



**Remembrance Poppies Tumbling Down St Stephen's Church Tower.**

**Lynne Mears.**

**£1600 was raised on the North Mundham Hog Roast Lunch  
and a further £75.00 in donations for knitted poppies.**

**Many knitters both in and out of the Parish contributed to the 3000 poppies.  
We even had one knitter from as far away as Australia.**

## **In This Months MMM:**

**What's On & Coming Up— Parish/Chichester/District? p2,3,6**

**Gardening p4      Humour p5**

**Quiz & Crossword: p7, 12**

**She's A Fire Stopper—Short Story. p8**

**Short Walk & Hot Coffee— Slindon Winter Ramble. p9**

**Mistletoe; All You Need To Know. p10**

**Christmas Pudding Recycling To Take Your Breath Away! p11**

*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?



**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 The next Parish Council meeting on Tuesday January 9th 2024.**

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

## Rose Green Centre For Arts and Craft.

Far more than a normal art gallery or dealer, Rose Green Centre For Arts and Craft has become a special centre to enjoy and learn from the work of many gifted artists in the local area, as well as a place for artists to meet. If you are a local artist or craftsperson, and would like to have your work exhibited, please contact them.



The Centre runs regular workshops for watercolours, pastels, acrylics, oils and drawing together with glass fusing courses, along with special pottery and craft workshops for children in half-term and school holidays. All workshops are held in their own studio situated in Rose Green, near Bognor Regis. Just call for current information on courses.

**22-24 Rose Green Road; 01243 262059.**

## Chisel Pottery: Selsey.



Share the love of clay with others through Kinga's taster experience or try a small group class or workshop.

Craft more than just pottery;  
rather craft your own memories,  
connections and stories.

**7 Mariner's Yard, 7 West Street,  
Selsey, Chichester, PO20 9AA**



# What's Happening: Local?

## HeartSmart Walks.

**With Winter approaching stay sociable and agile with a regular ramble.**

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 : [HeartSmart Walk Programme: Nov 23 to Jan 24 inclusive.](#)  
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)



Treyford, Chichester  
(photo: Bruce Dupée)



Nr. Levin Down, Chichester



## Mundham & District Gala

### Flower, Produce, Arts & Craft Show

**Why Not Be Part Of It  
In 2024?**

The Gala AGM was well attended this year – thank you to all those that came and for the lively discussion that took place during the meeting as to the future organisation of the Gala and Flower Show and the engraved Flower Show Trophies were presented by the Rev May Barker.

The current Committee are seeking additional help with the planning and administration of this community event and have asked that anyone who is interested should contact them directly. You can call on 07885 278683 or 07778 010293 or email

[Joanna.MundhamGalaShow@gmail.com](mailto:Joanna.MundhamGalaShow@gmail.com) It would be exciting to have a larger Committee in place by Christmas in order to start planning for the 2024 event early in the New Year. Without additional help, it is likely that the event will be in jeopardy.



# What's Happening Local?

## Gardening: Look after your garden & wildlife this Christmas. Matthew.

### All The Amazing Gardening Gifts to Get This Christmas.

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

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

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

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

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

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

### Looking After Wildlife in Winter.

Now winter is almost here, it is very important that you help the wildlife in your garden this year by completing these jobs. For example leaving ivy alone in your garden is really great for looking after the wildlife. This is because the berries are a good source of food for the birds later in the season as the berries contain nectar and pollen. The leaves also act as a hibernation shelter for a variety of species. So leaving ivy alone can really help the wildlife in your garden.

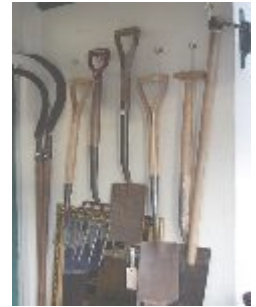
Another job to add to your jobs for the garden this month is to make wildlife stacks. The best way to do this is simply by stacking logs of different sizes and wood chippings on top of each other. Wildlife stacks are best placed out of the way in a place such as behind your shed. This can help the wildlife as wildlife stacks help deal with garden pests such as aphids. They also supply refuges for hedgehogs and amphibians.

Make sure you have a bird feeder in your garden which is well stocked up. You can fill the feeders with peanuts, mealworms, suet, sunflower hearts, and mixed seeds to help provide food for birds this winter. In addition to this, bird feeders will also give you an opportunity to experience the beautiful nature in your garden.

Leave plenty of seed heads in your garden. Seed heads on plants such as echinacea, teasel, fennel, Verbena Bonariensis are a good source of food. They will also look really nice in your garden when the winter frost arrives.

Finally, if you have a pond keep it well looked after. This is important in helping the wildlife as not only does it provide a living place for fish and plants, but it also acts as drinking & bathing water for wildlife. Try the link below for more advice. [10 Pond tasks to help it through the Winter.](#)

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





# Mostly Humour!



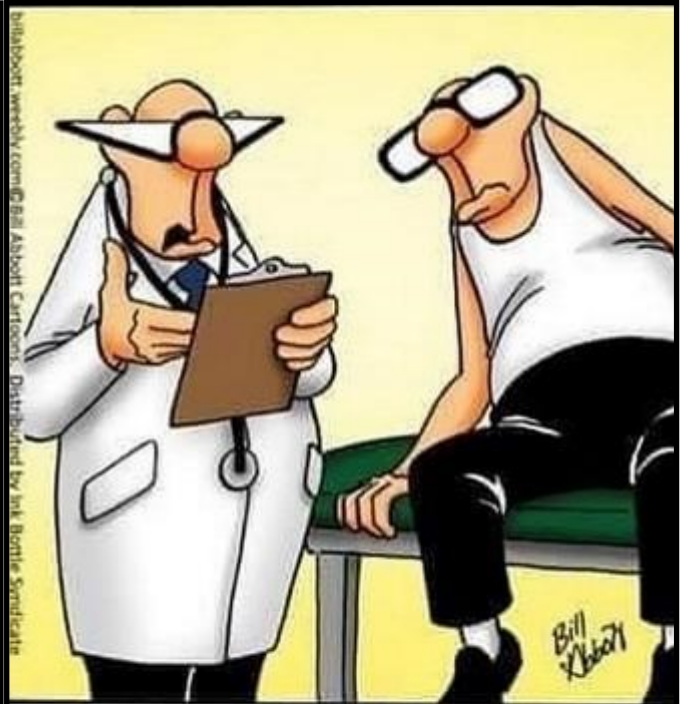
***Hello Everybody, are you getting ready for Christmas ?***

***Here is an idea for those of you who don't want to fork out for a Christmas tree in these hard economic times.***

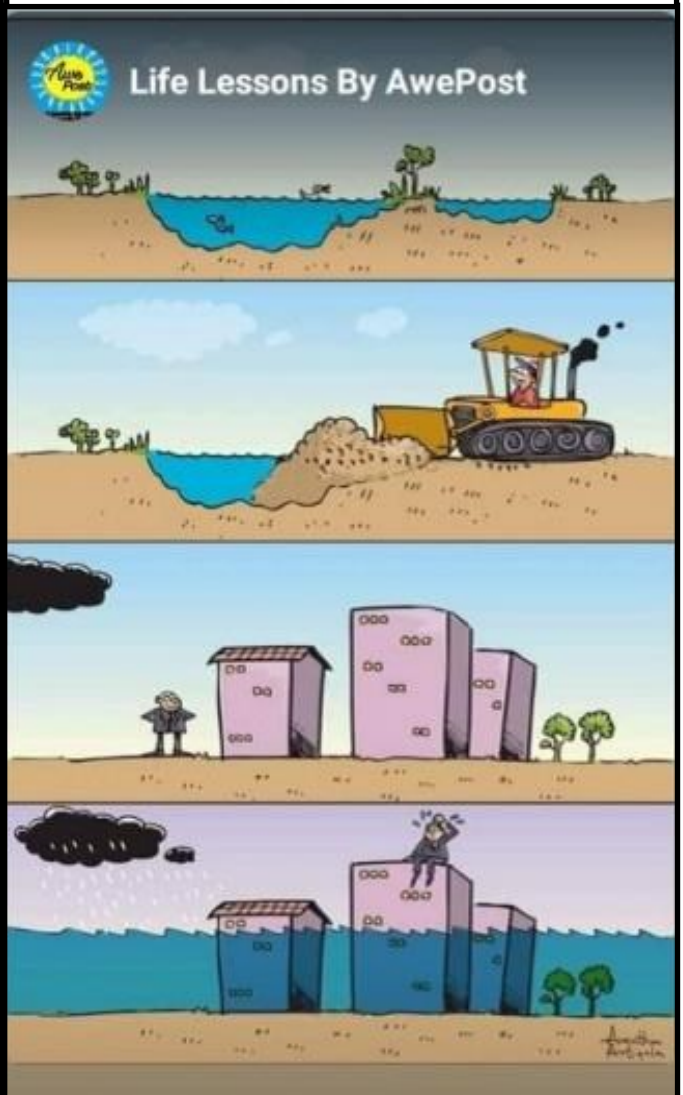
***This was a branch being cut down from a silver birch tree around the corner from me. I have a couple of branches spare if anybody would like them ?***

***Free to a good home ;- )***

***Phone Louise on 07751 288072***



"High sodium, high cholesterol, lots of toxins - your blood test is remarkably similar to a potato chip."



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Midhurst: Live music, free fairground rides for families at the top of Church Hill, a wide range of delicious food and drink.



Take part in a variety of festive crafts and activities, collecting stamps along the way..



### **Chichester Christmas Cheer Market** **Christmas Market coming to North and East Street.**

Get into the festive spirit and enjoy a wide range of festive foods, arts and crafts and tick some of those presents off your list! There will also be entertainment including musical and dance performances.

**The market takes place 9am-6pm on 9th and 16th.  
10am-4pm on 10th and 17th.**

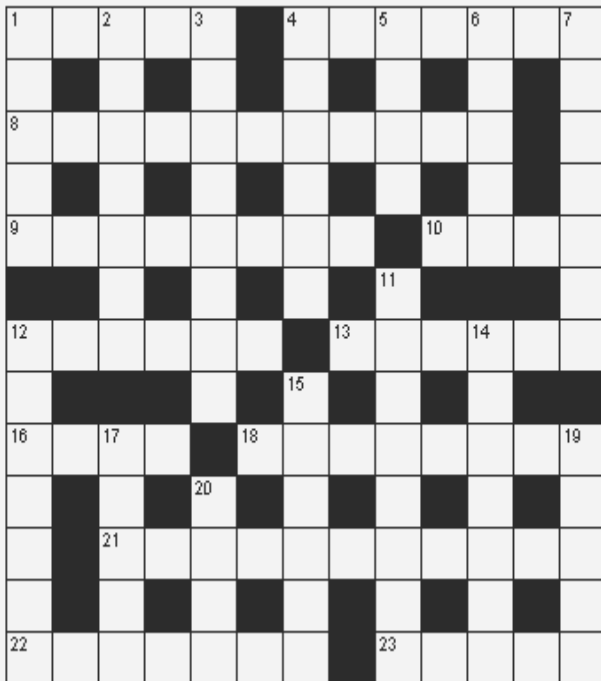
## TreeCycle 2024 – Christmas Tree Recycling

Sign up to have your real Christmas Tree collected and recycled by St Wilfrid's Hospice, for a donation for local hospice care.

Register your tree(s) for collection 

## Crossword.

Standard Crossword- ukp019



© Puzzle Choice

### Across

1. Young person (5)
4. Sharp pointed implements (7)
8. Butterfly larva (11)
9. Exhilarated (8)
10. Yield (4)
12. Humble (6)
13. Ineffectual (6)
16. Movable barrier (4)
18. Drover (8)
21. Glorious (11)
22. Scaling devices (7)
23. Surface boundaries (5)

### Down

1. Luxury craft (5)
2. Articulated (7)
3. Innocuous (8)
4. Disturbances (6)
5. Snakelike fish (4)
6. Big (5)
7. Earnest (7)
11. Sudden unexpected event (8)
12. Sorcerous (7)
14. Mass of frozen water (7)
15. Furniture items (6)
17. Diffident (5)
19. Days of the month (5)
20. Fiend (4)

## Quiz

1. How are Conquest, War, Famine and Death collectively known?
2. Which food was created for patients of Battle Creek Sanatorium in Michigan, in 1894, which became so popular it was produced for the wider public?
3. What is the first name of the wife of Emmanuel Macron, President of France?
4. "You'll Never Walk Alone" is a show tune from which musical?
5. The Halliwell Jones Stadium is a stadium in which British town?
6. What colour is the falling letter 'i' in the logo of the supermarket chain Lidl?
7. Which series of British children's comic strips and books, later adapted into a TV series, was created by John Ryan?
8. Which flower is sometimes referred to as the Lenten lily?
9. What alternative name for the killer whale is also the name of the boat in the films Jaws?
10. According to the New Testament, what did Salome, the daughter of Herodias, infamously demand and receive?
11. Which street was satirised by The Kinks in their 1966 hit, "Dedicated Follower of Fashion"?
12. John Moores University is in which English city?
13. Which 2004 film depicting the final ten days of Adolf Hitler's rule over Nazi Germany has given rise to a number of YouTube parodies??
14. Two American states achieved statehood in 1912, name either?
15. Which English journalist and TV presenter founded the web-site MoneySavingExpert.com?
16. To which small island did Victor Hugo move to in 1855, where he stayed until Napoleon III's fall from power in 1870?
17. Casting, burnishing and carnonizing are all terms relating to which skill or hobby?
18. How many contestants featured in each episode of the 90s British game show Dale's Supermarket Sweep?
19. Which country is the world's largest producer of olive oil?
20. How many times does the number seven appear in the numbers 1 to 100?
21. What name is shared by the 2018 winning Cambridge college of University Challenge and the largest city of Antigua and Barbuda?
22. What was the name of the rag doll in the 1950s children's TV series Andy Pandy?

**Answers on p12.**



Giovanna 'Gia' Covini stands alone on the grey ashen hillside. Around her, the blasted trees, blackened rocks and steaming soil show her what could soon happen to the village below. Yellow acid fumes snake up and coil around her. Fumes that would eat her from the inside but for the protective suit. Movement in it was difficult, she was sweating profusely and breathing hard.

She mumbles: *'Air check! Yes, 30 minutes reserve supply, Enough!'* The cooling cinders around the lava tube radiate into the suit. Those rocks may look black, inert, but she knows that they push out enough energy to cook unprotected human flesh in seconds.

Gia mutters: *'It's baking in here!'* – and flicks on the auxiliary cooler. The antifreeze glugs and courses through the suits web of tubes. It doesn't protect her from the radiant heat— that is the suits job- but the her body at a 'comfortable living room' temperature of 22 degrees Celsius. *'Some living room'*, she muses wryly, looking round at the charring, the burn damage and the glowing ash that spreads away downhill from the lava tube. She frets: *'This scheme has to work!'*



Methodically, she connects up wires to the remote detonator box, conscious of the river of magma inside the lava-tube moving unrelentingly towards those family homes below.

*'Almost done: Now test the firing circuit!'*

Earlier, Marchi, her boss had said *'That circuit is perfectly safe; I designed it myself!'*

Gia recalls her too-sharp reply:-

*'Signore Marchi- it's a detonator, the clue is in the name; AND there will be 6 tons of plastic explosive within a few hundred metres of it; it's me down there; you're on a hill and 2 kilometres away.'*

She feels a trickle in her ankle. *'Is the cooler working? Yes it is, OK, keep going!'*

Gia clamps her lower lip, presses the Test Firing Circuit button and confirms the bright glow, meaning 'Test Passed'. Feeling confident, she inserts the arming link, finally connecting the box to the 'plastics'. She gratefully breathes out –fogging her visor. Only one more step....

*'Set Safe Timer'*, Gia recites robotically. In five minutes the box will be live and she should be gone.

Gia gestures to the recovery helicopter on-station behind her. A shiny cable drops down with a safety step. She mounts quickly and signals - thumbs up - move away!

The glittering form of Gia's proximity suit swings out into daylight, swinging away from the baking heat, away from six tons of plastic explosive. Two minutes later, the chopper lowers her down on the hill behind a protective earth wall where Signore Marchi is standing smoking a cigarette like he didn't give a damn.

'Everything working to your satisfaction Signora Covini?'- he smirks, puffing out his own Mount Etna clouds of Turkish Special King Size. *'Wonder if his grizzled beard isn't just cigarette ash?'* muses Gia.

She takes off the protective silvered helmet and her auburn locks cascade down, then she replies, in Italian, aware of the listening press: ***Si signore, tutto va bene; Molto bene, grazie!***

Marchi looks at her disdainfully, then at his watch and finally at his safety team.

*'Are the earth movers ready?'* he growls; the crew mumble acquiescence.

*'All clear to detonate; over to you!'* barks Marchi at the Italian Army lieutenant manning the remote firing box. With a nod and a flourish, the soldier makes the last safety checks, confirms that Gia's box is live, turns the arming key and presses 'Fire'.

Before a remote camera, Gia sees the earth slope vibrate below the lava-tube, then with a deep rumble it disintegrates and tumbles away. Cracking under its own weight, the lava-tube separates, leaving gravity to draw the lava river down the Italian army's sculpted channel and away from the threatened village of Zafferana Etnea.

The diggers move in; scurrying, yellow beetles; piling tons of rubble into the lava tube, blocking it definitively. Turned away, the lava river seethes and churns angrily as it spreads down into safe ground where the lava-field will gradually cool.

Giovanna Covini lets out a long sigh of relief: *'This time, it looks like we got it right!'*



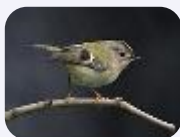
## Local Walk– Slindon College to Dencher Wood Circular.

**In the South Downs National Park.**

**A gentle circular walk of around 3 miles.**

A very gentle Winter ramble taking in the magic of Dencher Wood and the panorama from Great Down looking up to Glatting Beacon and below to the sea. Come back via Mill Lane for good views of the coast from beyond Rampion Wind Farm along to Spinnaker Tower.

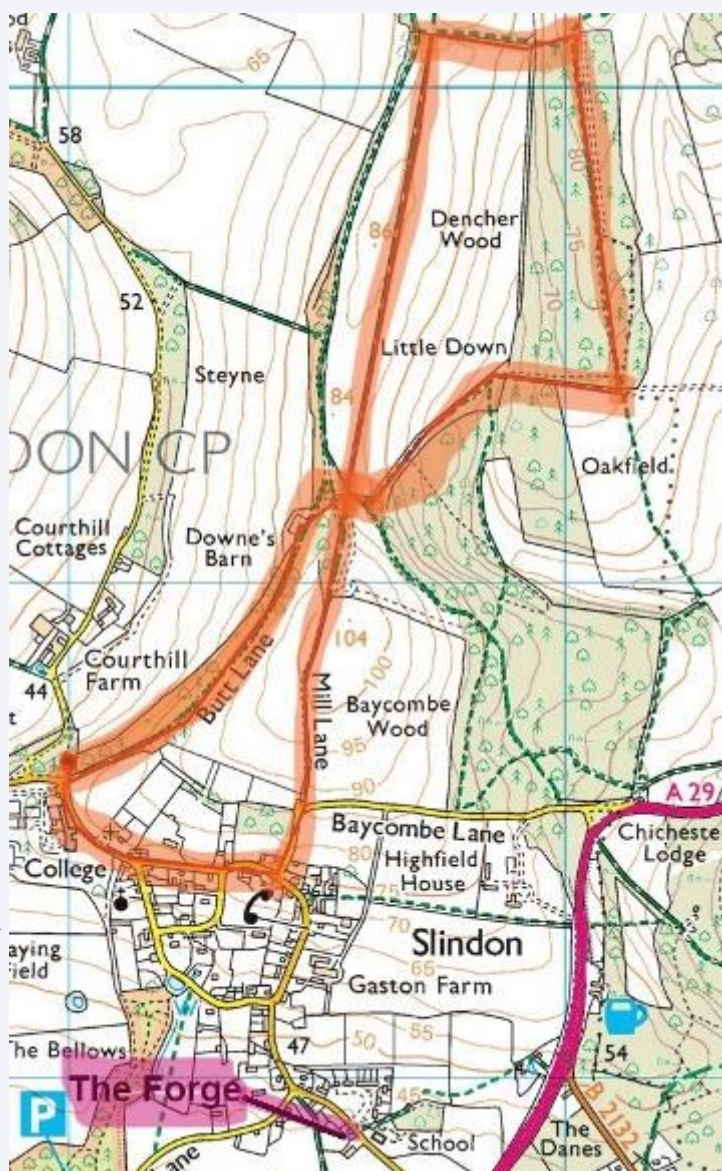
Bird life includes raven, buzzard, kestrel, a variety of finches and yellowhammer. Our smallest common bird, the tiny goldcrest, can be seen in Dencher Wood. Look out for a bird a little smaller and dumper than a wren, pale green and buff and very active as it searches the trees for insects. The birds gold crest, when seen, is very striking.



There are also ancient yews and more recent redwood trees in Dencher Wood along with a magnificent stand of beech, producing a breath-taking bronze carpet in autumn. The splendid alley of evergreen shrubs makes a delightful contrast.

Although there is farmland adjacent to the walk it is all very well looked after and farmed sensitively with nature in mind. Large lilac poppy and delicate blue chicory are planted and flowering at the moment.

The beautifully kept willow and hazel coppice to the south of the wood has an otherworldly 'glow' as you descend into the trees.



### Notes.

Slindon Village has a cosy cafe with outside seating and a small shop at The Forge (see map) -close to the walk. This can be a good place to park. Try their home-made sausage rolls. Almost worth the trip on their own. NB. The shop is run by locals and can stop serving hot food and drinks before closing time, please check when you plan your walk. <https://www.slindonforge.com/>

Park at The Forge (SU965079) or near Slindon College (SU959085) -indicated by the red pin above. Suitable clothing & footwear is recommended as are binoculars if looking for wildlife.

The 'gpx' track can be downloaded from Viewranger as 'Slindon College to Dencher Wood Circular'.

**Ordnance Survey maps are Landranger 197 or OL 10 (Explorer 121).**

**Mick**

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## MISTLETOE

Mistle is a Christmas tradition – often with “saucy” associations. However, it has a long history much of which has little to do with Christmas or Christianity.



Mistletoe is a common name for obligate hemi-parasitic plants of the Santalaceae family. In the UK mistletoe is most commonly found on apple trees but also lime, poplar, blackthorn, hawthorn, willow and rowan. European mistletoe –*Viscum album*– is native to the British Isles and much of Northern Europe. Other varieties, often with red rather than white berries, exist across South-west Spain, Southern Portugal and North Africa with further different varieties in North America.



The mistletoe native to Northern Europe has smooth-edged oval evergreen leaves in pairs on a woody stem and white berries in clusters of 2-6. The seeds are spread by birds, such as the mistle thrush, who eat the berries and then secrete them on trees some of which become hosts to the mistletoe. The seeds germinate in the branches of the host tree and, at first, are independent of it but they then grow towards the bark under the influence of light and gravity. Within 12-24 months, they are embedded in the host tree from which they extract water and nutrients. It is possible to allay the mistletoe by pruning and removal of the infected wood if caught early enough.

However, mistletoe has roles in many ancient cultures often about renewal, hope and friendship. It became a symbol of fertility because it stayed green and blossomed during the winter. In some countries mistletoe was given as a good luck charm. The Druids used mistletoe in their rituals. In Greek and Roman mythology, heroes such as Aeneas were granted passage to the Underworld with mistletoe. The Romans associated mistletoe with peace, love and understanding and hung it over doorways to protect households. Some pagan cultures regarded the white berries as symbols of male fertility, whilst in Medieval times mistletoe was a symbol of protection which was hung indoors all year to ward off evil spirits, ghosts and witches. The old plant was burnt annually and replaced.

For Christians, mistletoe was a symbol of love giving a couple opportunity to kiss under it. It remained a symbol of fertility and vitality as well as a protection against witches and demons. By the 18th Century mistletoe had become a sign of Christmas. By the 19th Century, men were permitted to kiss women under the mistletoe and bad luck would befall any woman who refused.

– this would be regarded as highly inappropriate today!

Mistletoe is toxic to us (*not to Mistle Thrushes: Ed.*) and the toxins are concentrated in the leaves and berries although mistletoe has been used in medicine to treat arthritis, high blood pressure, epilepsy and infertility. Thus mistletoe's reputation is not all negative. It is the flower of the county of Herefordshire where there are still many apple orchards and every year the village of Tenbury Wells holds a mistletoe festival and crowns a mistletoe queen. However, mistletoe has been declining across the UK with the loss of many traditional orchards. Yet it continues to be used as a decoration at Christmas irrespective of historical, religious and romantic connotations.



**Helena Millen**



(Serves 4-6 depending on the size of ramekins)

## Ingredients.

- 250g left over Christmas Pudding
- 200 ml Milk
- 3 Egg yolks
- 30g Caster sugar
- 15g each of plain flour and cornflour
- Grated zest of one orange
- 6 Egg whites
- Squeeze Lemon Juice
- 50g Caster Sugar
- Icing sugar for dusting

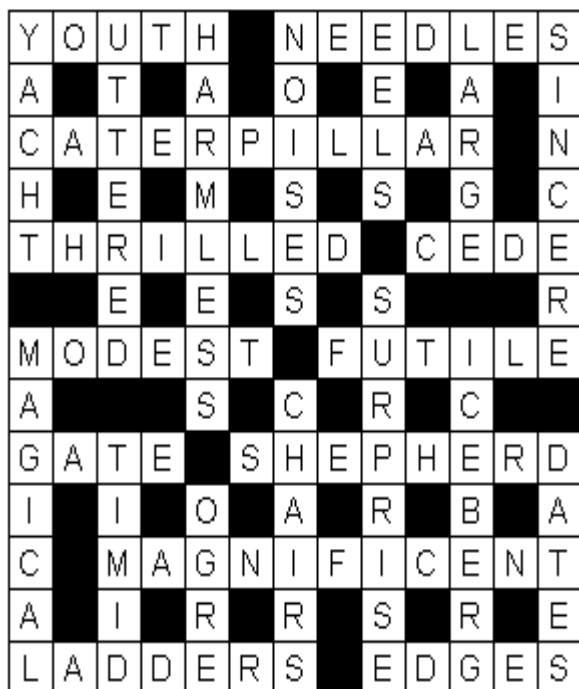


## Preparation.

- Grease the insides of your ramekins and sprinkle with sugar.
- Heat the oven to 190°C.
- Heat the milk in a small pan.
- In a bowl whisk the egg yolks and 30g sugar together until thick.
- Whisk in the flour and cornflour.
- While whisking the mixture slowly pour in the hot milk.
- Return the mixture to the pan and stir constantly over a gentle heat until smooth and thick then beat in the orange zest and leave to cool.
- Beat the cooled custard to loosen and then crumble in the Christmas Pudding.
- Whisk the egg whites with a squeeze of lemon juice until they form soft peaks.
- Gradually whisk in the 50g Caster Sugar to form a stiff glossy meringue.
- Beat about a third of the meringue into the custard mixture.
- Carefully fold in the rest of the meringue.
- Fill each ramekin.
- Place on a baking sheet and cook for 12 -15 minutes until well risen and golden.
- Remove from the oven , sprinkle with icing sugar and serve immediately.

## Crossword p7

Solution - ukp019



© Puzzle Choice

## Quiz Answers from p7.

1. The Four Horsemen of the Apocalypse
2. Corn flakes  
(created by John Harvey Kellogg who was super intendent of the sanatorium)
3. Brigitte
4. Carousel (1945 Rodgers and Hammerstein musical)
5. Warrington (a rugby league stadium)
6. Red
7. Captain Pugwash
8. Daffodil
9. Orca
10. The head of John the Baptist
11. Carnaby Street
12. Liverpool
13. Downfall
14. New Mexico or Arizona
15. Martin Lewis
16. Guernsey
17. Pottery
18. Six
19. Spain
20. 20. (7, 17, 27, 37, 47, 57, 67, 70, 71, 72, 73, 74, 75, 76, 77 (twice), 78, 79, 87, 97)
21. St Johns
22. Looby Loo

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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'.



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

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