



Winter Delicious?

HANDS

- go crackers!
Party time for your artisanal baking skills. p8
- pick fine produce at the Farmers Market.
NB the first Market is on **Friday 21st.** p3
- to the pumps. Your Parish needs you! p2
- Try Our Crossword. p6

FACE

- of indulgence. Too much turkey at Christmas and you're stuffed! Art Comment; Celia. p7
- of the Lord! Blackfriars in Arundel; you'd better believe! Helena's history. p9
- the truth. Crossword Answers. p12
- of our forbears.
Louise humour: more on parents. p3,4/12

SPACE

- to breath....aaaah! take a break. p10
- for wildlife. A Pagham Harbour walk reveals our precious natural asset. p5
- in the ditch for one more.
Keep our waterways clear with MWHG. p4
- for flowers, fruit and our garden friends.
Matthew puts you straight. Gardening. p6
- for mystery in the snows of Canada. Louise Penny's layered crime debut. Jackie. p8

Small Ads on

p10/11

*EXCHANGE &
MARKET*

Activities!

Offer / Find

Skills,

Holiday Breaks



NORTH MUNDHAM PARISH COUNCIL

Working for the whole community

North Mundham Parish Council Report

When I last wrote, I mentioned that there were three planning applications in the parish which were awaiting a decision. I had hoped that one of them, the Land south of Lowlands (20/02989/FUL) would come before the District Council's Planning Committee before Christmas, but it has since become clear that none of them will come forward until the CDC February meeting at the earliest. Meanwhile, as an example of how challenging it is to keep up with planning developments, we have news of yet another application (21/03448/OUT) for up to 30 houses on the site identified as 'Streamside' – the equestrian facility on the north side of the B2166 just east of the playing fields. By the time you read this the parish council will have made a response which you will be able to see on the CDC planning website. But there should still be time to make your own views known, and if you have anything to say I would urge you to do so.

This is one of the times of year when we can trim hedges without fear of disturbing nesting birds. I mention this because there are a number of hedges in the parish which have grown so much that they are obstructing pavements or roadways, or interfering with the sightlines at corners. This is a regular problem brought to the parish council's notice, and many people do not realise that the responsibility for trimming hedges rests with the landowner on the boundary – only in very rare cases is it a matter for the highways authority. In the next few weeks the parish council will be writing to landowners, in cases where we know there is a problem, to ask them to arrange to cut the offending hedges.

The other area where landowners are required to act is in keeping ditches and culverts clear. Here again, it is the land owner's responsibility to deal with the ditches on their boundary, and any culverts that run under their driveway. The highways authority are generally only responsible for culverts that run under the actual roadway. They have very limited resources for clearing culverts, so there is very little chance that we can persuade them to deal with anything else.

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

The current Parish Council Newsletter can be found by clicking here. [PC Waste & Recycling Newsletter](#). It contains advice on waste & recycling over the New Year.

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 \(lightsoninwestsussex.co.uk\)](#)



What's Happening, Chichester.



The Awards Winning Farmers Market is on North and East Street on **Friday 21st January & 4th/18th February.**
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](#)

To have all the latest information on Chichester events please click on:

[Chichester District Events and Markets | Facebook](#)

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

My mother taught me about CONTORTIONISM.

"Just you look at that dirt on the back of your neck!"

My mother taught me about STAMINA.

"You'll sit there until all that spinach is gone."

My mother taught me about WEATHER.

"This room of yours looks as if a tornado went through it."

My mother taught me about HYPOCRISY.

"If I told you once, I've told you a million times, don't exaggerate!"

My father taught me the CIRCLE OF LIFE.

"I brought you into this world, and I can take you out..."

My mother taught me about BEHAVIOR MODIFICATION .

"Stop acting like your father!"

My mother taught me about ENVY.

"There are millions of less fortunate children in this world who don't have wonderful parents like you do."

More 'HOME SCHOOLING' humour from Louise on p4

What's Happening?



MANHOOD WILDLIFE AND HERITAGE GROUP. Volunteering January 2022

We have a busy month planned on a variety of sites through January to improve the biodiversity potential and wildlife corridors across the area.

Friday, 7th January 2022, 10.00am - 2.00pm, on Webb Estates land in West Wittering planting trees.

Thursday, 13th January 2022, 10.00am to 2.00pm, at Bracklesham Barn clearing a ditch.

Friday, 14th January 2022, 10.00am to 2.00pm, at Bracklesham Barn clearing a ditch.

Friday 21st January 2022, 10.00am to 2.00pm, at Triangle pond, Birdham, digging over an area for wildflower seeding.

Wednesday 26th January 2022, 10.00am to 2.00pm, at Church Lane Pond, Hunston, clearing the banks

Friday 28th January 2022, 10.00am to 2.00pm, at West Itchenor pond clearing the banks.

Saturday 29th January 2022, 9.30am to 12.30pm, at Chalder Farm, clearing bramble on the last of the Selsey Tramway station remains left.

Dates to be confirmed in January 2022, Chalder Farm, Sidlesham, planting a hedge.



Please do come along and join us even if you have never done anything like this before. We will offer you a warm welcome and show you what to do. We can't guarantee a water vole sighting but we can make sure there is cake and laughter!

TO VOLUNTEER FOR ANY OF THE ABOVE ACTIVITIES PLEASE SIGN UP ON THE [MHWG WEBSITE](#)

More 'HOME SCHOoled' Humour from Louise: from p3.

My mother taught me about ANTICIPATION.

"Just wait until we get home."

My mother taught me about RECEIVING.

"You are going to get it from your father when you get home!"

My mother taught me MEDICAL SCIENCE.

"If you don't stop crossing your eyes, they are going to get stuck that way."

My mother taught me ESP.

"Put your sweater on; don't you think I know when you are cold?"

My father taught me HUMOUR.

"When that lawn mower cuts off your toes, don't come running to me."

RSPB Pagham Harbour: Wildlife and History; Family-friendly walks and trails.

During our recent 'lockdowns' we have been somewhat confined in our movements, however this has drawn attention to the wonderful wealth of wildlife locally and here in West Sussex we are particularly blessed to have RSPB Pagham Harbour on our doorstep as well as Pulborough Brooks; two nationally recognised wildlife havens.

The RSPB Pagham Harbour reserve benefits from the 'flip-side' of failed human attempts to 'develop' the coastline between Sidlesham and Pagham in that nature has re-established itself and that Pagham Harbour, no longer a harbour, is a site of international importance for wildlife. It's concentration of habitats, food and shelter provide a home for many birds that are losing out to human development elsewhere.

The wild richness of the area can be enjoyed now and at all seasons of the year. Many trails spread out from the RSPB Visitor Centre and allow us to enjoy these varied and special habitats. Right now till the 10th of January the RSPB have a surprise experience especially for younger visitors at Pagham Harbour with their 'Robin Robin' adventure trail inspired by Ardman animations and supported by Netflix. Activity packs encourage visitors young and old to spend time in the outdoors, to listen for and sing like a robin and to inspire ways to help wildlife through the winter. More information can be found here; [Robin Robin](#).



Timing your walk just before high tide will offer the chance of seeing magnificent flocks of Brent Geese at close range as they rise out of the lagoon honking and chattering and fly off in a 'V' formation in search of their roosting sites. They do sound like they are talking to each other and, who-knows, perhaps they are?

Up till about 1800 and before the present causeway there was a tidal channel south of Pagham Harbour and beyond that the island of Selsey. Back then there was a ferry operating to the island from close to the present RSPB Visitor Centre and across that channel. The old Ferry Pool is visible from the modern RSPB 'hide', and is a haven for some very special birds including avocets and shoveler duck both with magnificent colouring and specialised bills to filter food from the water. Those who love birds of prey may be blessed with a Peregrine Falcon flying fast and low over the pool to stir up a potential flying meal.



Behind the hide along a short track can be seen the concrete supports and track bed remnants of the Selsey Tramway, a short-lived attempt to link Selsey with Chichester— yet another victim of the seas intransigence when in 1909, following a storm surge, parts of it were submerged twelve feet below the sea. It never recovered.



Should you walk eastwards along the coast towards the 'Crab and Lobster', an 18th century tavern, you may come to two wooden benches facing out to sea on a rectangle of land next to the shore. They mark the site of what was a giant tidal water mill which ground corn in the 18th and 19th century. The large pond in a private garden nearby is a small remnant of the original massive tidal pool used by the mill. The derelict mill was demolished to provide stone during the First World War.

More about the mill and about other ill-fated development of Pagham Harbour can be found here:

[The Old Mill House, Sidlesham.](#)



Summary of the walk.

Distance: 1-2.5 miles; Minimum time: 1hr- 2hr 30min.

Ascent/gradient: not much!. Level of difficulty: Easy, ***can be occasionally muddy; check tides.***

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

Landscape: Mostly woodland and coastal; ***take care when walking along the waters edge.***

Suggested map: Map of Chichester South Harting & Selsey OL8 1:25 000

Start/finish RSPB Pagham Harbour: OS SZ856966

Dog friendliness; there is a dog-friendly walk from The Visitor Centre. Otherwise dogs should be kept under control.

Parking: RSPB Pagham Harbour. **WTW wells.befitting.decorated**

All the best jobs to do in the garden this January?

Matthew.

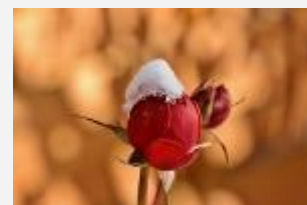
As we enter the new year, now is the perfect time to make new year's resolutions and start making plans for your garden, as well as looking after it.

Although we are in the middle of the winter and one of the coldest months, there's still plenty to do. For example, the new year gifts you the opportunity to start planning how you want your garden to look, and what you want to grow. You can do this by ordering seeds and plants, such as Sweet Peas, which can bloom between May to August, Dahlias, which flower between July to November, Petunias, which bloom between June to September, as well as Geraniums, which can blossom between June to October/November. Therefore, now is the perfect time to start getting your seeds sown so your garden can look its best this year. It is also important to keep an eye on pests so your plans aren't ruined, hence you should make sure to have good pest control.

Another job to do this month is to look after the vegetable garden.

For example, you can continue to harvest crops such as Aubergines, Carrots, Kale, Leeks, Spinach, and Parsnips this month, however they are better suited to be planted in February, but doing so in the middle of January will not do any harm, and will also help you get ahead of your garden jobs. Too add to this, in the fruit garden you can prune apple and pear trees if they haven't been done already, as winter is a great time to do so.

As well as this, it is important to continue to look after the wildlife this January. This is because with the weather being at its coldest, wildlife needs good safe shelter, and sources of food because there is always as shortage of food for wildlife at the start of the year; as well as instead of hibernating, birds go on a search for food. Therefore, you can help wildlife by keeping your bird feeder topped up with food high in calories, such as peanuts, sunflower seeds, suet products, and dried fruit. You can also recycle your Christmas Tree by cutting the branches, and piling them up to create a wildlife habitat in your garden. In addition to do this, by doing this you are also helping the environment which is a great way to start the new year.



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

CROSSWORD.

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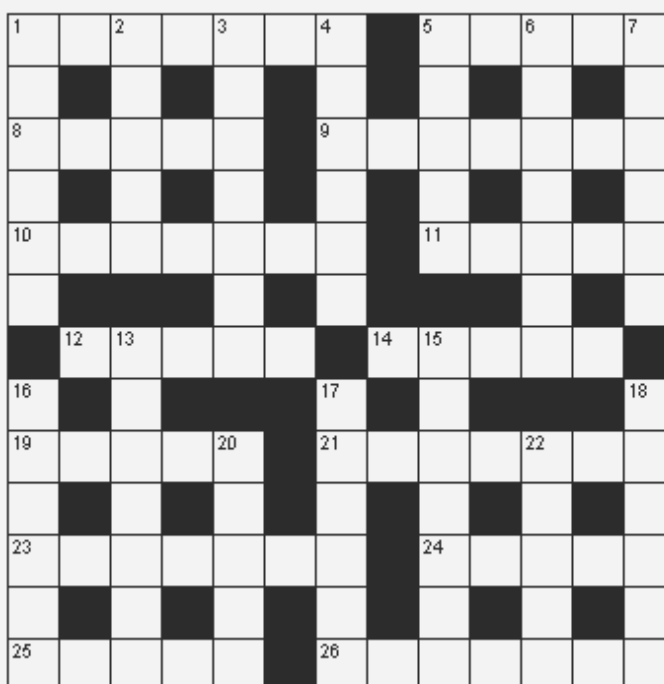
Standard Crossword- ukp035

Across

1. On the way (2,5)
5. Sound (5)
8. Dog-like mammal (5)
9. Free from blame (7)
10. Entrap (7)
11. Music speed (5)
12. Compare (5)
14. Book of maps (5)
19. General kind of something (5)
21. Unaffected (7)
23. Pasta strips (7)
24. Impromptu (2,3)
25. Part of a church (5)
26. Defraud (7)

Down

1. Reverberated (6)
2. Rolls of film (5)
3. Oblivious (7)
4. Jubilant (6)
5. Valuable item (5)
6. Quandary (7)
7. Nocturnal wildcat (6)
13. Type of rock (7)
15. Percussion instrument (7)
16. Schedule (6)
17. Visitors (6)
18. Comestible (6)
20. Figure out (5)
22. Legally acceptable (5)



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

Dry January Anyone?

Art: Celia.

Did you have a riotous New Year's Eve, and did your house resemble a 'Jan Steen household' afterwards?

Jan Steen (1626-79) 'In luxury beware' 1663



So, what's going on here? From left to right, Mother is asleep, so the rest of household runs riot. A little girl is raiding a cupboard; a boy is smoking a pipe, a child in a high chair throws everything on the floor. The couple in the foreground- well what can we say - his leg is thrown over her lap and her hand with wineglass is between his legs. The animals are running riot; the dog is eating the meat pie on the table,

the pig steals the spigot from the wine barrel (there is a Dutch proverb about this), here the sow pulls the spigot out – meaning the housewife has lost all control of her household.

On the slate, lower right, Steen wrote another proverb -In weelde siet toe - In Luxury Beware - those living in the lap of luxury must take care not to succumb to debauchery and wastefulness – reflecting the puritanical mood of the Netherlands of the time. There is often a moral in these seemingly humorous paintings - look at the basket hanging from ceiling, it contains all the instruments lepers carried to warn healthy people – a switch, a beggar's crutch, a leper's clapper.

The moral of this story -a dissolute family can expect nothing but punishment, sickness and poverty. And delivering this moral - a hunched-over man with a duck on his shoulder – he is a "quacker" or Quaker and the woman next to him is a nun, lecturing the unruly company. This was one of Steen's favourite subjects and by the 18th century a shambolic household became known as "a Steen household"! And it's all because mother, who is responsible for the moral behaviour of her family is asleep, probably drunk, and not doing her duty!

Celia O'Shea
Jan 2022

Winters Wonders.



Book Review: Louise Penny's 'Still Life', Crime/Mystery.

Jackie Lovell, Jan. 2022

As an antidote to reading crime novels littered with broken bodies and edgy crime-busting teams living on adrenaline, 'Still Life' put me into a curious, contained Canadian frame, a country I didn't know much about. 'Still Life' is an award-winning debut mystery novel introducing Chief Inspector Armand Gamache; no ordinary detective. The setting is the fictional village of Three Pines, in rural, present-day south eastern Canada, south of Montreal. The plot begins with an unusual, but not so mysterious death of a respected local during the hunting season, which brings Gamache and his deputy Jean Guy Beauvoir in from the Sûreté du Québec, Montreal to investigate.

One of the winning elements of this slow burn mystery is the setting: the village description and layout, (there is a map to refer to early on), its shops and crucially the bistro. The weather, nature, and forest landscapes also all play a part. The characters are layered and tricky, and the timeline drifts like snowfall, but it's the setting of Three Pines that keeps the reader tethered.

An ongoing arc is the way Gamache unravels evidence and mulls over information. Then again, unsurprisingly, not all rolls well in his team.

For readers interested in creative elements there is a backdrop into local art and poetry as well as quotes from Herman Melville and W H Auden taking it beyond procedural crime detection into the domain of the literary crime novel. For readers curious about Canadian politics and social history there are informative snippets; another aspect is the Anglo-Quebécois relationship and here and there the text is speckled with French language dialogue as the characters are bilingual.

By the time Louise Penny leads us towards the culprit, the reader has encountered so many solid and interesting characters and travelled so far along the way with them that knowing who it was barely mattered at the end. The magic was the discovery of the characters as travelling companions along the way.

If reading a long well-respected series interests you, Louise Penny published her 17th *Inspector Gamache* novel in 2021. 'Still Life' was highly acclaimed by New York Times & USA Today when first published in 2005 and reissued in 2018. In 2017 Louise Penny was awarded the Order of Canada.

Louise Penny has also co-authored a novel with Hilary Rodham Clinton, released late 2021 titled: 'State of Terror'. Media states that the women are good friends.

I read 'Still Life' on an e-reader. All in the series are easily available in the usual formats.

More on Louise can be found at www.louisepenny.com

Recipe: Artisan Sourdough Crackers. With thanks to Emma Franklin from [The Old Dairy Bakery](#).

This recipe produces a very stiff dough which is easier to handle and makes around 32 large crackers; enough for a party 'opener' with dips/soft cheeses/houmous/mackerel/pickle/pâté etc.

If they're too big just break them up to suit.

Go on, get the party started!

Day 1, Late afternoon/evening.

Knead Together:

1. 250 grams whole milk
2. 20 grams honey
3. 15 grams rye sourdough— straight from fridge is fine.
4. 250 grams rye flour (light or dark)
5. 125 grams strong white bread flour
6. 10 grams salt
7. Pinch of bicarb of soda.
8. 5 grams of any of caraway/ginger/fennel/cumin —all are optional!

Knead for a good 10-15 minutes; it's easier with a mixer if you have one!

Cover and rest mixture overnight.

Day 2: Make the crackers.

Divide the dough into little balls or sausages of about 20g each.

Flour a board well with rye flour and roll thinly into flats or rounds. Keep turning over the crackers to avoid sticking and roll them as thinly as possible

Prick liberally with a fork and cut a hole in the middle of a round.

Transfer crackers to a baking tray lined with parchment.

Spray/lightly sprinkle with water and cover with any of salt/poppy seeds/cumin seeds/fennel seeds/caraway seeds/cracked pepper/dried herbs or spices. You can use your rolling pin to press these in if necessary.

Preheat the oven to 200°C/180°C fan and bake for 10-12 minutes. If a bit soft then place on a tray and return to the oven once the temperature control is off.

Store in an airtight container for up to a week— if they last that long.



Mick

Arundel's Dominican Friary

The town of Arundel is divided by the river Arun and approached by the Queen Street bridge. On the northern side by the bridge are the remains of a Dominican Friary (Priory) on Mill Road. It is an ancient monument with an obscure history and few records.

The Dominican Order (formerly known as the Order of Preachers) is an Order founded in France in 1216 by the Spanish priest, St. Dominic of Caleruega. It's mission was to preach the Gospel and oppose heresy so it developed into a teaching and scholastic Order very much involved in the intellectual life of the Middle Ages and was famed for its intellectual traditions. St. Dominic aimed to establish an Order which would preach in the vernacular language. Members were encouraged to find "mixed spirituality" through their preaching and also to study prayer and meditation to become contemplative and mystical in their resultant spirituality. The Dominican Order spread quickly across Europe and is recorded in Oxford in 1221. Educational resources were set up in Dominican establishments across England. Scholars were expected to learn grammar, logic, natural philosophy and, most importantly, theology.



Modern Dominican Friars.

In the Middle Ages, the rich hoped to buy their way into Heaven by founding or financing religious establishments. These arrangements included priests and monks praying for the souls of them and their families. Thus, it is possible that the Friary in Arundel was founded in the second quarter of the 13th Century by Isabella, Countess of Arundel. It was certainly in existence by 1253 when it was mentioned in the will of St. Richard of Chichester. The Dominican Order liked to be close to the population they were preaching to and, in Arundel, they were adjacent to a river crossing, a market and a port (it is believed the port of Arundel even pre-dated the Norman Conquest of 1066).

The Friary buildings are estimated to have been two storeys high and ran north-south to the river bank with North, South and West ranges surrounding a quadrangle. No evidence has been found of a East range where the chapter house would have been located. However, it is possible the Friary never had enough money to complete the plans. The Friary church with a cloister seems to have been in the North range whose remains have been located between Arundel post office/sorting office and the Norfolk Centre. The South range on the river bank was possibly the site of the refectory. The West range, now under the sorting office, is believed to have contained the dormitory. However, when the site was excavated to build the post office in 1895, a number of 14th century tiles and skeletons were unearthed so it could also have been the site of the Friary burial ground.



The Friary buildings were constructed of sandstone and clunch (soft chalk) with a flint dressing making use of local resources. Over the centuries, the sandstone was removed - some was used to build the first stone bridge across the river in 1794. This exposed the clunch which has been damaged by weathering.

The Dominicans were never a rich Order and they seldom owned much property. In 1334, Edmund, Earl of Arundel noticed the poverty of the Friary and gave 2 acres of land to ameliorate this. However, a jetty on the river by the South range could have provided some income from landing fees. A document in the Arundel Castle archives refers to a report of a body being washed up near the "fryers" where there was small jetty and the site was accessible for vessels bringing goods to Arundel. It is believed that the Friary never had more than 20 inmates, and, at the time of the Dissolution in 1538, there were only 5.

In 1540, the site was granted by the Crown to Edward Myllet of Westminster. However, attempts to sell it were a failure and it was let together with the church, belfry, burial ground, and all the adjacent buildings plus ponds, gardens and 2 acres of meadows for 2 shillings (20p) per year. Over the centuries, the site was used for general storage, a timber yard, a barn and small dwellings. There was a malt house in the West range. In 1894, the site was split in two by the construction of Mill Road running west-east across the site and, in 1935, the then Duke of Norfolk gave the remains to the town.

Further damage was caused in 1965 when a side access to the post office was built and more damage occurred later that year in a storm. The south range remains are now maintained by Arun District Council and work has been carried out on the crumbling walls. The remains of the North and West range on the other side of Mill Road are still at risk and inaccessible.

The Friary was for many years incorrectly identified as the Hospital of the Holy Trinity (Maison Dieu). In fact, this stood up the hill west of the parish church of St. Nicholas. English Heritage have now listed the Friary as an ancient monument. The South range remains a small, attractive site by the river next to Arundel Museum and well worth a visit.

Helena Millen

STAYCATIONS

Envious of friends going large about their global travel plans but don't want the hassle of all that planning and then there's the dreaded Cov*d? Why not stay local or nearby? A great staycation that has everything except the aggro. Maybe you could sneak in a couple of days in January/February 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 chosen to whet your appetite.

Isle of Wight. Recommended by ML/JL & BN/SN.



*He clasps the crag with crooked hands;
Close to the sun in lonely lands,
Ring'd with the azure world, he stands.*

*The wrinkled sea beneath him crawls;
He watches from his mountain walls,
And like a thunderbolt he falls.*



Alfred Lord Tennyson has a 'Down' on the Isle of Wight named after him. His poem 'The Eagle' describes what most bird watchers would recognise as a Peregrine Falcon, that lover of high sea cliffs dropping upon it's prey 'like a thunderbolt'. Tennyson would have seen them many times during his daily walks on the Down.

The Island has many such wonderful [landmarks](#). Or for a quirkier day out why not try The Isle of Wight [Donkey Sanctuary](#).

Bicton nr. Budleigh Salterton, East Devon a favourite of B & S.



64 acre [Bicton Park Botanical Gardens](#) in the grounds of the old Rolle family estate is open all year with the nearby Otter river offering wonderful walks and wildlife. The spectacular Palm House predates the one at Kew.

For that special trip, [The China Tower](#), a romantic 4 storey folly in the grounds of the estate can be rented from the Landmark Trust.



Or How About Something A Little Further South For The Summer?

Small Ad!

How about a week or two in Provence in a 'lovely and well equipped, comfortable house in a great location? If you are looking for some time in 2022 soaking up some sunshine in a delightful part of France then this cottage is for you!

Facing the Luberon Hills, this stone cottage is set in a vineyard and has lovely views to the south to the village of Gault, which is a 10 minute walk away. A proper local village with baker, butcher, general store, cheese shop cafe and 4 restaurants as well as a small weekly market.

The cottage is a traditional self-contained house but with the advantage of recent additions. It has a double and a twin bedroom, large living/dining room, sitting room, fully fitted kitchen, bathroom with bath and shower and a large shower room with washing machine. Outside it has two south-facing terraces ideal for eating and relaxing on and it is set in two acres of land with access a short way up a good lane.

It is a marvellous base for walking, biking and exploring the local historic hillside villages and the wine routes. The main Roman Provence sites at Arles, St Remy etc are close with Cezanne and Van Gogh landscapes all around. What is not to like?

Good access by plane to Marseilles and by TGV to Avignon. The cottage attracts a large number of return bookings and the family use it for parts of the year but there are at present slots available in June and July so do get in touch with me if you would like to know more email Hannah at lespradets@btinternet.com or on the website at www.lespradets.iowners.net



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

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

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- Hedge cutting
- Tree pruning & lopping
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- Regular work or one off's welcome

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References available • DBS Checked • Licenced to carry waste • Fully insured

Call Matthew for a free no-obligation quote
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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.



Russell Kendall

FREE MINDFULNESS Introduction

I am providing a free introduction to Mindfulness via Zoom on Saturday 22nd January from 10am to 11.30am

Please send me a message if you would like to attend via:
[Person 2 Person Counselling](#)

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

A PT and massage therapist specialising in the lymphatic system for those recovering post-Covid, cancer, post-op recovery with specialist aftercare. Overweight related health issues. Athletes' improve performance or you just need general lymphatic health maintenance. This separate system is key to our internal health. It helps maintain blood pressure, removes toxins, balances waste fluid, and regulates use and storage of fat. Helps control diabetes and immunity to fight illness and disease. If it's not working properly it shows signs of distress, and without improving the flow, deterioration!

PERSONAL TRAINING SESSIONS

- One person £50 1 hour
 - Two people £80 1 hour
- Call Yvette 07599 985 648**

SPECIALIST THERAPY

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

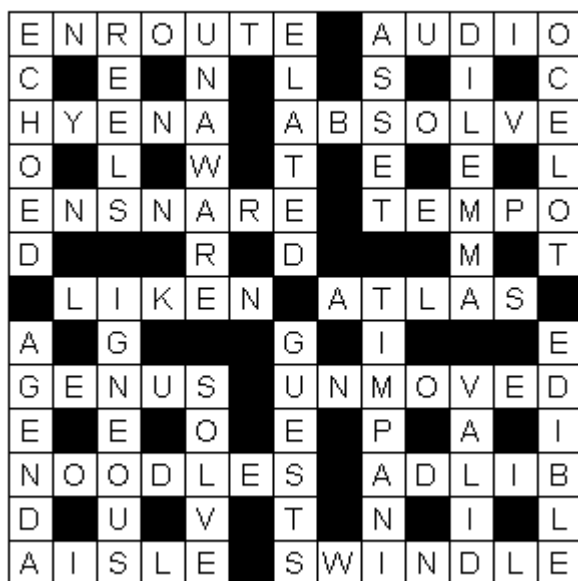
Lymphatic Pressure Therapy £50 p/hr
Tailor made sessions specific to suit your preferred requirements using lymphatic exercise and massage

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



Crossword Solution from p6.

Solution - ukp035



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More Humour from Louise: from p4.

My mother taught me HOW TO BECOME AN ADULT.

"If you don't eat your vegetables, you'll never grow up."

My mother taught me GENETICS.

"You're just like your father."

My mother taught me about my ROOTS.

"Shut that door behind you. Do you think you were born in a barn?"

My mother taught me WISDOM.

"When you get to be my age, you'll understand."

My father taught me about JUSTICE .

"One day you'll have kids, and I hope they turn out just like you!"

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P6	Bird with berries.	Image by Gerhard G. from Pixabay
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P10	Bicton Bot. Gdns Railway.	Paul Lang, CC BY-SA 2.0 UK < https://creativecommons.org/licenses/by-sa/2.0/uk/deed.en >, via Wikimedia Commons
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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