



## Are You Going To Scarborough Fair?

- Scarborough isn't that far from Norwich.  
**Helena stays on the rails. Travel car free p9.**
- Midhurst is an closer option;  
**with lot's of free events to boot! p5.**
- **Come to the French Exchange Quiz As Well.**  
Poster and details for 6th October- **p13.**
- RSPB Pagham Harbour Nature days.  
– **migration, astronomy and wild art ! p6.**
- Go on foot when you can.  
**HeartSmart walks to suit all abilities p4.**
- Soar Away At Tangmere Aviation Museum. **p5.**
- **Tataouine or the DeathStar– Its your choice.**  
The Novium celebrates Star Wars in October- **p5.**

## Parsley, Sage, Rosemary and Thyme.

- Or try some Fishbourne Jam instead.  
– **Live music and no raspberries.! p4**
- And flowers as the soil warms up.  
**Matthews gardening tips are on p7 & p12**
- Farmers Markets keep food local.  
**Chichester and Midhurst are worth a visit. p5**
- Easy and Tasty Summer Salmon.  
**Janet's recipe. p11**
- And an unusual summer insect.  
**What is that big stripey buzzy thing? p3**

## Remember Me To One Who Lives There.

- **Knit poppies for Our Wall of Remembrance;**  
Louise is calling all knitters. **p7**
- Famous women caught by photographer Eve Arnold.  
**Newlands House Gallery has her best shots. p6**
- Help the MWHG to look after our natural heritage.  
–**Cake included ! Volunteer on p2.**  
–**Bet on your hedges p3.**
- Be a good neighbour and share your passion for the parish. **Parish Council Matters; p2**

## She Once Was a True Love Of Mine.

- Artemisia Gentileschi had it tough but stood her ground; and some.  
**A woman artist in a mans world. Celia; p10**
- Can you fall in love with your cat  
**Reflections on a Green-eyed Enchantress. p8**

## Our Usuals.

- Quiz **p11**
- Crossword. **p4**
- Quiz & Crossword Answers; **p12**

# What's Happening: Local?



## Manhood Wildlife and Heritage Group - Volunteering.

Volunteers are at the heart of the work we do to celebrate and protect the heritage and environment of the Manhood Peninsula, in West Sussex. As a volunteer, you will receive details of upcoming activities you can get involved with. There is no time commitment required, so you can choose how much you do.



### Volunteer benefits:

- Hear about our volunteering opportunities first.
- Receive relevant news and updates from our projects.
- Free and subsidized training days and talks, on conservation and more.
- Social events to thank our volunteers.

To find out more about the MWHG, see their web page [here](#) and scroll down to become a volunteer OR subscribe on their volunteer page [here](#).



**NORTH MUNDHAM PARISH COUNCIL**  
Working for the whole community



The latest Parish Council Newsletters can be found by clicking here.

[PC Email Archive.](#)

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.](#)

**NB There is a Parish Council meeting on the 5th of September.**

Links to parish walks are here: [Footpaths and Bridleways in and around the Parish | North Mundham Parish Council.](#)

### Some useful emergency contact details:

- 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 the Parish Council [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 \(lightsoninwestsussex.co.uk\)](#)

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# What's Happening: Local? Wildlife!

## Hedges - the linear food buffet. (Jane Reeve: MWHG website [here](#))

A large benefit of hedgerows that criss-cross the countryside is that they provide habitat opportunities for a large range of species. The trees can provide many sources of food with nectar and pollen in spring, and fruit, berries and nuts in late summer and autumn, and in the winter, there is bark, roots, and leaves if evergreen. Having a hedge with many native species extends the food offer as they fruit and flower at different times.

Blackthorn is one of the earliest flowering trees and in March there can often be a welcome flush of white in the hedgerows to signal the start of spring. This is often followed by the hawthorn with the flowers ranging in colour from white through to quite a pinky-red. Into May the Guelder Rose and Elder are showing off their palm sized flat flower clusters and the wayfaring tree, unusual as it is, is also starting to flower. Hidden away in the hedge, and seen by only the very observant, are the tiny little white spindle flowers which in the autumn will turn into bright orange seed in pink cases.



Pollinating insects enjoy the flowers, especially in the spring when other food sources can be scarce and often butterflies such as red admirals that have overwintered can be seen feasting on these sugary treats.

One special species that relies on the nectar and pollen of native trees in spring is the hazel dormouse (*uscardinus avellanarius*). These secretive mammals live in the canopies of trees and have quite primitive digestive systems. They are unable to process cellulose so do not eat leaves but forage on flowers, fruits, insects, seeds, and nuts. Therefore, they need good quality hedges and woodland areas that can offer this range of options. A hedge with wild cherry, hawthorn, honeysuckle, hazel, and blackthorn ticks all the boxes and with the invertebrates that are also attracted to these tree being on the dormouse menu, this would be perfect habitat. There have been no organised surveys for dormice on the peninsula and there are only 2 historic records, but they may be among us in some of the better-quality hedges, and this would be a good project for the future.



## Hornets and Hoverflies.

**Mick**

Wandering through Avisford Park last week, when it wasn't raining, we came across a large fly grazing on a bramble flower alongside a Gatekeeper butterfly (see below). When I say large, it was hornet sized, easily 2cm. long, spectacularly amber and yellow coloured with bulbous brown eyes. No surprise that it turns out to be a Hornet mimic hoverfly, which apparently spends a good bit of time in hornets nests, so dresses appropriately for the occasion. Why go into hornets nests as followers of Stig Larson could point out? It's the fly's larvae who do a clean-up job in wasps and hornets nest and have protection in return. Predators of this fly, such as birds, are also discouraged by its hornet-like appearance. I had a close encounter with two hornets once and wouldn't want to repeat it. A quick rummage on Google Lens decides the ID in favour of the hoverfly. They are present in good numbers right now in southern England and are spreading north -though of course that's not linked to climate change; the buzz is they just want to develop an Ozzie Osborne Midlands accent! 😊



The European hornet in comparison is the same size or larger, has a mostly yellow body and an impressive stinging appendage; it is also generally more aggressive in attitude -just my opinion. If you'd like to know more, please look at The Wildlife Trusts page :

[Identifying hornets.](#)



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# What's Happening: Local?



## HeartSmart Walks.



**Summers here and the time is right  
so why not move those feet!**

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.

For details click on the [HeartSmart Walk Programme for Aug to October 2023](#).  
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)



## CROSSWORD.

© Puzzle Choice

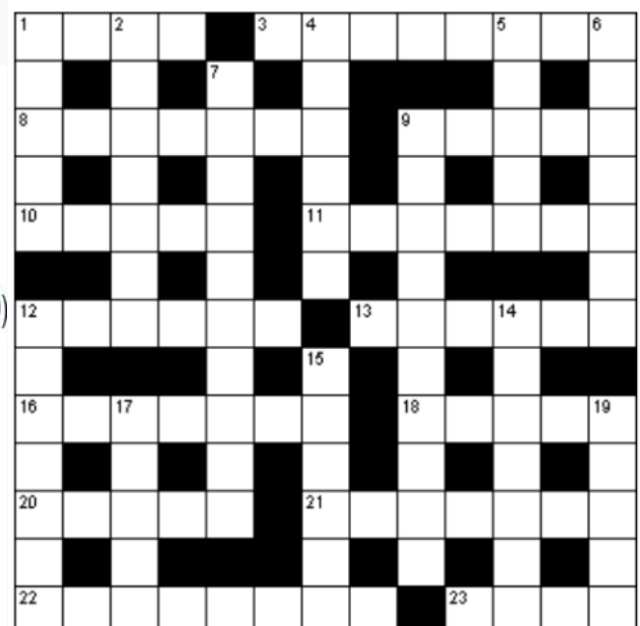
### Across

1. Gusto (4)
3. Brings to an address (8)
8. Feast (7)
9. Tag (5)
10. Performer (5)
11. Trade barrier (7)
12. Voice box (6)
13. Large numbers of people (6)
16. Closest (7)
18. One of the senses (5)
20. Cajoled (5)
21. Before (7)
22. Fragile (8)
23. Unsightly (4)

### Down

1. Striped equine (5)
2. US legislator (7)
4. One or the other (6)
5. Hot remnants of a fire (5)
6. Bars (7)
7. Secured by written agreement (10)
9. Research workplace (10)
12. Lackadaisical (7)
14. Hoping for (7)
15. Certify (6)
17. Spiritual being (5)
19. Ahead of time (5)

### Standard Crossword- ukp045



# What's Happening: Chichester & District?



## Chichester Farmers' Market

Friday 1st & 15th September  
9am - 2pm

East Street,  
Chichester

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

### FREE EVENTS IN MIDHURST

## SEPTEMBER SATURDAYS

» **Sat 2 September**  
**FREE ENTRY** » Farmers' and Artisan Market  
9am-2pm » Market Square and The Old Library, Midhurst.

» **Sat 9 September**  
**FREE ENTRY** » Outdoor cinema at Market Square, Midhurst  
(Bring your chair and/or blanket - sit back and enjoy)  
1pm » Kids' karaoke with singer Lizzie Haynes - come and join in!  
2pm » Film: **SING 2** (2021) Dance along to the ultimate feel-good film.  
6pm » Kick-start your evening with live act Suspiciously Elvis.  
7pm » Film: **ELVIS** (2022) by Baz Luhrmann - Immerse yourself in the iconic world of the King.

» **Sat 16 September**  
**FREE ENTRY** » FOLD OUR TOWN at The Old Library, Midhurst  
11am-3.30pm » Create a wonderful, evolving origami installation inspired by Midhurst. Fold and decorate your own paper house, car or local landmark.

» **Sat 16 September**  
**FREE ENTRY** » Live music  
7pm onwards » Great live music from around the world in the restaurants and pubs across Midhurst.

» **Sat 23 September**  
**FREE ENTRY** » Get Active Day and Vintage Fair  
11am-4pm » Get active at The Grange Centre, Midhurst. BMX bike display team (every hour), slackline school, face painting, rollerblading, table tennis and more... To book call **01730 815285**. Organised with Everyone Active  
10am-4pm » Midhurst Vintage Fair at Market Square.

» **Sat 30 September**  
**FREE ENTRY** » Midhurst 5k (12+) and 2k (4+) family fun runs  
10am » Runs start at The Wharf and finish at St Ann's Hill. 2 hours' free parking at The Grange - facilities and cafe open until 2pm. Under 6s must be accompanied. Organised with The Midhurst Millers

**ENTRY IS FREE TO ALL EVENTS. SEE OVERLEAF HOW TO BOOK AND GET YOUR FREE TICKETS.**



Chichester District Events and Markets


5 d · 🌐

...

🔔 Latest News 📢

The Force is Strong as Star Wars toy exhibition comes to Chichester.

On Saturday 7 October, from a galaxy far, far away comes an absolute must-see for fans of Star Wars and the silver screen.... See more



AN EXHIBITION OF THE UK'S FINEST COLLECTION OF VINTAGE STAR WARS TOYS AND ORIGINAL POSTERS

This exhibition has not been prepared, approved or screened by the Empire or Rebel Alliance.



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# What's Happening: Round and About?

**Ctrl-Click for Tickets & More Information**

*To Know About Women*



## [The Photography of Eve Arnold.](#)

**Newlands House Gallery in Petworth** welcomes you to the UK's first retrospective in ten years of the ground-breaking 20th century photographer, Eve Arnold.

**From 1st July 2023 until 7th January 2024,** see over 90 black and white photographs capturing the photographer's extraordinary career and themes of social injustice, civil rights, religion, power, fame, sexuality and birth. The exhibition features rarely seen pictures as well as some of her more famous images as portraitist to famous faces including Marlene Dietrich, Elizabeth Taylor, Jackie Kennedy, Queen Elizabeth II and as Marilyn Monroe's long-standing photographer.

FISHBOURNE PLAYING FIELD ASSOCIATION

Fishbourne

**JamFest**  
2023

SATURDAY 16TH SEPTEMBER 2023

**12-9PM**

FISHBOURNE PLAYING FIELD

**BLACKBOY LANE**

THE REGIS JAZZ BAND - SOPHIE HODGSON

TIM STURDY - SUPERSTRINGS

Ovation - THE JAZZ BANDITS

TICKLIN' THE PICKLE - BRITONICA

**ATOMIC BADGER**

DAN THE HAT (FAMILY ENTERTAINER)

OUTSIDE BARS - FOOD STALLS

FAIRGROUND RIDES - COFFEE VAN

THIS EVENT IS BEING ORGANISED AND RUN BY THE FPFA 'LET'S ALL PLAY' PROJECT TEAM TO RAISE FUNDS FOR THE FINAL EXCITING PHASE OF THE PLAY PARK IMPROVEMENTS AT THE FISHBOURNE PLAYING FIELD

**TICKETS AVAILABLE NOW!!**

[HTTPS://BUY TICKETS.AT/JAMFEST2023/933982](https://buytickets.at/jamfest2023/933982)



## Guided Walk: Migration Magic

🕒 10:00 - 13:00

📅 Sat, 9th Sep

📍 Pagham Harbour, Chichester



## Astronomy Night.

🕒 19:30 - 21:30

📅 Fri, 22nd Sep

📍 Pagham Harbour, Chichester



Pagham Harbour



## Bird Watch: Migration Magic

🕒 10:00 - 13:00

📅 Sat, 16th Sep

📍 Pagham Harbour, Chichester



## Artists Wildlife Painting Workshop.

🕒 09:30 - 15:30

📅 Sat, 30th Sep

📍 Pagham Harbour, Chichester

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# Poppy Knitting For Remembrance Day.

[Louise](#)

**Are there any knitters or crocheters amongst you ? Our Parish needs 5000 knitted poppies to cascade down the back wall of our church before November.**

**So far we have 300 !!**

**If you can knit please LMK ([mmmeditors@gmail.com](mailto:mmmeditors@gmail.com)) and I will provide you with the red wool and size 4 knitting needles.**

## Poppy Knitting Pattern

A – Wool red double knit (one ball will make a lot of poppies)

B – Wool scrap of black wool or a black button for the centre

Knitting needles size 8

## Body of the Poppy

Using red wool cast on 120 stitches.

Rows 1-4 knit.

Row 5 knit 3 stitches together across the row (40 stitches)

Rows 6-9 knit

Row 10 knit 2 stitches together across the row (20 stitches)

Rows 11-12 knit, then change to black wool.

Rows 13- 14 knit

Row 15 knit 2 stitches together across the row (10 stitches)

Cut yarn leaving a tail of about 20cm

Thread the tail through wool needle and slip all the remaining stitches onto the wool tail and pull tight. Pull around into a circle and then blanket stitch (or what ever stitching you normally use) for an invisible seam.



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## **A Black Cat Crossed My Path One Day.**

In December 2020 I had a dream about our recently departed black cat; Suzie, where she is leaving me by disappearing under a door. As long as we had lived in this house, Suzie had been here with us and yet that night in the dream she simply disappeared. And that was what, in the physical world, she had indeed done; just vanished; all her bedding was there, her favourite toys -still there, her food and medicine were there; food specially chosen though often left; medicine I had dispensed meticulously over years; keeping her gums infection free and her one good kidney functioning. But Suzie herself was now nowhere to be seen. Her newly insulated and rainproofed winter quarters stood empty; her litter pit raked and cleaned just in case she was caught short outside- she was so particular, so private. It is fair to say that I had become a more or less full time care-nurse to this ever more crotchety old dear with only one third of her teeth still intact, -botched surgery following a gum viral infection -and alongside that there were those faulty kidneys.

Indeed I was her nurse; and also her home-help, as she was eating 3 tins of specialised cat food a day, drinking incessantly and as a result flooding the hall and kitchen floor.

Even so, in her last year, her weight steadily declined; she looked raw boned and dried-out – which she may well have been, on top of which her whole body smelt of stale pee. Suzie would always drink out of the watering-can regardless of which other human-approved receptacles were proffered- the can contained rain water -perhaps that was why.

Part of me hoped that if I controlled her surroundings- treated her like the young kitten I remembered -then she would be just that, and not aging, degrading, slowly dying. Another part of me knew that her time was coming to an end, as she dragged herself half in and half out of her bed, or flooded the floor each night.

Jackie says that Suzie picked me 13 years earlier at The Cat and Rabbit Rescue in Sidlesham, by running out of her cage to steal my heart -she knew a soft touch when she saw one. And yet as a young cat Suzie could turn ferocious for no obvious reason, leaving my skin torn, bleeding and swollen. We'd been told she had been treated very badly as a kitten, so we learned to move gently and signal carefully before picking her up -she was also a little deaf and didn't hear us approaching.

Suzie softened over the years and my scars healed, she remained a cautious home-loving cat, not wanting to roam; preferring to bask in summer in the shade of the hebe under our apple tree.

**I dreamt black Suzie, slipping under a door.  
She'd always lived here, now she lives here no more.**

**Vanished from this world, left her favourite bed,  
left her medication, left my heart unfed.**

**Home loving Suzie, why did you part?  
Green-eyed enchantress, you stole my heart.**

**Left her sleeping quarters empty; left litter raked and clear.  
Left the redundant carer of that crotchety old dear.**

**Left those teeth no longer working, left kidneys fatally weak.  
Left me the useless home help when she crawled and hurt and  
leaked.**

**Home loving Suzie, why did you part?  
Green-eyed enchantress, you stole my heart.**

**Home-loving cat, once shaded by our apple tree.  
Home-loving cat, still sleeping there and always free.**



**Mick**

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Take the train from Liverpool Street, London to Norwich. It is a picturesque journey after leaving the London area but slow and the rolling stock needs updating. Norwich city, itself, is adjacent to the main station.

NORWICH - the principle city in Norfolk has long history and now offers many different types of accommodation at various prices. The city has Roman roots but is also known as the capital of Saxon East Anglia which was centred in the "cathedral quarter". Central Norwich is compact and the best way to get an idea of it's history and layout is to take a guided walking tour

(e.g. [Paul Dickson Tours](#): ED) and then visit locations of your choice. In medieval times, Norwich's wealth was based on the wool trade which is evident in it's buildings and medieval streets. The Cathedral is imposing and well worth a visit; it is the burial place of nurse Edith Cavell. The other most dominant building is the castle which has a museum and art gallery (home to the [Norwich School of artists](#)). The Museum of Norfolk at the Bridewell (previously a prison) gives a history of the city and local industries including Colman's Mustard. There is a large open air market and the nearby Assembly House is a stunning Georgian building. The modern Sainsburys Art Centre is just outside Norwich.



Norwich is the centre for train travel in all directions. Take the train a short distance to WROXHAM on the Bittern Line. Wroxham is the "capital" of the Norfolk Broads and is a busy tourist centre but you can hire boats or join a guided tour of the Broads including on a replica paddle steamer. The Bittern Line also offers a visit to SHERINGHAM on the North Norfolk coast. Sheringham is a traditional fishing and seaside village with coastal walks and also the Fisherman's Lifeboat Museum. Sheringham lies at the northern end of the North Norfolk Heritage Railway with steam trains running to Holt and back during the season.



The railways runs east of Norwich to GREAT YARMOUTH, a seaside holiday town with a long connection to the sea and shipping. It was a centre for the offshore oil industry but this has now declined. As well as the beach and seaside attractions, there are other places to visit including the Great Yarmouth Minster, the Time and Tide Museum of Yarmouth, the Sea Life Centre and the Elizabethan House. The railway journey there often follows waterways and so is very restful.

South-west of Norwich, the railway reaches WYMONDHAM, a medieval market town on the river Tiffey. There is a half-timbered market cross, a fine parish church plus Elizabethan and Jacobean buildings. The remains of Wymondham Abbey lie between the parish church and the river. Travelling further along the line you reach THETFORD, a market town in the Breckland district of Norfolk. There are the remains of Thetford Castle and the Priory of St. Mary. The Black Horse Pub dates from the 18th century. Thomas Paine (1737-1809), the political radical, was born in Thetford and has a striking commemorative statue. Thetford was also the outside location for the filming of "Dad's Army" and there is a "Dad's Army" museum in the town hall. Be aware of the sometimes constant sound of planes from the nearby USAF air base.



There you have it: a varied short stay of a few days in Norfolk.

**Helena Millen**

## Artemisia Gentileschi and Caravaggio

Artemisia Gentileschi was a remarkable woman, a successful artist at a time when it was not easy for women to become artists and after her death the story of her rape overshadowed her reputation as an artist, only revived in the twentieth century. In 1620 she wrote to Cosimo de Medici "My illustrious lordship, I'll show you what a woman can do". And she did!

She was a chameleon – she adapted her style in each city she visited or lived in. The Florentines liked pattern and decoration. St. Catherine of Alexandria, painted in 1620 is as much about the splendid fabrics and beautiful belt buckle as it is about St. Catherine.

Her father was a major follower of Caravaggio and Artemisia was considerably influenced by the dramatic realism of Caravaggio, so much so that for several centuries many of her paintings were attributed to Caravaggio.



This is his painting of Judith beheading Holofernes. (Judith was a widow whose people were under siege by the Assyrian general Holofernes; she seduced him, a great sacrifice for a widow in biblical times and killed him, taking the head back to her people to show that he was dead). Look at the dramatic staging within the red curtain, now draw a X across the painting and see where the lines intersect – which creates drama and tension, then look at the blood spurting from the wound on his neck (the red of the blood emphasised in the red of the curtain).

This is Artemisia's version of the same story she takes the dramatic use of light even further than Caravaggio, deep shadows behind the figures and strong highlights on the flesh of the three figures, who are right at the front of the picture plane, and the bedding with the blood dripping down is so far to the front that we are actually in the picture space. Is Artemisia (according to modern thinking) working through the trauma of her rape through her painting? A thought to ponder while you're admiring her amazing artistic talent! **Celia O'Shea, August 2020**



## The Best Flower Seeds to Plant in August/September.

With the ground still warm from the summer heat of August, now is the best time for you to plant a variety of flowers, which are colourful and easy to grow to brighten up your garden.

One of the best flowers to plant in August/September is the Cornflower as they flower best in sunny positions. Cornflowers come in colourful shades of white, blue, red, pink and purple. These fringed flowers also have greyish-green leaves and hairy stems which add interest. Easy and cheap to plant now for May blooms, an incredibly popular for a wild flower garden or any garden border. They will look visually stunning and can be planted with other striking, bright coloured flowers such as, marigolds, poppies, or nasturtiums. Cornflowers are incredibly popular garden make-over choice and may just transform your garden.



Another very popular flower is Calendula. Planted in August/September, these unique flowers tend to flower in late spring, and just like cornflowers, they're very easy to grow and offer a big impact of bright colours like golden yellow, deep orange and almost red. They are roughly the same size as a daisy. Calendulas will certainly make your garden stand out with their smooth, waxy or glandular stems, so this colourful flower is very appealing and will help brighten up your garden next summer. As well as Calendulas, Nigella is another beautiful flower to plant this month. They will flower between May and June, at the start of the summer season. The Nigella has pretty, showy flowers surrounded by unusual, thread-like leaves, giving the flower an old fashioned look. The common name for this flower is 'love-in-a-mist' because the flower is surrounded by a ruff of leaves, giving the appearance of a mist.

The Nigella also represents harmony and love, which totally makes sense, as this flower is charming and attractive, meaning it will certainly stand out in your lovely garden.

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



## Quiz:

## © Free Pub Quiz

1. An event in London in 1858 in which hot weather increased the smell of untreated human waste on the banks of the River Thames was known as 'The Great' what?
2. *En passant* is a special move in which game?
3. Aqueous humour is fluid produced by which body part?
4. What is Yorkshire caviar?
5. What does the 'E' stand for in an E collar, a cone shaped protective medical device worn by a cat or dog?
6. Which song written in 1967 by Mike d'Abo was also the theme for The Office?
7. Scottsdale is a city in which American state?
8. What's the real name of the Cookie Monster and also the man's name used in the 1980s British Gas sell-off campaign?
9. What word meaning the quality of being bright, colourful, and very noticeable is also the collective noun for a group of flamingos?
10. Boto is a Portuguese name given to several types of which mammal native to the Amazon River?
11. What name is given to the first year of primary school in England and Wales? Hint: It is NOT nursery.
12. What can be a thick, cold, and creamy sauce and also a county in Ireland?
13. The ISS programme was conceived in 1993 by both the United States and Russia. What does ISS stand for?
14. The A1 road stretches from London to which city?
15. According to the Just So Stories by Rudyard Kipling, which animal has great folds in his skin and a very bad temper?
16. The title of which play written in 1911 by Edward Knoblauch means Fate or Destiny in Urdu and Turkish?
17. Joseph Jagger was a Bradford textile engineer who broke which bank?
18. Which country became in 1954 the first independent Asian country to participate in a football World Cup tournament? This country best ever result is fourth place at the 2002 tournament.
19. Which adventure novel by P. C. Wren is about the adventures of three English brothers who enlist in the French Foreign Legion?
20. Angel Falls, the highest waterfall in the world, is in which country?
21. What five letter word is the lowest part of a ship's hull?
22. What does the 'D' stand for in DC Comics?
23. In Gothic architecture, what name is given to a carved grotesque?
24. The Mousetrap first opened in London's West End in which decade?
25. Musth or must is characterized by aggressive behaviour in which animal?

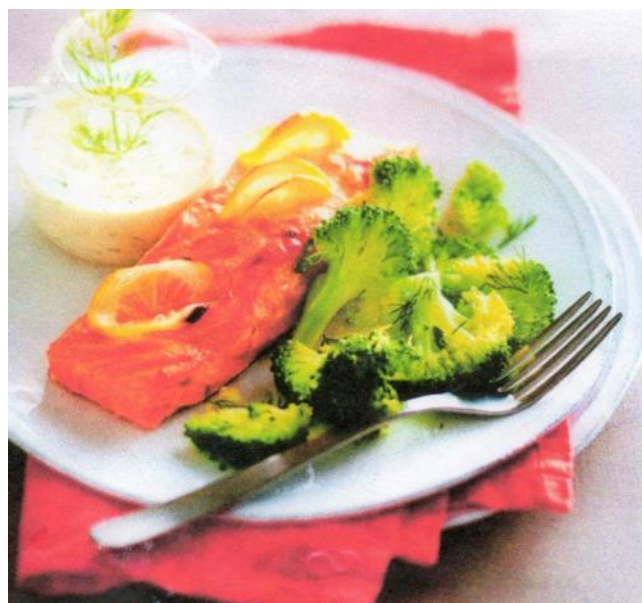
**Answers on p12.**

## Recipe

Janet

### Salmon Steaks with Lemon and Maple Syrup.

**Serves 4**



### Ingredients

- 4 Salmon steaks with skin
- 3 Lemons
- 4 tbsp maple syrup
- 3 tbsp Light olive oil
- 100 g. Greek yoghurt or quark
- 1 tbsp French or whole-grain mustard
- Salt and pepper

### Method

- Squeeze 1 lemon and mix the juice with the yoghurt and mustard.
- Season with a pinch of salt and reserve in the fridge until ready to serve.
- Rinse the other two lemons and cut into 16 very fine slices.
- Make 4 deep cuts across each salmon steak. Fold the lemon slices in half and insert one into each cut in the salmon.
- Place the steaks on a well greased baking sheet. Mix the maple syrup with the remaining oil and season.
- Paint each steak generously with this mixture.
- Grill for 6-7 mins, depending on thickness.
- Serve the hot salmon with the cold sauce.

## 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 - Licensed to carry waste - Fully insured

Call Matthew for a free no-obligation quote  
01243 604446 mobile 07771 857432  
mwiggy42@gmail.com

## Crossword solution from p4.

Solution - ukp045

Z	E	S	T		D	E	L	I	V	E	R	S
E		E		G	I					M		A
B	A	N	Q	U	E	T		L	A	B	E	L
R		A		A		H		A		E		O
A	C	T	O	R		E	M	B	A	R	G	O
		O		A		R		O				N
L	A	R	Y	N	X		C	R	O	W	D	S
A				T		A		A		I		
N	E	A	R	E	S	T		T	A	S	T	E
G		N		E		T		O		H		A
U	R	G	E	D		E	A	R	L	I	E	R
I		E				S		Y		N		L
D	E	L	I	C	A	T	E		U	G	L	Y

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## Answers to quiz on page 11.

- |                          |                                     |                  |
|--------------------------|-------------------------------------|------------------|
| 1. The Great Stink       | 10. Dolphins                        | 18. South Korea  |
| 2. Chess                 | 11. Reception                       | 19. Beau Geste   |
| 3. Mushy peas            | 12. Mayo                            | 20. Venezuela    |
| 4. The eye               | 13. The International Space Station | 21. Bilge        |
| 5. Elizabethan           | 14. Edinburgh                       | 22. Detective    |
| 6. Handbags and Gladrags | 15. Rhinoceros                      | 23. Gargoyles    |
| 7. Arizona               | 16. Kismet                          | 24. 1950s (1952) |
| 8. Sid                   | 17. The bank at Monte Carlo         | 25. Elephant     |
| 9. Flamboyance           |                                     |                  |

This magazine has been put together to put people in touch with one another in and around 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



**Mundham and District French Exchange**

**Quiz Night**  
**Friday 6<sup>th</sup> October 2023 7pm**  
**In the large pavilion, Village Centre**

Come and join us for a fun evening – a quiz and supper with a French twist

Book with friends or join a table (tables of six)

£15 to include a complimentary drink.

Contact Jill 07780918213/ [jillvframpton@outlook.com](mailto:jillvframpton@outlook.com)  
Celia 07799646390/ [celia@firethorn.me.uk](mailto:celia@firethorn.me.uk)