

STAY AT HOME 

PROTECT THE NHS

 **save lives**

A Letter From The Editors.

We're now well into our sixth full week of lockdown and dreaming of days when we can **'get back to normal'**. Whatever that might mean!

Yet in the world outside of our homes life abounds with spring lambs in the fields. There's an eruption of wildlife everywhere with birds more audible since there's less traffic. The whole outside world has turned green and many trees are a profusion of blooms.



Pictured here is a fox amongst the bluebells seen by John Barfoot.



Life goes on for the Parish Council through the very current means of online meetings. Since there is no Parish Connect magazine this month we are publishing a summary of Parish Council activity and notices on **p2-4**.

There's a link to local business that can deliver to homes on **p4**.

We are looking forward though to a time when confinement eases and Katrina inspires us to mix art with nature later this year- **p5**.

Could you be the future chair of the local British Legion—please speak to Andy Forsyth? **p5**

When we do go outside we could consider protecting others and limiting the spread of the C19 virus. So, Louise has designed and made a wearable face mask with advice on how to use it— **see p8/9**. And she has kindly offered to make masks for those without the skills. She is also looking for materials to work with so if you can help with that or are able to make masks for others please see the ad on **p4**.

We have two short stories this month, one contemporary in the style of David Mitchell and the other with a historical twist from Helena. **See p6/7**

Having done your quiz and crossword (**p7/10**) we hope you are sitting comfortably or maybe you have been following Joe Wicks exercises on YouTube. Not so comfortable but it's essential to keep moving, even if only for 10 minutes a day.

There are two recipes that can add a little variety to your cooking with a 'Spotted' Welsh bread from Dorothy and Louise' signature EasyPeasy pizza and microwave topping -**p10**.

NB These recipes use readily available ingredients .

It's great to keep in touch with others who can help or just to chat. There's always the phone to call a long-lost acquaintance or someone we haven't spoken to for a while. Social distancing doesn't have to mean social isolation and it's great for our well-being and sense of perspective to talk to friends and neighbours- from at least 2 metres of course!

Being inactive can affect us emotionally so it's good to take a few quiet minutes from time to time to centre ourselves. Russell Kendall offers a timely reflection from Lao-Tzu on **p10**.

Mick has found a helpful Facebook group is 'West Sussex Covid 19 Mutual Aid', you can use this link and join. <https://www.facebook.com/groups/2676801359115345/>

Best Wishes From Louise and Mick.

Some Further Links.

If you need help, or if you want to volunteer, West Sussex County Council are also running a 'Community Hub' which you can access through this link: [Community Hub](#) or via a direct link at the top of the WSCC Home Page. If you have no access to the internet and need help you can call the Community Hub on 0330 222 7980.

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	7 th January 2020
Planning Meeting	4 th February 2020
Planning Meeting & Full Council	3 rd March 2020
Annual Meeting of Electors	5 th March 2020
Planning Meeting & Employment Committee	7 th April 2020
Planning Meeting & Annual General Meeting	5 th May 2020
Planning Meeting	2 nd June 2020
Planning Meeting & Full Council	7 th July 2020
Planning Meeting	4 th August 2020 – NO MEETING
Planning Meeting & Full Council	1 st September 2020
Planning Meeting	6 th October 2020
Planning Meeting & Full Council	3 rd November 2020
Planning Meeting	1 st December 2020
Planning Committee Meetings will commence at 19.00 at North Mundham Village Hall unless advertised to the contrary. Full Council will commence at 19.30 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.

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

NORTH MUNDHAM PARISH COUNCIL CONTACT LIST			
Mrs Louise Chater Clerk to the Parish Council	01243 203050	clerk@northmundham.org	1 Charlmead East Wittering Chichester West Sussex PO20 8DN
Vacancy			
Mr Tim Russell	01243 781052	t.russell@northmundham.org	
Mrs Frances Neave	01243 782391	f.neave@northmundham.org	
Mr Paul Chivers	01243 789990	p.chivers@northmundham.org	
Mr Robert Callaway-Lewis	07880713159	r.callaway-lewis@northmundham.org	
Mr Peter Stephens	07747468699	p.stephens@northmundham.org	
Mr Hugo Wall	01243 278542	h.wall@northmundham.org	
Mrs Annie Maclean	01243 265804	a.maclean@northmundham.org	
Mr Keith Phillips	07980668612	k.phillips@northmundham.org	
Chris Page District Councillor	01243 380009	cpage@chichester.gov.uk	6 Willowmead Close Runcton PO20 1NH
Simon Oakley District Councillor	01243 785166	soakley@chichester.gov.uk	12 Netteton Avenue Tangmere PO20 2HZ
Jamie Fitzjohn West Sussex County Councillor	01243 782380	Jamie.fitzjohn@westsussex.gov.uk	77 Fishbourne Road Fishbourne PO19 3JJ

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Dear Readers, unfortunately there is no 'What's-on' in this issue due to present government movement restrictions.

Parish Council Report and announcements for May.

North Mundham Parish Council Report.

It does not seem very long ago that I started my last report with a comment about the weather. How times have changed! Please continue to follow government advice about the precautions you should be taking while this pandemic is with us.

We are of course very conscious that there are vulnerable people in our community who cannot, or should not, get out to do their shopping, collect medication, get to the post office or undertake many tasks that are much easier in normal times. I know that our local community is once again showing its strength and neighbours are offering help to neighbours. But if there is anyone out there who still needs help, West Sussex County Council have set up a 'Community Hub' to bring together those who need support and those who volunteer to help. The link is on WSCC's home page at: <https://www.westsussex.gov.uk/>

or directly here:

<https://www.westsussex.gov.uk/leisure-recreation-and-community/supporting-local-communities/community-hub-covid-19/>

For those without access to the internet there is a direct telephone number: 033 022 27980. If anyone has any difficulties finding help then please let me know and I will try to assist.

Of course, the restrictions on social gathering have had an impact on the way the parish council operates, because we can no longer hold our meetings in the village hall as usual. I am glad to say that we already have arrangements in place in our Standing Orders and Financial Regulations that allows us to deal with immediate business. In the slightly longer term the Government has amended the regulations so that we will, for a limited time, be able to hold virtual meetings. We are working on how best to arrange this. Holding a meeting by video conference between members of the council is fairly simple, but it is more challenging to arrange for the public to have access. For the time being, any arrangements we put in place will be explained when we publish the agenda for the meeting.– ***Please see the note hereunder –Ed.***

Stay safe.

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

Note on joining the online PC meetings on the 5th May.

With each agenda on the PC website we publish a link so that members of the public can connect to the meeting. These 'virtual' meetings use Microsoft Teams and you should use the web browser version if you would rather not install the application locally.

The next two scheduled meetings (Parish Council and Planning Committee) will be on 5 May (back to the first Tuesday of each month). The two links for the Parish Council and the Planning Committee will be different (as shown in the separate agendas) so you would have to leave one 'Teams' meeting and then join the other.

Note that the Parish Council meeting is currently advertised as the Annual General Meeting, and the latest government temporary changes to the regulations allow us to waive the requirement for an AGM (do not confuse the AGM with the Meeting of Electors which we held on 5 March - the AGM is where we confirm all the appointments to committees and re-adopt all our regulations and policies for the coming year, but in this case we are being allowed to roll-over everything from the previous year). So the business of the meeting will be a normal Parish Council and not as long as it would have been as an AGM.

Tim Russell

Local Notices.

Parish Council Announcements For May

Covid 19 Update.

As we move into another week of self isolation to keep our key worker and vulnerable residents, friends and family members safe we would like to provide you with some further information....

[Chichester at Home](#) have put together a list of local businesses offering delivery of fresh produce, groceries, meals and hoe/garden items.

Parish Notices.

PUBLIC NOTICE

WEST SUSSEX COUNTY COUNCIL
TEMPORARY TRAFFIC REGULATION
RUNCTON LANE, RUNCTON

NOTICE IS hereby given that in pursuance of the provisions of Section 14(2) of the Road Traffic Regulation Act, 1984, as amended, the use of (and parking on) **Runcton Lane, Runcton** from junction with **Bowley Lane** to junction with **Saltham Lane** is temporarily prohibited from **05/05/2020**.

The restriction will be in place off peak only between **09.30 – 15.00**

This closure is necessary to allow **Balfour Beatty** to undertake urgent carriageway pothole repairs on behalf of WSCC

Emergency vehicle, Residential and Pedestrian access will be maintained at all times

The alternative route for traffic will be signed on site

This restriction will be effective for a maximum of 5 days from the start date given above

Any queries about the effect of the closure on traffic using the highway please contact West Sussex County Council on 01243 642105

Any queries about the works please contact **Balfour Beatty** on 01243 642105

Dated **14 April 2020**

Matt Davey
Director of Highways, Transport and Planning



PUBLIC NOTICE

WEST SUSSEX COUNTY COUNCIL
TEMPORARY TRAFFIC REGULATION
FISHER LANE, NORTH MUNDHAM

NOTICE IS hereby given that in pursuance of the provisions of Section 14(2) of the Road Traffic Regulation Act, 1984, as amended, the use of (and parking on) **Fisher Lane, North Mundham** from junction with **Runcton Lane** to junction with **Church Road** is temporarily prohibited from **05/05/2020** at **09.30** until **05/05/2020** at **15.00**

The restriction will be in place off peak only between **09.30 – 15.00**

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Matt Davey
Director of Highways, Transport and Planning



NEEDED!

Material For

Face Masks

Good Quality Cotton,
Thin Elastic and
Garden Wire Needed.



Also See p8/9 for mask details.

Please contact Louise on:
01243 781052
or email marylou@tim-r.uk



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Local Notices.

Art in the garden event

I shall be opening my garden this summer to help raise funds for St Wilfrid's hospice.

As well as coming to see my garden and observe how it's changed over time, there will be some talented people selling their own artwork. 20% of the sales will support the hospice

Refreshments and a plant stall will also be available

Sunday 7th June 11am to 4.30pm Pop this date in your diaries now.

If you are interested in selling your own art and would like to support the hospice, please do get in touch.

Katrina Jarvis

katrina2.jarvis@btopenworld.com

Message From Katrina Jarvis.

I've been in touch with the hospice about my event as they too are advertising it. They are as yet not cancelling these open garden events. They have however done so for April and May but not gone into June just yet. We all know this might well change.

However can I just say that **I WILL** host this event at some point in time this year. The hospice are struggling for money and more so now they've closed their charity shops. If it gets into the autumn time my plan is to host the art side of the event in the village hall at North Mundham also in the hope they'll waive the rental fees. I will take photos of my garden from now onwards and perhaps these might be able to shown on a screen for all to see. We can still do sales of art, produce, plants and have refreshments and hope folks will rally round to support it.

HELP SUPPORT OUR SERVICE FAMILIES.

Dear Reader.

I have had the honour of being the Chairman of the North Mundham and District Branch of the Royal British Legion for 12 years and the "Constitution" says that the term of office should be 3 years so feel it's time to hand over the reins. The position centres on two local activities; the Remembrance Day services at our two churches and the Poppy Lunch which follows the services. The Poppy Lunch is well established and is expertly run by David Maclean and the Remembrance Day services follow a tried and tested routine aided by our curate and church wardens.

The Poppy Appeal and the organisation of the local collectors is national and therefore separate from the branch. I took over running the Appeal three years ago and so will continue with that for a while and the Chair need have no input into this.

What DOES the Chairman do then!! Well, we have 2 meetings a year, one in August to confirm the arrangements for the Services and Poppy Lunch and the AGM in November to announce the results of the collections and donations and make any changes to the Committee of five.

If you would like to find out more and potentially take over the Chair, please call me on

01243 778191 or 07985 441 786 or email: andyforsyth67@gmail.com. There is no requirement for the Chair to have served in the armed forces, indeed our new National Chairman is a lady who did not serve in our Regular forces. Nor is there any previous charity experience required. I hope someone out there will volunteer their services and continue to make our villages strong supporters of this most deserving charity.

Thanking you in anticipation, Andy Forsyth.



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In Memory Of A Local Pioneer.



Topp at the Schoolboy's Own Exhibition in 1958 CREDIT:



Image: Wikipedia.

Air Commodore Roger L Topp, a pupil of North Mundham School, recently passed away aged 96. In the 1950's, his jet exploits made front page news. He led Great Britain's premier aerobatic team, The Black Arrows, who, in 1956, set a world record which remains to this day by performing a 'loop' with 22 Hawker Hunter aircraft.

Two splendid examples of this aircraft may be seen at Tangmere Aviation Museum.

Once current restrictions are lifted. –Ed.

Short Story: Something in the Moment by Matt Hutchinson.

11 a.m.

I stand up, then instantly forget why. Something in the moment must have called for it.

I stretch and look out of the window.

A toddler cartwheels off his scooter. Clutching a skinned knee he howls in silent pain beyond the double glazing.

I count how long it takes his mother, weighed down by shopping and fatigue, to catch up and comfort him.

Twenty-seven seconds.

The world turns.

The woman who took the boy's scooter from the assembly line in Guangzhou is asleep. She doesn't remember his scooter, or the day it was packed and shipped to another country. She's never heard of Nunhead.

Her dreams are filled by a relentless succession of identical boxes, coming one after another at precisely calculated intervals, almost too fast to keep up with. Almost.

She knows they contain something important and longs to open just one and see what's inside, but as soon as each box arrives it's gone, replaced by another.

Her final dream, before she wakes, is of something vast and silent, drifting slowly down and away from her.

The world turns.

Two marine biologists in California open another bottle of wine.

"I can't believe she's dead," one says.

"She was the first blue whale I ever studied," the other sighs. "Back when I worked for Davies."

"You worked for Davies? You never told me that."

"First job after grad school."

"Wow. Was it true, you know, what they said about him?"

She shrugs. "Some of it. Most of it probably."

As sharks risk increasing depths to feed on her carcass, they drink to the largest blue whale ever recorded and the irascible old man who spent his life documenting hers.

Meanwhile, three larger blue whales, eight hundred feet deep off the Kamchatka Peninsula, hear the echo of her final song and turn their heads into the current.

The world turns.

A cloud drifts across the moon as three teenagers in Ottawa sit on the roof of their college dorm, passing a bottle and waiting for the sun to come up.

Love the questions, one whispers.

Live the questions now, the others whisper back.

One moment they're the only people in the world, the stars spread across the heavens just so, just for them.

Then they're nothing; tiny specks in the endless night, clinging to the tiles to stop themselves being swept away.

As the sun comes up they wriggle into bed, giddy with the certainty no future night will ever be so perfect.

And now we rise, they whisper. *And we are everywhere.*

Plastic bags slowly degrade in landfill.

A letter fails to arrive at its destination.

Bread rises; share prices fall.

The world turns.

Meanwhile, a tiny speck of grit is working its way into young flesh. New skin will grow over it, so the boy will never know he carries a bit of south London pavement inside him wherever he goes.

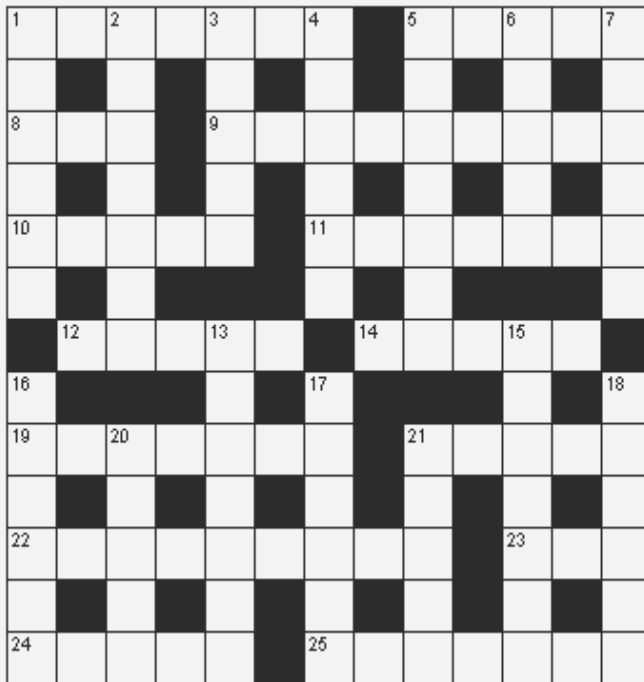
He howls again. I open my window to listen.

"There, there, Poppet," his mother murmurs. "I'm here now."

Matt Hutchinson's stories have appeared in *The Mechanics Institute Review*, *The Bohemyth*, *Flash* and *Boston Literary Magazine*. He lives in London but you'll also find him online at <https://matthwrites.wordpress.com/fiction>, and on Twitter as [@matthwrites](https://twitter.com/matthwrites).

Crossword.

Standard Crossword- ukp018



© Puzzle Choice

Across

1. Meteorological conditions (7)
5. Accolade (5)
8. Conclusion (3)
9. Submersible warship (9)
10. Task (5)
11. Alphabetic character (7)
12. Guide (5)
14. Square root of forty-nine (5)
19. Tableland (7)
21. Hoard (5)
22. Disregarded (9)
23. Small vegetable (3)
24. Happening (5)
25. Sincere (7)

Down

1. Twist (6)
2. Gruelling (7)
3. Overly eager speed (5)
4. Burrowing mammal (6)
5. Greed (7)
6. Exculpation (5)
7. Resides (6)
13. Component (7)
15. Fugitive (7)
16. Parazoan (6)
17. Chelonian reptile (6)
18. Leave (6)
20. Slant (5)
21. Aromatic wood (5)

Short Story

A Strange Encounter.

Helena Millen

It was a wild November evening when I made the first of several annual visits to the farm. James Blundell's land lay south of Chichester. It was an arable and dairy farm which had diversified into cheese making, holiday lets and a well-appointed campsite. James was a very competent farmer and a genial host.

He was rather less skilled in dealing with his finances and thus, as his accountant, I made a series of annual pre-Christmas visits to sort out his accounts for his tax return the following January. Leaving the main road that evening, I drove along a winding narrow lane with deep water-filled ditches on either side. The weather was deteriorating as a fierce winter storm blew in from the Channel across the West Sussex coast. The only lights were my car headlights.

Rounding a bend adjacent to the local manor house, I suddenly saw a cloaked rider on a horse in the middle of the lane some way in front of me. I slowed down to avoid an accident but then everything became black again; horse and rider were no more. I wound down the car window but could not hear any horse's hooves. Proceeding carefully, I arrived at the farm as arranged without further incident. Although I made other visits that winter, the encounter was not repeated.

Years later in retirement, I decided it would be healthy to join a rambling group led by a local historian. On one outing we stopped for a break near the manor house. I decided to approach the historian about my experiences years earlier. I outlined what had happened; he did not appear surprised.

"Ah! You probably saw the ghost of 'Captain Blood'."

"Captain Who?"

"He was a retired army captain and gentleman who lived at the manor house in the mid-18th Century. He also led the local revenue men in actions against smugglers."

"So, what happened?"

Well during one encounter with smugglers on the Manhood Peninsula, he shot dead one of their number and thus was named "Captain Blood". The gang scattered to be harboured by sympathisers including a vicar who was very partial to smuggled brandy. However, the smugglers were out for revenge. They encountered the captain one dark, stormy evening returning home. He was dragged from his horse, murdered and his body thrown into a ditch. Nobody was ever apprehended for the crime but it is said that his ghost sometimes appears on the road especially on dark, nights"

I smiled to myself and thanked him for his explanation. However, I now had a greater understanding and appreciation of what I had possibly experienced despite, up to then, being sceptical about ghosts and hauntings.



Image by Clikr-Free-Vector-
Images from Pixabay

How to Make and Wear a Face Mask during the COVID 19 Outbreak.

Many of us from time to time leave our home to shop, go out for exercise or to help the vulnerable.

There is a growing view that wearing a mask to protect others in these circumstances is a responsible practice as it usefully lowers the risk of spreading the infection. Of course we must in every case strictly follow the rules about social distancing and hygiene laid out by the government. Using this mask is consistent with the principles of 'Protect the NHS' and 'Save Lives'.

We are not talking about a mask worn by people who need to protect themselves from C19 and which is worn as part of their Personal Protective Equipment– PPE. That sort of mask is completely different, it is used to protect the wearer and is disposable. This type of mask must not be worn by members of the general public.

The sort of mask we have in mind is one which reduces the risk to others when we may be carriers/incubating C19 without necessarily any obvious symptoms and are not able to stay at home. It is washable and reusable, easy to fit and remove and it uses materials that are widely available. The mask can be made by most people, particularly those with good basic sewing skills though we will also show you a mask that can be made without these skills.

How to make Louise' EasyPeasy Face Mask.

I have looked at several on line instructions on mask making and come up with my own simple version that everybody could make. This version fits more snugly and is more comfortable to wear than the pleated versions seen online.

Materials

- 2 small pieces of good quality cotton fabric or one piece doubled over.
- About 70 – 80 cm. of elastic as one piece, *do not cut into 2 pieces.*
- A straightened out paper clip, or a piece of garden wire or pipe cleaner roughly 4 " long.

Method– See diagram.

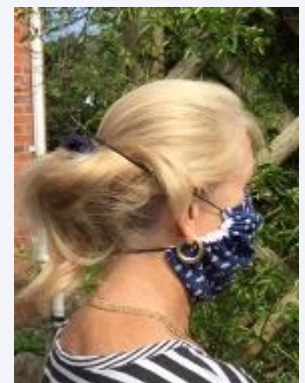
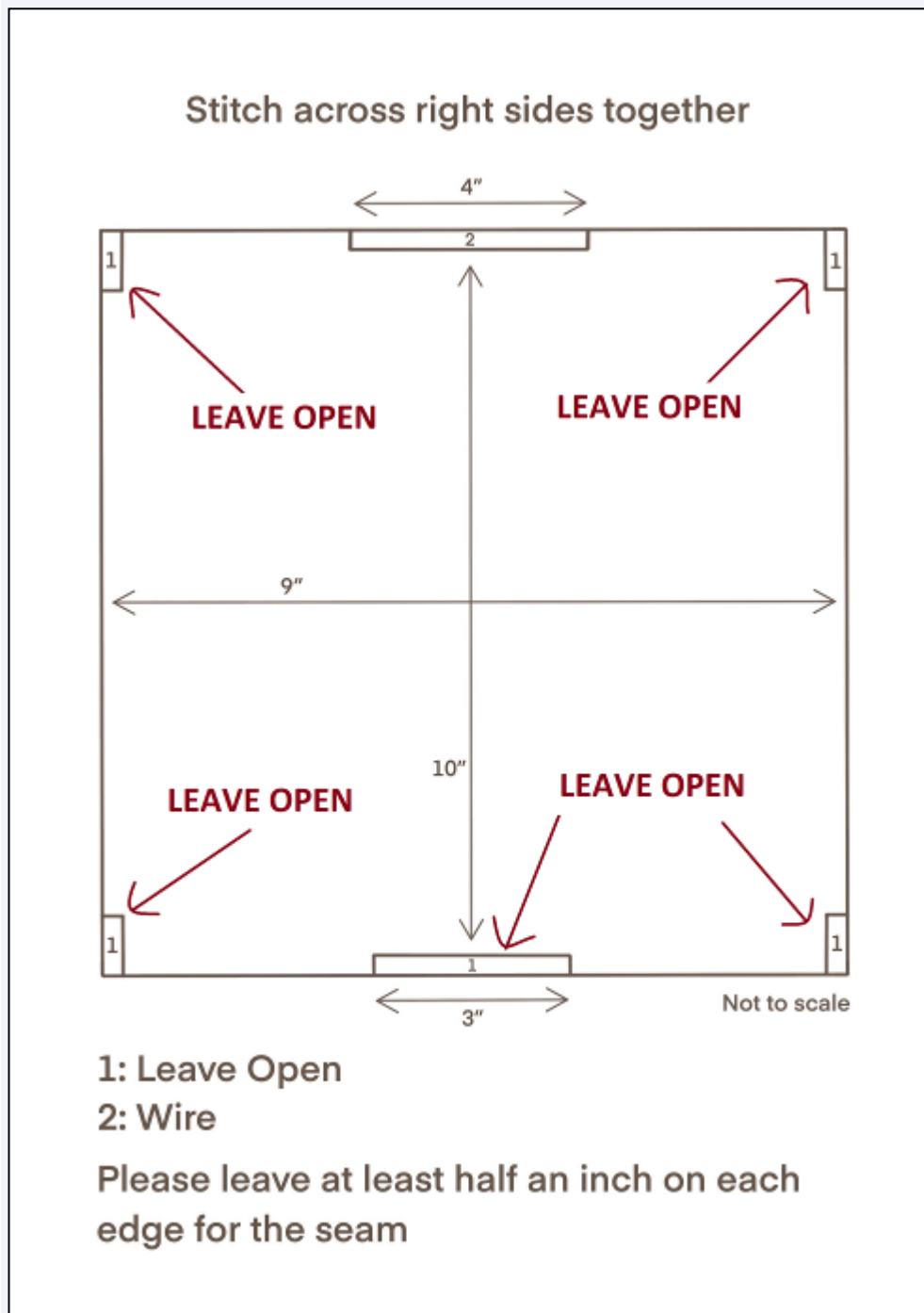
1. Cut 2 pieces of fabric measuring 9" across x 10" down.
2. Mark out the middle of the top end of the fabric for the nose part and 2" either side of the centre.
3. Mark out a 3" opening at the bottom to leave open to insert a filter.
4. Mark out a half inch opening each side at the top and bottom of the fabric.
5. Right sides together, sew round the rectangle of fabric leaving a half inch seam allowance. Be sure to leave the marked areas open to insert the elastic and the filter.
6. Turn the fabric round the right way through the 3" opening left at the bottom, iron the fabric for a neater finish.
7. Your rectangle is now ready to insert the wire at the top of your rectangle and sew in place.
8. Insert the elastic through the spaces left at each corner and join together. Pull the join of the elastic through into the side seam to hide the join. A small safety pin at the end of the elastic will make this easier to thread through.
9. Gather up each side and the mask is ready to wear.

Options

If you wish a thicker mask with a filter you can insert a piece of plastic or a clean baby wipe through the bottom of the mask where you left a 3 " gap. Or even a piece of unused vacuum cleaner filter bag or microfibre cloth.

If you are unable to sew, I can make your mask up for you if you can get a suitable piece of fabric, wire, and elastic to me. Phone 01243 781052.

Mask Template & Photos—NOT TO SCALE.



FAQ's for Everyday Use.

- **Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?**
Yes. They should be washed after each use.
- **How does one safely sterilize/clean a cloth face covering?**
A washing machine with normal detergent should suffice; a 60C wash is recommended.
- **How does one safely apply/remove a cloth face covering?**
Individuals should be careful not to touch their eyes, nose, and mouth when applying or removing their face covering and wash hands immediately after removing.

Louise and Mick

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Quiz.

1. The New Testament was originally written in which language?
2. What does the Internet acronym ROFL mean?
3. What is another name for Gypsum plaster?
4. The earliest wheelbarrows were used in which country?
5. As of 2018, who is FLOTUS? (Hint: we want a person's name)
6. Which country has the highest density of vending machines in the world?
7. Who asked the quiz questions on University Challenge before Jeremy Paxman?
8. What sort of vehicle is a vardo?
9. Thiamine deficiency due to not enough vitamin B is also known by what name?
10. What is bigger, the hectare or acre?
11. The name of which Spanish ham literally means "ham from the mountain range"?
12. Which organisation was founded by Charles Taze Russel in the 1870s?
13. Which animal is associated with the year 2018 in the Chinese Calendar?
14. Which spice can also be the name of the top colour of the Indian flag?
15. Which word starting with the letter 'p', is often used to describe someone that has mastered multiple languages?
16. Which actress once said: "Women might be able to fake orgasms. But men can fake a whole relationship"?
17. What musical instrument was played by George Dawes on TV's Shooting Stars?
18. What name is given to the small dots on each face of a common six-sided die?
19. The Welsh settlement of the Chubut Valley is in which sparsely populated region?
20. The Royal Opera House in London, is often referred to by which two word alternative name because of it's location?

Reflection.

ALWAYS WE HOPE – LAO TZU

*Always we hope
someone else has the answer,
some other place will be better,
some other time,
it will turn out.*

*This is it.
No one else has the answer,
no other place will be better,
and it has already turned out.
At the centre of your being,
you have the answer:
you know who you are and
you know what you want.
There is no need to run outside
for better seeing,
nor to peer from a window.
Rather abide at the centre of your
being:
for the more you leave it,
the less you learn.
Search your heart and see
the way to do is to be.*



Russell Kendall.

Recipe: Bara Brith or Welsh Spotted Bread.

Dorothy.

This is delicious buttered with a cup of Earl Grey but **BEWARE!** The fruit is soaked overnight so don't start making it the day you plan to eat it.

Ingredients :-

- 1lb. (450g) Self-Raising Flour or 450g plain flour and 6tsp baking powder.
- 1 egg.
- 3/4 pint (420ml) of tea.
- 12 oz (330g) mixed dried fruit.
- 1 tsp mixed spice.

Method

- Soak the fruit overnight in the tea.— No milk please!
- Mix together all the dry ingredients
- Beat the egg and stir thoroughly into the soaked fruit.
- Blend the wet and dry ingredients together and spoon into a lined 2lb. loaf tin. (Or use a generous application of Trex)
- Bake in a 160C oven for around 1 1/2 hours.
- Cool. Slice and butter.



Recipe: EasyPeasy Pizza Base and Topping.

Louise.

Ingredients :-

- 7 grms dry yeast
- 1/2 tsp salt
- 1/2 tsp sugar
- 310 grms or 10 ozs plain flour
- 250 mls, 8 fluid ozs warm water
- A little olive oil

Method

- Combine yeast salt sugar & 250 mls or 8 fluid ozs warm water in a small bowl.
- Leave covered with cling film in a warm place for 10 mins or until the mixture is foamy.
- Sift the flour into a large bowl, make a well in the centre, add the yeast mixture, mix to a dough.
- Knead the dough for 5 mins on a lightly floured surface or until smooth and elastic
- For a thick pizza roll out dough to 35 cms 14" round
- Thin pizza divide into 2 and roll out to 14 "
- **Add any desired toppings such as the microwave tomato sauce below.**
- Lightly oil a pan or piece of foil and place Pizza on top to bake
- Bake at 210 C. 415 F, Gas Mk 6-7 30 mins.
- Can do a variation with whole meal flour 185 grms 6 ozs plain flour and 150 grms or 5 ozs whole-meal flour.

MICROWAVE TOMATO SAUCE ~ Family Recipe

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

Ingredients

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

Method

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

Add carrots and celery stir in and micro for another 3 minutes. Stir up well

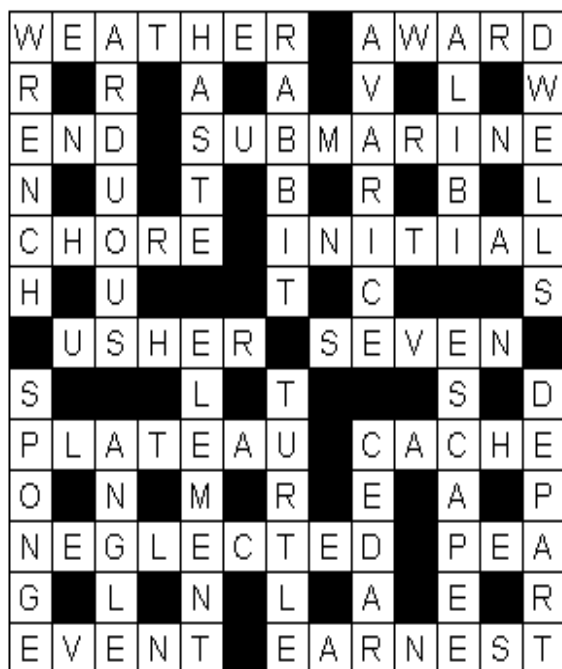
Add tomatoes and stock cube and cook for a further 5 minutes. Stir well. This sauce is now ready.

Alternatives

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

Crossword p7

Solution - ukp018



© Puzzle Choice

Quiz Answers from p10.

1. Greek
 2. Rolling on the floor laughing
 3. Plaster of Paris
 4. China
 5. Melania Trump (FLOTUS stands for First Lady of the United States)
1. Japan
 2. Bamber Gascoigne
 3. A traditional horse-drawn wagon used by British Romani people
 1. Beriberi
 2. Hectare (one hectare contains about 2.47 acres)
 3. Serrano
 4. Jehovah's Witnesses
 5. Year of the Dog
 6. Saffron
 7. Polyglot
 8. Sharon Stone
 9. Drums
 10. Pips
 11. Patagonia (in Argentina)
 12. Covent Garden



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.

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

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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