



## King Charles III Coronation

May 6 @ 10:00 am - 3:00 pm

**FREE**

Come and watch the Coronation of King Charles III on Saturday 6 May on the picturesque Chichester Cathedral Green where a large outdoor screen will broadcast the Coronation Parade and Ceremony live. Deck chairs will be set out for people to gather for picnics whilst watching the proceedings and there will be themed arts, crafts, games and face painting for children to enjoy.

The main streets of the city centre will be adorned with a mixture of Union flags and specially designed Coronation flags created by local school children, while the side streets will be decorated with colourful bunting.

The Coronation event will take place on Saturday 6 May from 10am – 3pm, the ceremony is due to take place at 11am. Visitors are encouraged to bring a rug and a picnic or pick up a delicious lunch from one of the many wonderful eateries in the city centre.



## **North Mundham Parish Council Report**

As some of you may already know, I have decided to stand down from the parish council, and I have not submitted any nomination papers for the elections which will be held on 4 May. So this is the last report I will write as chairman of the parish council.

Although some other members of the parish council have decided not to stand again, five of the current members have submitted nomination papers: Paul Chivers, Annie Maclean, Frances Neave, Gill Nott and Hugo Wall. In addition, David Maclean has decided to join them. Because there are nine vacancies, all six of them will be elected unopposed.

Although there will be no opportunity to vote for parish councillors on 4 May, there will still be the opportunity to vote for your district councillors that day: remember you that you will need to have photographic proof of identity with you when you vote.

The first task for the new parish councillors will be to elect one of their number to be the new chairman, when they meet at the parish council's Annual General Meeting on 16 May. But another issue of some urgency will be to find another three people to co-opt onto the council to fill the vacancies. If the council is not brought up to full strength, we will be required to hold another election, and the cost of this will fall on the parish. So, if there is anyone in the parish who is interested in becoming a member of the parish council, please make yourself known to me or to the Clerk. I would be very happy to discuss privately what this would entail, or you can contact the Clerk at: [clerk@northmundham.org](mailto:clerk@northmundham.org) or by telephone on 01243 203050.

Finally, I must express my thanks to all the parish councillors, both those staying on and those who have decided not to stand, for all their support over the past years. And my special thanks go to Louise Chater, our extremely professional Clerk, who continues to serve the parish council with good humour and unswerving loyalty. The council is very fortunate to have her in post.

When I step down, my parish council e-mail address will cease to function, but the telephone number will live on. And the Clerk will always know how to contact me. Best wishes to you all.

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

**The Parish Council Newsletter with details of forthcoming elections, becoming a councillor, Coronation cups & much more can be found by clicking here. [Newsletters; Past Issues.](#)**

### **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](tel:01243785166). For contact out of hours call [01243 785339](tel:01243785339).
- For planning use [01243 534734](tel:01243534734).
- For reporting all sorts of footpath or road defects, you can also use the PC [Links](#) page.
- 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: Local?

## Exciting Wildlife Conservation Activities in May 2023

We have some lovely activities planned for this month and no experience is needed for you to join in and have fun.

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 May so please do pop these dates into your diary:

**TO VOLUNTEER FOR ANY OF THE BELOW ACTIVITIES PLEASE SIGN UP ON THE [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.

Friday, 5th May 2023 - Floral surveys at our sites in Birdham

Friday, 12th May 2023 - Planting baby trees into the West Wittering Tree Nursery and then floral surveys at sites in West Wittering.

Thursday, 18th May 2023 - Pond dipping at West Itchenor Village pond.

Thursday, 25th May 2023 - Pond dipping and wildflower surveying at Hilton Park pond, East Wittering.

Friday, 26th May 2023 - Family engagement event preparation at St James Church, Birdham.

Saturday, 27th May 2023 - Family engagement event to encourage nursery school aged children through to teenagers to learn more about the world around them, St James Churchyard, Birdham.

**Any time you can give, even an hour, is really helpful to us in this important work.**

Occasionally we will have to postpone or change the venue but we will always send out an email the night before if the weather is going to result in dangerous conditions.



## Help With Resources For Family Wildlife Event at Birdham.

We are looking for some resources to help us to deliver a family wildlife event at St James Churchyard, Birdham in May and want to use recycled/unwanted items as much as possible.

We are looking for:

**Empty yoghurt pots (lots of small ones & a few large ones)**

**Toilet roll tubes, Cardboard egg boxes, Old bamboo canes,**

**Broken tiles and broken garden pots, Air bricks**

**Small logs, sticks, straw, bark, pinecones, hollow plant stems etc**

**Pieces of coloured wool (bright colours & lots of greens/browns)**

**Animal toys - (e.g. plastic, cuddly, or wooden) birds, mammals, reptiles, frogs, insects, spiders, etc - anything that resembles a creature that could be found in our area (they don't have to be accurate representations!).**

These items will help us to deliver family activities to get children interested in wildlife and the natural world around them. This will include a nature trail, nature-themed games, making a bug hotel and hedgehog house in the churchyard, and making wildlife-friendly items to take home such as bird feeders and mini bug houses.

Please email [lbarnetson@mwhg.org.uk](mailto:lbarnetson@mwhg.org.uk) and let us know what you can donate. We are happy to collect items from your home or you can deliver them to us.

The animal toys can be returned to you and we will try to take care of them, but please be aware they will be handled by multiple small children during the day and we can't guarantee they will not be damaged!

**We need all the items before Friday 26th May 2023, thank you!**





# What's Happening: Local?



## Mundham & District Gala

A community event for all the family  
Saturday 15<sup>th</sup> July 2023

Planning is well under way for this year's Gala. The Schedule, with details of all the Show classes for adults and juniors and the programme for the day, is printed and can be picked up from many of our local shops, post offices, garden centres and churches. So get those vegetables and flowers growing, start planning your flower arrangements, photographs and craft exhibits and perfecting your baking skills. Most important of all please do get your children, grandchildren and their friends involved.

The Dog Show, display of historic and classic vehicles, stalls selling plants, produce, cakes; the Tombola, 100 grid and Raffle; a barbecue, teas, Pimms, soft drinks and ice creams; Kerry Le Bern singing and, new this year, a magic show; lots of children's activities and back by popular request a bouncy castle. It will all be there for you to enjoy and support many of our local community organisations. This is what it is all about!

The Gala website – [www.mundhamgala.co.uk](http://www.mundhamgala.co.uk) - and social media posts will keep you updated as to arrangements in the coming weeks so don't forget to follow us on Facebook and Twitter, as well as @galamundham on Instagram. For more information please email us at [secretary@mundhamgala.co.uk](mailto:secretary@mundhamgala.co.uk) or [showmanager@mundhamgala.co.uk](mailto:showmanager@mundhamgala.co.uk) The Mundham & District Gala has been a day to remember for many years and with your help this year will be no exception.

## HeartSmart Walks.

**Spring is in the air; why not put a spring in your step with one of these free walks.**

The HeartSmart walks are organised by Chichester Wellbeing and provide volunteer-led guided walks at locations around the Chichester District with two to three walks per week throughout the year. These walks are designed to cater for all ages and abilities, offering an opportunity to exercise and meet new people in a safe and friendly environment.

See the [HeartSmart Walk Programme for May to July 2023 \(836kb\)](#). You can book a place, by visiting the [CDC Web page](#).

Full details of Chichester Wellbeing's programme is found at:-

<https://chichester.westsussexwellbeing.org.uk/topics/being-active/healthy-walks>

Or contact the Wellbeing Team; Tel: 01243 521041, Email: [info@chichesterwellbeing.org.uk](mailto:info@chichesterwellbeing.org.uk)



*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*

# What's Happening: Local?

## RSPB Pulborough Brooks.

Now, with Spring under way, isn't it time to spread your wings? Like the many migrant birds that are arriving, setting up nests and starting to display and sing. Our native reptiles are also coming out of hibernation and basking in the warmth of a grassy hollow; newts are visible in the warming pools. Butterflies and insects take to the wing to search out fresh spring blooms.

### What better place to see all of this than RSPB Pulborough Brooks?

Located within the breath-taking Arun Valley in there are beautiful views across to the South Downs in one of the richest areas for nature in the country. The nature reserve has a wide variety of habitats and is home to many returning migrant birds including Nightingales. You may also view the spectacular pair of White-tailed Eagles or the White Storks which drop in regularly from the Knepp estate.

Spot your first cuckoo or swallow of the year - spring has arrived! Wander along a bluebell carpeted woodland path, accented with the white of greater stitchwort and the pink of champions. Scan the wetland pools carefully for wading birds like greenshank, resting and refuelling on their northward migration. Experience the magic of a springtime walk where you'll be serenaded by a choir of warblers and the virtuoso performance the Nightingale. Meanwhile on the wetlands lovely Lapwings will be displaying acrobatically before nesting and raising their precious and beautiful chicks.

Then head to the ponds and ditches in search of dragons and damsels - Pulborough Brooks is one of the top sites for dragonflies and you can hear the clash of wings as these fearsome predators do battle over the prime perches.

### Pulborough Brooks; Your Springtime Inspiration.



Nightingale



Lapwing



White-tailed Eagle



White Stork



Greenshank



Adder



Broad-bodied Chaser



English Bluebells



**Dolly & Gracie**

**Coronation Cream Tea on the Canal**

**Sunday 7th May**

**14:30-16:30**

**Tickets £28**

What's included:  
Boat Ride, Cream Tea, Prosecco & Vintage Entertainment

Celebrate the Coronation of King Charles III with a cruise along the Chichester Canal!

With witty banter, Dolly & Gracie never fail to spread cheerful chuckles & bouts of belly laughter!

Book now via the Chichester Canal website  
[www.chichestercanal.org.uk/boattrips](http://www.chichestercanal.org.uk/boattrips)  
or call to book on **01243 771363**

Chichester Fringe

QR code

**Chichester Ship Canal Trust**

**A Toast to King Charles III on the eve of his Coronation aboard Richmond on Chichester Canal**

**5th May 12:30pm**

**Fish and Chip Special**

**£27 per person**

01243 771363  
boxoffice@chichestercanal.com  
<https://chichestercanal.org.uk>

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



## Kithurst Hill, Parham Park and Storrington Circular Walk.

**Our thanks to ourwildwalks.co.uk on [Outdooractive](#) for this walk.** On this 11.5 mile circular route you'll discover delightful views from the South Downs Way, follow the West Sussex Literary Trail through Rackham and the Parham Estate, watch planes tow gliders into the sky at Parham Airfield and explore the farmland and history around Storrington. There is a rest-stop enroute in Sullington, but take a packed lunch just in case. This is a circular route and has a couple of places where you can cut the trip short and head back onto the South Downs Way as required.

The starting point is Kithurst Hill Car park (RH20 4HW, What3Words: warp.wizard.electric) but there's quite a steep and bumpy single-track road to reach it. Optionally you could park close to Rackham Old School hall : RH20 2EU ,TQ050143, W3W yawned.stated.enjoy or if coming by train the walk is accessible from Amberley station. Rackham is home to delightful fields and farms as well as a Poetry Booth and a old water mill which was built in the 18th century which ran until 1925 and still has the iron wheel attached.



The West Sussex Literary trail takes you through the charming [Parham Park](#) estate where you'll find Parham House; an Elizabethan house and walled garden, built in 1577, which opened to visitors in 1948; it is home to 300 acres of ancient deer park.



You'll then pass through one of the most interesting parts of the route should visit on a sunny and not too windy day. Parham Airfield is the home to the Southdown Gliding Club which was formed in 1930 and is one of Britain's oldest gliding clubs. The footpath through this airfield offers a spectacular view as the aircraft take off and land; **NB: pay close attention to the safety information on site.**



En route, the cafe at The Old Workshop in Sullington is open from 10am to 4:30pm on Fridays - Sundays . They serve great tea and coffee and all of the cake and food is homemade so we'd recommend a visit before the climb back up the hill. A short detour into Storrington offers further delightful refreshment stops.

### Author's recommendations

We'd recommend saving this for a sunny weekend so you don't miss the gliders and be sure to check the opening times of The Cafe at The Old Workshop. Our favourite lunch spot can be found on a moss-covered log in the woodland just before you enter Parham Park, but if you miss this, the grass by the pond in Parham Park also makes an excellent lunch stop. If this route is too long, you can cut the trip short around Coldharbour and still see Rackham, Parham Estate and Parham Airfield.



**For full step by step details including gpx track on Outdooractive app click on:** [Storrington and Parham Park Circular \(Our Wild Walks\) • Hiking Route » outdooractive.com](#)

## Safety information.

Be careful when crossing roads, particularly on the section of the route into Rackham as the B2139 is a national speed limit road and you will have to walk along a grass verge for a short time.

Carefully study the safety information at the Parham Airfield. Don't cross the airfield, keep to the perimeter path and watch for low-flying aircraft and tow ropes.



As always around woodland and deer parks (although extremely unlikely), educate yourself on the risk of ticks Lyme disease. We recommend bringing a Tick tool to properly remove them if you do find one on you.

Suitable footwear is recommended especially after spells of wet weather.

**Mick**

## Short Story: Unexpected Letters.

It was a hot dry summer to be house clearing in my late Mother's home: work wearisome at best, emotional sometimes, tiring often: a messy business that loss never prepared me for.

The house was full of old comfortable furniture, indented with Mother's departed contours, each room overlaid with a human scent which coiled like a ghost, out of the past, as each door opened. Nothing had been thrown out since Father died a decade back: instead, I was emptying out books, linen, furniture, crockery, LP's, and photos that had been gathering since 1966.

Sometimes, there were moments of levity. Finding mine and my families old school reports stuffed into a kitchen drawer caused laughter. School photo's, straggly unkempt hair, 100-yard stares, ties not quite straight, grubby jumpers, cheeky smiles, kept and remembered.

There were discoveries. I found my green and yellow felt squirrel: an old needlework school project. He was stuffed in a box in the loft with lots of other forgotten items. Despite its several holes where stuffing showed, I clutched him to me like a long-lost childhood friend.

One Sunday, we reconnected my father's old record player to the speakers in his study and played an LP which left us in tears as memories entered with the sounds: songs that let magic in.

One weekend, as I dragged yet another loft box across the landing to sort, I stumbled across a shoebox full of handwritten letters addressed to me, checked who they were from: an old childhood friend, Ann that I had known when I was a small child. I put the shoe box on the front seat of my car and barely gave it a thought.



Eventually, with the old house sold and all having sorted the big issues, I thought about Ann's old letters and considered shredding them but couldn't bring myself to do that. After all, when Ann and I played together decades ago as little girls, we had had happy, fun times, then a valuable friendship. After that, Ann's family moved and my family followed a year or two later but somehow, though I could barely recall it.

Ann and I wrote regularly of our teenage lives and loves and for whatever reason, my mother had kept 56 of Ann's letters! Back then pen and ink was the communication of choice.

One quiet weekend I read all 56 of them, including one letter I had written to Ann which had never been sent. It took hours and hours: I put them in date order. Their dates spanned from 1966 until '75, the topics were light, what exams to take, fashion purchases, crushes and the fraught world of teenage dates. Music topics were huge. Each letter ended with a short list of Ann's favourite records of that week.

The voice of teenage Ann was, present and alive, thanks to Mother and I was back in my teenage world with Ann, a world of interviews, first jobs, first dates and discos.

Those letters put a spotlight onto teenage social entertainment of the day from a girl's perspective: seeing a live band play at a city venue was affordable: to save for a cheap car; manageable, to pass our driving tests; so many memories. So much effort made back then to keep up our contact. Yet our lives had sped by since then. I began to do some research as I felt I was meant to have these letters after so long...

I looked for Ann's older brother, supposing that Ann had married and taken her husband's name. Facebook was the obvious route. Soon a likely match to Ann's brother emerged, but his Facebook page was sparse and not up to date, yet with careful research I eventually found a photo, then a link to someone from his page who could be Ann.

I had nothing to lose, I had been gifted an opportunity. I sent off a carefully worded Facebook message to this possible Ann: simultaneously I gave myself a good talking to about the absurd likelihood of my message being even read and if it WAS Ann, why would she want to be in contact with me after decades.

I checked Facebook most days, hoping not to be taken for a fraud enquirer fishing to exploit someone. I hoped, if this was indeed the Ann, she was careful and sensible, and I used my maiden name and explained my contact reason in full.

A week went by then up popped a newsy message: I had found THE Ann, she had looked at my photos and crazy as it may seem she recognised me: what a buzz that was!

Ann and I are in dialogue and who knows what the future may hold for us both. I hope somewhere my mother is dancing in her afterlife world; waving a shoebox with delight at leaving me those letters.

Jackie Lovell

## **Art: Women and Impressionism.**

Women, in the nineteenth century in France as in England found it difficult to train as artists – for example they were barred from the life-class at the Academy/Salon and if you couldn't attend the life-class (naked bodies!!!) then you couldn't qualify and almost certainly would find it difficult to exhibit or sell your work. It was considered that if a woman was "blessed with refined sensibility and aesthetic awareness" then these should be expressed in suitable domestic pursuits – home-making, needlework, album-making, water-colour; nothing too exciting or ambitious, nothing which would distract from their primary duties as wives and mothers. A woman's best chance of training was as the pupil of an established artist, and so women often had to transgress social expectations and paintings of women artists by men have been more widely known than any of their own works.



### **Édouard Manet: Portrait of Eva Gonzalès. 1870**

this is probably the best known image of a woman artist of that era. One critic wrote "The poignantly, lovely portrait of Eva Gonzalès is proof of Manet's sensitivity to the charms of the young woman as she sat working in his studio; so nothing about the painting as 'a painting', all about the woman and in her beautiful evening dress it says nothing about the seriousness of her identity as a painter, the palette and brush become mere fashion accessories. It is an elaborately staged studio set piece; she is not actually painting; (the work is already framed). Her eyes are modestly averted, she is positioned for our delectation, no risk of potential confrontation with the viewer

Berthe Morisot was also a pupil of Manet (in fact she went on to marry his brother, Eugène). George Moore writing in 1893 said women were intellectually and emotionally unsuited to and incapable of the more profound aspects of art "the work of women artists is bound to be superficial – a woman's life floats on the surface of life and hence their suitability to impressionism.....any attempt to be more profound would not only fail but unsex them". It was intended as a eulogy of Berthe Morisot's work but what it says is that her work was charming but slight - 'it would scarcely be missed. She had the modesty and sense not to assume learning which she could not biologically or socially attain'.



### **Berthe Morisot: Mother and Sister of the Artist 1870.**

Morisot came from a well-off middle class family whose father could pay for suitable education for his daughters. So much of Morisot's paintings show her home, her family, the feminine sphere, also the focus of Morisot's life and art. Her paintings primarily concern the quiet surroundings of her suburban home, the parks and views around it. She painted her family, friends all those who inhabited this secluded life with her, which also provided her only opportunity to discuss art - not the café or club - they were for men artists. As a middle class woman there were limits as to where she could go (and therefore paint), unlike the men she had almost no access to the streets, bars, music halls, circuses or brothels.

**CONTINUED OVER.....**





**Eugène Manet with their daughter Julie in the garden at Bougival 1881.**

Traditional conventions for painting men and women demanded that portraits of men represent character and identity whereas for women the focus was on beauty and elegance, conveyed by costume and surroundings as much as face and pose. The male artist is capturing the essence of 'femininity'. Men painted portraits of women at this time but women only painted portraits of a man if the sitter was a close relative, so Berthe painted

her husband and daughter in the surroundings of their home. several times. (Look how close she comes to abstraction here).

When she died on March 2<sup>nd</sup> 1895, her obituary neglects to mention anything about her painting; she is a wife and mother and nothing more.

**Celia O'Shea; May 2023.**

### **Berthe Morisot Exhibition at The Dulwich Gallery till September 10th.**

It is rare for the work of Morisot to be exhibited outside of France where The Musée Marmottan in Paris has a permanent collection. Her last UK showing was over 30 years ago.

According to their [website](#), this exhibition....

"brings together around 30 of Morisot's masterpieces from international collections to reveal the artist as a trailblazer of the movement.

A founding member of the Impressionist group, Berthe Morisot (1841-1895) was known for her swiftly painted glimpses of contemporary life and intimate domestic scenes. She featured prominently in the Impressionist exhibitions and defied social norms to become one of the movement's most influential figures....."

with an "artistic vision, which ultimately set her apart from her predecessors. "

Dulwich Museum is set in a delightful park which works perfectly with the 'outdoor' style of the Impressionists. Well worth a visit to appreciate this rare collection.



**Berthe: Self Portrait.**

**MICK**

## Perspectives On Africa.

Mick

What does it mean to be in Africa, considering that huge populous regions such as India, Europe, the USA and China would all fit inside? For Esso and Shell it means oil and gas. To those in the 'old-world' G7 countries it means radioactive materials for nuclear power or hydrogen bombs. Being in Africa can mean access to gold, copper and gems to show off our wealth or to make mass-market 'tech' such as mobile phones and electric vehicles; as much 'bling' as you can afford! Not so long ago being in Africa meant access to a cheap human resource to fuel European colonialism, producing sugar and tobacco for western tastes.

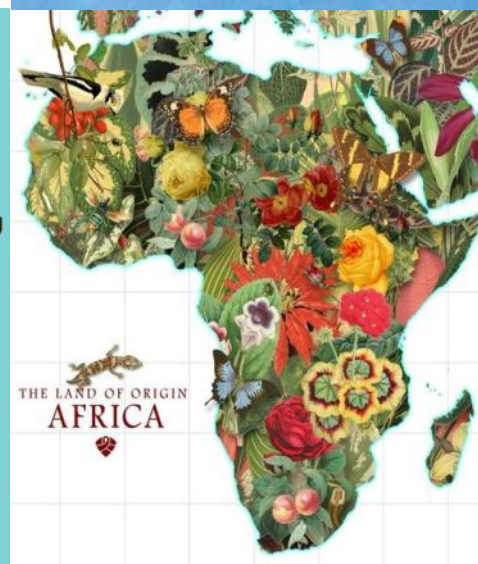
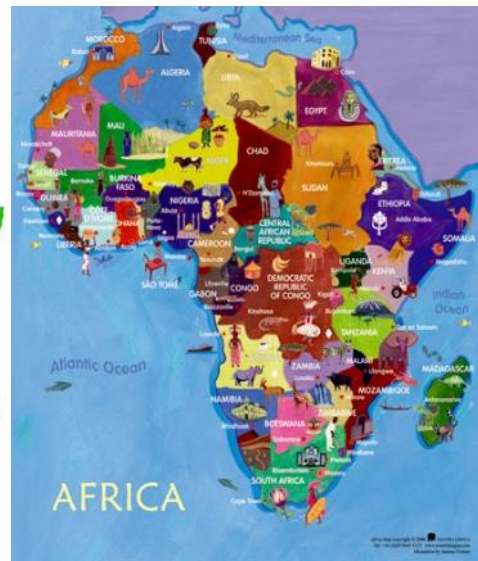
That resource isn't shown on any present map of Africa; yet in many ways the colonial past still colours our vision of Africa's present and our ideas about it's peoples and their capabilities.

You may have been fortunate enough to visit, work or live somewhere in Africa; to enjoy its richness of cultures and traditions. Reflecting back to those Africans who migrated out of Africa, some 45000 years ago, to become the people we are now, might help us appreciate that we're not so different under the skin. We're maybe not so much smarter or more civilised, whatever that might mean; since the same people who left Africa became Europeans, Asians, Australasians, Americans and Polynesians. Egyptians (Africans) were writing, keeping records, building cities and pyramids whilst on this island we had just stopped banging rocks together.

Right now Africa is a youthful continent containing adaptable, technology aware economies. Many of its countries are building egalitarian democracies where proportionally more women than in Europe are in politics and business. Increased city living is giving more access to food, electricity and clean water. Being in Africa today means being young, optimistic and future facing; it means using ample natural resources for oneself and not as the client of nations holding onto a past that often seems more important than the future.



source: CIA Factbook  
www.khalidglobal.com





## Parsnip Bake **Helena Millen**

### **INGREDIENTS (4 servings)**

750g/1lb 8oz parsnips

50g/2oz butter

4 tablespoons milk

75g/3oz grated cheddar cheese - you could add more cheese if you wish

Seasoning

1 medium tomato thinly sliced

### **DIRECTIONS**

1. Slice parsnips. Cook in boiling, salted water until tender. Drain
2. Mash finely. Beat in butter, milk and 2oz cheese. Season with pepper/salt and choice of garlic granules/ dried oregano/dried mixed herbs/chopped parsley (or all 4).
3. Transfer to 1 litre/one and a half pint buttered heatproof dish.
4. Cover with remaining cheese and place sliced tomato on top.
5. Brown towards top of hot oven (220c/425F or gas 7) for 10-15 minutes or until top is golden and tomato slices cooked.
6. Serve with baked or new potatoes and a green salad or a mixture of peas and green beans



## Nut and Date Energy Balls. **Louise**

Natural sugars from dried fruits and nuts make these treats a great source of healthy energy.

### **INGREDIENTS**

140 g (1 cup) almonds, raw or roasted

120 g (1 cup) walnuts

260 g (2 cups) raisins

6 dates, pitted

¼ teaspoon vanilla essence

75 g (1 cup) unsweetened shredded coconut

### **DIRECTIONS**

1. Place the almonds and walnuts into the blender.
2. Gently pulse 6 to 8 times or until the nuts are finely chopped.
3. Add the raisins, dates, vanilla extract, and shredded coconut.
4. High pulse 25 to 30 times, stop and use tamper to press the ingredients into the blades as necessary.
5. Remove the mixture from the blending container and roll into ½ ounce (15g) balls. Chill before serving.





## GILLS FLOWERS

Gills Flowers is an independent florist based in Rose Green, serving Bognor Regis and the wider community with stunning floral creations. We understand that in these difficult circumstances it may be hard to visit your loved ones in person, but we have continued to serve the residents of Pagham, Rose Green, Aldwick, Bognor Regis and the surrounding areas. We take great pride in our attention to detail which results in floral designs of the highest standard and quality.

We always go the extra mile to ensure that the flowers are exactly what the customer had in mind. We pride ourselves on our warm and friendly manner so when you are ordering on the phone you will always be at ease and confident of being advised in a professional and helpful manner. We provide flowers for your wedding day, for your expressions of sympathy, for funeral tributes, for your celebrations, for those special days, for the times when you



cannot be there in person and for when you would like flowers to express your feelings. We use local growers whenever possible. We hope you enjoy browsing our new site. The photographs included are but a small selection taken by Gill exclusively of her own work.

You're welcome to [get in touch](#) or call 01243 263860.

Gill is a fully qualified NAFAS (National Association of Flower Arrangers Society) area demonstrator and would be happy to present to your club or society. From Flower and Horticultural clubs to church and social gatherings, Gill's demonstrations are always fun and she loves more than anything to share her love of flowers with an audience.

## 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!*

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

Call Matthew for a free no-obligation quote  
01243 604446 mobile 07771 857432  
mmwigg42@gmail.com

### Attributions/Copyright./Weblinks.

All cartoons and sayings are freely available on social media and are supplied without attribution. Except as stated below the photos are the property of contributors/editors or are freely available without attribution. Copyright attribution is indicated by ©.

When including copyright material we take consideration of UK government guidelines:

<https://www.gov.uk/guidance/exceptions-to-copyright>.

We provide web links in good faith for readers convenience and make every effort to ensure that they are valid and functional. We do not accept responsibility however for any use of a web link. Readers should confirm for themselves of the validity of a link before 'clicking'.

P3	All images & Text	© <a href="#">Chichester Bid</a>
P3	All images	© MWHG
P4	Walkers	© Chichester DC.
P5	Dragonfly	<a href="#">Wikimedia Commons</a>
	White-Tailed Eagle	<a href="#">Wikimedia Commons</a>
	White Stork	<a href="#">Wikimedia Commons</a>
	Adder	<a href="#">Wikimedia Commons</a>
	English Bluebells	<a href="#">Wikimedia Commons</a>
	Greenshank	<a href="#">Wikimedia Commons</a>
	Other photos	© RSPB
P6	All images..	© <a href="#">ourwildwalks.co.uk</a>
P7	Letters	<a href="#">Unsplash</a>
P9	Berthe Morisot	<a href="#">Wikimedia Commons</a>
P11	Bake	© A Pinch of Thyme
P11	Energy Balls	© Vitamix
P12	Images and Text	Gills Flowers.

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.

### 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](mailto:mmmeditors@gmail.com) Louise Russell & Mick Lovell**