jackie Lovell

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Art & Books.

Louise saw a version of this painting at The Holburne Museum in Bath and loved the Flemish proverb it is linked to.



Photo: Kunsthistorisches Museum, Vienna.

Pieter Bruegel the Elder - The Peasant and the Birdnester.

According to Wikipedia:-

"This unusual subject apparently illustrates a Netherlandish proverb:

Dije den nest Weet dijen weeten, dijen Roft dij heeten

He who knows where the nest is, has the knowledge, he who robs it, has the nest.

The painting presents a moralising contrast between the active, wicked individual and the passive man who is virtuous in spite of adversity and lastly it could be suggested that the pointing man is making judgement on the robber whilst not aware that he is about to step into the water in front of him."

Book Review

Eleanor Oliphant is Completely Fine
By Gail Honeyman
Harper Collins Publishers, 2018

What a remarkable achievement this book is. Beautifully written, the novel follows Eleanor Oliphant's unwitting emergence from a life that's been colourless, friendless, tethered by schedules and just fine.

And fine's been good enough, as Eleanor has shown up for an office job that's been fine for nine years and has counted down solitary weekends made survivable by pizza, vodka and phone calls with a mother whose life work has been making sure that Eleanor knows she's worthless. It's been a lesson well learned.

Which is what makes Eleanor's finely realised blossoming so deeply satisfying. In what is a debut novel, Scottish author Gail Honeyman writes with acute psychological insight, humour and kindness as Eleanor gradually loosens the security of routine and discovers that relationships can offer so much more than pain.

What could have been saccharine chick lit is so much more than that. Instead, Eleanor Oliphant is engaging, profound and a timely reminder that we never really know what's going on in someone else's life. Given that, we should just be kind.

Review by Deborah Bartlett Pitt

Flowers Painting.

I would like to share this water colour flower picture with you all so that you can see that it is really quite easy to paint water colours. Firstly Tony, a well known water colourist in Selsey, painted the background by wetting one area at a time and dripping two colours into it and letting them merge together. When it was semi dry we added salt to absorb the rest of the moisture giving an interesting mottled effect. See bottom left and right of picture.

Tony then taught us to wet areas of petals and to drop the colour into the tip of the petal and to gently pull the colour towards the base of the petal, that way the colours did not run beyond the moistened area. The flower was then built up one petal at a time. Incredibly simple and effective. The leaves were built up with different colour greens once each colour was dry.

(See below)

I was amazed to come home with something half way decent at the end of the painting session and although I realise that I have much to learn, I was encouraged by finding that it was not as difficult as I thought it might be.

I must praise Angela Benwell of Arts Dream Selsey at this point as well for being so enthusiastic and encouraging as a teacher that I feel quite guilty if I do not do my homework.



Finished Work by one of the Students

Thank you Angela for showing me that everybody can paint even me. ;-)

If you would like to take up painting with Arts Dream, details of courses can be found on p5.

GARDENING

Gardening Tasks: November/December

As November was very warm these jobs can still be done in December, because the seasons are shifting.

It's getting cold out there! Pruning begins in earnest in November. When fruit trees and bushes have shed their leaves, they have become dormant and go in hibernation for the winter. Now is a good time to prune them, with exception of cherries and plums, before the weather turns very cold. This is also for the same reason, the best time to plant new bare-root fruit trees and bushes.

Add generous helpings of compost or manure to your planting hole, so that the roots can establish themselves before the big frosts. Don't leave it too late or you may have to wait until March next year.

Here's an overview of your gardening tasks in November/December:

- clear away old plants => they can go on your compost heap provided they show no signs of disease
- Take down all remaining bean supports.
- Weed and dig if soil has become compacted and dig in manure or compost. If you have raised beds, simply spread over the surface.
- Test your soil for PH levels, and if too acid, spread some lime over and rake it in, but don't do this at the same time when you're adding manure because they react chemically with one another.
- cover your vegetable beds and make leaf mold (this takes a really long time to break down on the compost heap). I usually pack them into punctured bin liners, combined with a little moist soil).

Your vegetables:

- * Cover late crops (late season salads and leaves) with cloches.
- * Protect your cauliflowers (tie them in to protect the heads from frost).
- * Mulch Celeriac and globe artichokes to protect from frost damage.

Being Belgian, I love chicory or Witloof. The roots can be 'forced' by excluding them from light. How ? 1. Dig up mature plants that you grew over the summer. 2 Trim the leaves about 1" above the crown, next slice off the end of the root to leave about 20 cm lengths. 3. Plant 3 roots in a 25cm pot of moist compost. Line another 25cm pot and invert it over the first one to block out any light. 4. After 3 -4 weeks in a dark warm place, the blanched shoots (chicons) will be ready for harvesting. Sow Garlic and Rhubarb sets and broad-bean seeds of early overwintering varieties in ground or in cold frame in pots.

Fruits:

Weed and mulch. Remove netting so that the birds can pick off and eat lurking insects as well as their eggs.

Prune gooseberries and currants. This can be done until next spring. Cut out dead, diseased and damaged branches and remove shoots that cross over in the centre of your plant.

Prune blackcurrant bushes, removing between 1/4 to a 1/3 of the oldest stems, cut down to about 1" above the soil. Also remove dead, damaged or diseased branches.

Plant new raspberries, blackberries, currants and gooseberries (bare rooted).

Begin pruning apples and pears. Remove any rotten fruit and destroy, before they spread disease.

Rhubarb is dormant now, so it can be propagated or buy new plants.

Remove unripened figs, but leave very small bud figs in place they should fruit next year.

Prune vines, try to get it done by end of January.

Plant bare rooted Cherries and plums between November and January, apples and pears between November and March.

As you see, a lot of jobs to be done and to keep you busy !

Nicole.



Short Story: The Deckchair Gave Way, by Barbara Colwell

Giselda Ponsonberry –Smith was well known in the area. She was Chairman of the W.I., the Mothers' Union and sponsored the village G.L.B. (Girls' Life Brigade). This kept her very busy as she liked to make sure that everything was done properly i.e. her way!! Which upset some people.

Her husband, Cyril, was a very quiet man who normally kept himself out of her way by going to the Golf Club most days. As she was considerably larger than him this was perhaps the most sensible thing to do.

They lived in a very large house in its own grounds at the beginning of the village. Most of the young men and women of the village had worked either in the house or the garden at some time until they crossed her. She didn't give second chances.



https://commons.wikimedia.org/wiki/File:Deckchair_on_ferry.jpg

One morning at coffee time the maid fetched a letter in. Cyril hadn't been able to escape that day due to a bit of gout so he was sitting reading the paper. Giselda opened the letter and to Cyril's amazement stood up and started to dance around, punching the air and shouting 'Yes, yes, yes!' He waited quietly until she calmed down – it wouldn't have done to enquire what was in the letter, SHE would tell him when she was ready.

"Cyril, I have been asked if I'd like to be Lady Courtney's Companion when she goes on her cruise in September. I will need lots of new clothes and plenty of money to take with me. We don't want to look poor do we? There is not much time to sort it all out so you will go to the Bank and upgrade my allowance tomorrow. Are you listening? Meanwhile I will write straight away and thank her for her kind invitation."

"Yes dear, might I inquire what will happen here whilst you are away?"

"Don't be absurd Cyril, you know I will leave everything sorted before I go."

"Yes, dear, of course but is there anything I can help you with?"

"No, I'd rather do it properly. Just make sure you get that money sorted tomorrow."

Cyril breathed a sigh of relief, 8 weeks peace and quiet, roll on September. Heaven help the Ship's Captain. As September neared the same thoughts were crossing the minds of the W.I. and even the rather religious ladies of the Mothers' Union. The Girls' Life Brigade no longer existed as the stropky teenagers decided that they had had enough of old bossy GPS as they called her and didn't turn up for meetings.

September came. Giselda had packed 4 cabin trunks to take with her. One was filled with long dresses for dining with the Captain. She was sure that Lady Courtney would be asked to sit at the top table and as her Companion so would she. Cyril was given his last instructions as she climbed into Lady Courtney's chauffeur driven car to be taken to Southampton.

Once aboard she was taken to her delightful cabin. She found a note asking her to go to Cabin 106 at 5.30 p.m. She unpacked her clothes and picked out a suitable dress to wear to meet Lady Courtney later. Having some time to waste before they sailed she decided to explore some of the ship and found her way to the outside deck. Here the sun was shining so she decided to sit down for a while. Usually Cyril was in attendance to check all was alright so it was a very embarrassed Giselda who ended up on the floor when the deckchair gave way due to the back not being fixed properly. Sheepishly she made her way back to the cabin hoping that no-one had seen her mishap.

Just before 5.30 p.m. Giselda left her cabin again and made her way to Cabin 106. She was surprised to hear loud music being played on the other side of the door when she knocked. No reply- she knocked louder. The door was flung open by a young woman wrapped in a towel with metal rings through her nose and eyebrows.

"I was in the shower, what do you want?" she growled. Giselda stared at her.

"Is this Room 106 and if so why are you here, this should be Lady Courtney's cabin?"

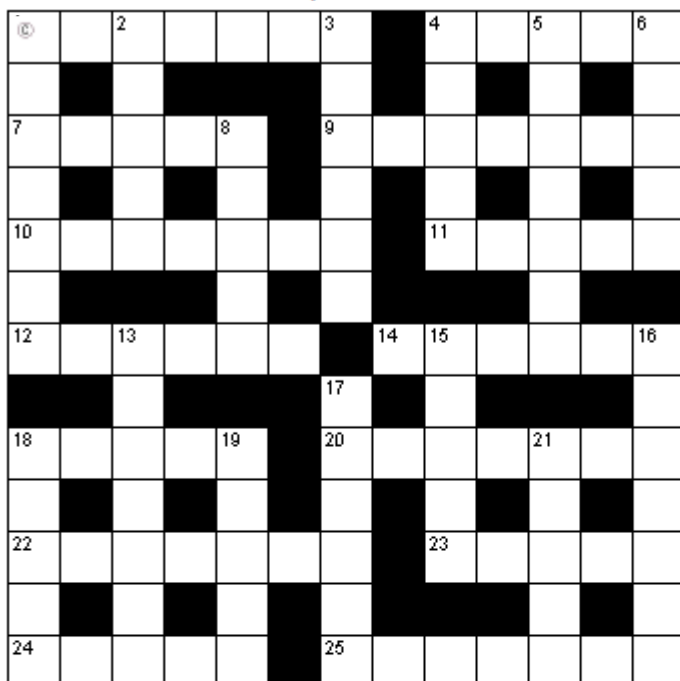
"Oh God, don't say you are the Companion, I thought she'd be my age not some old bat" was the retort.

"Who are you young lady?" Giselda asked.

"I'm Lady Courtney's niece, she has sent me on this cruise to keep me out of trouble, ha ha! Obviously she intended making sure of it if she has sent you to go with me!"

Giselda was furious. This wasn't what she had planned, how could this have happened? Her dreams of lovely dinners at the Captain's table with intelligent conversation were disappearing by the minute. She couldn't possibly eat at the same table as this rude, uncouth young female. She would get off the ship right now, as the thought crossed her mind the final hooter went.

Back home Cyril Ponsonbury Smith lit his pipe and taking a deep breath, blew the smoke out into the room, he poured himself another whisky, and put his feet up. No golf today, or for the next 8 weeks. How fortunate that Lord Courtney had been Guest of Honour at the Golf Club dinner and had sat next to him. After a few drinks he had spilt the beans over the problems they were having with his niece and Cyril had come up *with* the ideal way to solve the problem. It had worked like a dream.

**Across**

1. Seafarer (7)
4. Attain (5)
7. Catlike mammal (5)
9. Type of rock (7)
10. Respire (7)
11. Gaze (5)
12. Resembling a horse (6)
14. Unit of time (6)
18. Pandemonium (5)
20. Melodious (7)
22. Elusive (7)
23. Fibbing (5)
24. Foe (5)
25. Distinguished (7)

Down

1. Gruesome (7)
2. Variety show (5)
3. Elevated (6)
4. Parts of a ladder (5)
5. Fruit (7)
6. Precipitance (5)
8. Colossus (5)
13. Unwitting (7)
15. Tripod (5)
16. Joy (7)
17. Hinder (6)
18. Pancake (5)
19. Glossy (5)
21. Percussion instrument (5)

Quiz Questions

1. Which actress, married eight times to seven different husbands, had the nickname 'the Sweater Girl'?
2. Patented in 1979, which fruit is a cross between a blackberry and a red raspberry, and is named after a Scottish river?
3. Which two countries fought the Football War in 1969?
4. Who asks the quiz questions in the TV series 'Only Connect'?
5. Which organization has the motto: 'Fidelity, Bravery, Integrity'?
6. Which food brand name is a French term for a large covered earthenware or metal cooking pot?
7. What was first known as the 'Pluto Platter'?
8. What does the last 'A' in the acronym BAFTA stand for?
9. Which 2016 film stars Ryan Gosling as a jazz pianist and Emma Stone as an aspiring actress?
10. What country did Arthur C. Clark emigrate to in 1956, largely to pursue his interest in scuba diving?
11. Who shot John Lennon? And how old was John Lennon when he died?
12. Which former Manchester United footballer is a presenter on the BBC daytime show *Homes Under the Hammer*?
13. Where is Queen Maud Land?
14. In which country of the UK are the bog snorkelling championships held?
15. What word can be a practically unplayable delivery in cricket and also the oldest part of an ancient port city in Israel??

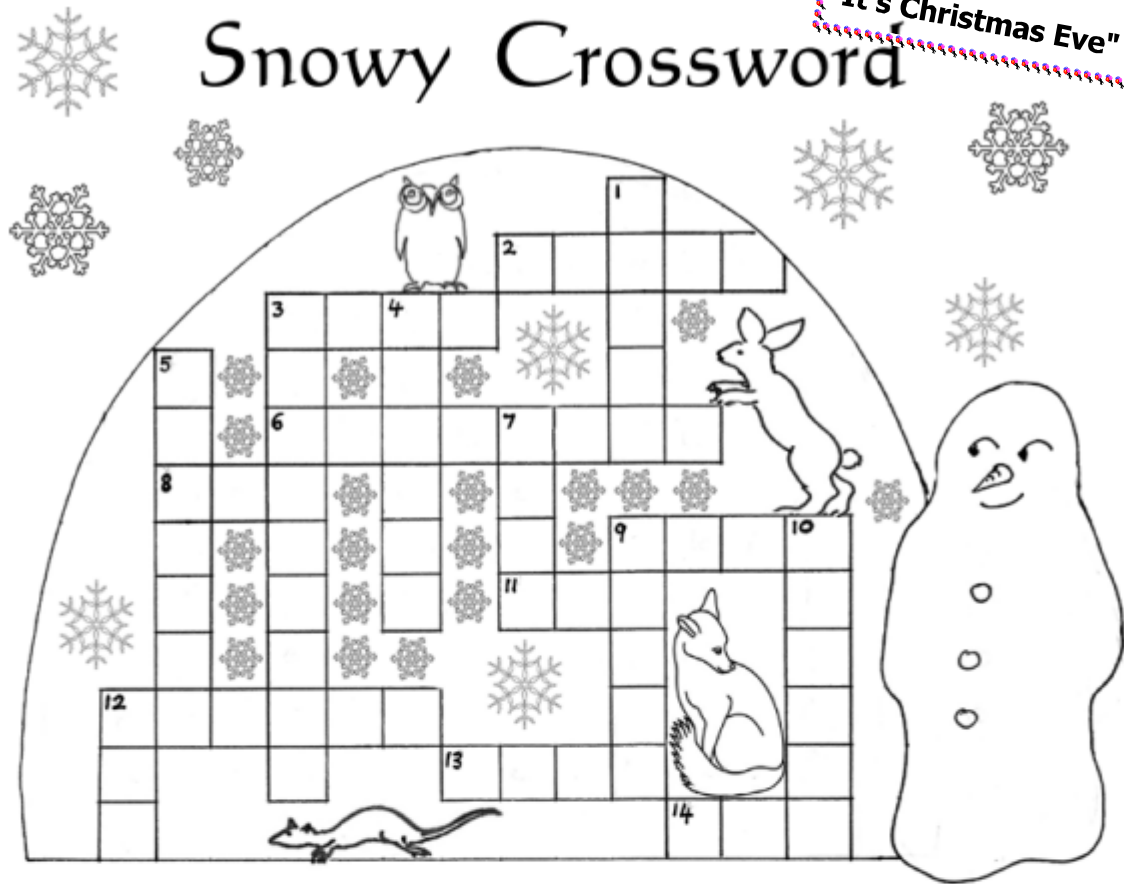
QUIZ

What do you call a train loaded with toffee?
A chew chew train

Why was the snowman looking through the carrots?
He was picking his nose

What do snowmen wear on their heads?
Ice caps!

What did Adam say the day
before Christmas?
"It's Christmas Eve"



Clues

Across

- 2 White icy covering
- 3 Frozen rain
- 6 A fierce snow-storm!
- 8 Mammoths lived in the Ice ____
- 9 These help you move fast on snow
- 11 A snowy ____ is a white bird
- 12 The North Pole is in this ocean
- 13 To thaw
- 14 When water freezes, it makes this

Down

- 1 A ____ bear likes the cold!
- 3 When animals sleep through winter, they do this
- 4 A long, frozen droplet
- 5 This river of ice flows very slowly
- 7 Water freezes at ____ degrees C
- 9 Half way between snow and rain
- 10 It's fun to ride on this in the snow!
- 12 A snowy European mountain



megamouse
books.com

How do snowmen get around?
By riding an 'icicle

What goes "Oh, Oh, Oh"?
Santa walking backwards

Recipe: Courgettes Provençale – vegetarian supper dish for 3 -4.

After the indulgences of the festive season, a simple supper dish could be an agreeable option.

Ingredients

4 medium size courgettes
3 medium or 6 small onions
8 medium size mushrooms
4 tablespoons frozen peas or 1 chopped green pepper
Pkt. chopped tomatoes
250g grated cheddar cheese
Fresh parsley – optional
Seasoning – pepper, salt, garlic granules, paprika

Method

Chop courgettes into small cubes.
Peel and thinly slice onions.
Slice mushrooms.
Put onions and mushrooms in pan and with sufficient water to just cover them.
Put on the lid and bring to boil – add courgettes and peas or peppers. Bring to boil again and simmer until softening.

Drain and return to pan. Add chopped tomatoes and season with pepper, garlic granules, salt and paprika.
Stir well. Bring to boil and simmer for 2 minutes.

Arrange half the mixture in fairly large oven proof dish.
Top with half of the grated cheese. Add the remaining mixture and then top with the remaining cheese.
Bake uncovered in centre of moderately hot oven (190 degrees/ gas no. 5) for 30 minutes.
Decorate with fresh parsley.
Serve – possibly with crusty bread.



The Mixture Could Be Used as a
Pizza Topping

(The dish can be made in advance and re-heated but nicer fresh from the oven). **Helena Millen**

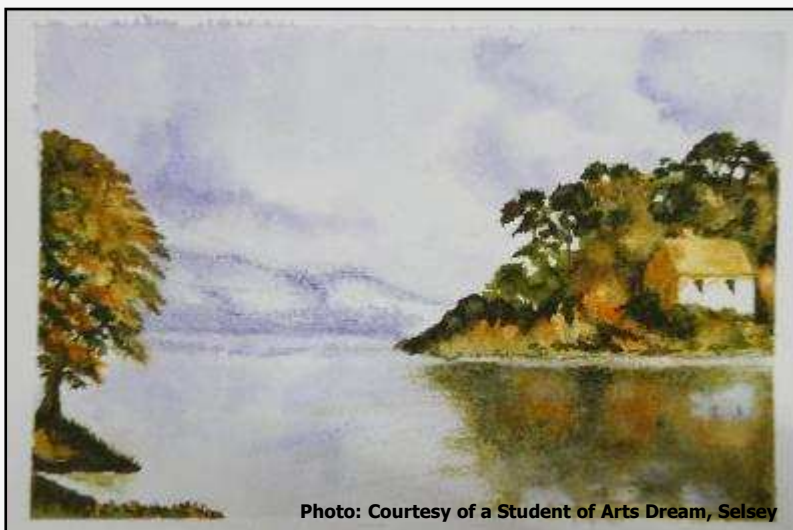


Photo: Courtesy of a Student of Arts Dream, Selsey

BREATH OF LIFE

By [Danna Faulds](#)

I breathe in All That Is-
awareness expanding
to take everything in,
as if my heart beats
the world into being.
From the unnamed vastness
beneath the mind,
I breathe my way into
wholeness and healing.
Inhalation. Exhalation.
Each Breath a "yes,"
and a letting go,
a journey, and a coming home.

Letters to The Editor

REMEMBRANCE 2018

A big, big thank you from the committee of the Royal British Legion to all those who helped in some way to making 2018 our best fundraising year yet. Whether you were one of the dedicated volunteers who went out to collect door to door, raising well over £1,300; a manager or employee at the villages' schools, clubs, shops and pubs who raised a further £2,850; a sponsor of the Poppy Lunch which raised £1,300; a donator to the churches collection plates; a helper at the lunch running the kitchen, bar and raffle; or a pudding maker, all your efforts went directly to support the welfare of service men and women past and present, and their families, who have been affected physically, mentally and emotionally from conflicts.

We are always short of volunteers and our membership numbers have been dropping too. It only costs £17 a year to be a member and as well as receiving the excellent Legion magazine 5 times a year, you become eligible to apply for tickets to the Festival of Remembrance at the Royal Albert Hall. You can join online on the Royal British Legion website. Click [here](#).

If you would like to help with collections or at the Poppy Lunch please call me on 01243 778191, 07985 441785 or email andyforsyth67@gmail.com.

On behalf of the Royal British Legion, thank you all for your continued support.

Andy Forsyth

Editor's Notes for Published Material

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 it goes in the magazine of the month it will take place, it 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: 400-600 words as a target 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, Tahoma 11 pt. preferred. We alter it to fit the available space.

NB Letters can be longer. -See Disclaimer.

NB2 All provided images should be royalty free since all images in the magazine are published as royalty-free.

DISCLAIMER

The views expressed in the Mundham Monthly 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 specific individual.

The Editorial Team

Please forward this edition to your friends, if they would like to receive a regular copy they can email us at mmmeditors@gmail.com Louise Russell & Mick Lovell

Quiz and Crossword Answers

Snowy Crossword

Across: 2 frost, 3 hail, 6 blizzard, 8 age, 9 skis, 11 owl, 12 Arctic, 13 melt, 14 ice

Down: 1 polar, 3 hibernate, 4 icicle, 5 glacier, 7 zero, 9 sleet, 10 sledge, 12 Alp

Easy(ish) Crossword Solution.

Solution - ukp010

M	A	R	I	N	E	R		R	E	A	C	H
A		E				A		U		V		A
C	I	V	E	T		I	G	N	E	O	U	S
A		U		I		S		G		C		T
B	R	E	A	T	H	E		S	T	A	R	E
R				A		D						
E	Q	U	I	N	E		S	E	C	O	N	D
		N				I		A				E
C	H	A	O	S		M	U	S	I	C	A	L
R		W		H		P		E		H		I
E	V	A	S	I	V	E		L	Y	I	N	G
P		R		N		D				M		H
E	N	E	M	Y		E	M	I	N	E	N	T

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Quiz Answers

1. Lana Turner
2. Tayberry
3. El Salvador and Honduras
4. Victoria Coren Mitchell
5. The FBI
6. Marmite
7. The frisbee
8. Arts (The British Academy of Film and Television Arts)
9. La La Land
10. Sri Lanka
11. Mark Chapman. John Lenon was 40.
12. Dion Dublin
13. Antarctica
14. Wales (in a village caled Llanwrtyd Wells)
15. Jaffa



Cat & Rabbit Rescue Centre
Giving the living a chance at life

Kaleo



Photo: Cat And Rabbit Rescue Centre

Children: No

Cats: Yes

Dogs: No

Well hello there! I'm

Kaleo, a beautiful tortie girl. I am estimated at 2 years young, I was found living as a stray along with my lovely little kittens. We were rescued and brought into The Centre on the 8th of August and now I'm feeling ready to find myself a place I can call home. Living as a stray was really scary for me so I find it that little bit harder to trust humans but you can't blame me! I'm nervous but with some TLC and an experienced owner who has the time and patience I hope to find myself a forever home, please do consider me I'd love to find that soon.

Viewing Days in December.

Cats

22nd Dec. 12:00 pm – 2:00 pm

Rabbits / Guinea Pigs:

2nd Dec. 2:00 pm – 3:30 pm

BUT...You don't need to wait for a viewing day. Just Telephone 01243 641409 first.

PAGHAM PONIES

The ponies are looked after by Nigel and his team of volunteers. Many have had a really hard life and are now getting the care they really deserve. To find out more go along to one of their events. They're on FaceBook and their website is:-

<http://www.paghamponiesrescue.com/>



Photo: Pagham Ponies