



cc-by-sa/2.0 - The Nore Folly by Simon Carey - geograph.org.uk/p/2147542

Nore Folly, Nore Hill; Slindon: Simon Carey.

HANDS

- on hearts!
 - Remembrance & Poppy Day Appeal p4
- pick fine produce at the Farmers Market and find out what's on in Chichester. p3
- Christmas Gardening Gift Ideas. Matthew wraps them up. p6
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FACE

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- full of Christmas Cookies! Antipodean baking magic. p9
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SPACE

- to breath....aaaah! try a UK break. p10
- and Time. Travel back to when life was a beach . Slindon walk is on p5
- for everyone on the frozen Thames. Celia chills out. Art p7
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Small Ads

on p11

EXCHANGE & MARKET

Declutter!

Offer / Find

Skills



NORTH MUNDHAM PARISH COUNCIL

Working for the whole community

North Mundham Parish Council Report

I am pleased to report that the Parish Council is back up to full strength. Two volunteers came forward, and at our meeting on Tuesday, 1 November we co-opted Mrs Gill Nott and Oliver Langmead. Oliver also joined the Neighbourhood Development Plan Steering Group. We look forward to working with both of them.

Last month I mentioned that there were three significant planning applications in the parish: Land South of Lowlands (20/02989/FUL), Charman's Field (21/02573/FUL), and the field north of Post Office Lane between 'Laroch' and Footpath Nursery (11/02878/OUT). My last information was that the first of these is likely to come back before Chichester District Council's (CDC's) planning committee when it meets on Wednesday 8 December. The other two have clearly provoked a lot of comment from local residents, and the Parish Council has resolved to object to both. You can see the full text of our comments on the CDC planning website. Although the official deadline for comments will have passed by the time you read this, I suspect we may not see either application come to CDC's planning committee before next year. So there may still be time to make your views known, and if you have anything to say I would urge you to do so.

As you may know, the plan for next year is that the bank holidays will be moved to make a four-day bank holiday week-end, to celebrate the Queen's platinum jubilee, from Thursday 2 June to Sunday 5 June. At our last meeting we discussed some possibilities to celebrate the event, which might include lighting the beacon on the evening of 2 June, and arranging a live feed on a big screen of the concert on Saturday 4 June. There is a suggestion you might want to organise your own parties to coincide with the 'Big Jubilee Lunch' on Sunday, 5 June. Although the Parish Council can help facilitate some of these things, such as arranging for a big screen, we will need other people to come forward to help organise and make it a success. Let us know what you want to do.

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

The full Parish Council Newsletter for December can be found by clicking here. [PC Christmas Newsletter](#). It contains advice on the latest COVID-19 situation locally.

Councillors.

A list of your Parish Councillors can be found here:
[Parish Councillors | North Mundham Parish Council](#)

The Parish Council meetings schedule is here:
[Schedule of Meetings | North Mundham Parish Council](#)

Links to local walks in the parish can be found on:
[Footpaths and Bridleways in and around the Parish | North Mundham Parish Council](#)

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:
[Love West Sussex - Love Where You Live](#)

But for street lights of any kind, including traffic lights and illuminated bollards, click on:
[West Sussex Street Lighting Services | Report a fault with an item \(lightsoninwestsussex.co.uk\)](#)

Are you able to help?

The Parish Council has been contacted by someone who is trying to identify a building, which appears in the 1911 census. The properties immediately adjacent in the listings are Runcton House Cottage and Runcton Lane Cottage. Currently there seems to be just the one sizeable property, called Runcton Manor. Do you know any of the history? Their interest is because of the Marsden family, who occupied Runcton House. They would be most grateful for any help you give about the house -- or even possibly the Marsdens.

Please forward this edition to your friends, if they would like to receive a regular copy they can email us at mmmeditors@gmail.com Louise Russell & Mick Lovell

What's Happening, Chichester.



The Awards Winning Farmers Market is on North and East Street on Friday 3rd and 17th December.

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.

All stallholders are required to process, grow, rear, bake, and/or preserve all their produce and be based within 50 miles of Chichester.

To find out which local producers have stalls please click on :

[About the Farmers' Market: Chichester District Council](#)

✨ Chichester's Starlight Trail is back again this year! ✨

On Thursday, 9 December you can visit [The Novium Museum](#), along with [Pallant House Gallery](#) and Chichester Library to create a star lantern and take part in fun festive crafts and activities.

New for this year, storyteller Chris North will be joining the trail at Chichester's Market Cross where you can enjoy interactive Christmas stories complete with sounds, lights and plenty of fun!

Chichester Starlight Trail takes place from 16:00 - 20:00 and costs £5 per child, which includes craft activities at every venue. For more information, to select your route and book your tickets visit the website: <https://orlo.uk/AcLtU>



To have the latest information please click on.
[Chichester District Events and Markets | Facebook](#)

Shop Local for Christmas .

Chichester District Council are offering a range of parking incentives to help you support our town centre.

- Free parking after 4pm in the Avenue de Chartres car park for the Chichester late night shopping on 2, 9, 16 and 23 December;
- Free parking every weekend in December in the Avenue de Chartres car park.
- Select two hours and get a third free in most council-owned car parks across the district in December when using the MiPermit app.



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What's Happening?



REMEMBRANCE AND THE POPPY APPEAL 2021

What another challenging year for us all but we managed to carry out all 3 of our well established Remembrance activities. The Church service followed its usual pattern, ably managed by The Reverend May, the Churchwardens, and the Branch Point of Contact, David Coward.

As for the Poppy Appeal, it was again decided not to carry out House to House collections and the number of collection tins in shops, pubs and schools was lower than pre-covid levels. However, the very respectable sum of well over £1,800 was raised by North Mundham and Hunston Parish Councils together with North Mundham School, Chichester Free School, Runcton Farm Shop, Manor Nursery, Brick Kiln Nursery, Kirklands, the Walnut Tree, private donations and both North Mundham and Hunston church congregations. As there hasn't been a volunteer to take over as Poppy Appeal Organiser, next year our collections will be managed by the Chichester Branch team who will be able to continue placing tins in Mundham and Hunston locations. Donations can, of course, be made year round through the RBL website.

We were able to reinstate the Poppy Lunch in the village calendar this year thanks to the hard work of David Maclean who rounded up a posse of helpers and managed a most successful event. There was a slight moment of concern when the Hog Roast had still not arrived at 1215 but the hardworking kitchen helpers had all 99 attendees served within 15 minutes of its arrival!! We were very grateful to receive gifts of salad from the Runcton Farm Shop and a number of villagers kindly donated puddings, all of which were much enjoyed. A big thank you to all the volunteers who set up the hall, ran an excellent bar and a most successful raffle. Aided by significant anonymous donations and a generous discount from Pompey Pigs, the lunch raised a record £1,100.

Overall, with a few monies yet to come, a total of well over £3,000 was raised to support the welfare of service men and women past and present, and their families, who have been affected physically, mentally and emotionally from conflicts.

Although we have changed our Branch status, our Branch Point of Contact is working hard in providing the link between the villages and the RBL head office and with the continued support of the Poppy Lunch organiser it is hoped that all 3 village events can continue.

On behalf of the Royal British Legion, thank you all for your continued, wonderful support.

Andy Forsyth
Poppy Appeal Organiser

Humour from Louise. Louise recalls a previous generation, now 60+, who were 'HOME SCHOOLED' in many ways, some of which may shock present generations.

1. My mother taught me TO APPRECIATE A JOB WELL DONE.

"If you're going to kill each other, do it outside. I've just finished cleaning."

2. My mother taught me RELIGION.

"You'd better pray that will come out of the carpet."

3. My father taught me about TIME TRAVEL.

"If you don't sort yourself out I'm going to knock you into the middle of next week!"

More 'HOME SCHOOLING' humour from Louise on p12

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Slindon: a walk beyond The Pale when life was a Beach with views not to be igNORE'd.

Slindon is, as many know, an unspoilt village in the South Downs National Park.

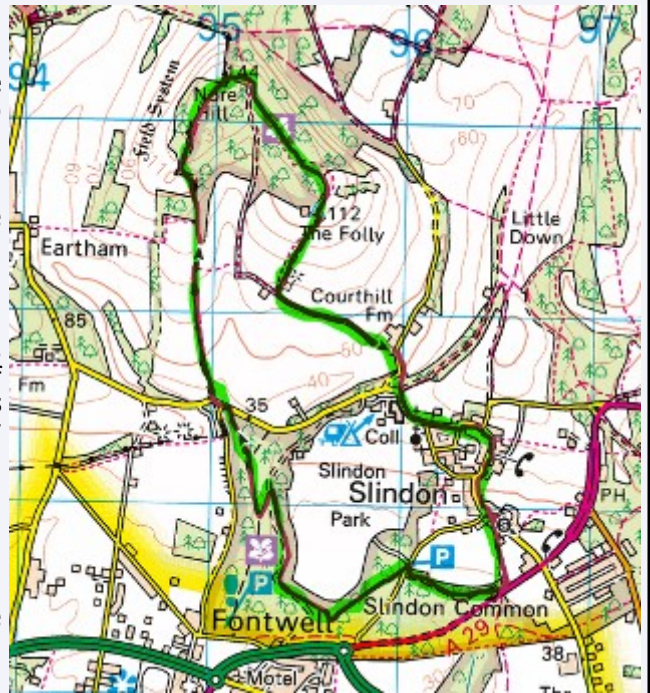
A range of lovely circular walks are possible from the village centre or from the woodlands which surround it, so lovingly managed by the National Trust.

This track takes us around Slindon Park before ascending Nore Hill to admire the views from The Folly before returning to the village for well earned refreshments in The Forge Café. It's a good winter walk being less muddy than most, though suitable footwear is recommended.

A circular route that is also a journey in time. Traveling as far back as half a million years, before any notion of England existed. More recently the Romans also loved this area and besides the famous villa at nearby Bignor, they built a villa here, in what is now the grounds of Slindon Park.

The Park Pale and Palaeolithic Beach.

The Park Pale is an embankment surrounding Slindon Park. It was built by a medieval owner of Slindon House, The Archbishop of Canterbury, and at that time had inward pointing stakes to prevent trapped deer from leaving the park. Presumably it made catching supper that much easier.



The path around the Park Pale diverts down to the archaeological site of a Stone Age beach. Some of the earliest humans lived here at a time when our island had a land bridge to Europe, the climate was Mediterranean and food was plentiful. Nearby Boxgrove is renowned for the unearthing of a 500 000 year old human whose bones indicate a substantial, well-nourished individual.

Descending the fossilised cliff we can imagine ourselves part of a Palaeolithic family group searching for shellfish or fishing on the beach whilst listening to the voices of children playing and splashing in the warm waters.

Nore Hill & The Folly.

We cross the metalled road with caution and climb up and around Nore Hill to reach Slindon Folly, marked on the OS map as just The Folly. Possibly built sometime between 1749-1786 by the Countess of Newburgh who resided at Slindon House. During the 19th century there was a thatched room behind providing shelter and refreshment to hunting parties. The views though continue to astonish, taking in Chichester and the Isle of Wight to the west and the coastal plain and the sea to the south and east.

The walk descends back into the village via Slindon College past a delightful working pottery and back to The Forge for those refreshments.



Summary of the walk.

Distance: 5.5 miles (8.9 km)

Minimum time: 2hr 30min excluding stops.

Ascent/gradient: 156m.

Level of difficulty: Medium, **can be occasionally muddy, a steep climb up Nore Hill.**

Paths: Woodland, field paths, stretch of metalled road,

Landscape: Mostly woodland and downland.

Suggested map: Map of Arundel & Pulborough, Worthing & Bognor Regis OL10 1:25 000

Start/finish The Forge Café: OS SU965078

Dog friendliness Dogs should be kept under control at all times

Parking: The main road close to The Forge. WTW **hesitate.balconies.com** mended

Public toilets: The Forge.

A .gpx file can be downloaded from Outdooractive.com; search for 'Slindon: a walk beyond The Pale when life was a Beach with views not to be IgNORE'd.'

Mick

Gardening: How to look after your garden this Christmas.

Matthew.

All The Amazing Gardening Gifts to Get This Christmas.

Now December has finally arrived, it is now the perfect time to add essential gardening tools to the Christmas list to excel as a gardener, and help look after your garden.

A great gift you can buy for someone, or even yourself it's so handy is a new pair of gardening gloves. They are crucial to keeping your hands clean and dry when gardening, as it can get very messy, as well as stopping your hands from being cut. The best pair usually have long cuffs to protect the wrists from brambles and thorns, as well as making sure to get the right fit, as otherwise this can lead to blisters. Most pairs of gloves vary in price between £5-£15.

Another good gardening gift to get this Christmas is a gardening spade. This is because a gardening spade can do all the work for you in the garden, because they make digging, edging, lifting, and moving plants, soils, dirt, and so much more, a lot easier, gifting you a huge advantage in the garden. It is best recommended to look for gardening sets, where you can buy equipment such as a spade, as well as a fork, rake, and a shovel, which all can vary in size, and are all just as useful in the garden, as a deal to save money.

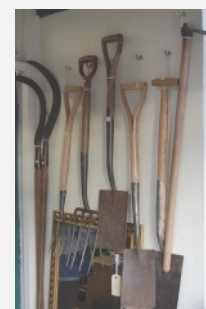
Too add to this, another gift to purchase is a wheelbarrow. This is because everybody can always use a wheelbarrow as they are very convenient to help move heavy soils, compost, and solids around the garden. Single-handle two-wheel models are recommended as the best type, as they can help with balance, especially for people with limited strength.

Another gift essential to keeping your garden healthy is a watering can. This is because a watering can, helps make watering plants easier and more convenient, particularly ones from difficult spots and angles. As well as this, they come in all types of colours, styles, and sizes, which can help make a great Christmas gift.

Lastly, a good gift to purchase for someone who likes to be in their garden is a nice well designed bird box. This because not only do they attract beautiful birds into the garden, they protect the wildlife supplying birds with shelter from bad weather especially now winter is here, such as rain, wind, and even snow if ever we do have a White Christmas.

Have a Merry Christmas.

Matthew Wiggs: Mobile: 07771 857432, Email: mwiggs@btinternet.com



CROSSWORD.

© Puzzle Choice

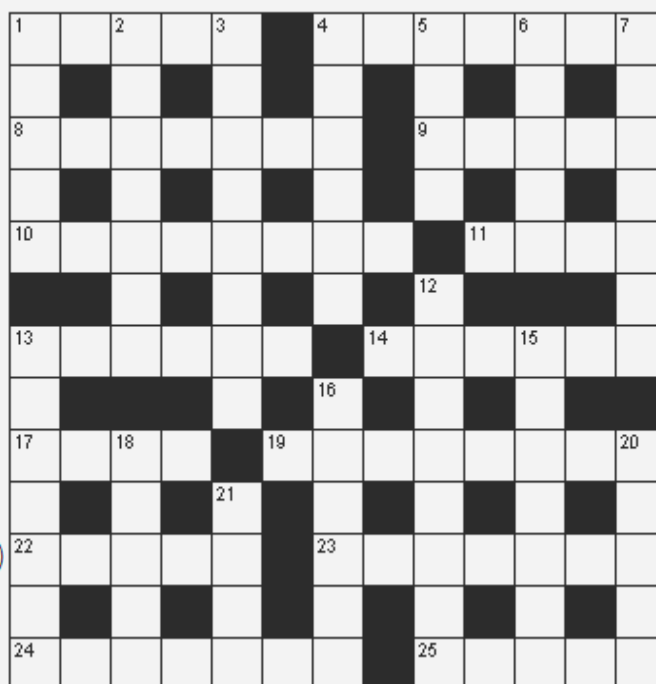
Standard Crossword- ukp034

Across

1. Topic (5)
4. Environment (7)
8. Layer (7)
9. Soda water (5)
10. Cheap passage (8)
11. Sport (4)
13. Six feet deep in water (6)
14. Invalidate (6)
17. Artifice (4)
19. Glorious (8)
22. Torpid (5)
23. Quantities (7)
24. Aged (7)
25. Covers a wide area (5)

Down

1. Chores (5)
2. Sincere (7)
3. Outside (8)
4. Respectful deference (6)
5. Computer memory unit (4)
6. Latin American dance (5)
7. Diplomatic (7)
12. Famished (8)
13. Surreptitious (7)
15. Brilliant musical passage (7)
16. Bee house (6)
18. Velocity (5)
20. Measured portions of medicine (5)
21. Celestial body (4)



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Global warming has been in the news much lately, with the prospect of ever sharper contrasting seasons and weather. We don't know quite what to expect, however, hopefully we shan't see these sorts of scenes quite yet. This is a painting by a seventeenth century Dutch artist Abraham Hodius.



Painted in 1677 during what was known as the Little Ice Age, it shows The Frozen Thames at Temple Stairs at New Year. We're looking east towards Old London Bridge with Southwark Cathedral to the right. It's the earliest known painting of the frozen Thames in which the river rather than the buildings feature prominently.

It was not uncommon for the Thames to freeze over for up to two months at a time. Two factors caused this. Between 1600 and 1814 the entire Northern Hemisphere was locked in the 'Little Ice Age', but the other catalyst was the medieval London Bridge and its closely spaced piers and the 'starlings' (breakwaters). During the winter, pieces of ice would get lodged between the piers and effectively dam up the river which meant it was easier for it to freeze. The first recorded Frost Fair was during the winter of 1607/08, when in January the ice became so thick people started setting up camp on it. There were football pitches, bowling matches, fruit-sellers, shoemakers, barbers and even a pub or two. To keep warm they lit fires in their tents!



We have a very rosy image of these events now, but many tragedies occurred. During the fair of 1739 a whole swathe of ice gave way and swallowed up tents and business as well as people, and in 1789 the captain of a vessel secured his ship's cables to a riverside pub in

Rotherhithe. During the night the ship veered about and the cables carried away the beam, levelling the house and killing five people asleep in their beds. The final Frost Fair was held in 1814; the climate had started to warm; the severity of the winters had waned and finally the medieval bridge was demolished in 1831. But this final Frost Fair was an event to remember – thousands of people turned up every day and there were games, drinking tents and even a parading elephant. Such fun was had that some of the customer were left without a penny to pay the passage over a plank to the shore!

Book Review: Author, Marion Todd: Review of 5 crime novels.

Jackie Lovell

'See Them Run', 'In Plain Sight', 'Lies to Tell', 'What They Knew' and 'Next in Line'.

Earlier this year I stepped away from my usual reading and stumbled across Marion Todd's debut, 'See Them Run'. In that book I got to know an engaging, professional, well observed female DI, Clare Mackay. Set in Scotland, this is a contemporary police procedural. This first of five novels introduces DI Clare as a recently transferred inspector heading up her station team in St Andrews. Together they begin to unravel connections between a series of killings linked through numbered notes hidden on the victims' bodies.

This first novel is dark but not gruesome, supported by solidly formed, well created characters. The beautiful Scottish landscape and the bleak roads, bridges and weather add realism to the tale.

DI Clare has a blemished past of course, so has something to prove to herself and her colleagues. Readers are likely to find themselves coming alongside her believable everydayness, tangled with occasional poor decision making and a very human attraction for up-market cars. This story is spiked with lots of nuts and bolts policing, red herrings and dead ends as the DI and her team explore their options while the serial killing count mounts.

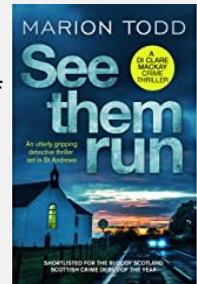
Set over a short timescale, it's winning strengths are its pace, characterisations, human fallibility, and of course Scotland itself. The police world is built from the ground up and the story could be read in one sitting as something relevant happens page by page.

It's no surprise to me that this book was shortlisted for the Bloody Scotland Scottish Crime Debut Novel for 2020. The bloody descriptions will not put you off your mince pie or turkey supper. What the book does do though is offer perceptive insights into Scottish life.

Captured by Marion's characters, I went on to enjoy the remaining four novels in the series, which currently ends with 'Next in Line' released earlier this year. All the characters are written with texture and verve as DI Clare and her team tackle gritty stuff such as a baby kidnap, police computer hacking, potential suicide, and the high life of TV celebrities – all set north of the border. Alongside solving crime, DI Clare has the bonus of a little romance as even female police detectives need to have a love life and a dog.

Finally, Marion Todd has created quality Tartan Noir with a well thought-out female lead narrator and these novels could easily be adapted for TV, so I say move over Vera, DI Clare Mackay could be on her way.

NB these books were read on an Kobo e-reader.



Recipe: Pinwheel Slice and Bake Christmas Cookies—'Kiwi Style'.

This recipe adapts a basic cookie dough to create a whole range of possible pinwheel style Christmas cookies to have fun with according to your own imaginings. Full details of how to make the four styles of cookie shown in the photograph can be found by clicking on ['kiwi country girl'](#) below is a summary of the recipe for the Christmas pinwheel cookie.

Ingredients

Basic Cookie Dough

- 60 g butter (softened)
- 80g sugar
- 1 small egg
- ½ tsp vanilla extract
- 140g plain flour
- ½ tsp baking powder
- Good pinch of salt

Christmas Pinwheels

- ½ tsp red food colouring
- ½ tsp green food colouring
- 100g Christmas sprinkles for rolling



For the basic sugar cookie dough, cream butter & sugar in the bowl of a mixer on high speed until light & fluffy. Add the egg and vanilla and beat until well combined. Add flour, baking powder & salt and mix in well.

Method for Christmas Pinwheels.

Split the dough in half and add red food colouring to one half and the green food colouring to the other half. Mix it in really well (it's easiest either using a mixer or your hands) so that the dough is completely coloured. Add more colouring if you want it brighter.

On a piece of baking paper, roll out each piece of the dough into a rectangle 40cm x 30cm. Leave the dough on the baking paper and place in the fridge to chill for 20 minutes. Remove from the fridge and carefully flip the red dough on top of the green dough and gently press together. Peel the baking paper off the dough and with the long side of the dough rectangle facing you, carefully roll it up into a tight log.

Add the Christmas sprinkles to a shallow baking dish or tray and roll the cookie dough log in the sprinkles until it is completely covered. Wrap the cookie log in clingfilm and place in the fridge for at least 2 hours.

Baking.

Preheat the oven to 180°C/350°F. Remove the cookies from the fridge and slice into 1-2cm thick slices. Lay the cookies out on a baking tray lined with baking paper, leaving a couple of centimetres between cookies and bake for 12-14 minutes, or until starting to go golden. Allow to cool on the tray for 5 minutes, then transfer to a cooling rack.

Store in an airtight container for 1 week– if they last that long.

Short Story: WISHFUL THINKING.

Christmas was always a time for visiting grandparents in Scotland especially when they were getting older and less able to travel themselves. Although the weather could be crisp and cold and often snowy, the week away in December was mitigated by two weeks in the school summer holidays when hopefully, it would be warmer, even if the mist sometimes lingered over the Firth of Forth.

Grandfather had spent all his working life employed by Edinburgh corporation so he had accrued a reasonable pension. Thus he and grandmother had retired to a bungalow in Linlithgow some miles from Edinburgh, but on a main railway line back to the capital. As children, the three of us enjoyed our summers in the ancient town where we could spend much of our time outside. For us, the ruins of the Linlithgow Palace were a major attraction. We climbed all over the stones imagining we were Scottish troops defending the Palace against English besiegers - except I am not sure the English ever besieged Linlithgow. Donald, the head guide, told us stories of the Scottish monarchs who had lived at the Palace, whilst quietly ensuring we and the ruins did not come to harm.

The summer stays were punctuated by visits to attractions in Edinburgh. As children we were not particularly enthralled by the capital's long history unless it was gory. However, we did look forward to an annual visit to the Zoo.

Edwin was my younger brother, born some time after we elder two and probably much of an afterthought. Having had a difficult birth, he had been given undivided attention and possibly more indulgence.

At Edinburgh Zoo that particular afternoon, it was time for the daily parade of the penguins around some of the paths near their pool, which was a popular attraction. Watched by admiring visitors, the keepers herded the penguins as a group for a walk before they returned to their pool for some welcome fish. There was definite set grouping – the more dominant penguins led the way with the younger, less practiced ones in the middle and the older more mature at the rear. The show mesmerised Edwin.

"I want a penguin to take home" he announced stepping forward to be pulled back by my father before he could disrupt the proceedings.

Edwin sat down and refused to move until he was placated by the offer of an ice cream and was hoisted by my father on to his shoulders, mainly I think to keep him under control. After the ice cream, we took the bus back to the city centre stopping to look at the shops in Prince's Street before catching the train to Linlithgow from Waverley Station.

In one shop window, there was a group of soft toys including a penguin. Edwin, of course, spotted this.

"I want a penguin" he screamed pointing at the toy.

"Perhaps for Christmas" reassured my mother. "Not now, we have a train to catch."

Edwin's reaction was to lie on the pavement and to scream and kick causing quite a scene. Most people ignored him but some passed by giving disapproving glances. By the time my father had dealt firmly but fairly with his younger son, we had missed our train and Edwin was certainly not a favourite brother.

The months passed and we journeyed to Linlithgow for the annual Christmas visit. The grandparents were ever generous and, instead of stockings at the foot of our beds, they placed pillow cases for all our presents. On the top of Edwin's pillow was a stuffed penguin. Grandfather had made a special trip to Edinburgh to purchase the same one seen in the shop window.

Edwin was still entranced by penguins and as he grew up, he would be glued to the TV screen (then still black and white) if any nature programme showed penguins. He carefully followed the words of the presenters describing their trips to Antarctica, but also showing that the area, including the animals, were suffering even then from human activities.

"It's a good thing that penguins are in Antarctica" teased my older brother. "If they were in the Arctic, they would all be gobbled up by the polar bears."

This was another excuse for Edwin to throw a tantrum. However, by then we had got use to this behaviour and ignored him.

Gradually Edwin's interests in penguins waned and the toy penguin, named Donald, was relegated to the back of his toy cupboard and forgotten. We all grew up and moved on. The grandparents in Linlithgow passed away so the trips to Scotland ceased. We all thought Edwin's interest in penguins would influence his choice of career but it did not. As an adult he still craved attention, overlooked facts and advice, and refused to contenance unpalatable truths. He went into politics and eventually became an MP and minister. Some might say that could have been foreseen and was a natural progression.

As for the penguins at Edinburgh Zoo, do they still parade? I hope so!

Helena Millen

To know more about Edinburgh Zoo click on: [Welcome to RZSS Edinburgh Zoo | A great Family Day Out](#)



Envious of friends going large about that great weekend they had in Biarritz, but don't want the hassle of planning an overseas trip? Why not 'big-up on British'? Those great UK staycations that have everything except the aggro. Maybe you could sneak in a couple of days before or over Christmas or alternatively spring into the new year on a positive note.

Below are a few places, adored by readers and big on joy, that we've compiled to whet your appetite.

The Lake District; Langdale Valley. Recommended by EK/KK.

With its staggering unspoilt landscapes, good walking, history and country pubs this peaceful idyll will relax you in an instant.

For details of walks, accommodation and more click below:

[Langdale Valley - Explore & Visit | Lake District National Park](#)

Highly recommended is the historic, family run [New Dungeon Ghyll Hotel](#) with breath-taking views, good food and walks on the doorstep.

A short walk away is the delightful village of Elterwater where the [Britannia Inn](#) is a favourite haunt for those seeking real ales and great food.



N. Ireland and Belfast. RM&LM, AL&SY drank in the atmosphere.

Fantasy coastline. The Twisted Trees in Game of Thrones. The ruined Dunluce Castle inspired CS Lewis in The Narnia Chronicles and further along the coast is the Giants Causeway. This is a world of myths and monsters.

Or try Belfast for its 'craic' and the real truth of The Troubles on an authentic 'Black-Taxi' tour.

[What's on](#) In and Around Belfast.



Wales; Swansea and The Gower Peninsula. A favourite of D&K.

Britain's first Area of Outstanding Natural Beauty is a great place for walkers at any time of year and the scenery is second to none; as good as Cornwall yet without the crowds.

Three Cliffs Bay and Oxwich Bay are spectacular and why not 'push the boat out' with a Michelin starred meal at [The Beach House](#).



ALSO.....

Why not share your own discoveries with other readers?
It could be a place you've stayed, a great pub or B&B, lovely walks or fun shopping.
Or just complete relaxation.....Aaaaaaaahhhhhh.

Small Ads.

A message you can't ignore?...

Staying Safe Online

There's been a marked increase in the number of phishing emails putting pressure on people to respond immediately, or very quickly, to a message received.

Such urgent requests aim to bulldoze you into acting without delay ... Don't respond!



- COVID Passport Application
- Your account—Frozen
- Message couldn't be delivered
- Membership payment—Failed or Declined
- Confirmation of a payment you didn't make

- Don't click on any links—especially ones giving you the option to 'Reject' rather than 'Apply' for an offer—both may be bogus
- If you do click on an email link which asks you to reveal your login details including password—don't go any further—close the message
- Always use an alternative way to check the validity of anything you're unsure of
- If in doubt—STOP—ask someone you trust to help you
- Change your password on any accounts you think may have been compromised and use multi-factor authentication (eg text to mobile) if available

MARCOM Computing
jennifer@marcomdef.co.uk
01243 787478



Matthew's Gardening Services

For all your gardening requirements

- Garden clearance
- Grass cutting, lawn treatments & repair
- Landscaping & fencing
- Hedge cutting
- Tree pruning & lopping
- Weeding, planting & border maintenance
- Decking & ponds
- Patio & driveway cleaning
- Regular work or one off's welcome
- and.... we'll take all the green waste away

*Make us your first call
No job too small*

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Call Matthew for a free no-obligation quote
01243 604446 mobile 07771 857432
mwiggs42@gmail.com



Friday 28th January 2022

The Balandis-Lilley Over 50's dance group will give a concert at 10am at North Mundham Village Hall. Admission is free. It is hoped however that guests will take part in the raffle, the proceeds of which, together with those of programme sales, will be donated to the West Sussex Wildlife Trust. Donations of items as raffle prizes will be gratefully accepted. Enquiries to Sandra Lilley 01243 264832.

Yvette

UK Lymphology Clinics
Lymphatic System
Healthcare & Exercise

Wednesday - Friday 10 - 1pm & 2 - 5pm
Saturdays 10am - 2pm 07599 985 648

I am a massage therapist and personal trainer specialising in the lymphatic system. From those recovering from cancer and post-operatively to post Covid, overweight and athletes' or you just need general lymphatic health maintenance.

The lymphatic system is key to our internal health from immunity, blood pressure, fat and fluid loss. When it is not working properly it can show signs that when left without treatment can deteriorate.

PERSONAL TRAINING SESSIONS

- One person £50 1 hour
- Two people £80 1 hour

SPECIALIST THERAPY

- Post-op aftercare, swelling not receding
- Lymphoedema and pain management
- Post and Long Covid recovery
- Post cancer recovery
- Injury recovery

IMPROVE HEALTH AND WELLBEING

- Lose weight, tone up and drop a dress size
- Posture and stability strengthening
- Improve running / athletic ability
- Stress management

LYMPHATIC SYSTEM HEALTHCARE
Lymphatic Pressure Therapy £50 p/hr
Tailor made sessions specific to suit your preferred requirements using lymphatic massage and exercise.

- Reduce puffy swollen tummy and ankles
- Want to improve your immune system
- Struggling with weight loss
- Control digestive issues
- Post workout recovery
- Severe fluid retention
- Recurring illness
- Lymphoedema
- Mastitis



theuklc.com

Supporting 10% of all sales donated to RNLI & Look Good Feel Better Charities

A POP UP

Nautical Boutique & Gallery
Unit 13, Birdham Pool Marina

OPEN from 4th November 2021

10am - 1pm & 2pm - 5pm

Wednesdays, Thursdays & Fridays

Saturdays 10am - 2pm



Unique Bespoke Gifts

Local Arts and Crafts

Ladies Shoreside Bags

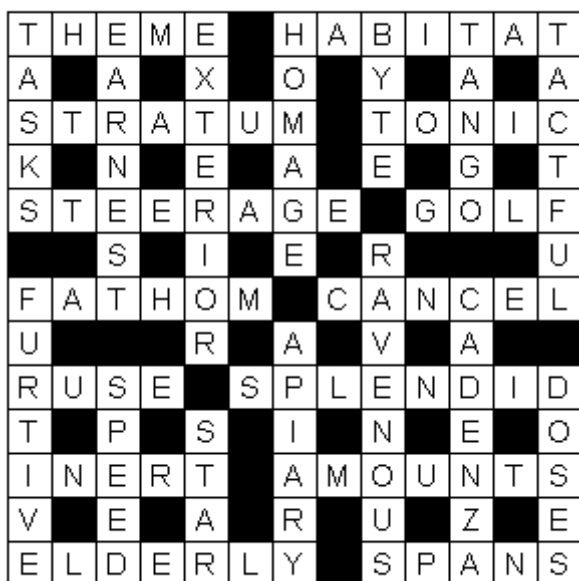
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And more.....

CLOSES 23rd Dec

Crossword Solution from p6.

Solution - ukp034



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More Humour from Louise: from p4.

4. My father taught me LOGIC.

"Because I said so, that's why."

5. My mother taught me MORE LOGIC ..

"If you fall out of that swing and break your neck, you're not going to the store with me."

6. My mother taught me FORESIGHT.

"Make sure you wear clean underwear, in case you're in an accident."

7. My father taught me IRONY.

"Keep crying, and I'll give you something to cry about."

8. My mother taught me about the science of OSMOSIS..

"Shut your mouth and eat your supper."

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

The views expressed in the Mundham Monthly are not necessarily those of the editorial team. The Editors reserve the right to edit and rearrange articles, but will endeavour to do so only where space is limited or where the information will be enhanced. All information is published in good faith but we take no responsibility for errors/omissions or any loss or inconvenience caused by its use.

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