



## Wild Geese

You do not have to be good.  
You do not have to walk on your knees  
for a hundred miles through the desert, repenting.  
You only have to let the soft animal of your body  
love what it loves.  
Tell me about despair, yours, and I will tell you mine.  
Meanwhile the world goes on.  
Meanwhile the sun and the clear pebbles of the rain  
are moving across the landscapes,  
over the prairies and the deep trees,  
the mountains and the rivers.  
Meanwhile the wild geese, high in the clean blue air,  
are heading home again.  
Whoever you are, no matter how lonely,  
the world offers itself to your imagination,  
calls to you like the wild geese,  
harsh and exciting—  
over and over announcing your place  
in the family of things.

**Mary Oliver**

*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

Working for the whole community

## North Mundham Parish Council Report

At our most recent parish council meeting, our Police Community Support Officer, Jason Lemm, spoke. One of his particular interests is helping communities set up Speedwatch groups, to monitor the speed of traffic. The Police see the existence of a Speedwatch group as evidence that the community is seriously interested in controlling traffic speed, and it encourages their support. If anyone is interested in joining a Speedwatch group please let me know – we would need at least four volunteers.

When I last wrote at the end of October I noted that there are three undecided planning applications in the parish, for up to 30 houses at Streamside (21/03448/OUT), 19 houses at Post Office Lane (21/02878/OUT) and 94 houses at Charman's Field (22/02191/OUT). The parish council has registered its objections to all three of them, for various reasons, and you can find the text of our objections on the Chichester District Council website. The first two are listed as 'pending decision', and we would expect them to come before CDC's planning committee at some stage. But they did not come before the meeting on 9 November, and I have just seen that they are not on the agenda for the meeting on 7 December. Until we see the planning officer's committee report, we cannot tell what the planning officers' recommendations will be.

I have written before to remind you that the local elections are coming up on 4 May next year. It is likely that one or two of your parish councillors will choose not to stand for re-election, and so we may have vacancies to fill. The parish council recognises that our schedule means attending evening meetings, and this may be difficult for those with responsibilities for children or the elderly, who may face the expense of paying for a carer or child-minder. We have therefore made provision in our budget to pay an allowance to councillors next year, which we hope might make the idea of serving as a parish councillor a more realistic proposition. If there is anyone who is interested in standing for election, and would like to find out a bit more about what is involved in being a councillor, please feel free to contact me. Any discussions will be entirely in confidence unless you choose otherwise.

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

The current Parish Council Newsletters can be found by clicking here. [PC Newsletters.](#)

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

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# What's Happening: Local?



## REMEMBRANCE 2022

Unfortunately, with the demise of the Mundham and District Branch and the lack of a volunteer to manage the Poppy Appeal, only 2 of our usual 3 "events" could take place.

The running of the Appeal, which includes placing collecting tins in prominent locations in our villages, is now being managed by the Chichester Branch. All the monies collected will be included in the Chichester total and I am confident that a significant proportion of that total will have been due to your generosity.

Remembrance Sunday services were conducted at our two churches, the only difference from previous years being the Royal British Legion Standard could not be paraded. Wreaths were presented on behalf of both Parish Councils and the RBL and the names of the fallen were read. The Mundham service was enhanced with the bugle soundings and a poppy shower. The wreaths were laid at the two War Memorials.

Once again, David Maclean stepped up to the plate to organise a very successful Poppy Lunch in North Mundham Village Hall. We had 90 attendees and Annie and Joanna, and their band of willing volunteers presented the Hog Roast and salads; numerous delicious puddings were donated by generous villagers. Salads were kindly donated by Runcton Farm Shop and, together with the successful bar and raffle, a total of £940 was raised through this popular community event.

Thank you for your continued generosity in raising much needed funds to support the activities of the Legion which are devoted to the welfare of service personnel past and present, and their families.

David Coward  
David Maclean  
Andy Forsyth

## ROSE GREEN CENTRE of ART & CRAFT

### PAINTING WITH PASTELS

*A One-day Course on  
the Use of Pastels in Painting  
for Beginners and Experienced Painters*

*with*

*Nigel Ingram* NDD, ATC, MA, PhD

Course Participants may choose whether they wish to paint a landscape, still life or animal portrait. Nigel will provide some images, or you may bring your own. He is a specialist in the use of pastels, and will demonstrate different processes and give individual guidance and tuition throughout the day as required.

Essential Materials for Participants to bring:

- ❖ Good cartridge or pastel paper. The paper should be the size you are comfortable with when working, i.e. up to A3 size (32.5 x 46cm).
- ❖ Paper to be secured to a backing-board using gummed or masking tape.
- ❖ A sketch book.

### PASTELS INCLUDED FOR YOUR USE!

- REFRESHMENTS
- FREE PARKING
- ACCESS
- A friendly environment for developing and honing your skills!
- All welcome!

**Saturday 14th January, 2023**

**10.00 a.m. to 3.30 p.m.**

**£35 per person**



For further details please  
phone, or call into

**22-24 Rose Green Rd., Rose  
Green,  
near Bognor Regis**

**Telephone: 01243 262059**

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# What's Happening: Local?



**Chichester Christmas Market**

**Opening hours:**  
Mon-Sat 9am-5:30pm,  
Sunday: 10am-4:30pm  
**Plus Late Night Shopping:**  
Thurs 15th & 22nd until 7pm

**Saturday 3rd - Friday 23rd December 2022**

[chichesterchristmasmarket.co.uk](http://chichesterchristmasmarket.co.uk) organised by [www.woodlandcrafts.co.uk](http://www.woodlandcrafts.co.uk) **woodlandcrafts** EVENTS MANAGEMENT



**CHRISTMAS CONCERTS**  
The Band of HM Royal Marines  
Collingwood and Chichester  
Cathedral Choir  
5 – 10 December  
FESTIVAL THEATRE



**The Nutcracker Trail**  
Discover the names of the Nutcracker Kings guarding the city...  
26th November - 2nd January  
Christmas in Chichester, Chichester BID, bluespire



**Santa trips**  
on the Wey & Arun Canal  
Join us for a special 40-minute festive canal boat trip with seasonal refreshments for all and a gift from Santa for children. For more details and to book head to our website.  
**BOOK ONLINE AT**  
[WWW.WEYARUN.ORG.UK](http://WWW.WEYARUN.ORG.UK)

## MANHOOD WILDLIFE AND HERITAGE GROUP. Volunteering: December 2022

We are going to be alternating Thursday and Fridays working parties from now on and have also popped in a Saturday morning to see if anyone that works in the week can make this one.

TO VOLUNTEER FOR ANY OF THE BELOW ACTIVITIES PLEASE SIGN UP ON THE [MHWG WEBSITE](http://MHWG WEBSITE) SO YOU CAN RECEIVE THE LATEST UPDATES.

Each week we will post more details of where we are working, what we will be doing, where to park, what to bring etc. You can sign up then.

### This is what we have planned for December:

Friday, 2nd December - Tree planting at Birdham Recreation Ground

Thursday, 8th December - Tree planting at Downview, East Wittering

Friday, 16th December XMAS SESSION - Vegetation management - Cakeham Manor Estate.

We will always send out an email on the morning of a working party if it is going to be cancelled due to dangerous weather conditions or a last minute issue.



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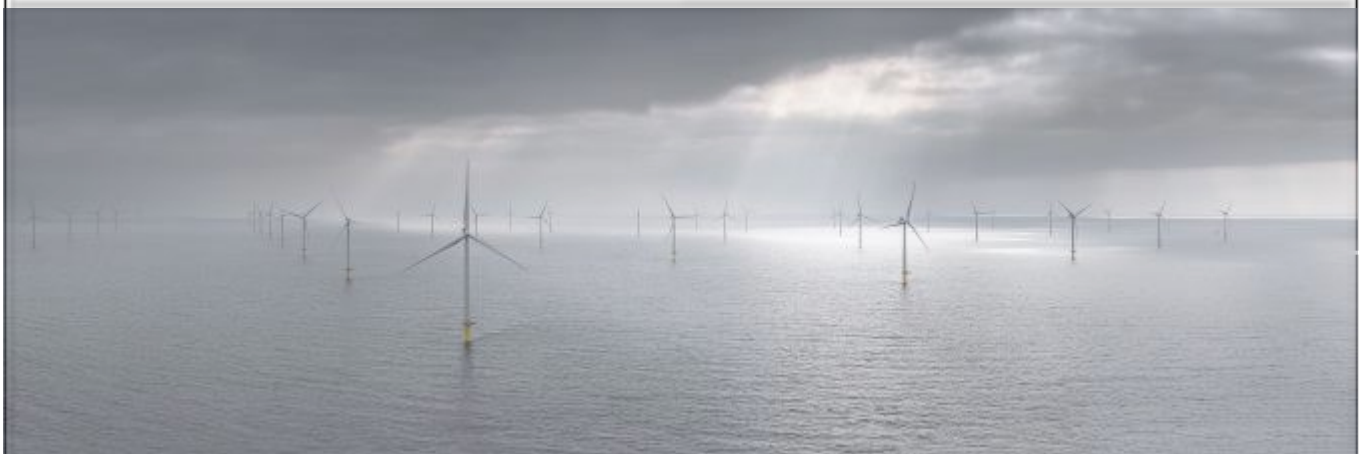
# What's Happening: Local?

## Chichester Farmers' Market

North and East Street. Every 1st and 3rd Friday of the month, 9am to 2pm  
Look out for promotions, offers and events throughout the season

Spring	Summer	Autumn	Winter
1 & 15 April 6 & 20 May	3 & 17 June 1 & 15 July 5 & 19 August	2 & 16 September 7 & 21 October 4 & 18 November	2 & 16 December 20 January 3 & 17 February 3 & 17 March

[www.chichester.gov.uk/farmersmarket](http://www.chichester.gov.uk/farmersmarket) ChichesterDistrictEventsandMarkets @chidiseventsmkts



## LOCAL POWER

From Felpham Beach the seas a wonder;  
Its foaming fleece stirs boats and yachts.  
The wind it rolls the turbines yonder,  
While into Sussex flow Gigawatts.

They turn like this through every season,  
Rampions sea rotors roll.  
New generations bring new reasons to  
Use local power to warm local souls.

Below the waves, life is a riot,  
Of cuckoo wrasse and kelp so tall;  
Each turbine is its own sweet isle of  
Marine life and seabirds call.

The gusts run the rotors round-ward,  
Our energy flows on and on.  
Kelp, seal, dolphin, coral, gurnard,  
Rest sheltered under Rampion.

**New generations bring new reasons;  
Use local power to warm local souls.**

Mick



## Scenery, Architecture and Nature Combine In a 6 mile Rural Sussex Ramble.

This walk starts from the public car park adjacent to the Handsome, recently restored Burton Mill. [Burton Mill – Stoneground Flour & Hydro Power](#) Burton water mill has, over the years, had many uses including flour milling, timber sawing, electricity generation and water supply.



Our walk starts at the car park entrance; crossing Burton Park Road (**take care**) and through the 5 bar gate into woodland with views of the pond on our left. As the land opens up

ahead we turn left onto [The Serpent Trail](#), a 65 mile sinuous heathland trail in the South Downs. Then pass through woods with a vista of Chingford Pond on our right. Still following the Serpent Trail we ascend a muddy path to a metalled road by Crouch Farm. NB This path also forms part of The West Sussex Literary Trail.

Continue briefly on the road; the trail is signed right into woodland, emerging eventually onto The Street at Sutton End. Here we part company with the Serpent Trail. Just south of Sutton End the path, now the [West Sussex Literary Trail](#), enters woodland over a stile by a dwelling on our left and

follows the edge of that dwelling to the right, crossing a field, the signage identifies the narrow rutted field line track, till we finally emerge up a small rise past the back gardens along School Lane, Sutton.

**NB In very wet conditions, an alternative route could be along The Street towards Sutton church; as the trail requires very good balance and waterproof footwear.**

From just north of St John the Baptist Sutton follow the fingerpost on the left along the field edge passing a large red dwelling to the right. Continue right around the building, descending through woodland crossing a footbridge over a spring then immediately taking the right hand signed path upwards leading to Barlavington Farm. At the T-junction curve right round a large medieval barn in restoration then through St. Mary's churchyard— beautiful altar stained glass.



Out of the churchyard continue straight past a CAUTION sign and through a swing gate into woodland emerging briefly onto a road; then across, up wooden steps to a stile and over the field keeping to the wide path next to a road. Go along this path passing a plantation on the right and descend to a single track road. Turn right past the trout stock pond, and then left, reaching the A285 with The Cricketers on your left. **Refreshments highly recommended.**

Return through Burton Park gates marked 'Private', following the West Sussex Literary Trail. Burton chapel dates from 1075 and houses some impressive wall paintings. The Park itself has several splendid ancient sweet chestnut trees. Go again through the woodland, past some old wrought iron gateposts arriving back at Burton Park Road and car park. Burton pond viewing platform is a good place to see birds, dragonflies and damselflies. **OS Explorer OL10 ; Landranger 197** **Mick**



## The Best Gardening Presents to get this Christmas.

Matthew.

This December, as Christmas approaches it is time to be making lists and buying presents. Whether you want gardening gifts or are buying gardening gifts for someone, there are a variety of great presents to get.

For example, Garden décor is the perfect gift this Christmas to keep gardens looking nice such as a garden gnome or other garden statues like animals to give a garden some character. As well as a suncatcher to bring light into a garden, and wind sculptures and spinners, outdoor clocks, fountains are all great ornaments too add to a garden. Outdoor lights can always be a great feature to a garden. Also you can get bird watchers bird feeders, and houses, (whilst also helping the wildlife) to attract all types of birds to a garden, and even buy a pair of binoculars.

As well as this, gardening tools are a great gift to get for people who like to keep busy in their garden, meaning their tools might be run down, broken, or even lost. This means that shovels, spades, forks, rakes, hoes, bushes, brooms, buckets, trugs, gardening glove, wheel barrow, hosepipe, and a watering can are all good presents to help keep a garden tidy and keep up with lots of gardening jobs throughout the new year. If you are unsure of what tools someone has and doesn't have, it may be a good idea to get them a gift card or voucher from a garden centre, and then they can go get what they need to keep their garden in order, and it can also save you the hassle of having to wrap up a shovel or a rake.

Another amazing gift to get this Christmas is plants, because plants are always great to have whether they're in the garden or indoors. To do this, you can head to your local garden centre and get the best plants for a plant lover, such as Christmas poinsettia, or a mini-Nordmann tree which are really nice plants to have during the festive season. Hanging plants are also a great gift. Or you can even get artificial plants if someone has a busy lifestyle and struggles to look after their plants.

To add to this, if you really want to go big with your gifts this year, you can get a greenhouse, or garden shed to really make someone very happy, but they may need help putting it up, so keep that in mind.

Have a very Merry Christmas

**Matthew Wiggs:** Mobile: 07771 857432, Email: [mwiggs@btinternet.com](mailto:mwiggs@btinternet.com)



## CROSSWORD.

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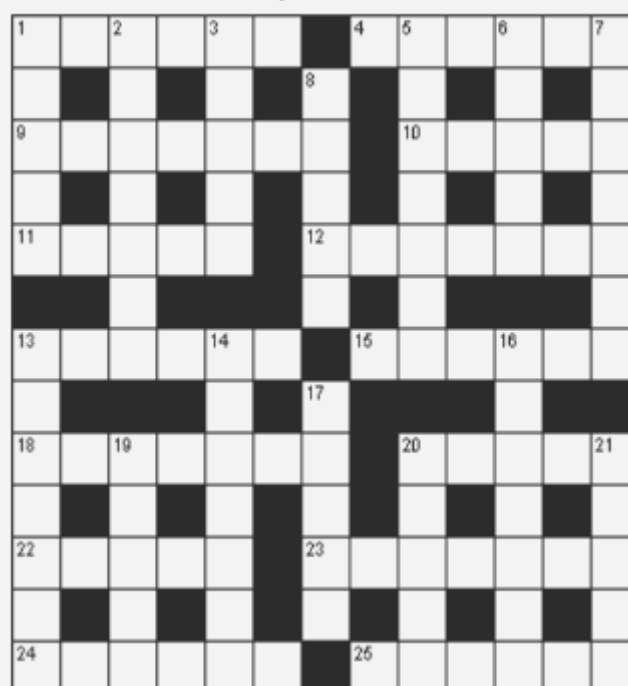
Standard Crossword- ukp041

### Across

1. Plaid (6)
4. Inveigle (6)
9. Plane figure with straight sides (7)
10. Publish (5)
11. Creep (5)
12. Plant with prickly-edged leaves (7)
13. Schedule (6)
15. Despot (6)
18. Producing a sensation of touch (7)
20. Investigation (5)
22. Performed (5)
23. Gathered together in large numbers (7)
24. Objective (6)
25. Formal proposal to buy (6)

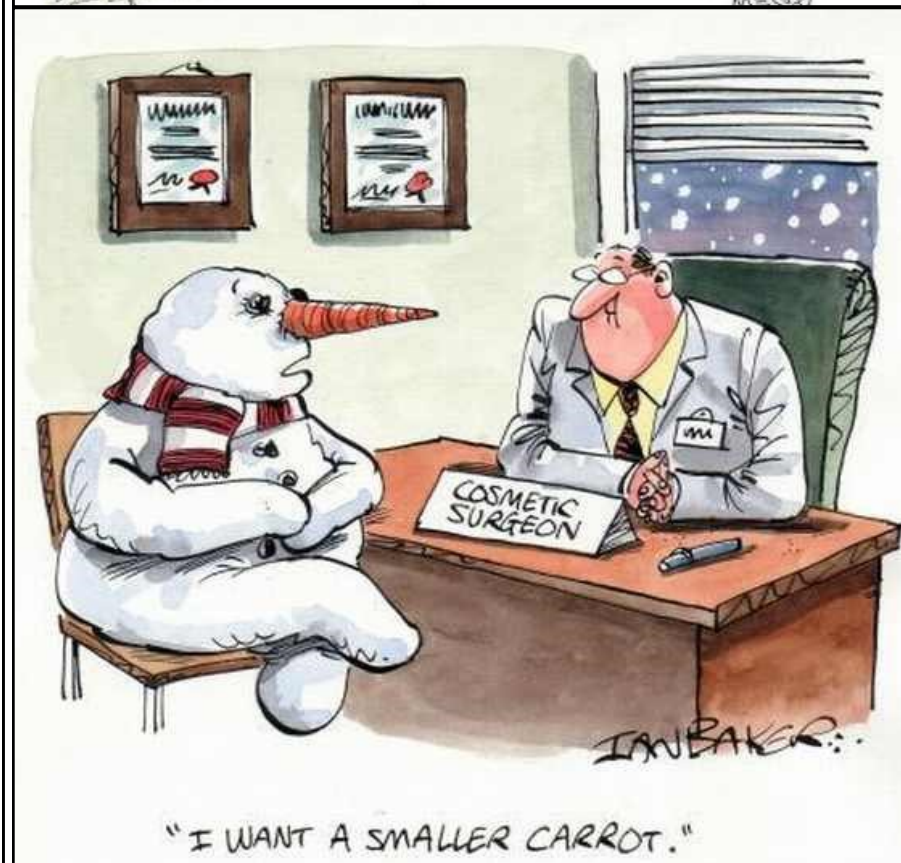
### Down

1. Subject (5)
2. Let go (7)
3. Investor in theatrical production (5)
5. Nimbleness (7)
6. Beginning or early stages (5)
7. Best environment for a plant or animal (7)
8. Become one (5)
13. Draw in (7)
14. Diminish (7)
16. Kept away from (7)
17. Impart skills or knowledge (5)
19. Supply food ready to eat (5)
20. Provide evidence for (5)
21. Type of duck (5)



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## CHRISTMAS HUMOUR



## A LONG-STANDING TRADITION.

Christmas trees have been a prominent feature of Christmas celebrations for many centuries now appearing in retail outlets as soon as the days begin to shorten. They come in all shapes and sizes, real and artificial, with or without roots, potted or not, and now even available to rent for returning in January for the following December. Many of us will try to preserve our tree in the garden but usually fail. Yet how did it all start?

The history of Christmas trees goes back to the symbolic use of evergreens in ancient Egypt and then in the Roman empire. Long before the Christmas association, plants and trees that remained green all year had special meaning. The idea of bringing evergreens into homes in pagan times represented fertility and new life in the darkness of winter. Evergreens were often also hung over doors and windows to keep away witches, ghosts, evil spirits and illness.



There are legends concerning how evergreen trees became Christian symbols. It is known, for example, that St Boniface, a Saxon monk from Devon, became a missionary in what is now Germany. There, it is said, he encountered the natives performing sacrifices in front of a sacred, mighty oak tree. Boniface felled the tree to prevent the worshipping of false idols. The natives expected him to be

struck by lightning. When this did not occur, Boniface was able to convert them to Christianity. Legend claims that a fir tree grew out of the felled oak tree and it became a symbol of Christ because its triangular shape represents the Trinity.



Today's Christmas trees emerged in Germany in the 15th and 16th centuries when fir trees were brought into homes and decorated with gingerbread, nuts and apples. It is claimed that Martin Luther was the first to decorate trees with candles. Luther was walking home one cold Christmas Eve, composing his sermon as he went, when he was awed by the stars. On reaching home he placed lighted candles on his tree. This started the tradition of placing lights in trees, not necessarily fir trees, at Christmas time which continues to this day. In Britain, however, in the 17th Century, Oliver Cromwell preached against the "heathen tradition" that "desecrated that sacred event". Yet, the

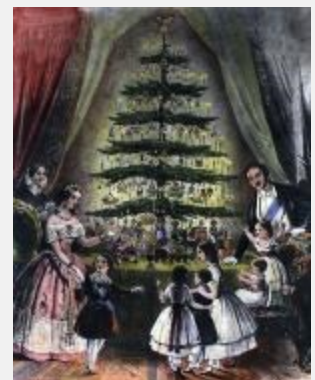
German practice of decorating trees at Christmas remained popular and spread to royal courts across Europe by the early 19th Century.

Although Queen Victoria and Prince Albert are thought to have introduced Christmas trees into Britain, it is possible that William the Fourth's German wife, Queen Adelaide brought the tradition with her. Sadly the couple's children died in infancy so William's niece, Victoria, became Queen. However, Victoria's mother was also a German princess so it is likely her daughter grew up with a tree at Christmas.

The popularity of decorated Christmas trees surged in Britain after 1846 when Queen Victoria and Prince Albert and their children were sketched around one in the Illustrated London News. The British public then took up the practice and writers, such as Charles Dickens, promoted Christmas trees in their books and articles. By the 1890s, there was a well established trade in the import of tree decorations, which would now be valuable antiques especially if they had survived intact.

Today Christmas trees and their decorations are big business. For some they remain a Christian symbol and for others, simply a part of the mid-winter celebrations.

**Helena Millen**



## \*\*\*WE'RE GONNA PARTY LIKE IT'S 1999\*\*\*

There are those of us, regardless of utility bills, power cuts and strikes who would prefer it if Christmas were to be altogether erased, who could happily time jump from December 2022 to January 2023 in one sleep, after all what is the fuss about Christmas when we are no longer six or sixteen years old?

Martin Lewis, guru of falling savings and increasing bills, climbing electricity and gas prices, reveals how tough it is to put these depressing items right, or just in context. So where are we as we dance on the spot to stay warm while watching our smart meters flicker. What may help us through this *festive* time?

### 1970's/80's or even 90's Christmas.

Women swung into previous Christmas's parties, dressed up as they could be, in too cold, too short, purple, silver or red glitzy dresses with too much earring, wore stuffed, padded shoulders, carried a clutch bag just big enough for pills, lippy and reading glasses. This was back in the day when drinking and driving never used to matter much, especially if you lived just down the road from the party. Imagine yourself as this lady, who may no longer see her 30's or even 40's.....but who does need to raise a glass or two, to herself, in her hall mirror as she leaves, to magic away her social gremlins.

She air kisses the hosts: let's call our lady Gloria (think Tina Turner big hair, legs to armpits, but alas lacking Ms Turners voice and stage presence). Gloria shakes a hand or two and scans the party for potential one night stand options, but realising, likely fortunately, (Tina would never do that – would she?), that she will be disappointed, Gloria checks out table decs and Christmas decs – are they memorable, hip, or tacky? Are melting aromas coming from the kitchen: after all Gloria did skip tea in favour of her seasonal sherry at lunch so she hopes to make up the calorie deficit now? Who needs conversation when there is free wine!

Gloria notices outfits, especially handbags and twinkly Christmas headgear, wondering all the time how she measures up, even where she may fit in to her neighbourhood pecking order? Yes, Gloria decides, tonight she has held her own, pressures off, though her dress *is* too short as she shivers, but nothing a toddy can't warm up - right. Her hosts had even got the carpet cleaners in as Gloria's heels sink into a spotless rug: preparation – tick that box! Halloo!; impressions count!

### Christmas 2022

Social anxiety exists at any time but especially at Yuletide, there is more pressure and despite the easing of COVID, some of us are yards out of practice at being socially at ease. But we know that the less we socialise the lonelier we can feel, so we get ourselves out there dressed comfortably. Everyone is human and we all have faults and foibles, we do say the wrong thing at the wrong time, and who hasn't worn the wrong clothes? I once turned up (not entirely my fault) in candy striped dungarees and white tee, to a wedding. It was memorable and gave me a story to tell.

Get others to talk about themselves, people love that, ask why they have just moved to this neighbourhood, took that holiday, had that friend to stay, etc. Talk to new people you have never met before – an island of discovery there. Don't look at the carpet, decorations, the state or not of the bar, the food. Count your blessings, your friends, be glad for your community, your neighbourhood, your extended family.

Laugh, maybe cry a little, enjoy this season, new friendships, new stories with old friends around a Christmas hearth or a plate of mince pies. You may want to bring your imaginary friend Gloria.

January 2023 will be along soon enough, so enjoy December among friends.

**Jackie Lovell**





## INGREDIENTS

### For The Filling

150g of chocolate hazelnut spread

### OR (My Favourite)

60ml water

100g. granulated sugar (1/2 cup)

1 tbsp unsweetened cocoa powder

pinch salt

1 tsp vanilla extract

120g. bittersweet chocolate finely chopped.

### The best you can afford

140g. unsalted butter softened and cubed

### Prepare as below.

### For The Dough

4 tbsp whole milk

7g. easy bake yeast

250g. strong white flour

3tbsp soft brown sugar

1/2 tsp salt

1 large egg -beaten

75g. unsalted butter -softened

### For The Glaze

3 tbsp soft brown sugar

3tbsp water



## METHOD

### For My Favourite Filling—if not using bought chocolate hazelnut spread.

1. In a small saucepan, combine the water, granulated sugar, unsweetened cocoa powder, and salt.
2. Place the pan over medium heat and stir until the sugar and cocoa powder dissolve. Continue to heat the pan, stirring frequently, just until it reaches a simmer.
3. Once simmering, remove the pan from the heat and add the vanilla extract, chopped chocolate, and cubed butter.
4. Whisk until the chocolate and butter melt and the mixture is completely smooth. When it is freshly made, this spread will have the consistency of hot fudge sauce.
5. Pour the spread into a jar or other container with a lid. Press a layer of plastic wrap on top of the chocolate to prevent a skin from forming, and refrigerate it until it thickens.
6. If it is too cold to spread easily, let it sit at room temperature for a short while before using. Store it in the refrigerator for up to two weeks.

### For The Dough.

1. If using a free standing mixer, place dough ingredients into bowl.
2. Make a well in the centre and add tepid milk plus butter and egg.
3. With the hook attachment knead together for 8 minutes until smooth.
4. If mixing by hand, knead all dough ingredients together for 10 minutes.
5. Cover with cling film (or a shower cap as its reusable) until the dough doubles in size. This may take about 2 hours. At this point the dough can be put in the fridge overnight.
6. If dough has been refrigerated then remove from fridge and leave for 2 hours to come to room temperature.
7. Grease and line a 900g. loaf tin.
8. On a lightly floured surface roll the dough out into a large rectangle 30cm X 45cm.
9. Spread the filling evenly over the dough and then roll up tightly like a Swiss roll starting from the one of the short sides.
10. Cut the roll in half lengthways using a floured knife then tightly twist the two strips over each other with the filling facing outwards. NB The twisted roll should fit inside the loaf tin.
11. Transfer to the loaf tin and cover with cling film of a bathing cap and leave to rise to about twice the size -approx. 1 hour.
12. Meanwhile preheat an oven to 180C. Best not to use a fan oven as this dries out the dough too quickly.
13. Bake for about 30 minutes until golden and cooked through— cover top with a foil if it browns too quickly.

### For The Glaze.

Dissolve the sugar in the water and boil for about 2 minutes until syrupy. Liberally brush the Babka all over with the glaze once baked and leave to cool before cutting.

## Crossword Solution from p7.

Solution - ukp041



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## JUST A THOUGHT: OLD FRIENDS CAN BE GREAT FRIENDS.



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 may edit font/text 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.

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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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