

## THE GALA AND FLOWER SHOW



Photo courtesy of Sue Smith.

### Summer's here and the time is right for...

- **Nordic Walking;** Give it a try for free! Yes, it's far more than just walking with poles! **p3**
- **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! **p3**
- Making a difference on Remembrance Day 2019. **p4**
- Getting Married. Never say never! Editorial. **p5**

### Here comes summer!

- What's that on my plums? Friend or Foe? **p3**
- Gala Day 2019 Celia and Sarah share with us the fun and highlights from the 13th of July. **p8**
- There's friendship, fitness and a little adventure on our doorsteps. Editorial. **p5**
- Here come the scammers. Readers Letter. **p10**

### Summertime, and the livin' is easy...

- Explore the neighbourhood and plan for a better future. John Ashley explains how you can help the village to grow with nature and rural life at it's heart. **p4**
- You don't need to make it hard. Listen to the wild geese in our poem/meditation. **p6**

### In the summertime when the weather is hot...

- Have a short break in Paris? Travelogue. **p9**
- Barry Shears gets his teeth into the bard. Story. **p6**
- Take a cool Mediterranean dip. Louise recipe. **p10**

### Summer days, driftin' away but oh.....

- What to do with those courgettes? Make our vegetarian Lasagne. **p10.**
- Helena's West Sussex quiz will sharpen you up. **p7**
- Why not help out the RNLI; you never know, one day you might need them? Volunteer. **p4**
- Junior crossword and puzzle. **p9**
- Quiz/puzzle answers. **p12**

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](mailto: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 <sup>th</sup> January 2019
Planning Meeting	5 <sup>th</sup> February 2019
Annual Meeting of Electors (2)	19 <sup>th</sup> March 2019
Planning Meeting & Full Council	5 <sup>th</sup> March 2019
Planning Meeting & Employment Cttee	2 <sup>nd</sup> April 2019
Annual General Meeting	14 <sup>th</sup> May 2019
Planning Meeting	21 <sup>st</sup> May 2019
Planning Meeting	4 <sup>th</sup> June 2019
Planning Meeting & Full Council	2 <sup>nd</sup> July 2019
Planning Meeting	6 <sup>th</sup> August 2019 – NO MEETING
Planning Meeting & Full Council	3 <sup>rd</sup> September 2019
Planning Meeting	1 <sup>st</sup> October 2019
Planning Meeting & Full Council	5 <sup>th</sup> November 2019
Planning Meeting	3 <sup>rd</sup> December 2019
Planning Meeting & Full Council	7 <sup>th</sup> 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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# What's Happening Locally This August and Beyond?



**East and North Street, 9am - 2pm.**

**1st & 3rd Friday of every month**

This Month, The **FREE** Nordic Walking Taster Session from **Chichester Nordic Walking** Is On The 14th of August at 6pm.

Other activities and full details of each months walks can be found on their website.  
Link below.



## 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 beginner's 'Taster' walk of 30 minutes from Chichester Canal, Basin Road and these run every Wednesday from 10:30 for 30 minutes.

**Call to confirm walk is going ahead if weather looks poor.  
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](mailto:info@chichesterwellbeing.org.uk)



**Friend or Foe? Recognise these two insects?  
See end of magazine for answers.**



North  
Mundham  
Neighbourhood  
Plan

Our Neighbourhood Plan team had a stand at the Gala on Saturday 13<sup>th</sup> July, where residents were able to ask questions and complete survey forms about the Parish. Thank you to everyone who took the time to talk with us and complete the short questionnaires. All this information is helping us to be better informed about what everyone would like to see for the future of the Parish.

Being a rural Parish one of the most important elements of the Neighbourhood Plan is the natural environment. Over the summer months we will be carrying out various surveys across the Parish to build a strong evidence base for the final Plan. If you have a keen interest in the natural environment and would like to help in this work then please contact us at

[info@northmundhamneighbourhoodplan.co.uk](mailto:info@northmundhamneighbourhoodplan.co.uk). The work will involve walking around the Parish to gather information on land use, wildlife, flora and fauna. You will be provided with maps and clear guidance on what to look out for and how to record the information.

In early August, you should be receiving our Parish survey questionnaire. Please take the time to complete the survey as this is a very important document to help us gather the views of Parishioners. The results will form a key part of developing the vision and policies for the future of the Parish that will be set out in the Neighbourhood Plan.

You can keep up to date with progress of the Plan development via our website at [www.northmundhamneighbourhoodplan.co.uk](http://www.northmundhamneighbourhoodplan.co.uk). Through the website you can also subscribe to our e-newsletter and email any questions you may have to the Steering Group.

The Neighbourhood Plan is the only way we can influence the future development of our Parish over the coming years, so please help us to help all of you by actively getting involved and talking with friends and neighbours and completing the Parish Survey.

**John Ashley**

The RNLI Manhood Branch all day Beach Collection was held at East Head on Sunday 28<sup>th</sup> July.



## Lifeboats

The weather forecast was a little mixed, and the day was fine but with a fair amount of cloud which took the edge off the temperature. The queues for the car park were slightly less than last year, but our takings were good, only down a small margin on 2018, an exceptional year. We collected a total of £1,336. Many thanks to all who donated, and to our team who did a great job. Special thanks to Premier for the loan of a lovely motor home for the day. Our next Fund-Raising event is our Flag week, Saturday 17<sup>th</sup> August – Saturday 24<sup>th</sup> August. We will be collecting in Birdham on 17<sup>th</sup> and in both the Wittering villages on 24<sup>th</sup> from 8.30 to 1.00.

**RNLI VOLUNTEERS wanted for collections at Birdham Stores on 17th August and East Wittering on 24th August.**

**Any 1 hour slot between 8.30 am and 1 pm would be much appreciated. If anybody has the time for an hour or so please contact RNLI Flag- Week coordinator Louise Russell: [louloubird@talktalk.net](mailto:louloubird@talktalk.net)**



As many of you know, every year, on Remembrance Sunday (10th November this year), the Royal British Legion hosts a "Poppy Lunch" in the Village Hall for between 80 and 100 people. We have always been blessed with wonderful support in the kitchen, behind the bar, running the raffle etc but this year are short of someone to be the lead for the kitchen side of the event.



**!Needed!  
Coordinator for Re-  
membrance Sun-  
day 2019  
10th November.**

The job involves recruiting 4 or 5 other helpers for the day (never a problem), preparing and serving salads (all the produce will have been delivered to the kitchen), serving the hog roast (which will have been carved) and desserts. No cooking required!!

**If you feel able to take on this task this year, could you please contact Robert King (790023) or Andy Forsyth (778191) who can answer any queries you have.**



## Editorial: Fitness, Friendship and A Little Adventure –in West Sussex?

We live in one of the most beautiful, accessible areas of the country and people travel from across the UK to enjoy the scenery, tranquillity and good weather of West Sussex. Of course, it's wonderful to go traveling to remote locations, yet heaven might just be on your doorstep.

The pleasure of long lasting friendships, a positive outlook and a healthier lifestyle could be just a step away. It's easy to get involved. It doesn't always need expensive equipment and clothing and it's not too late to get started.

The enchanting story of Laz Zugor and Sylvia May below inspires us to step out from our comfort zone.

Exploring our own natural neighbourhood can in its way be just as exciting as an expedition to exotic climes. As described by John Ashley last month, the first time we see a Red Kite or a hare brings the sense of wonder that such beautiful creatures share this place with us; there is a genuine feeling of wilderness on our doorstep.



This experience of encountering the natural world brings us a sense of belonging and connectedness. Opportunities are there for us to involve ourselves in a gentle way with our environment; such as carrying out a survey as part of the Neighbourhood plan(p4), doing a HeartSmart walk round the Canal Basin (p3) or building up our strength steadily through Nordic walking (p3).

The pleasure of being outdoors, sharing discoveries and friendship whilst being inspired by supportive guides and helpers is an experience which creates a sense of wholeness, togetherness and well-being.



**Mick**

## Editorial: Fitness, Friendship and A Wedding?

Weddings are a joyous occasion none less so than when two people find love and happiness at 60. Many of you in the Parish will know Laz Zugor from North Mundham and Sylvia May from Chichester. Laz because he is a fine decorator and is well advertised in the area and well recommended, and Sylvia because she is a Wellbeing Advisor for Chichester District Council based in Chichester Westgate Leisure Centre. Sylvia's second job is teaching people Nordic walking across our lovely countryside.

The wedding was held at St Marys Church East Lavant, it was delightful in its simplicity. Instead of loud intrusive organ music beautiful voices sung to gentle guitar music. As you see from the photos the bride wore a beautifully cut long white lace gown, looking 18 once again. The reception was held at The Lavant Cricket Pavilion and all the delicious and very plentiful organic food was Vegan. So it is perfectly possible to dine out well whilst being kind to Animals and the Environment.

Sylvia and Laz met 3 years ago in her walking group, so if you want to meet a significant other then get walking and join one of our wonderful walking groups that Mick is always promoting in this magazine ;- ))

**Louise**



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## Short Story: A Shakespearean Dog.

In a small room sits a young man at a desk, writing. His pen squeaks across page after page. He writes as fast as he can dip the quill in the inkwell. His concentration is complete, although now and then a smile passes briefly over his features and occasionally he leans back and stretches.

A small dog sits at his feet. A mongrel of no easily determined ancestors, brown and black with a white patch around one eye. Every now and then the dog raises an eyebrow and looks up at the young man. Seeing him still busy with his scribbling, the dog utters a brief sigh, closes its eyes. Another young man looks in the door, sees the writer completely absorbed in his task, shrugs his shoulders and leaves. The frantic squeaking of the quill on the thick pieces of paper continues. The young man now has a look of growing triumph on his face and starts to scribble faster.

The dog gets up, stretches luxuriously from front to back, wags its modest little tail and barks. "Unmannered dog," says the young man abstractedly. The dog barks again. "Away, unpeaceable dog." mutters the young man. The dog barks again. "Away, thou issue of a mangy dog!" shouts the young man looking round. The dog wags its tail happily and puts its feet up on the desk. It knocks some of the papers to the floor and stands on them.

"Out, dog! Out, cur! Thou drivest me beyond the bounds of patience!" bellows the young man, pulling out his papers from under the dog. The dog licks his face, puts a paw on the young man's foot. "O, be thou damn'd, execrable dog!" shouts the young man pushing it away. The dog trots off. The young man returns to his writing. His quill takes up its squeaking, the pile of written papers grows. The dog puts its head on one side and watches attentively. Then it barks.

"Let gallows gape for this dog! You bawling, blasphemous, incharitable dog! Would thou were'st a spaniel with head hung low and ears that sweep the morning dew away," shouts the young man over his shoulder. At this, the little dog looks unutterably sad. It whimpers and slinks away to a far corner. "How now! Where's that mongrel?" demands the young man. The dog bounds back, tail wagging, slithers on the tiled floor and bangs into the young man's desk. The inkpot tips over, ink runs onto the young man's trousers, onto the floor. The dog backs swiftly away.

"Oh! Hell-hound! I'll spurn thee hence!" shrieks the young man. The dog runs off and crouches down, its chin resting on the floor, watching the young man carefully. The other young man appears at the door again, looking impatient. "Come on, Will," he says. "They wait upon us at the theatre. Have you finished that scene?"

"I have," is the pleased reply. "I've got some good lines for Antony. About Havoc and dogs. Where is that over-weening mongrel?" The little dog is sat by the door, quivering in every limb with anticipation.

"Come, cur! Nature teaches beasts to know their friends, eh?"

The little dog rushes to its master's side and follows him out, tail wagging furiously.

"You know, Ben, I would not lose that dog for twenty pound," says Will to his friend.

***In his plays, Shakespeare refers to dogs over 150 times, rarely affectionately.***

**Barry Shears.** aka [johnproblem.com](http://johnproblem.com)

[John Problem - Books on Amazon](http://John Problem - Books on Amazon)

[www.thegovernmentstopalesman.co.uk](http://www.thegovernmentstopalesman.co.uk)

[Satire is Here - Blog](#)

## "Wild Geese" by Mary Oliver

You do not have to be good.

You do not have to walk on your knees  
for a hundred miles through the desert,  
repenting.

You only have to let the soft animal of your body  
love what it loves.

Tell me about despair, yours, and I will tell you  
mine.

Meanwhile the world goes on.

Meanwhile the sun and the clear pebbles of the  
rain

are moving across the landscapes,  
over the prairies and the deep trees,  
the mountains and the rivers.

Meanwhile the wild geese, high in the clean blue  
air,  
are heading home again.

Whoever you are, no matter how lonely,  
the world offers itself to your imagination,  
calls to you like the wild geese, harsh and excit-  
ing—

over and over announcing your place  
in the family of things.



Mary Oliver,  
Dream Work,  
Grove Atlantic  
Inc., 1986 &  
New and Se-  
lected Poems,  
Beacon Press,  
1992.

## Twenty Places in West Sussex Quiz

1 This town is at the end of a railway line from Shoreham closed by Dr. Beeching.

H-----

2 The composer Hubert Parry had a holiday home in this village.

R-----

3 The Hawth Theatre is located in this town.

C-----

4 The coastal village whose parish church appears in the Bayeux Tapestry.

B-----

5 Queen Adeliza of Louvain, widow of Henry the First, lived here after his death.

A----- C-----

6 A Woodard school with a spectacular chapel and views of the sea.

L----- C-----

7 A Buddhist monastery can be found in this village near Midhurst.

C-----

8 Edward the Seventh often stayed at this house when attending Goodwood Races.

W--- D--- House.

9 The writer John Galsworthy (of Forsyte Saga fame) lived and died in this village.

B---

10 A Sheep Fair is held in this village annually on 14<sup>th</sup> September.

F-----

11 The South of England show ground is sited here.

A-----

12 During WW2, SOE agents stayed in The Manor House of this village before departing from Tangmere Airfield.

B-----

13 According to local folklore, a miller was buried on this hill either standing up or upside down.

H----- H---

14 The rivers Rother and Arun meet near this town.

P-----

15 A railway carriage works was sited in this village near the sea.

L-----

16 The Goring family planted trees on this hill.

C----- H---

17 The parish church in this village has a tower with a "helm" roof.

S-----

18 In olden times the Bishops of Chichester had a summer residence/castle here.

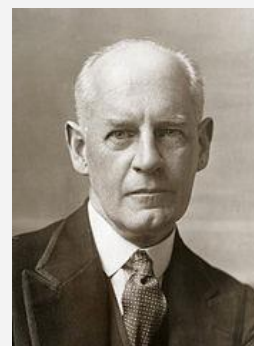
A-----

19 Thomas a' Becket is said to have had a "palace" in this village.

T-----

20 H G Wells worked as a shop assistant in this town.

M-----



**Helena Milne**

**Answers on p12.**



## The 124th Mundham Gala; 13th July 2019.

'We had a beautiful day for the 124th Mundham Gala on Saturday. There were even more people than usual. A bumper number of entries (over 350) for the Grand Show in the marquee - the Flower Arrangements were beautiful, and I'm always overawed by the fantastic plants and vegetables our entrants grow. Our local artists produced some stunning work and the cookery was of the high standard we have come to expect, and some very interesting photos were entered.. It's always fascinating to tour the marquee after the judging has taken place and see which of your friends and neighbours have won prizes. The Men only cookery classes are always popular - those cheese straws looked particularly inviting!

Out on the field, the dog show attracted a good number of very handsome (and pretty) entrants; the Tombola was especially busy, as was the raffle and the Hook-a-Bottle game was apparently very addictive! The field was buzzing with happy people and children with gloriously painted faces, clutching sweets they had won at the various children's games. Inside the Village Hall visitors tried their hand at short mat bowls and table tennis or browsed a huge number of books for sale, whilst outside George's Coastline Band and T S Sturdy's marching band kept us entertained all afternoon. Takings were up across the board!

During the afternoon the marquee thronged with visitors and crowds of people clustered around the bric-a-brac - again an unusually large number of items were donated - and sold. In our Community Corner (new for this year), you could question the Parish Councillors about the Neighbourhood Plan, find out about the village French Exchange or talk to folk from the Royal British Legion and the Manhood Wildlife Trust. There was so much to do but time too, to sit and relax with tea and scrummy cakes (generously donated!), or an ice-cream, or sip a Pimms.

The next exciting date for your diary is Friday 27th September in North Mundham Village Hall where the trophies will be presented to this year's winners.'

**Celia O'Shea**

### Gala Sponsors

13th July 2019. Another highly successful village Gala, a perfect summer's afternoon. We are very grateful to all our many helpers for making this such a successful event. In particular we would like to thank the following for their kind donations:

#### Raffle

- Barfoots
- Earth Seed to Bloom
- Hunston Post Office
- Kirkland Stores
- Nuffield Gym
- Runcion Farm Shop
- Walnut Tree

#### Plants

- Noel and Jenny Bettridge
- Hills
- Manor Nursey
- North Farm
- Vitacress

#### Produce

- Don and Helen Baldwin
- Tim Clarke
- Hall Hunter
- Michael and Doris Leeder
- Frances Neave
- Pete Ryan

#### Dog Show Sponsors

- AlphaPet
- Brick Kiln Nursery

Thank you.  
**Sarah Gunn**





## Don't Go To Paris In August.

They say don't go to Paris in August. It's too hot and full of tourists, queues and surly shopkeepers.

So we went for a long weekend at the end of June to see our friends Pierre and Mimi who live in Le Raincy, just 20 minutes out of the Gare du Nord on the RER. It was hot enough to be August; 33C on Friday and 37C on Saturday.

Jackie and I went out of St Pancras on the Eurostar and for me being a bit of an 'anorak' the chance to see the new St. Pancras station and travel on the equally new Eurostar train; the e320; that's all part of the holiday. They can travel at 200mph, that's 320kph, once they're in France.

Incidentally the new St. Pancras must rate as one of the best stations in the world, if only for the roof with its reflection of The Crystal Palace. You have to stand under it to appreciate the vastness. No photo can do it justice.

And no photograph can capture the conviviality of the space underneath. We sat comfortably and quietly at 7:30am with a coffee and croissant just tens of yards (metres!) from the platform.

What a contrast to the jet-age sales funnel we've experienced at Gatwick.

We met Mimi just before midday at Gare du Nord. She had thoughtfully bought all the necessary tickets so that saved on queuing for public transport. Even the short bus ride was a taste of authentic France as we were engaged by an elderly Parisian who was proud to tell us of his life and expected us to listen.

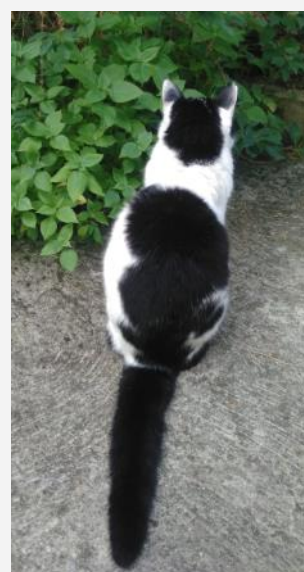
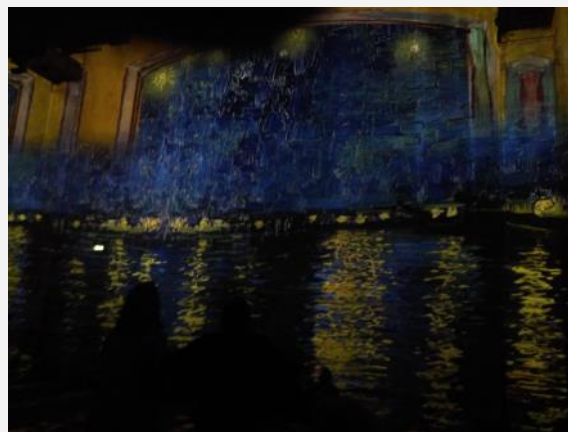
Mimi had booked tickets for a 'Son et Lumière' experience in the 11th arrondissement at an old metalworks converted into a state-of-the-art digital theatre. It is called L'Atelier des Lumières- The Light Workshop. <https://www.atelier-lumieres.com/>

First we headed for lunch and found a tiny restaurant just over the road from the theatre, where we reacquainted ourselves with great French food; pasta and vegetables.

The show at the Atelier focused on Van Gogh and used music as well as 360 degree projection to immerse us in his story - especially the time he spent at Arles. We stayed to watch it twice, since each location inside gave a different perspective. The show was enjoyed by old and young and alike and is a beautiful way of inspiring a deeper appreciation of this great artist.

Having braved Paris for the afternoon we returned to Pierre and Mimi's where we said 'Bonjour Bibiche' to their black and white cat and settled in for the rest of the weekend to avoid the heat and catch up on a busy year in the calm of their garden.

Mick and Jackie



# The Beanstalk Crossword

1 "Who's been sleeping in my \_\_\_\_?"

3 "Mirror, mirror on the \_\_\_\_"

4 Snow White fell asleep when she ate a poisoned \_\_\_\_

6 Little Red Riding \_\_\_\_

8 Goldilocks and the 3 \_\_\_\_

10 Watch out! It's the big bad \_\_\_\_

11 "Fee, fi, fo, \_\_\_\_!"

2 (across)  
"I'll grind his bones to make my \_\_\_\_!"

2 (down)  
"I'll huff and I'll puff and I'll \_\_\_\_ your house down!"

5 "Why, Grandma, what big \_\_\_\_ you have!"

7 (across) "I'll \_\_\_\_ his bones to make my bread!"  
(yes, just like 2 across!)

7 (down) The giant had a \_\_\_\_ that laid golden eggs

9 The first little pig built his house out of \_\_\_\_

[www.megamousebooks.com](http://www.megamousebooks.com)



## SALMOREJO DIP

A wonderful easy to make dip from southern Spain. Ideal for summer entertainment . Whenever I make this dip people ask me what it is, so I would like to share it with you all. .... Enjoy ;-))

### INGREDIENTS

8 Ripe tomatoes  
1 green or red pepper  
2 cloves garlic  
2 slices stale bread  
125 ml olive oil  
Dash white wine vinegar  
Squeeze lemon juice  
Season to taste



### METHOD

Put all ingredients into a blender and blend until smooth and well mixed.

Serve with chopped hard boiled egg as a garnish on top. Use any kind of vegetables or flat bread to dip in.

Louise

Add the tomatoes, garlic, paprika and oregano and bring briefly to the boil. Season to your taste.

Place alternate layers of vegetables and pasta sheets in an oven proof dish, finishing with a layer of vegetables. Top with the cheese and bake for 25 minutes till golden brown.

Serve with a rocket, shallot & balsamic salad.

Serves 4

Mick



## READERS LETTERS.

A Door to Door Scam discovered by Louise.

Many of you would have heard of nextdoornorth-mundham. The genuine article is really good but sadly there is a scam going around.

I had a flyer put through my door 3 weeks ago with the name of somebody that I knew at the bottom of the flyer and a code to put in when signing in which had to be used within 7 days.

I have since heard of four other people in different areas having received the same thing. However it appears that the name of my friend on the flyer knew nothing about the flyer, three other people contacted her with the same problem.

The scam was reported to the police but they were no help whatsoever.

I'm afraid it is for each one of us to be aware, do not respond to flyers put through your letter boxes, check everything out first, never give out your personal details to anybody.

If any of our readers have had a similar experience please let the Magazine know so that we can warn others.

Louise Russell

## VEGETARIAN LASAGNA

At this time of year there are ample sources of courgettes and my aubergines are coming on strong. Tomatoes seem a bit slow but even they are ripening apace. So what to do with all this bounty?

This quick and easy recipe makes use of lots of courgettes and that's a blessing right now.

### INGREDIENTS

2 tbsp Extra Virgin olive oil  
900g courgettes, chopped into 1cm chunks  
1 aubergine, chopped into chunks to your taste.  
250g mixed peppers , chopped into 1cm chunks  
2 medium onions , finely sliced  
300g button mushrooms; chunky cut.

400g chopped tomatoes—fresh or tinned.  
2 garlic cloves, crushed  
1g paprika  
5g oregano  
Seasoning

6 lasagne sheets

125g cheddar, grated

### INSTRUCTIONS

Preheat oven to 190C Gas Mark 5.

Fry courgettes, aubergine, mixed peppers, onions and mushrooms in the oil for 10-12 minutes on a high heat stirring continuously.

## Quiz answers from p7.

**1 Horsham, 2 Rustington, 3 Crawley, 4 Bosham, 5 Arundel Castle, 6 Lancing College, 7 Chithurst, 8 West Dean House, 9 Bury, 10 Findon, 11 Ardingly, 12 Bignor, 13 Highdown Hill, 14 Pulborough 15 Lancing, 16 Chanctonbury Hill, 17 Sompting, 18 Amberley, 19 Tarring, 20 Midhurst.**

## Iron Beans crossword from p10.

**Across: 2 bread, 3 wall, 5 teeth, 7 grind, 8 bears, 10 wolf.**

**Down: 1 bed, 2 blow, 4 apple, 6 hood, 7 goose, 9 straw, 11 fum.**

## Photo credits

Page 1	Gala Basket image courtesy of Sue Smith.	
Page 3	Farmers Market image; Chichester Farmers Market.	Cornfield; Chichester Nordic Walking.
Page 3	Walking Image; Copyright © 2019 West Sussex County Council.	
Page 3	Ladybird larva Image by FRANCO PATRIZIA from Pixabay	<a href="https://pixabay.com/photos/ladybug-larva-harmonia-756840/">https://pixabay.com/photos/ladybug-larva-harmonia-756840/</a>
Page 3	By S. Rae from Scotland, UK - unid. hoverfly larva & aphids on reed, CC BY 2.0,	<a href="https://commons.wikimedia.org/w/index.php?curid=50720874">https://commons.wikimedia.org/w/index.php?curid=50720874</a>
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Page 7	Horsham Station, photo by Ron Strutt.	<a href="https://commons.wikimedia.org/wiki/File:Horsham_Railway_Station.jpg">https://commons.wikimedia.org/wiki/File:Horsham_Railway_Station.jpg</a>
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Page 8	Gala images courtesy of Celia O'Shea.	
Page 9	Images courtesy of Mick and Jackie Lovell	
Page 10	Crossword: www.megamousebooks.com.	
Page 11	Salmorejo Image-Tiritel	<a href="https://commons.wikimedia.org/wiki/File:Salmorejo_201207.jpg">https://commons.wikimedia.org/wiki/File:Salmorejo_201207.jpg</a>
	Vegetable Lasagne image- Chris Light.	<a href="https://commons.wikimedia.org/wiki/File:Vegetable_Lasagna_10-07_to_22_439.jpg">https://commons.wikimedia.org/wiki/File:Vegetable_Lasagna_10-07_to_22_439.jpg</a>

## Friend or Foe— from p3.

### Photo 1 Ladybird larva and pupa; Photo 2 Hoverfly larva.

Commonly seen in the garden at this time of year, these larvae love to eat aphids.

## 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](mailto:mmmeditors@gmail.com) Louise Russell & Mick Lovell*