

GRUMPY OLD WOMEN?



Edith Brown



Emily Pankhurst



Emily Davison

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Go Out and About

- Jo Hudson's Watercolour Landscapes Workshop in Selsey on 16th March. Details on **p5**
- Nigel Ingrams Painting with Pastels Course in Rose Green on Saturday 16th March. Details on **p5**
- Practice your Bridge and have fun at the RNLi Bridge Tea on 20th March. What's on **p4**
- **Nordic Walking**; it's poles apart! Yet it's far more than just walking with poles! – **dates for the diary!**
- **HeartSmart Walks.**
The secret ingredient of a healthy physical and mental life? Walking. Try a 30 min. free taster walk round the Yacht Basin and soon you'll be striding out with confidence.
– **dates for the diary!**

You say you want a revolution!

- June Hamilton does. A tireless crusader against the housing invasion spearheaded by Arun District Council. See **p10**
- Find out what gets Louise' goat! Telling it like it is on **p7**.

We all want to change the world!

- Some very serious 'Grumpy Old Women'. Editorial **p3**
- On Derby Day 1913 Emily Davison changes our world forever. Read Jackie's short story on **p6**.
- Did teachers really have to follow these rules –back in the day? **p7**.
- The Chichester District Council elections are on the 2nd of May. Be ready and make your vote count. **p3**

You say you got a real solution.

- Try our Sussex Special Quiz on **p9**
- There's a versatile, super-quick tomato sauce recipe for pizza and pasta.
Make it in the microwave. **p8**

You say you'll change the constitution!

- Put your ideas on Open Gardens to the Parish Council. **p3**
- Go to the Annual Meeting of Electors and discover what the Parish Council has been doing. Then have your say! **p3**
– **dates for the diary!**

You Better Free Your Mind Instead.

- Nicole Luyten lays out the gardening plan for March **p8** and inspires us to try Jerusalem Artichokes. **p11**
- Learn French and have fun. Barbara Ingram makes French EASY. At the Rose Green Craft Centre.
– **dates for the diary! See p 5.**

Don't You Know It's Gonna Be Alright.....

- Start the revolution within..... by reflecting on gratitude. **p9**

Credit where it's due to Lennon and McCartney for some of the words from 'Revolution No1' used above.

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, ideas and things to do.

'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)

NORTH MUNDHAM PARISH COUNCIL CONTACT LIST			
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Parish Council Update

General Parish Council Meeting 5th March 7.15 p.m.

On the above date, one of the items on the agenda will be to discuss the Open Gardens. If you are interested in keeping the failing open gardens alive and enjoy walking around the villages seeing other people's gardens, please write your suggestions and ideas to Parish Council Chairman Tim Russell t.russell@northmundham.org

If you would rather appear in person there may be time to state your preferences before the meeting starts. As pointed out in last month's Mundham e-Magazine some of the main criticisms where the gardens have failed in the past have been:

- 1) Four hours is not long enough for the public to get around all the gardens
- 2) No adequate map is supplied to help people to find their way around the villages
- 3) There is nowhere designated for refreshments
- 4) The ticketing system is not adequate to stop people coming into the gardens without paying
- 5) The list of open gardens is given to the Parish Clerk too late for the advertising to be effective

If you agree with any of the above or have your own ideas please write **asap** to the addressee above.

Annual Meeting of Electors Tuesday 19th March

This is one of the most important meetings of the year, please try to make space in your diary and come to it.

The Annual Meeting of Electors is your opportunity to find out what the Parish Council has been doing in the past year. More importantly to find out about the Neighbourhood Development Plan and the up and coming Parish elections. The meeting will be in the main village hall and will be followed by refreshments.

French Twinning Committee Update.

Progress on forming a new committee is currently on hold. We'll keep you informed once we have more clarity on this.

Forthcoming Chichester District Council Elections

These will take place on the 2nd of May and we are reporting this now to give people advanced knowledge so as to be better prepared i.e. to be sure they can exercise their right to vote should they wish to do so.

Electors should also be aware that the structure of the ward is changing to reduce the overall number of councillors on CDC from 48 to 36 and also to ensure a similar number of constituents for each councillor.

The new ward known as North Mundham and Tangmere, consists of Tangmere, Oving, the existing North Mundham constituency, plus Hunston, which is removed from Sidlesham. For this new and enlarged District constituency, there will be two Councillors elected.

Editorial: Grumpy Old Women.

It's very understandable faced with the frustrations of the UK's political situation to feel helpless and hopeless. We don't feel that we even fully comprehend what's going on; never mind about changing anything for the better. We look to others who seem to have a better grasp on the situation only to find that their reasoning doesn't always ring true.

We live in a democracy and yet it doesn't always seem that we have a voice or that our vote doesn't bring positive change; just more of the same or worse!

At the turn of the 20th Century the vast majority of people in this country had even less influence over the political system and this was especially true of women, regardless of their accident of birth.

The three women on our front page arguably influenced the course of history; each in her own way. Edith Brown changed the lives of Indian women; doing something that a man couldn't or wouldn't do. Setting up a training school for Indian women doctors to care for ill and pregnant women using modern western methods. She has left a positive heritage in the sub-continent even today. Her story from an Indian perspective is told through this link to the [Tribune of India](#) online newspaper.

Emily Pankhurst is one of the most influential women of the 20th Century as a champion of woman's suffrage. She had a very strong view of how to influence public opinion which did not always go down well with the established authorities.

The life of Emily Davison – or at least how it ended - is a subject of public record as it has been witnessed by millions. Jackie's story, whilst fictional, takes us back to that astonishing Derby Day in 1913.

*On a lighter note, Louise gets **GRUMPY** on p7 in a 'tongue-in-cheek', provocative yet inspirational way!*

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

What's Happening Locally This February?



East and North Street, 9am - 2pm.

1st & 3rd Friday of every month

This Month, There's No Nordic Walking Taster Session from **Chichester Nordic Walking**. However there are other activities and full details of each months walks can be found on their website. Link below.

Contacts: [Facebook](#) [Website](#)

Photos: Chichester Nordic Walking



HeartSmart Walks are organised by Chichester District Council and are free. They organise a range of guided walks to cater for all ages and abilities.

You can try a gentle-paced, flat beginners 'Taster' walk of 30 minutes from Chichester Canal, Basin Road and these run every Wednesday in February from 10:30 for 30 minutes.
Please arrive 10 minutes beforehand.

All details and a full programme can be found at the CDC website. The link is:-
<https://chichester.westsussexwellbeing.org.uk/>

The link to their walk programme is:-
<https://chichester.westsussexwellbeing.org.uk/topics/being-active/healthy-walks>

You can contact the Wellbeing Team directly at:-

Chichester Wellbeing Team
Tel: 01243 521041
Email: info@chichesterwellbeing.org.uk



The-Chichester-Canal-geocaching.org.uk-561234.jpg

CALLING ALL BRIDGE PLAYERS



R.N.L.I. BRIDGE TEA
At West Wittering Village Hall

Lifeboats

On Wednesday 20th March 2 pm.

Please contact Annie Creek to book a table
01243 512900

These events are a lot of fun and help to raise a considerable amount of money to save lives at sea.

Your support will be much appreciated. If you are unable to go to the event, please support the R.N.L.I. by donating a prize for the raffle. Contact Louise on 01243 781052



Arts Dream Selsey

WORKSHOP – WATERCOLOUR LANDSCAPES - JO HUDSON



Saturday 16/03/2019 - 10.00 am - 4.00 pm

St Wilfred's Church Hall, Church Road, Selsey PO20 0LS

Members £25 Non-Members £30
Places limited to 15 people

To book a place please contact Gary Sharp on 01243 607476

Longways, Longacre, Selsey PO20 0AD
Email: gary@thesharps.uk

Or Jan Bush
7 Littlefield Close, Selsey, PO20 0AD
Email: janpbush@btinternet.com

Details of what to bring will be provided nearer the date.
Some materials may be provided.

Check out Jo's website at www.johudson.com

ROSE GREEN CENTRE OF ART AND CRAFT

ONE DAY COURSE IN STILL-LIFE PAINTING WITH PASTELS with NIGEL INGRAM.
FOR BEGINNERS AND EXPERIENCED PAINTERS. £30 per person.



Sat. 16/03/2019 10.00 am - 4.00 pm

22-24 ROSE GREEN ROAD, ROSE GREEN,
PO21 3ET

To book a place or for further details please call the
Centre on 01243 262059

Nigel is a pastels specialist and will provide
individual guidance and tuition throughout the
day.
He will work from a range of still-life displays
including still-life with fruit and with watermel-
on.

What to bring.

Good cartridge or pastel paper of a comforta-
ble size for you to work with.
A backing board suitable for securing the pa-
per using gummed or masking tape.
A box of pastels and a sketch book.

ROSE GREEN CENTRE OF ART AND CRAFT

LET'S HAVE FUN WITH FRENCH: A SUMMER WORKSHOP with BARBARA INGRAM
SIX WEDNESDAY AFTERNOONS FROM THE 24TH APRIL TO 5TH JUNE. £54 per person.

Is your French a little 'rusty' ?

Do you want to regain your confidence to
speak with friends or family in France?

Or do you just love the French language?

Do you simply want to keep your brain active
through French?

**If you said YES to any of these questions then
this course is for you.**



Barbara will help you to:-

Revise and build on what you already know
through such things as songs, poems, stories, and
play-acting.

Increase your use of practical French in a relaxed
friendly atmosphere where mistakes are allowed.

She'll focus on :

- Building confidence in speaking and pronunci-
ation.
- Revising and acquiring vocabulary
- Useful grammatical understanding.
- Enjoying the sound of French
- Using French creatively
- Having fun learning together.



You'll need some prior knowledge of French, a will-
ingness to participate, a pen and a notebook.

22-24 ROSE GREEN ROAD, ROSE GREEN, PO21 3ET
To book a place or for further details please call the Centre
on 01243 262059

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us at mmmeditors@gmail.com Louise Russell & Mick Lovell

Short Story: Derby Day 1913.

A fiction based on the life of Emily Wilding Davison and the events of 4th June 1913.

Emily historically wrote on her kitchen calendar in German or French just to fool the ladies she shared a home with but also to remind herself of long ago European holidays and her degree language studies, but now on the line for 4th June 1913 Emily writes with a slightly trembling hand, 'Derby Day'. She has just one week to wait and plan.

She glances down out of the first floor window at horse drawn carriages and cars in this part of London, full of business men going about life confidently as ever and a frown of frustration crosses her face.

Emily's suffragette friends and comrades had already offered sensible, reasoned arguments against Emily's dramatic, half-baked plan for news worthy action on Derby Day. Some of her politically active and high ranking comrades had suggested that if Emily was willing to undertake potentially dangerous action she could risk turning public opinion against the great cause of a vote for women.

Emily though is bone weary of endless political and reasoned argument, essay writing and presenting reports, she has become impatient at addressing half-filled school halls, tired of marches, imprisonments and assaults on her and her comrades together with arrests reported as minor skirmishes in the press. They were actually misdemeanours of a blatant sexual nature which angered her beyond words. All this seemed to have no real effect on both public and political opinion for their cause – that of women's right to vote – a concept as unattainable as ever it had been that maybe only human sacrifice could change.

The day of Wednesday 4th June 1913 proves hot and dry as summer moves into full swing. Emily has risen early and has already prayed at her bed side, safe in faith and belief that God has brought her through many traumatic months in prison, maybe that God has a plan and that today of all important days her action would prevail.

Her train carriage is crammed to bursting with racegoers in Sunday best, families loaded with all manner of picnic baskets, yet all Emily has with her is a small packet of food containing a hunk of dry bread, some hard cheese and two apples – one to eat on her return train back to London, in her purse a theatre ticket for an evening show tonight in the West End.

Among the dusty, thronging crowds no one is aware of the suffragette activist in their midst who is modestly dressed and who smiles and makes small talk with children and families as they walk excitedly away from the station. In her childhood Emily looked out for her young sister, Ethel until Ethel died aged six, a sadness that Emily always carries with her. Perhaps Emily sees a little of the character of her sister Ethel in the small girls dancing along in the dust.

Emily eventually trails on foot along unmade lanes and enters the great racecourse grounds, she has done her homework and knows the whole area will soon be seething with people, anxious to bet, eat, drink, spend winnings and above all see the arrival of the King. Emily finds it hard to dodge the many horse drawn taxis and omnibuses which kick up dust clouds and jostle for space with carts and carriages for the gentry. All is noise and excitement and someone sees Emily pause, hold her stomach and take a sip of water from a glass bottle. Over the last months the effect of prison force-feeding has taken its toll. Restored she moves on, aware that her fragile digestion is unlikely to get better.

Later many watch the King and his friends arrive in several smart carriages with outriders in fashionable feathered livery. A very special spectacle that is news reeled around the world by Pathe. It is nearly time for the wonderful Epsom Derby and at last all the horses' parade and prance before the spectator stands, frothing and sweating, their jockey's silks glinting in the sun. Emily has eaten a little then carefully positions herself a couple of rows back at the famous Tottenham Corner. The race starts and her heart beats to the galloping rhythm of thoroughbred racehorses pounding down towards her position. She is ready, the atmosphere and energy is infectious. Many people pull out hankies to wave, many shout the name of the horse they want to win. Round the horses go once, then a second circuit the crowds yell harder, Pathe newsreel records. People surge forward feeling the ground move beneath their feet.

The lead horses hammer past Emily then suddenly she ducks under the white picket wooden fence and runs straight into the path of Anmer, the King's horse. Taking the full weight of a charging horse, Emily is spun like a doll, her hat spins away from her. Cameras roll. Anmer, the King's horse, gathers himself upright and canters on without his jockey who remained in a tight ball to avoid being trampled. Spectators surge around Emily like ants not really believing what they have just seen moments before. Later, one eye witness reports that maybe Emily had decided the race was done and went to cross the racecourse, another that she was unfurling something held beneath her arm. Emily never regains consciousness; the King sends her a note of condolence which she never reads. It was reported that although the King's jockey survived such an astonishing event with just cuts and bruises, his later suicide indicated that he had never really got over it.

Two days later Emily is dead from internal injuries to her heart and skull.

Emily Wilding Davison, an agitator to her last breath, some say a wildcard, a woman of faith, sacrifice and suffering displays outrageous direct action on Derby Day before a massive crowd which scars the memory of a nation and forces royal attention to the cause of woman's suffrage as never before. Such a tragic loss, may Emily's courage never be forgotten.

Jackie Lovell: Feb 2019.

TRUE OR FALSE?

The rules below are displayed in Tauranga District Museum in New Zealand.

Conditions Of Service

A New Zealand view.

RULES FOR TEACHERS - 1915

1. You will **NOT** marry during the term of your contract.
2. You are **NOT** to keep company with men.
3. You **MUST** be home between the hours of 8 PM and 6 AM unless attending a school function.
4. You **MAY NOT** loiter downtown in ice-cream stores.
5. You **MAY NOT** travel beyond the city limits without the permission of the Chairman of the Board.
6. You **MAY NOT** ride in a carriage or automobile with any man unless he is your Father or Brother.
7. You **MAY NOT** smoke cigarettes.
8. You **MAY NOT** dress in bright colours.
9. You may, **UNDER NO CIRCUMSTANCES** die (sic) your hair.
10. You must wear **AT LEAST** two petticoats.
11. Your dresses may **NOT** be any shorter than two inches above the ankle.
12. To keep the schoolroom clean you must:
sweep the floor at least once daily
scrub the floor with hot, soapy water at least once a week
clean the blackboard at least once a day
start the fire at 7 AM so that the room will be warm by 8 AM.

Rules are supplied courtesy of Barbara Colwell.

Readers are encouraged to reflect on these rules and decide if they ring true. You can read our thoughts at the end of the magazine.



Image by werner22brigitte on Pixabay

GRUMPY OLD WOMEN

As I have got older I have become less and less tolerant of everything around me. Is it old age or do we live in a more difficult age? Writing things down and sharing them will help to get them off your chest.

Things that drive me mad.

I can't stand walking down the street and having to breathe in somebody's exhaled cigarette smoke. I can never sit outside in a café on a hot summers day because people are allowed to smoke there.

Mobility scooters that hog the pavement and are in danger of mowing one down just because they are bigger than you and don't care if they render you crippled for the rest of your life.

Drivers that hog the road and then drive on your tail because you have overtaken them.

Doctors appointments that you turn up on time for and yet an hour later you are still waiting. If you object you are made to feel that you are being unreasonable.

People who stand in a queue at check-out but only start looking for their money at the last minute. Then they decide they have forgotten something and we all have to wait while an assistant is dispatched to find the item.

Warm gin and tonic, warm white wine and Pimms that does not have mint and cucumber in as well as loads of summer fruits of course.

Tradesmen that think that because you are old you are obviously stupid as well and therefore a suitable target to be ripped off.

Telephone scams that ring sometimes several times a day to tell you that your service provider has malfunctioned and that they can put it right for you **if you give them all your information.**

Brexit, whatever your views and a pox on the politicians who are determined to wreck this country while they try to feather their own nests from the chaos they are causing.

Everything in my home bleeps, the cooker, the microwave, the washing machine, the dishwasher. I am not allowed to empty these items without a continual nag, as a reminder that I simply **MUST** act right away. It doesn't end there either because getting the car out of the garage is a series of massive extended bleeps as I try to manoeuvre it out and down the driveway without taking the garage doors and the gate posts with me. How did I ever pass my driving test I wonder without a car that bleeped?

Now I am all bleeped out.

Happily there are things that make me smile and gladden the heart. Great friends to share these grumps with, ice for gin and wine. I'm fit enough to enjoy good food and a laugh with those I love. The best things in life are still free. Let us remember that if we live in this country we are probably better off than 90% of the world. Feel lucky and luck will come to you.

Grumpily-Lousie.

MICROWAVE TOMATO SAUCE.

Louise's Family Recipe.

If you love pasta and pizza, and anything with tomatoes, this versatile easy to make sauce is for you.

Ingredients

1. 1 medium onion sliced small
2. 1 grated carrot
3. 4 cloves of garlic crushed optional
4. 1 stick celery finely chopped optional
5. 1 tin tomatoes chopped
6. 4 - 6 fresh tomatoes skinned and chopped
7. A generous pinch of fresh or dried herbs of choice
8. 1 Knorr stock pot, either vegetable or chicken

Method

1. Put chopped onions, garlic and herbs into a bowl and stir in a generous amount of olive oil. Cover bowl and microwave for 5 minutes/
2. Add carrots and celery stir in and micro for another 3 minutes. Stir up well.
3. Add tomatoes and stock cube and cook for a further 5 minutes. Mash down with a potato masher Stir well. This sauce is now ready. For a finer sauce, blend with a whizzy wand.

Alternatives

You can add chopped black olives, or grilled bacon bits or throw in some prawns for a Prawn Provençal to have on rice.

I always have a bowl of this sauce in the fridge or freezer ready to go. I keep at least 3 packets of Sainsbury's# Angel Hair spaghetti in the cupboard which cooks in 3 minutes.

I also keep a wedge of Parmesan cheese in the fridge and a jar of Sacla# green pesto in my cupboard. Add a couple of teaspoons for a delicious flavour.

If the sauce is made, this is a quick meal always at hand, ready in 5 minutes.

Other brands are available –Editor



Angel Hair Pasta –Wikimedia Commons

GARDENING FOR MARCH.

As the temperature has risen quite a lot, sowing and planting outdoors can start : seed potatoes, onions, shallot and rhubarb sets (these can be sown outdoors, but both shallots and onions commercially produced in 'sets' grow more easily). Shallot sets should be planted in February-March and onion sets in March or April. You should be able to plant early potatoes if you started chitting them at the start of the year, and if the soil is not still frozen. Once planted, keep them well-watered and earth up or cover young plants. Garlic should be planted by the end of the month as well as bare-root fruit trees and bushes. Finish winter pruning goose-and raspberries, blueberries, blackcurrants. Do what you can to protect early blossom from frost damage by covering them with fleece. Give them a feed with a high potash fertilizer, or an organic mixture of blood, fish and bone or seaweed. Spread around the base, water it in well and cover with a layer of well rotted manure or compost, which will act as a mulch. When insects aren't around in a cool spring to pollinate apricots, peaches and nectarines, you may need to hand-pollinate your plants. To do this, use a soft paintbrush and carefully dust pollen from one flower to another.

One of the most useful things you can do this month is to begin preparing beds for sowing and planting in April and May, apply fertilizer to boost nutrition of your soil. Rake over the soil, try breaking down lumps until it forms a 'fine tilth'. This fine soil is perfect for sowing. If it still sticks to your boots, let it dry out a little more. March is a big month for sowing seeds. You should be able to now sow hardy crops such as leeks, spinach, peas, parsnips, brassicas, broad beans, sprouting broccoli, carrots and turnips directly outside if it's not too cold, but they will need protecting under cloches or cold frames. Tender crops such as peppers, tomatoes, aubergines can be raised inside or in a heated greenhouse. This gives them time to develop before you plant them out when it's warm enough. You can start digging trenches for both runner beans and trench celery. These need rich fertile soil. Trenches should be 60-90cm wide and 30 cm deep. Over the next few weeks fill them with compost. Enjoy your garden!

Nicole.

Raised Beds : Wikimedia Commons



NB Nicole has an addendum on the health benefits of the Jerusalem Artichoke on p

West Sussex Quiz: People, Places and Events Helena Millen

1 The Selsey Tram opened in.....	a) 1895 b) 1897 c)1899
2 The Selsey Tram closed in.....	a)1929 b)1933 c)1935
3 The composer Hubert Parry had a holiday home at....	a) Goring-by-Sea b) Ferring c) Rustington
4 Anna Sewell completed her novel "Black Beauty" at..	a) Lancing b) Steyning c) Findon
5 The Council of London under William the Conqueror decided to move the cathedral from Selsey to Chichester in....	a)1070 b) 1075 c)1078
6 The Siege of Chichester took place in...	a) 1642 b)1644 c)1646
7 The Siege of Chichester lasted....	a) 7 days b) 9 days c) 11 days
8 The composer, Eric Coates lived at...	a) Littlehampton b) Worthing c) Bognor Regis
9 Bramber Castle was built by....	a) William de Warenne b) William de Braose c) Robert of Mortain
10 The Arundel Tomb in Chichester Cathedral was the subject of a poem by....	a) W.H. Auden b) Ted Hughes c) Philip Larkin
11 After defeat at the Battle of Worcester, Charles the Second escaped to France from Shoreham in..	a)1651 b)1652 c)1653
12 Christopher Fry's Sussex play "Boy with a Cart" is the story of....	a) St. Cuthman b) St. Richard c) St Wilfred
13 The citizens of Chichester are said to have repelled a Viking raid in....	a) 856 AD b)894 AD c) 906 AD
14 In1798, George the Fifth's daughter, Amelia, came to convalesce at....	a) Littlehampton b) Worthing c) Emsworth
15 The 19 th Century authors W H Hudson and Richard Jefferies are buried at....	a) Bury Church b) Broadwater Church c) Bramber Church
16 The Emsworth oyster trade closed after the fatal poisoning of....	a) the Dean of Salisbury b) the Dean of Chichester c) the Dean of Winchester
17 Chichester Festival Theatre opened in....	a) 1962 b)1964 c) 1966
18 The second artistic director of Chichester Festival was.....	a) Peter Dews b) John Gale c) John Clements
19 Goodwood Race Course was opened in...	a) 1801 b)1807 c)1811
20 The altar tapestry in Chichester cathedral was designed by.....	a) Jacob Epstein b) Graham Sutherland c) John Piper

Meditation on Gratitude.

Jack Kornfield.

With gratitude I remember the people, animals, plants, insects, creatures of the sky and sea, air and water, fire and earth, all whose joyful exertion blesses my life every day.

With gratitude I remember the care and labour of a thousand generations of elders and ancestors who came before me.

I offer my gratitude for the safety and well-being I have been given.

I offer my gratitude for the blessing of this earth I have been given.

I offer my gratitude for the measure of health I have been given.

I offer my gratitude for the family and friends I have been given.

I offer my gratitude for the community I have been given.

I offer my gratitude for the teachings and lessons I have been given.

I offer my gratitude for the life I have been given.



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Letters to The Editor

IMPACTS OF NEW HOUSE BUILDING ON MUNDHAM AREA.

There's a lot of new building work going on in the west of Arun adjoining the new North Mundham and Tangmere ward. It seems that it's presence won't affect the ward but there may be a significant impact on Chichester District Council budgets. An extract from June Hamilton's letter to Arun DC councillors and supplied to us explains why.— **Mick**

EXTRACT FROM JUNE HAMILTONS LETTER.

So why does ADC want to see all these houses?

It's all about the money! For greater details, Google the House of Commons Library "New Homes Incentive Bonus Schemes", which give District Councils a bonus worth six times the rateable value of every house built – and of course, the benefit of the normal council tax, in perpetuity.

A band "H" house that sold for £320,000 or more as would mostly be the case, say in Aldwick, would incur a council tax of £3554.02 annually. For houses already built that will have had the advantage of a full six years bonus scheme, the gain to the Council will be £21,324.12 per house, or in cases where the scheme at present has just four years bonus to run, the bonus scheme will still provide £14,216.08 per house, for the Council. And we are talking about 20,000 homes in this area. If you calculate this at say just half and half, we are talking about £142,160,800 (ie £142 million + for 10,000 homes with four years of the scheme still to run plus a massive £213,241,200 (ie £213 million plus for 10,000 homes that were finished early enough to benefit from the full six years of the scheme. No wonder they are so determined to aim for it as quickly as possible!

And then there are the CIL's payments (Civil Infrastructure Levy), designed to help Councils ameliorate some of the inconveniences and damages caused by forcing developments onto a community. Unfortunately, there is no legal requirement for the money to spent in the same area as the problems caused. Councils have a right to negotiate and do with the money as they please, although there is of course an expectation that the money will help the affected area, sadly that is not good enough to protect our villages from aggressive Councils and the system is wide open to abuse.

Why has Arun pushed nearly all this development out to the Western edge of its boundary?

Because this way, with roads and traffic problems being as they are, nearly all the increased infrastructure costs involved in this proposed population increase will fall to Chichester District Council. (Arun wants the money but not the actual houses - so they as far away as possible). Schools, Medical facilities etc., are not reachable in Littlehampton from the Pagham area because of the difficulties in getting there. Unlike Littlehampton and Bog-nor Regis, Pagham has no access to even a railway hub and buses are almost useless. Even if you make it to Chichester station, it is still the worst rail service in the country. What is worse, is that every journey into the area is a double journey and should have been be regarded as such by the traffic experts consulted, as it is bounded on the south by the sea, on the west by the river (with no crossing) and to the north by the often impenetrable A27. ADC should never even have entertained this idea. It is hard to imagine how there could possibly be any worse place in which to impose a large number of additional housing estates. The dangerous roads have no pavements because they are already too narrow to accommodate them. There are almost no cycle paths and no one could reasonably make such a daily commuting journey at peak times in the terrible traffic, by any chosen method. So nearly all costs will continue to fall to CDC. But Arun will receive all the money! Arun has a duty to rethink this whole project and not to make this dangerous situation any worse.

JUNE HAMILTON –ADDRESS SUPPLIED.

PURPLE PLANT IN FEBRUARY'S MMM

Dear MMM

The lovely purple plant is oxalis triangularis- I have one - they're so delicate and lovely. At the Gala Flower Show a few years ago I entered mine -and got pipped at the post.

Celia O'Shea



Gardening Addendum

The Jerusalem Artichoke and It's Health Benefits.

Paradoxically, this tuber is not an artichoke, nor has it any relationship to Jerusalem. Both are a member of the Asteraceae family, or Daisy, but that is as far as it goes. So, where does their name originate from then? The most common explanation is that the Italian Settlers in the USA, named the flower "Girasole". This means Sunflower in Italian. Over time, this word was changed into the word Jerusalem. When the first samples of the edible tuber were sent to France, it was characterized by its resemblance in taste to the Artichoke. It originates from North America. The plant is cultivated for its edible tuber. The aerial parts as well as the tubers have been long used as animal feed. The tubers do not store energy in the form of starch, like potatoes, but in the form of inulin. This is now widely used in health foods as it is very beneficial to Diabetics. It is now a very fashionable vegetable with great health benefits:

High in potassium and low in sodium, which lowers blood pressure. High Fibre helpful in improving the performance of insulin in the body, which aids in the lowering of blood pressure.

High in iron and Copper, essential for blood cell formation

Can help with digestive problems: it contains high Vitamin B levels, including Thiamine which produces Hydrochloric Acid which helps in digesting protein.

The Jerusalem artichoke is considered a low GI (glycaemic index) food. This means that it provides a slow and stable rise and fall in blood glucose levels and is therefore beneficial to blood glucose levels.

Contains plenty of inulin. (not to be confused with Insulin!) This is a soluble fibre which stimulates the growth of bifidobacteria and fights harmful bacteria, so it acts as a prebiotic. Inulin is also a sugar. (It's in a class of plant compounds called fructans, these store energy as fructose, not as glucose and that might well be the key to controlling blood sugar. Unlike other sugars, inulin doesn't raise your blood sugar. That's because it's not broken down in the stomach or small intestine. Instead, it moves right through to your colon. Research found that people with and without diabetes who ate inulin had less rise in their blood sugar.

Contains small amounts of antioxidant vitamins, such as vitamin C, vitamin A, vitamin E. Offering protection from cancers, inflammation, viral cough and the common cold.

Nicole Luyten



Image by silviarita on Pixabay



Image by ivabalk on

Sussex Quiz Answers From p9.

1=b 2=c 3=c 4=a 5=b 6=a 7=a 8=c 9=b 10=c 11=a 12=a 13=a 14=b
15=b 16=c 17=a 18=c 19=a 20=c

TRUE OR FALSE?- From p7

Researching on the internet shows a variety of similar rules mostly in English but also in French and German and all having very similar rules in very similar order. Dates vary from 1872 to 1920's but in style and language they strongly resemble each other.

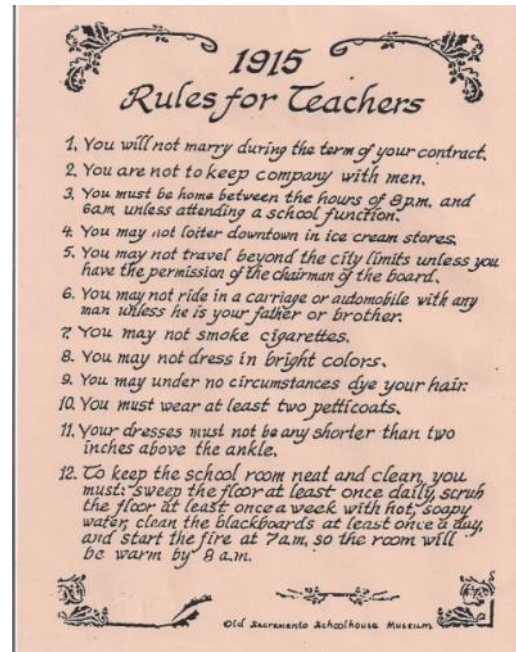
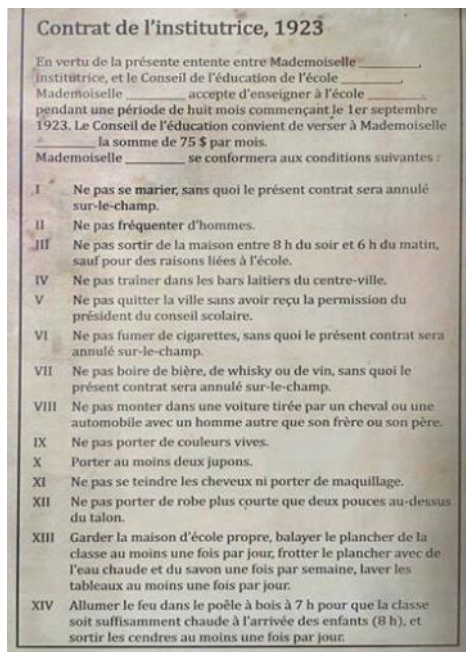
Though the French one (below left from Quebec) forbids milk bars not ice cream stores.

The heading of the English version does not mention female teachers though the text assumes this. Were there no male teachers in 1915!

French & German ones specifically refer to female teachers- again this is 'fishy'.

The one from 'Old Sacramento' -below right has identical text to the one from New Zealand on p7. Both dated 1915. How is this possible, were the rules sent by telegram? Were the school structures and societies morals so similar in the USA & New Zealand?

One conclusion could be that this 'Contract' is a pre-internet version of 'Fake News'.



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.

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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