



MWHG has been named the winner of the Green award from the BBC Radio Sussex and BBC Radio Surrey Make a Difference Awards! See p2 & 3

Try Something New

- Be part of MWHG. They are celebrating 25 years of community involvement, why not join in? **See above and p2/5.**
- **Pagham RSPB** offers much seasonal fun. There's more than just birds! **dates for your diary p7.**
- Two heartwarming Autumn recipes **on p11.**
- Be part of The Mundham and District Gala. A local success. **p3**
- A Staycation in Derbyshire that's autumnal perfection, don't bother with the airport rush. **p8**

Go Outdoors.

- The French Exchange Quiz and a 'Night at the Races' supporting the RNLI. **– dates for your diary!**
- Great Farmers Markets at Chichester and Midhurst– don't miss out on some excellent seasonal produce!
- Go along to the British Legion Poppy Lunch in the village hall **on the 12th of November.**
- Don't miss out on the excellent HeartSmart walks. There's something for everyone; you'll be so glad that you came along. **p3**

Staying In?

- Surf through some Autumn activities from the Parish Council. **p2**
- Macmillan Coffee Morning Fundraising Success. **p9**
- Don't forget our crosswords and quiz.
- What! With all that building work? Barry's developing his ideas. **p9**
- Knit some poppies– More still needed for Remembrance Sunday. **p4/13**
- Celia muses on Van Goghs struggles with Paul Gauguin. Art; **p10**

What Else Is In This Months MMM.

Hedges for wildlife; **p5.**

What's On & Coming Up; **p2-7?**

Derbyshire in Autumn. **p8**

Star Wars and Cold Wars; **p6**

One Swallow doesn't make a Winter? **p5**

Knit Poppies in Remembrance. **p13.**

What's Happening: Local?



Manhood Wildlife and Heritage Group - Volunteering.

MHWG were delighted to accept this award, which recognises local heroes who give their time to improve their communities, on behalf of all our amazing volunteers. 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 NO Parish Council meeting this month.

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

Please forward this edition to your friends, if they would like to receive a regular copy they can email us at mmmeditors@gmail.com Louise Russell & Mick Lovell

What's Happening: Local?



HeartSmart Walks.



With Autumn approaching build up your energy levels and outlook with a sociable ramble.

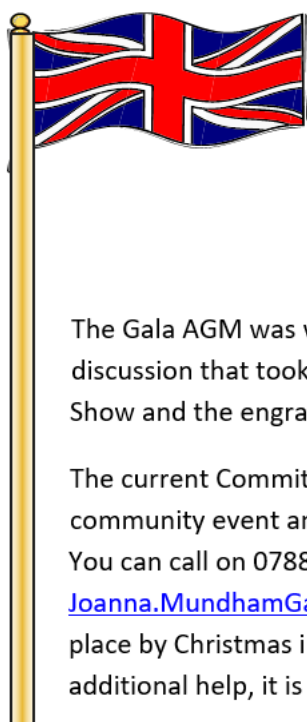
The HeartSmart walks are organised by Chichester Wellbeing and provide volunteer-led guided walks at locations around the Chichester District with two to three walks per week throughout the year. These walks are designed to cater for all ages and abilities, offering an opportunity to exercise and meet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

For details click on 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



Mundham & District Gala

Flower, Produce, Arts & Craft Show

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 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?



Mundham and District French Exchange

Quiz Night

Friday 6th 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
Celia 07799646390/ celia@firethorn.me.uk



AN EVENING OF RACES WITH FISH AND CHIPS SUPPER

An informal, fun evening of screened races with a Tote for bets

IN AID OF THE LIFEBOATS

WEDNESDAY 25TH OCTOBER 2023

6PM - 10PM

WEST WITTERING MEMORIAL HALL

ELMS LANE

WEST WITTERING

PO20 8LW

All bets £1
(or multiples of)
Cash Winnings
Bring your own booze
and nibbles.
Soft drinks, glasses
and napkins provided.

Tickets £20 each
Groups of 8
encouraged
Contact Clare Wright
(07961 110081)
Email:
maryclairewright@sky.com



REMEMBRANCE DAY LUNCH

Sunday 12 November 2023

1200

North Mundham Village Hall

HOG ROAST LUNCH

Raffle & Cash Bar

Suggested Donation £15

Our annual Poppy Lunch in aid of the Royal British Legion (RBL) will again be held in the North Mundham Village Hall at 1200 on Sunday 12 November – Remembrance Day. This will follow the Act of Remembrance at St Stephen's church which is due to commence at 1045. We will be offering a Hog Roast with a vegetarian alternative, together with the traditional puddings, tea and coffee. There will be a cash bar and raffle. All proceeds will go to the RBL Poppy Appeal.

Tickets are available from Lynn Mears (N Mundham), Jo Williams (Hunston), Andy Forsyth (Runcton) and David Maclean (S Mundham) for a suggested donation of £15. If anyone requires a vegetarian option please email Annie Maclean on annie@maclean.myzen.co.uk

Poppy Knitting For Remembrance Day; Update from Louise.

Please see the end of the magazine for an update, especially if you are able to assist in knitting or helping to set the poppies in place on the church tower.

What's Happening: Local? Wildlife!

Hedging Our Future (Jane Reeve: [Full text on MWHG website here](#))

One often overlooked food resource in hedges is ivy. This often-maligned climber provides one of the last nectar hits for pollinating species and in September their flowers can be seen covered in butterflies, bees, wasps, and hoverflies. Going into winter these turn into hard black seeds that are often left until late winter and then eaten by blackbirds to get them through the last lean weeks before other food resources are available. Ivy in trees and hedges shades the tree trunks providing hiding places for invertebrates and forming great nesting habitat for birds and bats.



Ensuring newly planted hedges are made up of a wide range of species provides a food source for wildlife with a long fruiting season with some trees fruiting earlier, like cherries, and some later, like blackthorn. Popping in the odd fruit tree for added enhancement, and an understory of raspberries, logan berries or blueberries with create a super edible hedge.



Fancy helping out by collecting seeds from local trees? If you see a good strong native tree growing on the Manhood Peninsula then please do collect the seeds. If it is hawthorn, crab apple or blackthorn then the flesh on the outside needs to be scraped off and then the pips / stones put into earth

filled pots. If it is an acorn then these can go straight into a pot. Any other trees like field maple, spindle, hazel or guelder rose are an unknown so give it a shot and [let us know how you get on](#).



Hard To Swallow?

Mick

One of my regular bird walks is an amble down Summer Lane in Pagham past the reservoir onto the Honer fields below South Mundham. There's always something to see, and today, on a balmy end of September afternoon, just before the new housing on Summer Lane was a group of around a dozen swallows not really looking like they were going anywhere in particular. At first impression they might have been a species of Martin but careful examination revealed the classic swallows graceful glide as they hunted over an adjacent field. More ID information can be found here; [BBC Nature - How to identify swallows, swifts and martins](#)

Their easy going social chatter and relaxed demeanour made me ponder; might they not be in such a hurry to migrate this year; were they even thinking about staying? There was certainly none of the usual pre-migration directed energy and agitation I'm used to when swallows prepare for the six thousand mile trip to their winter quarters. 'Don't be daft' I told myself; 'everybody know swallows migrate at the end of September/early October and that's that!'

Apparently though, like the value of investments these days, '**past behaviour is no guarantee of future performance**'. According to the BTO (British Trust for Ornithology) small numbers of swallows are overstaying in the UK; [BTO - British Trust for Ornithology](#) It may be rather a stretch but you could imagine two Summer Lane swallows in conversation something along these lines:-

First swallow. Lovely out isn't it.

Second Swallow: Certainly is; there are plenty of insects in that field over there!

First swallow. Yep, nice and juicy too and so late in the year.

Second Swallow: Just wondering... what are the insects like in South Africa?

First Swallow: About the same.

Second Swallow: Oh?



What's Happening Chichester & District?



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](#)

This exhibition has not been prepared, approved or licensed by the copyright holder.



Please forward this edition to your friends, if they would like to receive a regular copy they can email us at mmmeditors@gmail.com Louise Russell & Mick Lovell

What's Happening: Round and About?

Ctrl-Click for Tickets & More Information



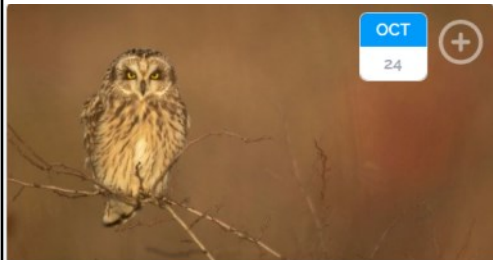
Nature's Treasure Hunt, spooky lanterns and creepy, crawly creatures!

🕒 10:30 - 12:30
📅 Thu, 26th Oct
📍 Pagham Harbour , Chichester



Bird Watch: Wonderful Waders and Wildfowl

🕒 10:00 - 13:00
📅 Sat, 14th Oct
📍 Pagham Harbour , Chichester

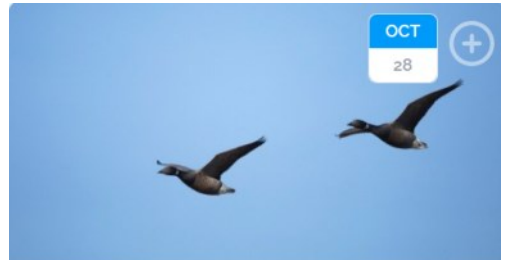


What went crunch in the owls lunch?!

🕒 10:30 - 12:30
📅 Tue, 24th Oct
📍 Pagham Harbour , Chichester



Pagham Harbour



Guided Walk: Wonderful Waders and Wildfowl

🕒 10:00 - 13:00
📅 Sat, 28th Oct
📍 Earnley , Earnley

CROSSWORD.

© Puzzle Choice

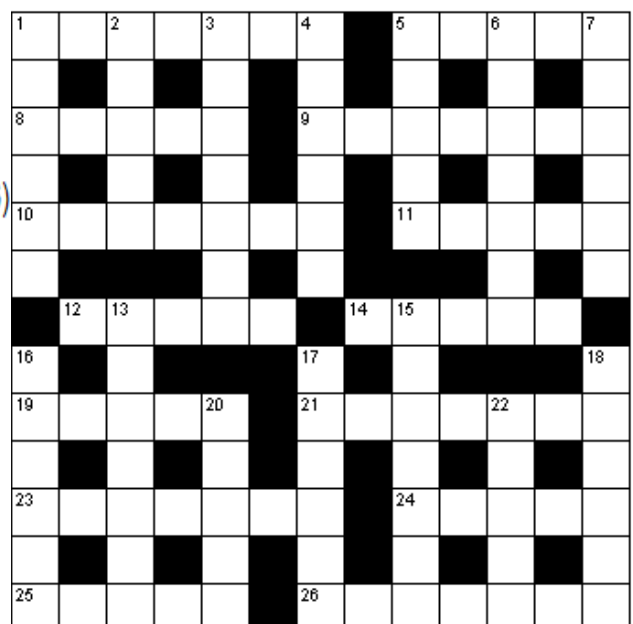
Across

1. Slow moving ice mass (7)
5. Lawsuits (5)
8. Sacred song (5)
9. Hide (7)
10. No longer in existence (7)
11. A select few (5)
12. Avid (5)
14. Shrimp-like crustaceans (5)
19. Implements (5)
21. Grisly (7)
23. Irksome (7)
24. Ice hut (5)
25. Church officer (5)
26. Throw away (7)

Down

1. Burrowing rodent (6)
2. Conform (5)
3. Vast (7)
4. Repeat aloud from memory (6)
5. Small boat (5)
6. First and most important (7)
7. Found a solution (6)
13. Staved off (7)
15. Draws back with fear (7)
16. Sculpture (6)
17. Entertained (6)
18. On the far side (6)
20. Examine minutely (5)
22. Strong lightweight wood (5)

Standard Crossword- ukp046



STAYCATION UK: Derbyshire Round And About.

Envious of friends going large about that great weekend they had in Biarritz, Budapest or Berlin but don't want the hassle of planning an overseas trip? Why not 'give a big-up to British'? Those great UK staycations that have everything except the aggro. Maybe you could sneak in a couple of days before or over Christmas or alternatively spring into the new year on a positive note.

Below are a few days out well worth taking; focusing on short car journeys from **Chesterfield**, the handsome and peaceful hidden-jewel of a market town in Derbyshire. The town's famous 'Crooked Spire' welcomes visitors up to mid-November.



Close to delightful **Bakewell** and only 20 minutes from Chesterfield is the stunning **Chatsworth House** and its world renowned garden and glasshouses. The autumn foliage makes the estate even more picturesque. Don't miss the Chatsworth House Christmas market if you're visiting later in the season. **Carolyn C loves it!**



The magnificent tropical water lilies were introduced to Britain by Joseph Paxton, the architect of The Crystal Palace.



Take a scenic walk or bike ride along the **Chesterfield Canal** towpath. The leaves changing colours create a beautiful backdrop. The Canal Trust circular walks are here. [Circular walks \(chesterfield-canal-trust.org.uk\)](http://chesterfield-canal-trust.org.uk)



Cresswell Crags near Worksop. Adored as a nature walk by **Lisa B.** Travel back to imagine the first of our post-glacial human settlements with authentic cave art, and an impressive visitor centre. Knowledgeable and passionate guides can lead you through the caves and trails and bring the experience of 50000 year old humans to life.



National Trusts Hardwick Hall with its beautiful gardens is 10 minutes in a car from Chesterfield. The hall is famous for its Elizabethan architecture, and the gardens are an autumnal delight.

Why not share your own discoveries with other readers?
It could be a place you've stayed, a great pub or B&B,
lovely walks or fun shopping.
Or just complete relaxation.....Aaaaaaaahhhhhhh.

Ode to Autumn.....

Season of shouts and bellowing labourers,
the Boom-box with its loud and wailing howls
Conspiring hugely to keep us all fed up
With listening to shrieking saws and drills
Building cheap houses for the newcomers
Who'll flee their city and come live with us.



Who hath not longed for peace and quiet?
That much desired state for us old folk.
Thee sitting in thy garden chair
Thy hair soft-lifted by the winnowing wind
And me a-snoozing on the grass.



Where are the songs of Spring? Ay, where are they?
Think not of them, thou hast the brickie singing,
While hammering hard enough to frighten off
Your sparrows and the redbreast sitting on a
bough.
Thank all your gods that close on four o'clock
The brickies leave. But comes a following morn
When once again the concrete churning starts
afresh
And once again 'tis time to plug the ears.
Barry Shears.



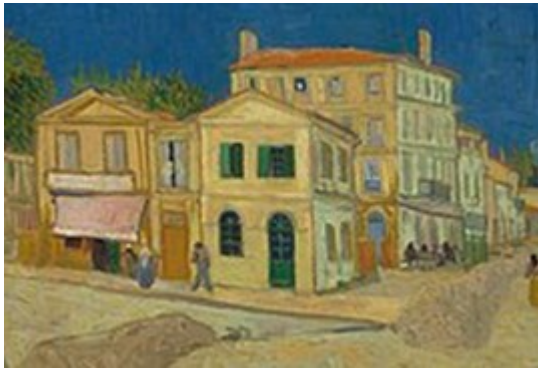
The Macmillan coffee morning held on 2nd September 2023 in the garden of Ann and Mark Wilson raised a whopping £940.15.

**Well Done Ann, Mark
and all who took part!**

Louise & Mick.



Van Gogh and Gauguin.



Earlier this year we looked at some of Vincent Van Gogh's paintings and his use of colour. Van Gogh spent much of his short life, in the south of France with another French artist, Paul Gauguin. Van Gogh (Dutch) wanted to establish an artists' colony (as Gauguin and others had done



in the North) with Gauguin, in the south of France. Gauguin was not too keen but Vincent's brother Theo persuaded Gauguin to leave Brittany and join Vincent at the **Yellow House in Arles** (Gauguin was, as usual, in debt and a deal was done!) In Brittany Gauguin had immersed himself in the folk traditions of the area, and in this painting he shows a group of Breton women in traditional dress. **Paul Gauguin: Vision after the Sermon.** The Breton headdresses were not regularly worn by this time but they give Gauguin the opportunity to show how 'primitive' these people still were and also uses the shapes decoratively in the painting. The women have just heard a sermon about Jacob wrestling with the angel; their eyes are closed and now out in the meadow they witness a vision of the scene. He uses the Japanese motif (popular at this time) of the tree trunk dividing the picture space to separate the earthly from the heavenly. And it all takes place on a very unrealistic red meadow. Gauguin and Van Gogh as we know did not get on and their relationship boiled over when Vincent threatened Gauguin with a razor. Vincent cut a piece of his own ear and presented it to a local prostitute, but that was enough for Gauguin who left. Vincent went back to the North of France to be near his brother and it was at Auvers not long after that Vincent took his own life.

Celia. Oct. 2023.

Quiz:

© [Free Pub Quiz](#)

1. British actress Audrey Hepburn was born in which country?
2. The Cinque Ports were originally a confederation of how many harbours?
3. 'By strength and guile' is the motto of which unit of the British armed forces?
4. What type of animal is Bagheera in Jungle Book?
5. Which hill in the City of London is the site of St. Paul's Cathedral?
6. In the nursery rhyme, who found Lucy Locket's pocket?
7. Which piece of military kit is abbreviated to KFS?
8. What is a funeral director or undertaker known as in America?
9. Which direction does the Italian word 'sinistra' mean in English?
10. Which main thoroughfare in New York City is known as the heart of the American theatre industry?
11. Which company performed Gilbert and Sullivan's works for over a century?
12. Which valley, a region of Colorado, did John Ford use as a location for a number of his better-known films?
13. Which road tunnel under the River Mersey links Liverpool and Birkenhead?
14. The Adirondack Mountains are in which American state?



Fig and Goat Cheese Tart.**Serves 2****Ingredients.**

- 1 Pack (375 g. Ready Rolled Puff Pastry
- 200 g. Soft Goat cheese
- 1 Egg - beaten
- Salt and Pepper
- 8 – 12 Purple figs - sliced
- Thyme Leaves
- 1 tbs Runny Honey - warmed

Method.

- Unroll the pastry and cut in half. Lay one half on an oiled baking sheet
- Spread the pastry with the goat cheese, leaving a 1cm border all round. (if the cheese is too thick to spread just dot it all over the pastry)
- Paint the border with beaten egg and seal the edges without pressing on the cheese
- Brush the top all over with beaten egg and season with salt and pepper
- Lay the fig slices in overlapping lines across the top of the tart and scatter with Thyme leaves
- Bake at 200°C (Fan 180°) for 25 – 30 mins until risen and golden
- Season again and paint or drizzle with the warmed honey
- Eat while still warm

GLOUCESTER PIE**Serves 4****Ingredients.**

- 8 slices of bread (day old at least)
- Butter
- 100g/4oz Double Gloucester cheese
- 250g/8oz skinned tomatoes
- 150ml/quarter pint milk
- 1 egg
- 1 level teaspoon made mustard
- Pinch of salt
- Shake of pepper
- Extra 25g /1oz butter

Method.

- Cut crusts from bread. Butter generously.
- Make 4 sandwiches with thinly sliced cheese and slices of tomato
- Cut each sandwich into 4 triangles. Arrange in buttered shallow heatproof dish
- Beat milk and egg with mustard, salt and pepper
- Pour into dish over sandwiches
- Leave to stand for 30 minutes or until the bread has absorbed all the liquid.
- Bake just above the centre of the oven at 190°C /Gas no. 5 for 25-30 minutes or until top is crisp and golden
- Serve with green vegetables or green salad.

Helena Millen

Christmas Sparkle

In aid of Chestnut Tree House with Gill Homer



It is with great pleasure that we welcome back Gill – a qualified NAFAS demonstrator who has a passion for flowers which she executes with creativity and flair.

Saturday, 25th November, 2023

**Pagham Village Hall
Pagham Road, PO21 4NJ**

1.30pm – 4.00pm

**£12.00 per person
to include Afternoon Tea**

To book please contact:
Jenni - 07790 375229
Paula – 01243 584843




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
mattggs42@gmail.com

Crossword solution from p4.

Solution - ukp046

G	L	A	C	I	E	R		C	A	S	E	S
O		D		M		E		A		P		O
P	S	A	L	M		C	O	N	C	E	A	L
H		P		E		I		O		C		V
E	X	T	I	N	C	T		E	L	I	T	E
R			S		E					A		D
	E	A	G	E	R			K	R	I	L	L
S		V					A		E			B
T	O	O	L	S			M	A	C	A	B	R
A		I		C			U		O		A	Y
T	E	D	I	O	U	S		I	G	L	O	O
U		E		U				E		L		S
E	L	D	E	R			D	I	S	C	A	R

© Puzzle Choice

Quiz Answers:

1. Belgium
2. Five (cinq means five in French)
3. SBS (Special Boat Service)
4. A panther
5. Ludgate Hill
6. Kitty Fisher
7. Knife, Folk, Spoon
8. Mortician
9. Left
10. Broadway
11. D'Oyly Carte Opera Company
12. Monument Valley
13. Queensway Tunnel
14. New York

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. Other images are used for editorial purposes. 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

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.

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 Louise Russell & Mick Lovell

Poppy Knitting For Remembrance Day UPDATE. [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 1800 !!

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

If you can help with attaching the poppies around the beginning of November also contact me at mmmeditors@gmail.com.

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.



Please forward this edition to your friends, if they would like to receive a regular copy they can email us at mmmeditors@gmail.com Louise Russell & Mick Lovell