

The Sky's The Limit.

Eugen Kus

## Spring is In The Air..

- With Frisky Frolics In Rococo France. Art p9
- Shop at Chichester Farmers Market for fresh and planet friendly produce. p3
- A Heritage Walk Round Sidlesham Land Settlement. New Lives, New Hope. p6
- Walking a Mile or More in Andy's Shoes. p4
- At a Skinny Greek Wedding. Travelogue p9
- Dance Out of Lockdown with Sarah. p2
- And What we Need is Here. Reflection. p4
- Sloe to Port Mr Mate! p7
- MWHG Tree Planting Going Well. p11
- Be Ready For The Gala & Flower Show. p9

## Rabbit Rabbit Rabbit Rabbit...

- Too Much Brandy Perhaps. Short Story. p5
- On the Ground or Online. The Parish Helps Build Your Community. p2
- For a Wildlife Friendly Garden This Spring... See Matthews Advice. p8
- There's No Rabbit In This. Louise' Yummy Vegan Cottage Pie. P2

## Where Did I Put Those Glasses?

- Not So Easy Quiz p8
- Crossword. p7
- Quiz and Crossword answers. p12

## 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/>

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 Report.

It was good to see that a few people managed to join us on-line for the 'virtual' annual Meeting of Electors on Tuesday, 9 March. For those of you who missed it, you can find a copy of the minutes (which are as yet unconfirmed) at <https://northmundham.org/wp-content/uploads/2021/03/Minutes-Annual-Meeting-of-Electors-9th-March-2021.docx> We have received some feedback from local residents who would have liked to join the meeting but were unable to make the link. In theory, the concession that allows us to hold our meetings on-line is due to expire on 7 May, but it may well be extended. So, for the future, if there is a meeting you would like to join, you can ask the Clerk to set up a 'rehearsal' for you at a convenient time before the meeting to make sure that the system works for you. To arrange this, contact the clerk at [clerk@northmundham.org](mailto:clerk@northmundham.org) or by phone 01243 203050, or contact me.

You may remember from my last note that we are looking at what we might do to enhance the facilities at the playing fields. Recently, a small group of us met Jane Reeve from the Manhood Wildlife and Heritage Group to get her advice on what we could do to the wooded area on the east side of the field. The object is to make it a more useable and enjoyable environment for everyone, and at the same time to improve and preserve it as a wildlife habitat. Jane gave us some useful ideas, and a small team of volunteers has already made a start with a small socially distanced litter-picking operation. For the future, we would like to identify someone to lead on the project, and we really need a person with knowledge about the natural environment who can advise on how to make the most of the area. If you can help, or know someone who can, please get in touch.

During the lockdown, it has been noticeable how many more people have been walking in the countryside. Please remember to stick to the marked public footpaths, or paths marked as permissive paths, unless you have the landowner's permission. And note that footpaths are for walking, not riding bicycles. If you are on a bicycle, use the bridleways.

Tim Russell, Chairman. 01243 781052. [t.russell@northmundham.org](mailto:t.russell@northmundham.org)

### **NB Some 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/>

**How do you make holy water?**

**You boil the hell out of it.**

**Will glass coffins be a success?**

**Remains to be seen.**

**I went to buy some camouflage trousers yesterday,  
but couldn't find any.**

**What do you call a bee that can't make up its mind?**

**A maybe.** (Joke for next month? -Ed)

**She had a photographic memory  
but never developed it.**

**I tried to sue the airline for losing my luggage.  
I lost my case.**



# What's Happening?



The Awards Winning Farmers Market will make your taste buds tingle this month on Friday 2nd and 16th April. **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.**

## Sarah Moore Dance.

Dear Dancers,

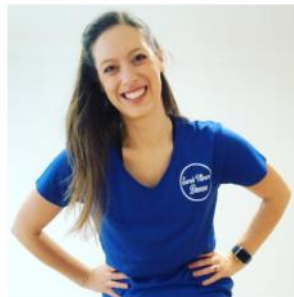
Please Ctrl+Click the link above and/or forward the magazine on to any friends who might be interested in our **Mellow Moves** class.

This link takes you to a Taster Session (roughly 12 minutes long), demonstrating all the wonderful things we get up to in Mellow Moves! (You are also very welcome to watch it, but I know many of you already know how much fun it is!!)

Many thanks as always

Sarah and the Team

[Take me to the FREE Taster](#)



**How do lawyers sleep?**

**First they lie on one side,  
then they lie on the other side.**

**When everything is coming your way,  
you're in the wrong lane.**

**Hear about the new restaurant called Karma?**

**There's no menu - you get what you deserve.**

**Two windmills are standing in a wind farm.  
One asks, "What's your favourite kind of music?"  
The other says, "I'm a big metal fan."**

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

## **874 Miles in Andy's Shoes.**

Rod Humphrey, resident of Lavant, is walking the equivalent of Land's End to John O'Groats (874 miles) to raise £10,000 for the Motor Neuron Disease Association with his dog Bramble at his side. He wants to support people like his friend Andy Sheppard. Rod and Andy met through the Masonic Lodge of Union 38 in Chichester.

Andy, who lives in North Mundham, is married to Jodie and has three young children (15, 13 and 8). He has Motor Neuron Disease (MND) which is a debilitating, fast-progressing and incurable disorder of the motor neurones. Sufferers, like Andy, quickly struggle to manage everyday tasks, such as walking, dressing, eating and talking. Watching the impact of MND on Andy and his family has deeply affected Rod, making him feel helpless.

Rod loves walking in the countryside with his dog, Bramble and his wife Lesley. Before Covid19, they had thought of actually walking from Land's End to John O'Groats. Then Rod decided that because Andy couldn't walk, he would walk 874 miles around Lavant and raise money for the MNDa.

The '**874 Miles in Andy's Shoes**' campaign was born!

Rod started walking on 23rd November 2020 and will be walking until July 2021, when he hopes to actually walk the last few miles in John O'Groats. He has signed up with an online company, EndtoEnd – LEJOG 8, which charts his progress. It's a big personal challenge, Rod (73) will have to walk at least 30 miles every week. Having had heart bypass surgery, he is grateful for the research that kept him alive. There is currently no treatment or cure for MND and Rod hopes that £10,000 would help fund research to keep people like Andy alive.

By the middle of March Rod had reached Scotland (virtually), well on his way to Glasgow - having walked over 530 miles and raising £3,875. You can follow his journey on the '874 Miles in Andy's Shoes' Facebook page or on the map on LEJOG 8 website.

If you'd like to support Rod, donations can be made through this link (the money raised goes directly to the MNDa):

[www.justgiving.com/fundraising/Rod-Humphrey4Andy](http://www.justgiving.com/fundraising/Rod-Humphrey4Andy).



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**What We Need Is Here: Wendell Berry.**

**Geese appear high over us,  
pass, and the sky closes. Abandon,  
as in love or sleep, holds  
them to their way, clear  
in the ancient faith: what we need  
is here. And we pray, not  
for new earth or heaven, but to be  
quiet in heart, and in eye,  
clear. What we need is here.**





## An Act of Concealment.

Amos closed the shutters. Dark clouds were scudding across the full moon and the wind was rising. It would be a wild night but his son, Tom, and the other men had already left for a secluded bay several miles along the coast. There, at high tide, a ship from France had dropped barrels overboard ready for collection as the tide receded. It was rumoured that excise officers were working their way along the coast. Amos knew that, once the barrels had been retrieved, Tom and his fellow smugglers would hide in the countryside to avoid detection.

Amos watched his three daughters enter the parlour after completing their duties in the kitchen. Suddenly there was a barely audible tapping on the window. Everyone knew what that meant. Amos went to the front door, swung back the bolts and opened the door a few inches.

"Excise men at the top of the village." said a voice. "Do what you can."

Amos quickly closed the door and bolted it tight. He glanced into the parlour. Three small barrels of brandy stood by the fireplace awaiting collection and delivery to customers inland.

"If they are discovered, I'll go to the county jail and my daughters will be deported" thought Amos to himself.

Rapid action was required.

"Place the barrels quickly around the fireplace" he ordered. "Then each of you sit on a barrel and spread your skirts wide around and over them. Mary, you work on your crochet. Agnes, you continue hemming the new tablecloth and Ann, you read the Bible out loud - St. John's Gospel Chapter Two - the wedding at Cana and the miracle of water into wine."

The three girls quickly obeyed knowing full well the seriousness of the situation. Amos sat slowly down in his rocking chair - his rheumatism had been particularly bad that day. Suddenly there was a loud knock at the door.

"Open in the name of the King" was a shout from outside.

Amos rose slowly and walked to the door. He swung the bolts aside and was pushed back as an excise officer and two members of the local militia strode into the parlour. The two militia men were indicated to search the kitchen beyond.

"We are just following our evening's devotion and listening to the word of the lord" ventured Amos.

Mary, Agnes and Ann could feel their fear, but they all continued to sit bolt upright hiding the barrels and continuing with their tasks. Mary watched as her ball of wool fell from her lap and unravel as it rolled across the floor. Agnes jabbed a needle into her finger; she could feel the blood seeping and hoped it would not soil the tablecloth. Ann kept her eyes low and continued reading out loud, but her voice wobbled with anxiety. She avoided the gaze of the excise man. They had already met when she was drawing water from the village well and he offered to carry her pail back to the cottage. She had refused his offer but the way he glared at her now was unnerving.

The militia men returned from the kitchen.

"Nothing?" asked the excise officer.

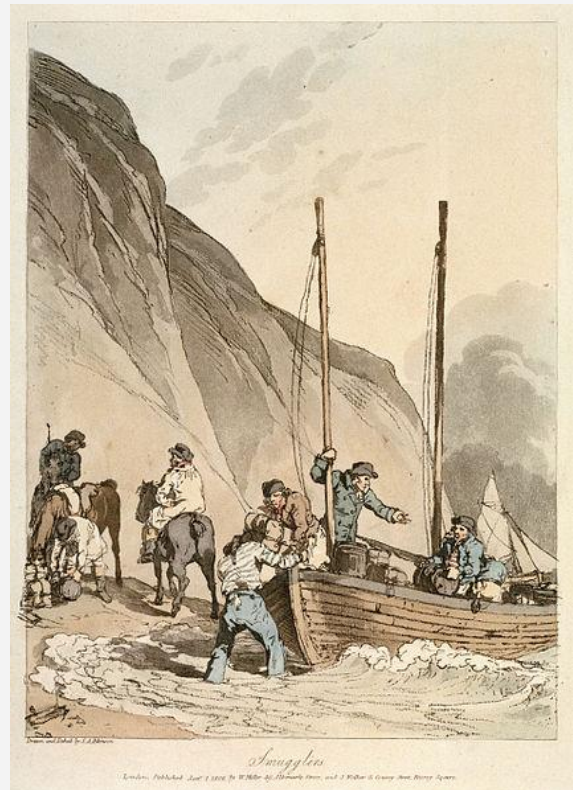
The men nodded.

"Then I'll leave you to your devotions" said the excise officer as he and his men left.

Amos bolted the door. His daughters sighed with relief and ceased their tasks.

"I think we need to get to bed" said Amos quietly and calmly. "Tom will lie low tonight and not return until the coast is clear."

The four went upstairs, candles were extinguished leaving the cottage in darkness. By dawn the next day the barrels of brandy had been quietly collected and were on their way to London.



Helena Millen

## Local Walk– Sidlesham Heritage Trail.; a Historic 5 mile Walk.

**Louise recommends this walk, with all details and photographs taken from a booklet written by Dr Bill Martin for Manhood Wildlife and Heritage Group and linked below.**

The heritage trail provides a guide to explore the development of the LSA in Sidlesham and Batchmere by visiting different locations which have been brought to life by the stories of the men and women who worked on the land.

In 1936 more than 100 unemployed miners and shipbuilders moved from the North-East of England and South Wales to Sidlesham to begin new lives as market-gardeners.

The Sidlesham Heritage Trail commemorates the development of a Land Settlement Association as an historic national event and records its impact on the local area.

### Brief History of the Land Settlement Association (LSA).

The Land Settlement Association (LSA), a government supported

initiative, was founded in 1934 at the height of the industrial depression under the auspices of the Society of Friends. It was established "to carry out an experimental scheme, with financial assistance from the Government, for the provision of rural small-holdings for unemployed persons from the industrialised cities". Over 1,000 unemployed miners and shipbuilders moved with their families to 20 different LSAs across the country. Sidlesham was the largest with 120 smallholdings.

### Route description:

The route around Sidlesham is a 5 mile circular stroll, taking about 2 hours, mostly on flat lanes, sometimes on narrow pavements. There are footpaths linking Sidlesham to Batchmere and Almodington, adding a further 4 miles to the Trail if desired. There are no pavements in Almodington.

To follow the trail please use the route description below.

<http://mwhg.org.uk/wordpress/wp-content/uploads/2018/08/trail.pdf>

### Notes.

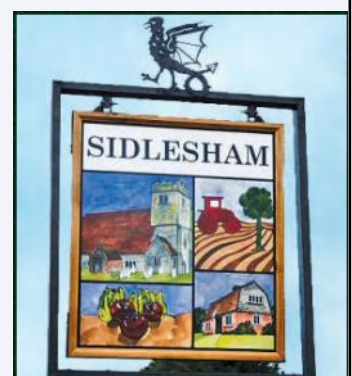
**Start/Finish:** School car park - Post Code PO20 7NL (OS GR 978847)

**Public Transport:** The nearest bus stop (No 51) is on the Selsey Road near the junction with Keynor Lane (GR SZ857977)

**Whilst following this trail please remember that all the smallholdings are private properties and the owner's privacy should be respected at all times.**

The 'gpx' track can be downloaded from Viewranger as 'Sidlesham Heritage Trail'.

**Ordnance Survey maps are Landranger 197 or Explorer 121.**



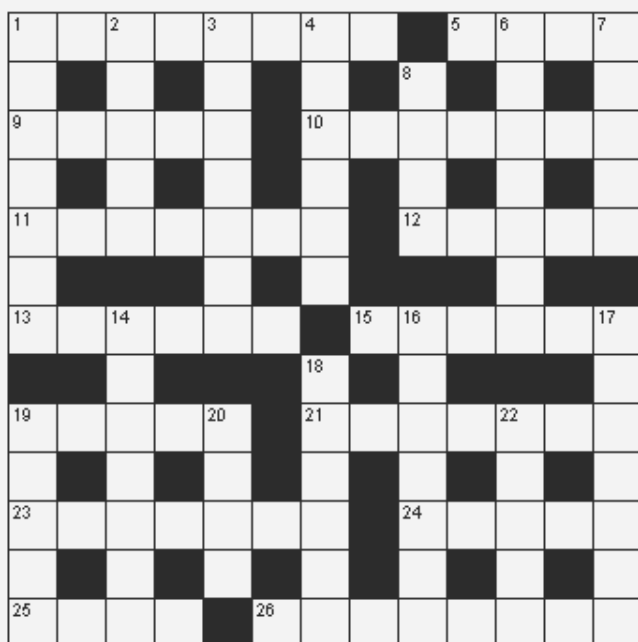
**Mick**



## CROSSWORD.

© Puzzle Choice

Standard Crossword- ukp028



### Across

1. Peril (8)
5. Rim (4)
9. Similar (5)
10. Extinct elephant (7)
11. Aromatic seasoning (7)
12. Wild feline (5)
13. Gaped (6)
15. Winner (6)
19. Go in (5)
21. Farmer's calendar (7)
23. Italian red wine (7)
24. Inexperienced (5)
25. Luxuriant (4)
26. Fierce (8)

### Down

1. Envious (7)
2. Mediterranean fruit tree (5)
3. Norm (7)
4. Type of plum (6)
6. Shortage of rainfall (7)
7. Used as an anesthetic (5)
8. Leave out (4)
14. Achieves (7)
16. Vast (7)
17. Wealthiest (7)
18. Of the sea (6)
19. Surpass (5)
20. Rip (4)
22. Dissonance (5)



Following on from our Sloe Port recipe in last month's MMM I have at least half a large bottle of gin soaked Sloe berries for anybody to make their Sloe Port with. Or use in any other recipe.

**Free to a gastronomic home !  
Phone Louise 01243 781052**

## TREE PLANTING

### 1,500 Trees Planted in Local Community by Volunteers.

This winter, a dedicated army of 36 volunteers from the Manhood Wildlife and Heritage Group accomplished the mammoth task of planting 1,500 trees across 13 different sites on the Manhood Peninsula, the triangle of land south of Chichester. From North Mundham to the Witterings, these trees have been planted to support wildlife and fight climate change.

Since 2016, the Group's Heritage Lottery Funded project 'Fixing and Linking Our Wetlands (FLOW)' has surveyed the condition of local ditches, ponds, and other wetland sites, and recruited volunteers to restore the ones that were unloved or forgotten. Most sites had huge potential for supporting wildlife and acting as flood defences. A major element of the restoration work has been to introduce young trees.



The new trees are a mix of native species and all specifically chosen for wildlife. Blackthorn, hawthorn, crab apple and cherry produce nectar-rich flowers in spring for pollinating insects followed by fruit in late summer to feed birds, mice, and voles. Hazel tree nuts feed dormice in autumn, while acorns from oak trees are collected by jays. Other trees planted include alder, beech, dog rose, dog wood, elm, field maple, holly, spindle, and yew.

Tree planting sessions are usually a communal activity for the Group. Due to Covid-19 social distancing measures, volunteers have been planting trees alone or with members of their household or bubble. Despite this, FLOW Field Officer, Christopher Drake, said: "Our volunteers have found tree planting invaluable for their physical and mental well-being. It is vital to get these trees in the ground during winter while they are dormant as it helps them to focus on putting down roots." To date, the FLOW project has planted over 10,000 young trees on the Manhood Peninsula.

As well as feeding and sheltering wildlife, trees can improve air quality, reduce soil erosion, store carbon dioxide, absorb noise pollution, and buffer wild habitats. According to the Woodland Trust, we must plant trees to tackle climate change on top of reducing our carbon emissions.

Contact: Emily Sabin  
[esabin@mwhg.org.uk](mailto:esabin@mwhg.org.uk)  
07804778377  
[www.mwhg.org.uk](http://www.mwhg.org.uk)

## Gardening: How to look after your garden in Early Spring.

With Spring arriving this month, the frequent sunny days will provide you with lots of opportunities for gardening jobs. For example, this March a variety of flowers can be sown, such as California and Ladybird poppies, Lilies, Daffodils, Nasturtiums, and Tulips can bloom in the spring. It is important to make sure to prepare the ground and clear all weeds, as well as frequently watering the flowers. Such flowers do better in poor soil so make sure not to enrich the soil. Too add to this, take off any seed heads on Daffodils and other spring bulbs that are developing, however you should leave the foliage in order for it to die back naturally.

Another job to do this month is, to look after the wildlife. Although we have the occasional bright and sunny days, temperature can fall below zero degrees at night. As well as this, a variety of amphibians start breeding this month, and birds will have eaten the last of the berries. One way you can look after the wildlife is, if you have a pond you can help breeding amphibians by providing plants that will oxygenate the water such as water forget – me – not, Hornwort, Brooklime, and Pond weed. You can also feed the birds by adding calorie rich foods such as suet nibbles, sunflower hearts, and broken peanuts to bird feeders to provide them a good source of food

Also, this spring lawn growth will begin to start, therefore on the dry days this month you can mow the lawn on a high cut. You should also make sure to gather lawn clippings. You can do this by detaching the box and leave the clippings outside in a dry corner in your garden to dry out. By doing this, you can support a queen bumblebee to begin a colony to also help the wildlife this spring. As well as this, by leaving out your lawn clippings they let out around 30 per cent of the lawn's nutrients, as they will decompose.

Furthermore, there are a variety of jobs to do in your garden this month. For example, protecting your plants from pests such as slugs and snails. This is because they can become a problem this month during the wet and warm weather. Therefore, it is best to protect your plants by using slug repellent. It is also important to know that there are a variety of plants that deter slugs, for example astrantia, rue, fennel, rosemary, and wormwood. Therefore, you may want to consider getting these plants to protect other plants in your garden.

### Matthew Wiggs:

Mobile: 07771 857432,

Email: [mwiggs@btinternet.com](mailto:mwiggs@btinternet.com)



## Travelogue; Thessaloniki. A Hatless Skinny Greek Wedding.

Not many overseas visitors travellers would come to the UK and then stay close to Gatwick or Heathrow. Why would you? We've had our fair share of Greek holidays in the Halkidiki peninsula, flying in via Thessaloniki airport; much the same sort of thing—nothing to see here—move along!

That all changed when, a couple of years back, my friend Kostas from student days ( not *SO* long ago, just an extended midlife crisis) invited me up to London to meet his partner Ellie and to my astonishment asked if we would like to come to their wedding.

—Where would that be I queried, you are here in London and Ellie lives in Cyprus ?

—We're both from Thessaloniki explained Ellie and our families are there too. We're being married in the Agia Sofia Greek Orthodox church in the city centre.



Well, we knew all the standard stuff about Greek weddings —great food and plate smashing on top of what we'd seen on The Durrells, so with little hesitation it was a big fat Yes! from us.

Thessaloniki is a true crossroads city which, for 2500 years, has lived off European trade with Asia via land and sea. Whichever conqueror was flavour of the region felt obliged to subdue the city and it still bears the clear signs of Greek, Roman, Byzantine and Ottoman occupation. It has attracted many minorities who are usually welcomed and integrated into it as evidenced by the eclectic range of restaurants, markets and shops. The ambiance is also fuelled by the huge student population; think Brighton on steroids.

So came the day of the wedding and we walked down to Agia Sofia from the middle of town to find Kostas standing there, on his own, in front of the church holding a bunch of flowers and a crowd of people behind him. What was going on here? He looked forlorn but stood there patiently. Off to the side a large stall was doing a roaring trade in marshmallows, apparently very fashionable at Greek weddings. Jackie gradually realised that she was the only woman in the crowd wearing a hat. What price The Durrells?



Softly, behind us came the plaintive sounds of a gipsy violin and strumming guitar as a group of musicians walked down the steps led by young girls in white silk dresses. In the middle of them was Ellie in her bridal gown holding her fathers hand and looking longingly around till she caught sight of Kostas now with a beaming smile standing there in front of the church door.



There seemed a rightness to this tradition of a bride and bridegroom entering the church together, and we all held our breath, charmed by their elegance and simplicity.



**Mick**



## FREEDOM ON THE HORIZON.

Celia

From the end of March we shall be enjoying a first taste of freedom – able to meet friends in the garden (but it will be another few weeks before you can snog them). But in the meantime like Fragonard's young couple you can have fun.

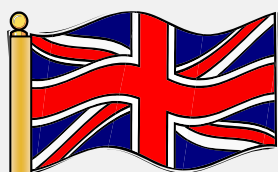


Fragonard painted *The Swing* in 1768, just before the French Revolution kicked off. Rococo art was largely about grace, sensuality and eroticism and epitomised the last decades of the monarchy in France.

The woman on the swing became a motif in French Rococo for the pleasure loving, licentious spirit of the 'ancien regime' and, very non p.c. these days, the to and fro movement symbolised the fickleness and inconstancy ascribed to high society women! Feet off the ground – flirtatious, especially kicking off the shoe, her naked foot could also symbolise lost virginity – her legs parted and skirt flying, the youth's rigid arm – and his uncovered head (his hat is the counterpart to her flying shoe) says it all!

Everything from the hem of her skirts to the shading branches is animated with swinging, dramatic rhythms. Note the position of the young man watching her with arm outstretched towards her (bear in mind at that time she would almost certainly be wearing no underwear). And look who's pushing the swing – a clergyman. Clergy were The First Estate, the second Estate being nobility and the third were the commoners. Only the commoners paid taxes, and thus began the French Revolution!

It's well worth looking this painting up (Google images) to see the detail, there is so much in this painting. It's in the Wallace Collection in London – one of the first places I shall head to when I can. What will you do with your new-found freedom?



## Mundham & District Gala and Flower Show 17<sup>th</sup> July 2021

As I write we can at last look forward to a loosening of restrictions and more freedom, and it can't come soon enough after what has seemed one of the longest and dreariest of winters! But now the sun is shining, the days are longer and things are looking up. Time to be ratchetting up our preparations for this year's Gala.

We have many of the regular attractions and stalls – after a winter of lockdown many people have been thinning out their possessions and so the bric-a-brac stall will no doubt be laden – don't forget one person's 'junk' is another person's treasure, and those bits of crockery which didn't make it will swell the shelves of the popular crockery smash!

The Show Manager, Joanna Armandias, has been working hard over the winter producing the schedule of classes. As well as many of the usual classes, including children's classes, there will be a few new ones to encourage those new to gardening to 'have a go'. So from the beginning of May pop in to the local garden centres and shops to pick up your schedule and to see the list of classes. You can also register in the usual way at the village hall or on line using the form in the schedule and on the website, and if you would like to advertise in the Gala schedule please contact Clive Johnson

Out on the field will be many of our favourites – the Dog Show, toy stall, raffle, tombola, drinks, ice creams, and once again our display of Vintage Cars and other exciting exhibits; and new for this year local singer Kerry Lebber will entertain us during the afternoon.

To get involved in any way (there's a job for everyone!), do get in touch with any of us –

Celia O'Shea – Chairman – ([secretary@mundhamgala.co.uk](mailto:secretary@mundhamgala.co.uk)) 01243 788969

Clive Johnson – talk to Clive if you can help set up stalls, gazebos etc. out on the field

Joanna Armandias – Show Manager ([showmanager@mundhamgala.co.uk](mailto:showmanager@mundhamgala.co.uk))

Sarah Gunn, Clive Budd and Annie Maclean

And if you would like to advertise in the Gala schedule please contact Clive Johnson

And check us out on social media:-

Facebook – [www.facebook.com/MundhamGala](https://www.facebook.com/MundhamGala)

Twitter - [@MundhamGala](https://twitter.com/MundhamGala)

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## Quiz.

1. Name the only property on a British monopoly board that is south of the river Thames?
2. What's the name of the paper-mache or pottery container commonly associated with Mexico, decorated and filled with sweets, then broken with a stick as part of a celebration?
3. How many pairs of chromosomes do humans have?
4. How many pleats does a traditional chef's hat have?
5. What is the alternative name of the Four Seasons' song 'December, 1963'?
6. What name connects the 1970 and 1998 winners of the Eurovision Song Contest?
7. In which year was the first London marathon run?
8. Where in the human body is the axilla?
9. What is the largest tree-dwelling animal?
10. What fried chicken dish in garlic sauce, with tomatoes and white wine, is named after a Napoleonic battle?
11. Which two consecutive letters on the top row of a computer keyboard spells the Welsh word for house?
12. How many continents does the equator cross?
13. Vinegar consists mainly of which acid?
14. In cockney rhyming slang, what is known as the Oxo?
15. What object is 'acus' in Latin?
16. What is the only anagram of the word 'English'?
17. How many men have walked on the moon?
18. In which year was the Cuban missile crisis?
19. What star sign would you be if your birthday was on Bastille Day?
20. Name the best-selling novel of the 19th century? It was the second best-selling book of that century, following the Bible.
21. Which classical music piece of work is famously known as the theme music for The Lone Ranger?
22. What is the title of Michelle Obama's 2018 autobiography?

**Answers on p12.**

## You've Got to Laugh.

A priest, a vicar and a rabbit walk into the Red Cross to give blood.

The nurse asks, what's your blood type?

The rabbit replies, I'm probably a Type O.

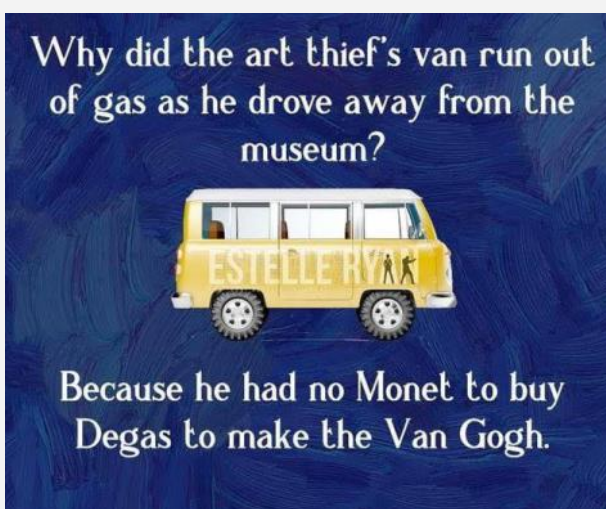
## Future Tense.

Heard at a vaccination at the Elysée Palace later this year.

'M. Macron, I think you will feel a bit of a prick.'

## Going to Pot?

In Colorado the annual emissions from legal cannabis farming add up to around 2.6 metric megatons of carbon dioxide equivalent (CO<sub>2</sub>e). That's over 30 percent more than coal mining in the state, which is responsible for 1.8 metric megatons. The biggest footprint came from the natural gas and electricity needed to maintain high-intensity growing lights and environmental controls.





## Recipe.

Louise.

We are being urged more and more not to eat meat to sustain the ecology of the planet but it is difficult to find good alternatives to the way we are accustomed to eating, so searching through loads of recipes I have found this tasty alternative suitable for vegans as well as vegetarians.

### Vegetarian Cottage Pie

6 Tbsp groundnut oil  
2 red onions, peeled and finely chopped  
2 long red peppers cored and deseeded, dice up  
2 celery sticks, from the heart trimmed and halved lengthways and thinly sliced  
1 large carrot grated  
300 g chestnut mushrooms, stalks trimmed  
100 g fresh wild mushrooms, stalks trimmed  
2 bay leaves  
2 thyme sprigs  
150 ml vegan red wine  
4 tbsp tomato Passata  
1 tbsp vegan Worcestershire sauce  
Sea salt and black pepper to taste  
500 g Cooked Puy or green lentils  
1 tsp vegan red wine vinegar



### **For the Top**

800g celeriac, peeled and cut into large chunks  
Approx. 75g. sliced spring onions  
150g small cherry tomatoes, halved

### **Method**

Heat a tablespoon of oil in a large saucepan over a medium heat and fry onions, peppers and celery for 7-8 mins until softened and lightly coloured, stirring frequently.

Meanwhile, whizz all the mushrooms in a food processor till chopped *N.B. Do not reduce to a puree.*

Transfer the fried vegetables to a bowl, add another tablespoon of oil to the pan and fry the chopped mushrooms for a few minutes until they darken. Return the fried vegetables to the pan, add the herbs, wine, Passata, Worcestershire sauce and some seasoning. Bring to the boil, then simmer over a low heat for 15 minutes until you have a thick sauce. Stir in the lentils and vinegar, and adjust the seasoning.

Transfer the mushroom and lentil mixture to a large shallow ovenproof dish large enough to allow plenty of crispy golden top. Discard the herbs. The pie mixture can be prepared well in advance - if you do this, leave to cool before covering and chilling.

Preheat the oven to 210 C. ( 190 C fan ) gas mark 6. Coarsely grate the celeriac using the attachment on a food processor. Transfer the grated celeriac to a large bowl, drizzle over 3 tbsp of oil, season and toss to coat it. Scatter this evenly over the pie mixture and gently press down to level it. Toss the spring onions and cherry tomatoes with the remaining tablespoons of oil and scatter over the surface. Bake the pie for 40 – 45 mins until golden and crispy.

## Crossword Solution from p7.

## Quiz Answers from p 10.

Solution - ukp028

J	E	O	P	A	R	D	Y		E	D	G	E
E		L		V		A		O		R		T
A	L	I	K	E		M	A	M	M	O	T	H
L		V		R		S		I		U		E
O	R	E	G	A	N	O		T	I	G	E	R
U				G		N				H		
S	T	A	R	E	D		V	I	C	T	O	R
		T				M		M				I
E	N	T	E	R		A	L	M	A	N	A	C
X		A		E		R		E		O		H
C	H	I	A	N	T	I		N	A	I	V	E
E		N		D		N		S		S		S
L	U	S	H		V	E	H	E	M	E	N	T

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1. Old Kent Road	12. Three (Asia, Africa, and South America)
2. Pinata	13. Acetic acid
3. 23 pairs	14. London Underground or London Tube (oxo cube/tube)
4. 100 (traditionally to signify the 100 ways he knew how to prepare eggs)	15. A needle (as in acupuncture: 'acus' (needle) plus 'punctura' (to puncture))
5. Oh, What a Night	16. Shingle
6. Dana (Dana and Dana International)	17. 12
7. 1981	18. 1962
8. Armpit	19. Cancer (Bastille Day is on July 14th)
9. Orangutan	20. Uncle Tom's Cabin
10. Chicken Marengo	21. William Tell Overture
11. TY	22. Becoming

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P4	Flower	Russell Kendall
P5	Smugglers	<a href="https://commons.wikimedia.org/wiki/File:Smugglers_by_John_Atkinson.jpg">https://commons.wikimedia.org/wiki/File:Smugglers_by_John_Atkinson.jpg</a>
P8	Agia Sofia	<a href="https://en.wikipedia.org/wiki/Hagia_Sophia,_Thessaloniki">https://en.wikipedia.org/wiki/Hagia_Sophia,_Thessaloniki</a>
P10/12	Quiz.	© Freepubquiz.co.uk
P10	Going to Pot	Image by Gordon Johnson from Pixabay

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.

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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**

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