



Light At The End Of The Tunnel.

Eugen Kus

Wake Up And Smell The Coffee.

- Shop at Chichester Farmers Market; take care of yourself and the planet. p3
- Use it or Lose it; Your Mind That Is. p5
- Americano? Hopper on Isolation. Art on p10
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Step We Gaily On We Go...

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Where Did I Put Those Glasses?

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Should you need medical help during Lockdown.

The NHS are concerned that many people are not seeking the medical help they may need at this time so:

- For NHS COVID-19 vaccination advice click [here](#).
- If you need other medical help you can contact your GP practice.
- If it's urgent please use the NHS 111 online service or call 111.
- If it's a serious or life-threatening emergency, call 999.
- If you are told to go to hospital, it is important that you do go.

Louise and Mick.

Some Further Links.

- N. Mundham Parish Council COVID-19 web page. <https://northmundham.org/coronavirus-covid-19/>
- [Chichester at Home](#) have put together a list of local businesses offering delivery of fresh produce, groceries, meals and hoe/garden items.
- 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.
- 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/>

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North Mundham Parish Council Report.

As part of our work to produce a Neighbourhood Plan, we want to explore what new facilities local residents would like to see, thinking particularly about the future of the playing fields and the Village Centre (the village halls and pavilions). We have put together a working group and would welcome anyone with a view about what we should be thinking about providing in the future to share their ideas. Please contact me, or Annie Maclean at a.maclean@northmundham.org

As some of you may be aware, there is a planning application (20/02989/FUL) for a site identified as 'Land south of Lowlands', which most of you will know as the field behind Pigeon House Farm with the footpath to Hunston. The Parish Council responded to the application by expressing its concern about a number of issues, including surface water drainage, sewage disposal, and the burden of traffic on the B2166. However, we have not raised a formal objection, subject to having appropriate protection to prevent any further building on the site in those areas which the application proposes to leave as green spaces, and to provide for maintenance of the ponds and ditches which will drain surface water. I am aware that some of you may be disappointed that we did not raise a formal objection, and I would be happy to explain the thinking behind this decision if anyone wants to get in touch.

As a reminder, there is an opportunity to ask questions at the Meeting of Electors, which is the Council's opportunity to tell you what we have been doing in the past year. This year the meeting is due on Tuesday, 9 March. Normally we would hold the event in the village hall, but we cannot do that this year and we will hold a meeting on-line. In view of this limitation, to keep the meeting short, we will not have a guest speaker but limit the meeting to the Council's report and answering your questions. Please visit the Parish Council's website nearer the time to see the agenda and the link to join the meeting.

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

NB Other useful emergency contact details are :-

For planning issues, the Planning Authority is Chichester District Council. Their general contact number is 01243 785166. For contact out of hours call 01243 785339. For planning use 01243 534734.

For reporting all sorts of footpath or road defects, you can also use Love West Sussex at <https://love.westsussex.gov.uk/reports/home>

But for street lights of any kind, including traffic lights and illuminated bollards, use: <http://www.lightsoninwestsussex.co.uk/Public/ReportFault.aspx>

Your Parish Councillors can be found at; <https://northmundham.org/council/parish-councillors/>

"People usually consider walking on water or in thin air a miracle.

But I think the real miracle is not to walk either on water or in thin air, but to walk on earth.

Every day we are engaged in a miracle which we don't even recognize:

a blue sky, white clouds, green leaves, the black, curious eyes of a child—our own two eyes. All is a miracle."

— Thich Nhat Hanh, *The Miracle of Mindfulness: An Introduction to the Practice of Meditation*



What's Happening?



Cattle Market Car Park, 9am - 2pm.

1st & 3rd Friday of every month

The Awards Winning Farmers Market will make your taste buds tingle this month on Friday 5th and 19th March. **Fill your cupboards with locally grown, caught and made produce!** Besides being fresh and tasty, all produce will help support our local economy and lowers the environmental impact.

These are **FOOD, ALCOHOL AND PLANTS ONLY** markets.
All traders can take cards in preference to cash.

Strict social distancing measures will be in place. Shop, Don't Stop.



The Swallow Fleet at Itchenor Sailing Club is offering great opportunities to get you involved this Summer.

Have all those weeks spent locked down left you hankering to get on the water again? Itchenor Sailing Club is well blessed in having three wonderful day racing keelboat classes. The National Swallow, the Solent Sunbeam and the XOD class, each offering a unique package of experiences, but it is the Swallow Class that is offering **SW.ITCH** this year. An offer to lend you a Swallow to take part in our midsummer racing programme.

A Swallow is a responsive and exciting boat to sail but will also look after you if the going gets rough. A "dinghy racer's keelboat" is the oft-used and apt description.

If you are tired of launching and recovering your dinghy you will also like that our Swallows live on swinging moorings in the Itchenor Reach and a Club ferry can take you to and fro. Haines boatyard is right on the spot. A friendly fleet of regulars enjoy racing and are supported by a locally based class organisation in charge of the social programme to ensure that a good time is had by all.



In Chichester Harbour a Swallow can be raced successfully by crews with a wide range of age and weight. Modern equipment means that the sail controls are easy to use whilst the forgiving nature of the classic design allows two person and women crews to be competitive in all but the strongest of conditions.

Itchenor is a friendly sailing club offering a busy social programme. Access to its sailing water at all states of the tide means that a huge programme of racing is organised each year at regular times each weekend from March to October including a week-long regatta in June. Informal evening racing in mid-summer caps off the programme. Working very closely with the RYA, the club developed Covid protocols during Summer 2020 that recognised that sailing with one or two known others in an outside environment represents a very low risk of infection so the club is hopeful that the 2021 programme will start on time at the end of March or very soon after. The catering facilities may take a little longer to open up.

So, come along and to get involved. Crewing opportunities are always available and the special offer for those used to racing is our **SW.ITCH** programme where the Swallows will lend you a boat for the mid-Summer Season. Please visit us at www.swallowclass.org to find out more.



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Mundham & District Gala and Flower Show 17th July 2021

The Gala is one of the village's great institutions, bringing folk together for over 125 years for a great family afternoon of fun, getting together with friends and neighbours and some gentle (or is it!) competition

In my February message I urged you to visit or rather re-visit the Virtual Flower Show through the Gala website <https://www.mundhamgala.co.uk> (it's still on the website so whet your appetite for the coming year by having another look). But this July we intend to have the real thing, albeit in slightly altered form.

It's lovely to see the Spring flowers in the fields and along the edges of the lanes beginning to flower, snowdrops, crocuses, aconites and daffodils all promising us that Spring really is on its way. So now is the time to think about preparing for this year's Gala. As the days lengthen and begin to get warmer, we can look forward to getting out in the garden or the greenhouse to start planting and sowing – vegetables, flowers, plants and of course you can start now collecting your photographs together (we don't know what the categories will be but when we do – there will be the fun of sorting through and finding ones that fit!). This year, I think everyone will be looking forward to a bit of normality in our lives and what better way to celebrate that than at our lovely village Gala! Keep an eye on the website for Gala news and here in this magazine and look out for the schedule when it is available in April or May.

Why not think about being involved in the Gala in other ways - and there are many ways - we're always grateful for new people to come forward and offer their talents in whatever way they would like – everyone has something to offer! And it's fun to be part of a great team. If you have a local business how about taking an advert in the schedule. Once it is printed, depending on the Covid situation, it should be available in local shops and other venues – advertising is very inexpensive and a great way to get your business noticed by most of the village over the months leading up to the Gala. If you would like to advertise in this year's Gala Schedule please get in touch with Clive Johnson, site@mundhamgala.co.uk

Celia O'Shea
February 2021

Antipodean food humour recalling the 1950's.

Curry was a surname.

A takeaway was a mathematical problem.

A pizza was something to do with a leaning tower.

All potato crisps were plain; the only choice was whether to put the salt on or not.

Rice was only eaten as a milk pudding.

Calamari was called squid and used as fish bait.

A Big Mac was what we wore when it was raining.

Fish didn't have fingers in those days.

No-one had ever heard of yoghurt.

Healthy food consisted of anything edible.

People who didn't peel potatoes were just lazy.

Cooking outside was called camping.

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1) LEARN A LANGUAGE:

Studying a language will broaden your horizons and give you much more enjoyment of the country you are visiting. A study using MRI scans at Lund University, Sweden, revealed that an intensive language-learning course caused specific parts of the brain to grow and develop including the hippocampus which is involved in learning new material and spatial navigations. This includes playing games like Bridge which will improve the memory.

2) IF YOU DON'T SNOOZE YOU LOSE

When you sleep well, you're making a long-term investment in your memory health; see <https://sleephubs.com/>. Research strongly suggest that high-quality sleep during middle age may help guard against age related cognitive decline. To calm your nervous system when trying to fall asleep try 4-7-8 breathing exercises, exhale through your mouth fully, making a whooshing sound. Close your mouth and inhale through your nose to the count of four. Hold your breath for a count of seven. Exhale through your mouth, making a whoosh sound for a count of eight. Repeat 20 times.

3) SNIFF A LEMON

If you struggle to retain information, try this trick from hypnotherapist Nick Davies (ndhypnotherapy.com) The aroma of lemons creates mental alertness. Read or study what you have to remember while smelling the lemon scent and give the topic a name. When you need to recall the memory, relax and sniff the lemon scent to recall.

4) MIND YOUR WINE

Drinking more than 14 units a week (9.5 units to a bottle) increases the risk of dementia, according to a 2018 study in the British Medical Journal, but it also found that a small glass of red wine a day may be of benefit for the old ticker. If you need to cut down but like the sense of the occasion, try making cocktails with non-alcoholic ingredients. E.g. Try a slim line tonic with a dash of Angostura bitters, ice, slice of lemon and a sprig of mint. or Elderflower and tonic with frozen fruit, cucumber slice, lemon slice, mint sprig and ice for a non alcoholic Pimms.

5) GET SMART WITH ART

Galleries, museums, theatre trips and concerts are all nourishment for our minds, according to research from the University of London which found that artistic engagement reduces the risk of depression. " They encourage gentle movement, reduce social isolation and lower inflammation and stress hormones such as cortisol" says Dr Daisy Fancourt. The arts are linked with dopamine release, which encourages cognitive flexibility and reduces the risk of dementia. (NB: Consider this tip post-lockdown !)

6) THINK POSITIVE

Try to take daily irritations in your stride such as long waits in queues or traffic jams. This can help to preserve brain health according to a study by researchers at Oregon State University. It found that older adults who reacted more negatively to stressful situations went on to perform worse in cognition tests. Try re-framing situations in your mind and use the valuable time to perhaps listen to a podcast.

7) FLEX YOUR MUSCLES, WORK YOUR MEMORY

The benefits of exercise for improving cognitive health are abundant but it doesn't have to be long, vigorous workouts - a recent study by researchers at the University of California found that even ten minutes of light activity (think tai chi, yoga or a quick stroll) increases the connectivity between parts of the brain responsible for memory creation and recall. It is good news if you are feeling more energetic as in other studies, resistance exercise and aerobics exercise such as cycling or swimming were found to be good for staving off cognitive decline.

8) STEP ON IT

Dancing won't just keep you fit - scientists have shown that picking up all those steps and remembering them ticks cognitive learning boxes too. One study on people in the over 60s found that dancing improved an area of the brain related to memory and processing speed, while another found spatial memory was given a boost.

9) TUNE INTO A NEW TRACK

A number of studies support the idea that learning to play a musical instrument in childhood not only increases grey matter volume in various brain regions, but can also strengthen connections. Even listening to music can help especially to new tunes and music as the unfamiliarity of the new music forces the brain to work to understand the new sound.

10) PRICK UP YOUR EARS

It seems a strange connection, but having your hearing tested may help to keep cognitive decline in check says Dr Jamie Wilson dementia specialist and founder of Hometouch (myhometouch.com) A recent paper in *The Lancet* suggests that unaddressed midlife hearing loss is a significant risk factor for dementia. The good news is that evidence suggests proper diagnoses and management of hearing loss may reduce that risk, so see your G.P. if you have any concerns about your senses.

Did you know about : **THE CHATTY CAFE SCHEME for a NATTER ?** <https://thechattycafescheme.com>

We are presently hosting 3 x virtual Chatty Cafes per week via Zoom - come and chat online, face to face for a good old chatter & natter. Email jenny@thechattycafescheme.co.uk for the days, times and Zoom meeting ID - hope to see you there!

Local Walk— A Scenic 5 1/2 mile Walk round Duncton and Seaford College.

Tom Blaylock proposes this delightful circular Spring walk.

Route description:

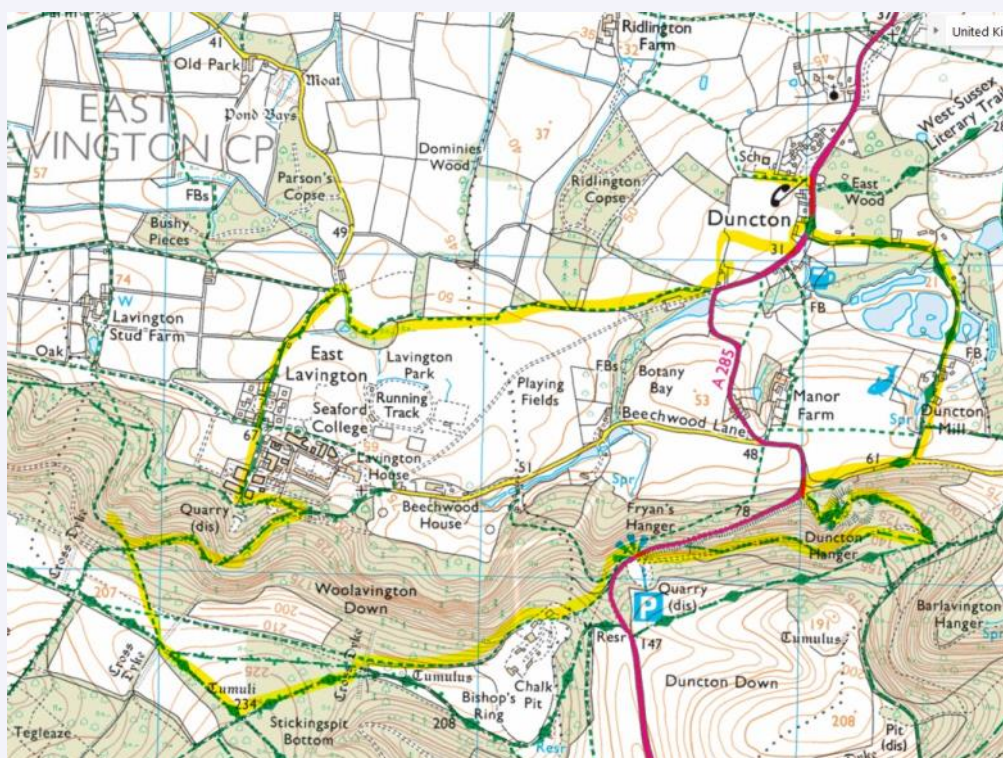
Ample parking at/near Duncton Primary School.

Cross the A285, turn right, ignore gates on left leading to Burton Park and take the next left down a driveway leading to Duncton Mill Fishery. Kingfishers have been sighted here. Pass the large pond teeming with salmon, then a gushing spring.

Turn right onto lane and soon reach the A285. Turn left onto the bridleway and wind your way up the hill, passing the old lime kiln at the first switchback. At the

meeting of several paths turn sharp right and follow the track along the contour, ignoring the fork to right marked Bridleway, until you reach the car park. Cross the main road with care and turn left onto a footpath. Carry on climbing, ignoring paths on the right, past the enormous chalk quarry. As you emerge from the woods, turn left to join the bridleway, currently very muddy, leading up to Tegleaze Post on the South Downs Way. Take in the spectacular views towards the North Downs then head west along the South Downs Way. Bear right onto a footpath and head downhill into the woods. At the crossing, turn right, then soon turn sharp left, then right to go through Seaford College. Pass some houses and go through a gate, soon turn onto a footpath on the right. Follow the signs past the golf course then just before the gatehouse turn left.

NB (This is a new right of way, not on the map yet). Skirt the field, turn right over a footbridge then straight across the field to emerge opposite the pub. (The Cricketers –Ed.)



Trees, Barn Owl & mammal nest boxes near Seaford College.



Seaford College.

Notes.

Suitable clothing & footwear are recommended as are binoculars if looking for wildlife. The 'gpx' track can be downloaded from Viewranger as 'Duncton-Seaford College Circular.'

Ordnance Survey maps are Landranger 197 or Explorer 121.

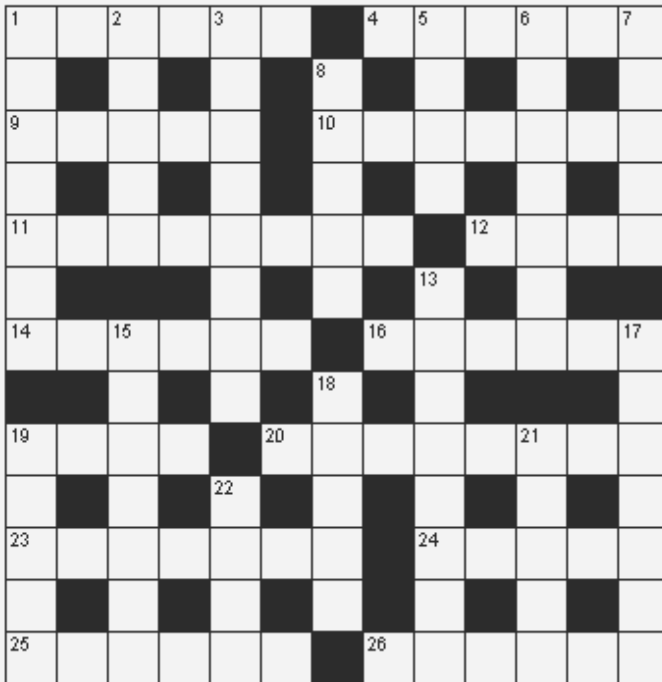
Mick

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CROSSWORD.

© Puzzle Choice

Standard Crossword- ukp027



Across

1. Cultivated plot (6)
4. Written musical compositions (6)
9. Film (5)
10. Refrain from voting (7)
11. Listlessness (8)
12. Meat or vegetables cooked slowly (4)
14. Shrink (6)
16. Evaded (6)
19. Part of the neck (4)
20. Resident (8)
23. Inactivity (7)
24. Play (5)
25. Excused (6)
26. Deferred payment (6)

Down

1. Risk taker (7)
2. Stud (5)
3. Panache (8)
5. Monetary value (4)
6. Responded (7)
7. Tendon (5)
8. Freight (5)
13. Flatfish (8)
15. Use up (7)
17. Take away (7)
18. Large expanse of water (5)
19. Dissonance (5)
21. Accolade (5)
22. Pace (4)

HUMOUR

Never buy a border collie when you're drunk.



**Probably Heavy Metal.
Side 2 was no improvement.**

Twenty More Places in West Sussex Quiz.

- 1 A transport hub built on a racecourse – **GA**
- 2 The Government leases this country house from the Goring family for use as a residential conference centre – **WH**
- 3 The site of a youth hostel and a TV/Radio mast – **TH**
- 4 Christopher Fry's play "Boy with a cart" ends here – **S**
- 5 A village near Worthing which holds an annual sheep fair -**F**
- 6 This building contains a stain glass window by Chagall in its north aisle – **CC**
- 7 A windmill north of Worthing now in a residential area - **SM**
- 8 A Poor Clare's convent is located in this hamlet – **C**
- 9 This town installed a Ferris wheel in 2019 – **W**
- 10 An Elizabethan mansion between Storrington and Pulborough -**PH**
- 11 The village between Arundel and Littlehampton said to have "Nucker Hole" - **L**
- 12 The only motorway service station in West Sussex – **PP**
- 13 This village near Arundel is said to be one of King Alfred's burghs - **B**
- 14 The longest of the West Sussex rivers rising at Forest Ridge – **A**
- 15 This West Sussex estate is now being "rewilded" - **KC**
- 16 Where a railway carriage works was located adjacent to the sea front – **L**
- 17 This railway station on the Arun valley line was the location of lime kilns – **A**
- 18 The poet Shelley was born in this village in August 1792 – **BH**
- 19 The name of the bridge where the A259 crosses the river Adur at Shoreham – **NB**
- 20 The village where the Bishops of Brighton and Arundel had a residence – **S**

Helena Millen

Answers on p12.

Book Review : A Life of Montaigne.

Sarah Bakewell: How To Live; A Life of Montaigne.

A Medieval self-help book that's right up to date.

'What have the Romans ever done for us?', is a question many are familiar with and, if we have seen The Life of Brian, then we already know the answer.

Well, let us turn it up a little and say, 'what have Elizabethan era French winegrowers ever done for us?'

The answer can be found in this biography by Sarah Bakewell and it turns out to be 'quite a lot'.

Some say Michel de Montaigne was the Dominic Cummings of the 16th Century, though his vision was never in doubt. He worked hard as the Mayor of Bordeaux to drive the fledgling French monarchy to support the city, then just walked away from the job without any discussion. An intrinsic believer in 'evolution over revolution'; Montaigne supported the King by treading a fine line between the Catholics and the Protestants, the two main French political factions at that time, yet was never in the pockets of either.



He understood our present preoccupation with serious infection as this period was a time of frequent plagues and 'The Black Death' ravaged Europe and taking as much as one-third of Bordeaux population in 1585. A close friend and inspiration, Étienne de la Boétie, died of the plague as Montaigne sat by his death bed; in surviving the plague Michel may have learnt something about 'Hands-Face-Space'.

People doubted his sanity in writing at length about what the cat thought of him, yet our present world of treating pets as people could imply that many have come round to this point of view.

To our world of 'fake news' Montaigne's constant revision of his ideas may seem so 'vin ordinaire' yet he never pretended NOT to have said something, keeping his original writings and adding the 'mark-up's in the margins; knowing exactly what he had thought and when he had changed his mind.

There was a brush with death in a riding accident that would have killed most people even today.

A consummate traveller and communicator; Montaigne loved art, new ideas, and culture, though above all he enjoyed people and found them endlessly fascinating. A good deal of his writing concerns how to handle potentially hostile encounters and there were plenty of those over the course of his life; with banditry rife throughout Europe.

Today we might say he had 'The Common Touch' yet he was instinctively welcoming and hospitable; with a manner that could bring calm to many a dangerous situation. This was a skill Montaigne sharpened through deep reading of historical human conflicts, reflecting on their significance and draughting strategies for peaceful resolution.

Many may come to value this talent for bringing peace where there is strife over the next years as we transit into what could be a quite different world to the one just recently left behind.

Mick

Gardening: How to look after your garden in February/March.

This is the month to prepare your garden for the spring. Although it is still cold outside, you can get a head start with your garden and plant bulbs this month in preparation for your garden to gain that beautiful 'summer look'. Bulbs such as Lilies, Galtonia, Agapanthus, Eucomis, and Liatris are great to plant this late-winter for a variety of summer flowers to blossom. It is important to know that bulbs prosper in a light, well-draining soil, therefore it is best to avoid wet and heavy soils to help the flowers grow to their full potential. You can also make a plan for your summer garden and purchase flower seeds that can be sowed in the future, for example seeds such as Dahlias, Sweet Pea, California and Ladybird poppies can be sowed next month.

As well as this, if you have a vegetable garden February/March is the time to prepare vegetable seed beds. You can do this by removing all weeds and bringing in a good amount of compost, to prepare for planting vegetable seeds in spring. However, this month you can also sow peas, kale and aubergine seeds, grow cucumber and tomato seeds, and also grow early potatoes, eventually treating yourself to a wide range of flavourful crops. But also make sure to keep slugs away from your vegetable garden to avoid damage to your vegetables.

Also, it is essential to look after the wildlife this month. To do this you can clean nest boxes as birds will look for places to shelter in this cold and wet weather. As well as planting a wildlife hedge which can feature hawthorn, holly, hazel, beach, spindle and wild plum to provide a source of food, shelter and breeding opportunities for lots of species this month. To add to this, it is best to avoid turning the compost heap until April. This is because insects may be hibernating in the compost, therefore disruption may harm them.

Another job for the garden this month is to prune trees and shrubs. By pruning trees and shrubs, dying and dead branches are removed from your garden, eventually allowing room for new and healthy growth. This will also discourage pest and animal infestation in your garden as well as improving a plant's structure and shape. Therefore, it is important to prune your garden this February/March.

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Travelogue; The Western Cape.

The Western Cape region of South Africa is well known for its winelands and for big game; and what attracted us was a Lion. In fact it was The Lions Foot; not some Great White Hunters trophy, but a cosy, Cape Victorian bed and breakfast in The City Bowl area of Cape Town. It is in fact called Leewenvoet, which is lions' foot in Afrikaans; the name being linked to The Lions Head, a prominent local landmark on Signal Hill.

We liked the community feel of the City Bowl as we wanted to explore on foot as much as possible and the excellent and reasonably priced restaurants and coffee shops nearby as well as an easy walk into the V&A waterfront appealed. Besides the beautifully kept historic port buildings the Waterfront is home to Cape fur seals - just keep your distance - as well as the ferry to Robben Island where Nelson Mandela was once held.

Table Mountain's drama is heightened when The Tablecloth is in place; a blanket of cloud that covers it and spills down over the sides. The cable car ride to the top affords mind-boggling views across



the city and yet Table Mountain was memorable for us in a very special way. Our visit to Cape Town was not long after the peaceful transition to majority rule and there was a mood of great optimism. The mountain top is extensive and as we walked on one of the many trails, we came across a mixed-race group of mostly young people singing unaccompanied the new South African national anthem, Nkosi Sikelel' iAfrika (Lord Bless Africa). At that moment we too were witnesses to the deep-felt hope and positivity of a new nation.

Besides wildlife, South Africa is home to a huge variety of plants and trees not found anywhere else and Kirstenbosch is acclaimed as one of the great botanic gardens of the world. The climate is so special and there are miles of walking trails up into the mountain and some remarkable wildlife. It was hard to believe that we were in Africa as everywhere was so lush and green; yet not so far inland temperatures were in the 40's. Few gardens can match the sheer grandeur of the setting, against the eastern slopes of Cape Town's Table Mountain. Even the word 'garden' is ironic. It is described as a botanical garden with mountain views when a mountain with the Garden of Eden attached was more fitting.

The Cape of Good Hope is some 35 miles away from Cape Town and, turned out not to be the most southerly point of Africa. Yet, it is spectacular, though 'not for those of a nervous disposition', with the funicular railway up to Cape Point beating most fairground white-knuckle rides for tension and then there is the view across two oceans separated from oblivion only by a three-foot wall.

Besides the staggering views, the local wildlife of giant tortoise, ostrich, eland and a troop of Cape baboons foraging for clams at Buffels Bay was the biggest thrill that the driver of our 'taxi' (a



Toyota minibus) took care to locate for us.

Mick

Self Isolation and Social Distancing is nothing new!

Celia

Now coming up for a year of isolation and I came across these images. Most people know Edward Hopper's iconic 'Nighthawks' of 1942, and his paintings have a resonance now in our current locked-down state. Hopper was an American Realist painter of mid twentieth century.



Here he is conveying a mood of loneliness and desolation by its emptiness and the non-communicating figures. Everyone keeps their distance and no-one communicates except the married couple at the bar (emphasising the solitary nature of the other customer). We are distanced from the figures by a plate glass window (as we are now by screens everywhere) which just emphasises our role as an outsider. The light from the snack bar spills on to an empty street.



Throughout his long career Hopper was drawn to solitary figures in exaggeratedly lonely spaces, an empty street at dawn with the shadows creating an eerie space (we have plenty of empty high streets at the moment).

Or do you find that the sun disappears over the yard arm a little earlier than it used to.

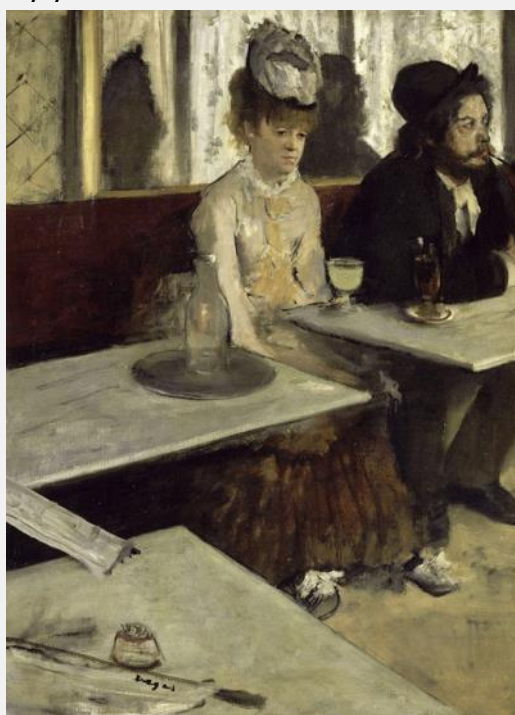
Maybe you feel we're all heading towards the fate of Edgar Degas' Absinthe Drinkers in this Parisian bar. This is a seemingly simple painting during Degas' anti-impressionist period. Various devices divide the composition into geometrical zones, stripes and squares, pre-figuring Mondrian fifty years later.

Degas' anti-impressionist canvases of this time (1875) consist often of various devices to divide the compositions into geometrical zones, stripes and squares - anticipating the rigorous abstractions of Mondrian 50 years later. The unbroken zigzag leads the eye in and out of the picture and has the effect of confining the dejected figures within its narrow space. The steep angled viewpoint gives the effect of random design as if the subjects have been caught unaware.

Absinthe 'The Green Fairy' got its green tinge from wormwood, and was banned in 1912, provided escape from the harsh existence of life in the shadows in 19C Paris (see how the whole painting has a green tinge to it). Alcoholism was a great problem in Paris at the end of the century.

This is urban despair pared down to two figures in a café - a man and woman next to each other, who do not speak - he by his clothes is a workman, he looks away; she, wearing hand-me-down clothes from an employer is staring into space.

Question: look at the tables - where are the legs?



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Discovering Sloe Port.

I'd heard of Sloe Port. Technically not a port, but a fortified wine in the sense that it has the gin in the berries plus brandy added to red wine.

We made ours, put it in the cellar and promptly forgot about it. I know that doesn't sound likely, but our cellar sort of allows for that. There's all sorts down there, it's a big space and we feel fortunate to have it. It means we can buy products in bulk and have somewhere to store them out of sight, along with all our home made stuff. Come the zombie apocalypse, the good people of our village will be fine. We will have booze and beans a-plenty. But it does mean that things get put down there and forgotten about.

Anyway, back to the Sloe Port. It sat downstairs with the berries in it for over a year. That is not what the recipes tell you to do and, had we remembered we'd done it, we wouldn't have done that either. But it turned out beautifully, and so this is how we will always make it. You would be hard pressed to find a smoother, more delicious drink to enjoy in front of a warm fire in December than home made Sloe Port. If you have made Damson Gin, you can also make Damson port using exactly the same recipe and method. It is equally delicious.

Sloe Port Recipe.

Makes 1 litre.

Ingredients

- About 500g of the sloes left over once you've drained your sloe gin
- 1x 750ml bottle of red wine - any cheap red wine will do
- 100g sugar
- 200ml brandy

And you will need a large, clean preserving jar with flip top lid.

Method

Add the gin-soaked sloes, sugar and the bottle of wine to the jar. Seal the top and shake every day for 3 weeks to ensure the sugar is fully dissolved and gin gets distributed.

Then add the brandy to the jar and shake well. Stick in a corner somewhere dark and forget about it (ha!) for at least 3 months.

When you're ready to drink your port, strain off the berries off through muslin once again. This time I think they're only good for the bin unfortunately, but they can at least feel they've given wonderful service.

Decant your Sloe Port into bottles. If you're feeling really nice, you can give them away to friends and family as gifts. However once you taste it, you may decide to give them something else instead.

Variations

So the year after I discovered this, I tried the same recipe with a variation. Instead of using Sloes soaked in gin, I used the cherries and blackcurrants I had used to make vodka liqueurs. I left the cherries and blackcurrants soaking in red wine and sugar in exactly the same way as for the Sloe Port Recipe. And guess what? It turned out equally beautiful.

As with Sloe Gin, there's a fair amount of waiting around until these delicious concoctions are ready to drink. If you make a good amount each year so you're effectively stockpiling it, you'll be less likely to be tempted to drink the lot in one go and have nothing left. Maybe.



HOAX CALLS BE AWARE

There have been a lot of hoax phone calls recently even more than usual. The most recent ones which we have had several times a day tell us that they are B.T. calling and that our phone line will be cut off within 24 hours, needless to say our phone is still very much in use ! If you do a 1471 on the number more often than not you will find that the number is not in use. Sometimes if you do as they say and press 1 it will take you to a very expensive rate costing £s to call. Unless you know the number calling you, hand up and use this link to report spam calls: <https://ico.org.uk/make-a-complaint/nuisance-calls-and-messages/spam-texts-and-nuisance-calls/>

Be aware stay safe.

Crossword Solution from p7.

West Sussex Quiz answers from p8.

Solution - ukp027

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

© Puzzle Choice

- 1 Gatwick Airport 2 Wiston House
- 3 Trueleigh Hill 4 Steyning
- 5 Findon 6 Chichester Cathedral
- 7 Salvington Mill 8 Crossbush
- 9 Worthing 10 Parham House
- 11 Lyminster 12 Pease Pottage
- 13 Burpham 14 Arun
- 15 Knepp Castle 16 Lancing
- 17 Amberley 18 Broadbridge Heath
- 19 Norfolk Bridge 20 Storrington

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P6	Seaford College	https://commons.wikimedia.org/wiki/File:Seaford_College.jpg
	Map	Tom Blaylock
	Trees and nest boxes.	Tom Blaylock
P8	Montaigne	https://commons.wikimedia.org/wiki/File:Montaigne-Dumonstier.jpg?uselang=fr
P9	The Tablecloth	https://upload.wikimedia.org/wikipedia/commons/thumb/1/1a/Tablecloth_2009.jpg/512px-Tablecloth_2009.jpg
	Cape Baboons	https://upload.wikimedia.org/wikipedia/commons/thumb/4/49/Papio_ursinus_-_cape_of_good_hope.JPG/640px-Papio_ursinus_-_cape_of_good_hope.JPG

Corrections to Attributions on p12 of the February 2021 issue as follows:

P5	Gorse,	Jackie Lovell
P7	Flying Sheep	Jackie Lovell
P9	Sparrowhawk	Jackie Lovell

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 or Calibri 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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We are happy to publish letters as 'name and address supplied' but will not include anything sent anonymously that is clearly defamatory or hurtful to a specific individual or group.

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