

NEWS • GARDENING • WHAT'S ON • WILDLIFE • SPORT



Selsey Life

Community Magazine



FEBRUARY 2023
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in the yellow pots
please

New Year's Resolutions, New Year's Recycling!

As we welcome the New Year and many of us try to keep our New Year's Resolutions, what better time to reaffirm a commitment to recycling our everyday items to do our bit for the environment.

West Sussex charity 4Sight Vision Support has a long-established recycling scheme which helps to raise funds to support blind and sight impaired residents across the county. Additional items have recently been added to the scheme, many of which would otherwise go to landfill. Items include stamps from everyday post or stamp collections; old or foreign coins and notes; jewellery, watches, games consoles, cameras, tablets and mobile phones (any condition or age) and ink cartridges (except laser toner cartridges). You can recycle cracker, biscuit and cake wrappers, Pringles tubes, mini cheese nets, and cheese packets – but please wash them first! They would even love to have your old car, as they have the resources to turn old cars into cash via auction or scrap!

In addition, if you received a gift that wasn't quite 'you' this Christmas and don't want it to go to waste, 4Sight Vision Support would love your new and unopened items to use as raffle and auction prizes in future.

Items for recycling can be dropped off at their Head Office in Victoria Drive, Bognor Regis, and unwanted Christmas gifts can be dropped here or at the charity's Shoreham Centre in Pond Road, all during normal office hours. For further details, or if your business/club/society/café would like to become a public recycling point, please call the Fundraising Team on 01243 828555 or email fundraising@4sight.org.uk

The image shows Michelle Russell of 4Sight Vision Support at a donation point.



- 1) In which year did the New York City Subway open?
- 2) Who wrote "The Rights on Man"?
- 3) What did Eire leave in 1949?
- 4) What was the name of Dick Turpin's horse?



JIGSAW PUZZLE LIBRARY

Membership is £5 per year and jigsaws can be borrowed for £1 each, with over 400 to choose from. Please contact Sandy on 605942 for more information or to come and choose your jigsaws.

We also have books available for 50p.

All proceeds in aid of The Sussex Snowdrop Trust (charity no. 1096622)

Selsey Wine Interest Group (SWIG)

For our final SWIG Wine Tasting Meeting of the year, which was held in December at our usual venue in a member's house in Selsey, we tried something slightly different. Each member was asked to bring a bottle of their favourite wine, red or white, and give us a little talk on it and why they liked it. This did lead to one or two interesting and enjoyable surprises!



We started, very unusually, with a superb white port from Portugal, made of course from white grapes. At 40% proof it was a powerful aperitif, but certainly put us all in a good mood for the rest of the evening! In fact some said it should have been left to the last! I well remember, when I lived and worked in Hong Kong, enjoying this lovely drink in the old Portuguese port of Macau, and 'smuggling' it back to Hong Kong on the ferry, along with the well known vinho verde, also from Portugal.

Next up was a perfect Pinot Grigio from Italy with its distinctive dryness and sharpness which we all enjoy, and which has become a firm favourite with those like me who do not relish sweet wines.

We finished the whites with a delicious 12.5% Sauvignon Blanc from the famous Brancott Estate in the Marlborough region of New Zealand. Full of fruity flavours with notes of passion fruit and grapefruit and well chilled, this was a very pleasurable tippie.

On to the reds, starting with a very enjoyable Mavrodaphni sweet red wine from the Kourtaki region in the Gulf of Patra in Greece. At 15% this was an excellent, luscious, full bodied example of its type, one of the most celebrated and popular wines of Greece, grown from the mavrodaphni grape.

Finally our 'blind tasting' mystery wine was quickly guessed by one of our 'experts' as a perfect 15% 2019 Burgundy – a Cote du Rhone from the Chateau de Giron. We enjoyed its ruby colour, its heady dark aromas with fresh ripe flavours of strawberries and raspberries and with subtle hints of aniseed and sweet spices, and a long finish.

We finished with a vote on the 'wine of the night' and not surprisingly the Burgundy won by a country mile with the N. Z. Sauvignon Blanc coming next in a well deserved second place.

Thanks to all for a memorable and enjoyable evening and for the cheese and biscuits provided to keep us relatively sober!

For our next meeting in mid January we are going on another virtual trip to France, back to our favourite Bordeaux and Burgundies. Venue and date/time has been advised to members.

Although we are reaching capacity, we welcome new members who should please contact me lunn.peter@gmail.com



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Est 1962

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Estimates

- 4) What was the name of Dick Turpin's horse?
- 5) When was the English pound note withdrawn?
- 6) What year did the UK's first public library open?

A belated Happy New Year to you all. Did you have a good Christmas? Do you have any interesting stories to tell about it? Have a look at page 24 and see if it strikes a chord in any way.

Here we all are, February 2023 already. Doesn't the time fly, it seems only a year ago I was welcoming you to the February 2022 issue.

This month we have our usual mix of community information, sports reports, local history, school reports (!) and lots of other information and items. It is a good mix for a Pound, so please put one in one of the yellow collection boxes. We need your money to survive please.

It is a bit strange doing this issue without the occasional (I wish) interruptions, but the boss has work commitments this month so I am flying solo. For this reason, please forgive any errors. I usually blame the boss, but I can't this month.

Valentine's Day this month, so why not shop local for that card and gift? We have a great selection of items on sale in Selsey, so consider supporting our local traders whilst we have them.

We are pleased to welcome back Amanda the mobile hairdresser this month, see her advert on page 11- you could have a new hair do to go out for your Valentine treat.

Do you have a club or an upcoming event that you would like to advertise in the Selsey Life? Please email selseylife@btinternet.com with the details.

Have a wonderful February, I hope you all enjoy your pancakes for Shrove Tuesday, and I look forward to my next load of drivel in the March issue, due Friday 3rd March.

Would you like to sponsor the Selsey Life magazine? If not the full magazine, how about sponsoring a page for a month for £20.00? We may not be able to guarantee what page, it would be on a first come basis, but we would try to match you if possible. Is this of interest? Please email the Selsey Life in the usual way, selseylife@btinternet.com.

We offer a six month subscription for the magazine for £18.00, including postage. Is it something you would like?

Please, wherever possible, do your best to support any of the local shops and venues that you can - you will miss them all when they are gone, and please mention Selsey Life when responding to anything in the magazine..

Thank you to all of you who are purchasing and reading the magazine, we are always happy to receive feedback. As always, if you have just picked the magazine up whilst in a queue or something and are not going to take it, please still consider a donation in the yellow pots, thank you

Lloyd Bank sort code 30-98-97, account number 43314960

Our 5% offer for anybody who gets us new advertisers still stands.

We are happy to receive any feedback, good or bad, along with any articles and/or photos for inclusion. Tell us what you want to see.

As ever, thank you to all of our contributors and advertisers in these difficult times, and our printers for always producing a good magazine for us.

Here we have another entry in our series showing the travels of the Selsey Life and all the places it visits.

" Dear Selsey Life

I am attaching a photo taken at the World Trade Centre Memorial in New York which my two friends and I visited in November, after a 7-day cruise across the Atlantic.

A passer-by kindly took the photo of Josette Coulston (left), Sheila Rowlinson (right) and myself, Hilary Wright (centre) holding the Selsey Life.



I hope this can be included in the February edition of the Selsey Life. (I am pleased to, ed.)

Would you like **your** picture in the Selsey Life showing our magazine on a journey or holiday with you? It does not have to be an exotic location, (although they are nice). Just email a picture into us at selseylife@btinternet.com with a brief bit of info and we will be more than happy to include it.

This month we have on offer a bookazine from Key Publishing, entitled Victory in Europe - The invasion of Germany and Defeat of Hitler. It is a 100 pages including the covers. (It is a soft cover book.



To be in with a chance to win, you only have to find the Selsey Seagull who is hidden somewhere in this magazine, (as always, NOT this page, and then complete the coupon below.

Completed coupons are to be posted in one of the two competition boxes, either at Raycrafts, 119 High Street, or Pretty's Newsagents at 4 Orchard Parade. One entry per coupon, copies not accepted.

Competition closes Friday 24th February at 10am. (We regret this prize cannot be posted). You can enter the competition multiple times, but you will need a separate coupon for each entry.

Good luck with your entries.

Our seagull last issue was hidden in our Christmas message on page 20 (It was the only way I thought I could get you to read it), and the first out of the hat for the 2023 calendar kindly donated by Coastal JJ was Mr Peter Lunn. We hope he enjoys it, and we thank Coastal JJ for their kind donation.



Name :

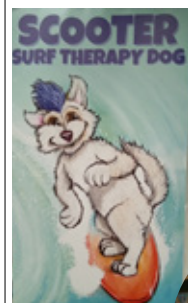
Contact phone number and full address:



I found the seagull on:

One entry per coupon Copies not accepted

Scooter the Surf Therapy Dog's exclusive book launch at Medmerry Primary School



Local celebrity 'Scooter the Surf Therapy Dog' and his owner Kirstie, visited Medmerry Primary School for an exclusive book reading his new book followed by a meet and greet.

Scooter is a rescue dog from Portugal who has learned to surf! Scooter is also a qualified Assistance Dog and Pets As Therapy UK Dog. He visits local hospitals, care homes, schools, and police stations as part of his day job supporting adults and children across the community.



Scooter released a book in December about how it's cool to be different, okay to not be okay, and how the power of a Mohawk and the ocean can make everything feel better. Inspired by true events with a sprinkle of magic, the Medmerry children had a special book reading by Scooter and Kirstie in a whole school assembly.

Following this, children had the opportunity for a meet and greet where they could interact with Scooter as well as ask lots of questions about Scooter and his book. Children were able to purchase their own 'pawtographed' signed copy of the book as well. *Scooter The Surfing Dog Finds His Forever Home* now takes pride place in Medmerry Primary School library.

To find out more about Scooter you can visit the link below: <https://scootersurftherapydog.co.uk/>

Exploring the local environment.

Several year groups have been out and enjoying Selsey and the local environment, read on to find out more.

Year 2 – Topic work

Just before Christmas, Year 2 visited the local fire station in Selsey as part of their topic work. They were met with a very warm welcome and had a chance to learn about fire safety and the kind of jobs firefighters do.

One of the best parts of the morning was watching Mrs Ford get dressed up in their uniform. She was very surprised at how heavy the boots were and she could hardly walk in them!

Another favourite part of the visit was when the children saw the equipment that was kept on the fire engine. The class even saw the equipment that they use to cut through metal. Every child had the chance to use the fire hose and this was great fun!

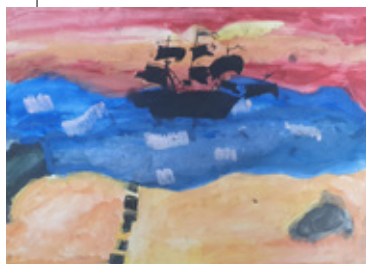
It was a great morning and we learned lots of new things including how to stay safe if the fire bell or smoke alarm rings.

Year 3 – Geography

As part of Year 3 geography work, children planned and mapped an educational walk starting at Medmerry Primary School, and finishing at the Smugglers Plaque at Oval Beach. Year 3 Children were able to observe the human and physical features of the natural environment and even managed some time to explore the local park!

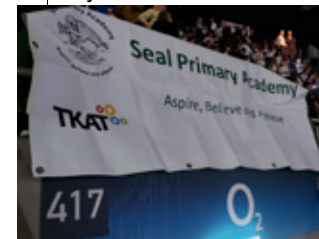
Year 5 - Art

For the Year 5 Crime and Punishment topic, the children created pictures of the Selsey coastline after they walked the local area. They imagined what it would have looked like in the 18th Century when the Hawkhurst Gang were smuggling goods to and from Selsey. Here are a selection of their artistic creations.

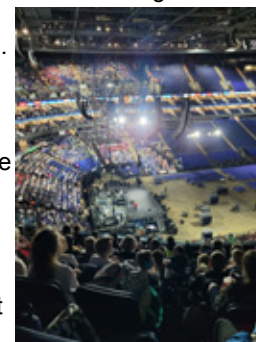


Seal Primary Academy's school choir have been really busy of late! They were invited to perform at Seal Bay's Christmas light switch on as part of their festive celebrations.

On Monday 23rd January the choir also made the journey all the way to the O2 in London to perform as part of the Young Voices



Choir with 5000 children. The children took part in rehearsals throughout the day and sang with Heather Small in the evening performance! It was such a special day and exciting for the children.



Not many children can say they have performed at the O2. Well done to the Seal Primary Academy Choir! A Huge thank you Seal Bay who donated the money for the children to have a special Young Voices t-shirt for the event.

The PTA at Seal- Friends of Seal School (FOSS) have been working really hard and our Christmas fair was a huge success. Thank you for all of the support we received from the local community and businesses. The fair raised a huge £1600! Thank you. We are really looking forward to our monthly cake sales returning on a Friday. We are looking forward to seeing what plans FOSS have for the coming year.

Seal Primary has a new ECO Club! It has been a very popular choice so far and the children are working towards the school earning an eco accreditation. Very exciting, watch this space!

Saturday 18 February

The Mulberries present The Parlophones, a 60's tribute band, at the Pagham Village Hall, Pagham Road, Pagham PO21 4NJ at 7.45 pm.



Tickets in advance £8-00 on 01243 266849/262833
Bring your own food and drink Wheelchair access
Proceeds to local charities

BORDERLANDS – Probing the Sussex Perimeter (Stage 7)

Winter waves crash constantly against a helpless shore
Merciless their battering a wild one-sided war
Green energy for harness frittered wastefully away
Vast powers of the planet shunned for yet another day

Blown down before burning down, Bognor Station had its moments

Though hardly in the master plan of railway exponents
Just pioneering pitfalls to be grasped and overcome
Stiff upper lip Victorian basic rule of thumb

The digging up of Bersted Man put Sussex in a spin
An unearthed ancient warrior of Iron Age origin
All done and dusted, in the ground before the Romans came
A V.I.P from way back then complete in all but name

Old Aldwick steeped in Sussex charm appears to know no bounds
But new amongst it made him wince when Pevsner did the rounds
As well as being a science architecture is an art
And judgement driven by the head can be ruled by the heart

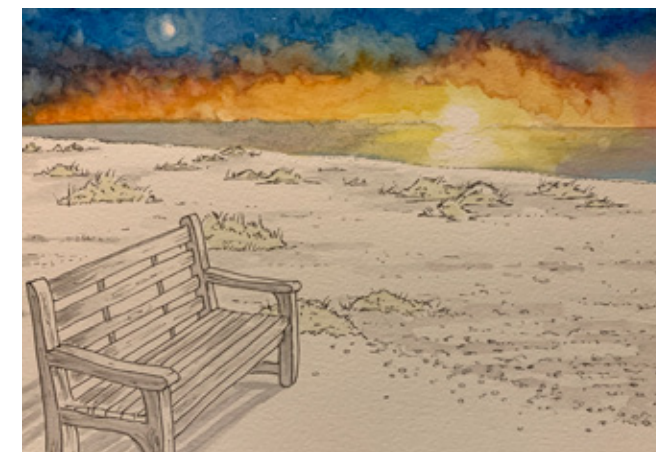
There must remain those certain things mere money cannot buy
The very wording 'PRIVATE BEACH' is something to decry
Free access to his coastal strip maintained and never lost
Preserve of every human being from King to great unwashed

Though Nyetimber's tower windmill had led a chequered life
Nowadays in retirement peace it feels no further strife
Struck by lightning early on, in later years burned down
But these days someone calls it home far far away from town

To tramp the windy byways quite like latter day Defoes
Drifting onward purposefully where'er the shoreline goes
These glorious Sussex places bathed in salty Channel air
All bide their time through leafless days for springtime to prepare

JOHN BYRNE 2021/22

ARTWORK JASON BETON



These 24 crates are from funds raised by our wonderful community for our wonderful community.

Julie, Danny, Maria, Mark and Floki would like to send our heartfelt thanks to everyone that helped and supported the Selsey Food Bank and us at the Selsey Private Club - we could not do this without you.

Thank you

#Working with and for our community



7

u3a Selsey
learn, laugh, live



Richard Moorey **SCAMS** and how to deal with them

at our next

Open Meeting Friday 24th February 2023

1.30 for 2.00 pm

at the Selsey Centre, Manor Road

Refreshments - Admission ticket prize - Quiz - Raffle

Non-members – admission £3.00



RNLI SELSEY LIFEBOAT SHOP

Please continue to support the Lifeboat Shop
and help save lives at sea.

Sale now on. Many lines reduced

Wide selection of Gifts, Toys, Greeting cards,
Sweets, Biscuits and preserves.

Shop open Tuesday to Sunday

10.30 am -16.00

Look forward to seeing you all soon.

For up to date information please check:-

Face Book- RNLI Selsey Lifeboat station

Website- www.selseylifeboats.co.uk

A man walked into the Selsey Club with a lump of tarmac under his arm. "A pint, please landlord" he said, "and one for the road".

As a language teacher, I am upset that my friend's four year old boy cannot say Please in Spanish.

I think it is poor for four.

24 October 2022

**Selsey Inshore lifeboat launched after
Pan Pan urgency call from a small yacht.**

Lifeboats



The UK Coastguard requested the launch after receiving the call from the loan skipper of the yacht requesting assistance saying he was exhausted and making no headway.

The RNLI D class inshore lifeboat (ILB) launched at 2.20pm on Monday 24 October and headed to yacht which could be seen from the boathouse approximately 0.75 mile north east of the lifeboat station. Arriving on scene at 2.23pm one of the ILB crew member was transferred to the vessel to assess the situation, first indications were that the skipper did not look well, the engine had stopped which the ILB crew member was able to start but made little difference to the vessel speed. The weather on scene was wind westerly force 3-4 sea state moderate in good visibility.

After the initial assessment, the Helmsman of the ILB informed the Coastguard that the man was unwell and incapable of continuing the passage to Brighton alone and requested the Selsey all-weather lifeboat (ALB) be launched to take the yacht under tow. The ALB launched at 2.51pm and rendezvoused with the ILB at 2.57pm. The skipper of the yacht declined to be taken ashore by the ILB but agreed to going aboard the ALB for the duration of the tow to Chichester Harbour. A second ILB crew member was transferred to the yacht to assist in rigging the tow and transferring the skipper to the ALB.



At 3.15pm the tow was established, and the skipper was transferred to the ALB, the ILB crew member who initially went aboard the yacht stayed onboard for the tow which commenced at 3.20pm. The ILB recovered one crew member from the yacht and was released at 3.30pm to return to station arriving back at 3.39pm. The Chichester harbour entrance was reached at 5.03pm and the yacht was safely berthed alongside in Sparkes Marina at 5.35pm with the assistance of Hayling Island Coastguard Rescue Team. The ALB departed Sparkes Marina at 5.49pm for the return trip to Selsey but only got just outside the Harbour entrance when the Coastguard called with another tasking request.



This was to a report of a small red rhib with two persons on board which had broken down shortly after leaving Itchenor which is inside Chichester Harbour. The position of the rhib was close to the Bosham Channel so the Coxswain requested Hayling Island D class be launched due to the possible shallow water. The ALB was on scene with the rhib at 6.22pm and the two persons onboard confirmed that someone was coming to their assistance, this was passed to the Coastguard who were happy to stand the ALB down at 6.24pm

The ALB arrived back at station at 7.19pm and was recovered straight away. The crews today were ALB Coxswain Dave Lamdin, Mechanic Phil Pitham, Craig Sergeant, Kristina Staples, and trainee Tom Davidson. ILB: Helmsman James Albrey, Pip Skeet, and trainee Ian Ford. Shore crew Head launcher Frank Corby SLARS Driver Chris Bowling, Richard Wiseman, Melisa Fletcher, Mark Penny, and Richard Brady.

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CATCHING UP WITH THE PAST

It's the time of year to have a quick review of what was happening last year and tidying up the loose ends.

First of all I acquired a postcard of West Cliff, Selsey postmarked September 1915. It's addressed to a Mrs A J Parker who lived at 12 Hulse Avenue, New Barking, Essex.



The message is as follows:

'Thought you would like to see where we sit in the mornings. D is so good and having a good time and enjoying his holiday immensely. It's a pity the weather has changed. It's quite cold today. D has told Mabel where you keep your sweets. Mabel sends her love to all. From Ada.'

The picture shows beach huts but also the Signal Station on Selsey Point– established ca. 1803 when the Napoleonic Wars broke out.

The Captain in charge of the Sea Fencibles (of whom you read in 2014) was put in charge of the Signal Stations until their demise in early 1810. Ca. 4th February 1804, a midshipman and a seaman were returning to the signal post at Selsea, from a frigate, when a squall overset their boat and they were both drowned. Ca. 13th February of the same year, Lieutenant I O Lucas was appointed to superintend the signals on the coast of Sussex and look out for enemy shipping. Valuable information was transmitted by use of balls and flags along the coast to the next station and so on. Further information is obtainable from 'The Military Defence of West Sussex' by John Goodwin, published by Middleton Press in 1985 of which I have a copy.

Mrs A J Parker and her family remain a mystery – they are being rather coy! Perhaps I'll eventually winkle them out.



This one is to Rev. B Batty, 15 Whitehawk Road, Brighton, Sussex from G & M Dodson and is postmarked 7 August 1963.

'Dear Rector, Another pretty card to add to your collection! We came here yesterday for a week to a Caravan Site. Today's weather cloudy and cool but at least it is a change from marking tennis courts. Hope you have an enjoyable holiday'.

The Rector is Basil Stewart de Witt Batty and he deserves a whole page to himself!

He was born on 2nd January 1908 at Thorpe Thewles Vicarage, Ferry Hill, Durham, son of Arthur Montague Batty (also a clerical gentleman only rather more upmarket than Basil as at one point he was private Chaplain to the Marquess of Londonderry). Mother was Alice Sarah Tacey. Basil

was confirmed by the Bishop of Chichester in the Parish of Bexhill St Peter on 25th November 1920, aged 12. After he graduated from Exeter College in 1930 and was ordained in 1932. On 1 March 1947 the Venerable Basil (now an Archdeacon of Ahmednagar in India) became engaged to Rhoda Patricia Woodard. They married in Ahmednagar, India on 25 April 1947. He died on 4 July 1972, aged 64, in a Bristol Hospital due to an unspecified accident.



This card is a fairly standard one but I found it interesting because it had two postmarks. One was British, July 1913 with the head of George V. The other was 15 August 1913 and is Grahamstown, Cape Colony, South Africa. The card was actually written on 24th July, 1913 and is addressed to Mrs Collom.

'Soabre'. Billie has not written for this mail after all dear but will for next week I hope. He has been busy loading the hay cart horses which he saves J having to hire a boy; and B love it. In haste as ever. Best love from all to all M D T.'

Despite lengthy enquiries, I have received no response from Grahamstown so am unable to give more information. And I agree, the message doesn't make sense.



I spent an interesting morning with Sue Mortimer, daughter of Olive Emily Skinner who starred in October's Selsey Life. Sue was astonished to see her mother's poem in the magazine but could shed no light on the donor to the Venture Club. Needless to say, I offered it to her and she reciprocated with two modern pictures of Coles Farm House for the records. Here is a picture of it when it was a Nursery School.



It was badly damaged in The Great Storm of 1987 and the rear was rebuilt and added to as you can see in the following picture.

I am indebted to Helen Homer who rang to say that the staircase at Charges was built by her grandfather, William Hellyer.

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©Ruth C Mariner
01243 604698
ruthm@ruthcmariner.co.uk

In loving memory of Thomas William John Mariner, born 7 October 1936, died 3 January 2023. Dearly loved.

John's funeral will be on held on 9th February at 12.30 at Chichester Crematorium.

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QUIZ NIGHT

A quiz night is being held to raise money for the First Responders in Selsey. The date is Friday March 24th and the venue the Selsey Private Club. Doors open 6 3o for 7 30pm start.

Entry fee £5 per person max of 6 people to a team. Prizes for the winning teams and there will be a Raffle with prizes donated by Selsey people and businesses.

More details in March Selsey Life




Different venues are opening their doors, providing a Warm Welcome to people for a few hours in their Warm Spaces from November through to the end of March.

Sundays 3pm - 4.30pm
at the church venue hosting **ResBite Tea** that week

Mondays 10am - 1pm
at The SHOP, 89 High Street

Tuesdays 1pm - 5pm
at Beacon Church, Marisfield Place
(Pantry Plus including Community Food Hub)

Wednesdays 10am - 12pm
at St Peters Church

Thursdays 10am - 1pm
at The SHOP, 89 High Street

Fridays 10am - 1pm
at The SHOP, 89 High Street

Saturdays 10am - 12pm
at St Peters Church

If you are struggling in any way as the darker evenings draw in, and the colder weather arrives, please don't struggle alone..... please just contact Selsey Community Forum and we will do our best to support or direct you to help.




Selsey Care Shop


121 High Street, Selsey, West Sussex PO20 0QB
t: 01243 201616 w: www.selseycommunityforum.uk

24) Which Great Train Robber did Phil Collins play?
25) To what does private eye Mickey Rourke descend to in Angel Heart?





GAINSBOROUGH SINGERS' NEWS



Firstly, a very warm thank you to everyone who braved a dismal December day to come to our Christmas Concert on 6th December. It was a pleasure to see so many people there and we're very pleased to announce that we raised the splendid sum of **£224**, every penny of which goes to Selsey Community First Responders. Our co-founder, Tony Martin, presented **£550** to the First Responders just before Christmas.

In 2022, when we were once again able to give concerts after the various lockdowns, we raised the grand total of **£1,242**. We are proud of the support we give to the Responders, but this is due in part to everyone who comes to join in with our concerts.

We must also give a special thank you to John and Kat of Country Gardens, and Dawn at Village Flowers for their kind donations to our raffle prizes. We couldn't do it without you all. We hope to have the pleasure of entertaining you again in the coming year – please keep a look out for our posters advertising our Summer Concert.



Ladies Section

24th February 2023

10.00am at Selsey Golf Club

Charity Coffee


Morning

Lots for Everyone Come & Join Us

- Homemade Cakes
- Tea & Coffee
- Arts & Crafts
- Second Hand Books
- Raffle




<https://www.aldingbournetrust.org/>



Update from the Chichester Neighbourhood Policing Team

Pegasus Scheme



If you have speech or communication difficulties, then registering for a Pegasus card could help you in an emergency.

Who can register?

- Anyone who has a disability, illness or condition that may make it hard to communicate with the police in an emergency or difficult situation.
- Registration is free.

How does it work?

- You'll be issued with a card and a personal identification number (PIN) and if you need to call us, say 'Pegasus', tell us your PIN and we'll access your details right away, which will save you time.
- You can also show your card to a police officer, member of police staff or other emergency services staff if you need assistance in person and they'll know you may need extra help and support.
- You can change or update your details at any time.
- Only certain people will be able to access your details, including police officers and staff working within the Control Room. If you agree, we'll share your Pegasus information with other emergency services (Southeast Coast Ambulance Service, West Sussex Fire & Rescue Service) and local authorities.

What are the terms and conditions?

- Your information will be stored on a secure database owned by the police.
- Access to the database is controlled, but we may share your details with our partners, such as other emergency services, so they can help you.
- If you're under 18 you must have your parent or guardian's consent.

For more information, please visit our website.


Front office opening hours

Chichester:
Chichester Police Station,
Kingsham Road, Chichester, PO19 8AD
Open: Monday - Saturday 9am - 8pm.
You can contact your local team in the following ways:
Call us: on **101** to report a crime or **999** if it's an emergency.
Email: Chichester@sussex.police.uk

Midhurst:
Midhurst Police Station,
Bepton Road, Midhurst, GU29 9NB.
Open: Monday - Friday 10am - 2pm.
You can contact your local team in the following ways:
Call us: on **101** to report a crime or **999** if it's an emergency.
Email: Arun@sussex.police.uk

26) In which film is Elliot Gould private eye Philip Marlowe?
27) Name the private detective played by Jack Nicholson in Chinatown.
28) In which film did Tony Curtis play Albert DeSalvo?
29) Who was the director of Collateral and Public Enemies?
30) Who played Crockett and Tubbs in the film Miami Vice?
31) In the 1987 film The Untouchables, who plays Al Capone?

Friends of Selsey Medical Centre (FSMC)
Charity No: 1013645



NEW DEVELOPMENTS FOR 2023

A Happy New Year from all of us at The Friends of Selsey Medical Practice.

First of all thank you to all our supporters who have donated over the past year, whether by becoming Members or by donating to street collections or our Tombola on Rounders Day last June.

We would like to remind our members that we have recently sent out renewal emails (where possible) or letters to remind you that your membership fee (minimum £5 per person) is now due for the Year April 2023-March 2024. Thanks also to members who have already renewed!

Our Medical Practice is one of the most important facilities available to us in and around Selsey. It's the first stop for most of our primary medical requirements. We have high expectations of it in our moments of need.

May we draw your attention to the article by the Selsey Community Forum (which embraces the Care Shop in Selsey High Street) which also appears in this issue. It describes very comprehensively the Friends' activity over the past year. In particular we have been proud to donate £35,000 to fund a staff member at Selsey Care Shop. They will assist any individual with non-medical issues such as debt, employment, form-filling and other general advice. They will be available at Selsey Medical Practice every Thursday with or without an appointment.

The Friends have also just committed the sum of £3,000 to contribute towards an initial 6-month trial, offering a private car service to take patients in need of assistance from their homes to Selsey Medical Practice and back. This service will also extend to hospital appointments at St Richards, Worthing Hospital and Queen Alexandra in Portsmouth. It is known that similar services elsewhere directly help the NHS by reducing the number of patients who fail to turn up for their appointments (DNAs). If the trial is successful the Friends would like to continue to support the scheme at the rate of £6,000 per annum. Hence to finance the administration of this very worthwhile project alone would consume minimum donations of £5 from 1,200 people, though some of our members do kindly donate higher amounts than the suggested £5 minimum.

We do hope you'll feel able to support us by joining The Friends or perhaps re-joining, to add your contribution to these wonderful services from which every Selsey Medical Practice patient can benefit.

The easiest thing to do is to phone **01243 945263** and talk to our Membership Secretary, who will welcome your call!

Last of all, please note that we will hold our next Annual General Meeting at a date to be decided in June and ALL ARE WELCOME. Watch this space for details of the date of this important meeting when you will have the opportunity to meet the Committee, as well as representatives from the Selsey Medical Practice, and offer your own suggestions. We will be happy to describe any of our activities and answer your questions.

TLH 02/23

32) Which actor is Rusty Ryan in the Ocean's Eleven remake?
33) In which film did Paul Newman and Robert Ryan play two comen?



Be who you want to be at Chichester Grange

At Care UK's Chichester Grange care home in Donnington, you can continue to be who you've always been, or who you want to be, while receiving award-winning care and attention in a place you can call home.

We treat everyone as individuals so that you can take your life with you on your journey into care. You'll be supported to continue much-loved interests, to rediscover long lost hobbies or to try something new, as well as making new friends.

It's all about lifestyle

At Chichester Grange our team is passionate about supporting you to enjoy a fulfilling life, full of meaningful experiences.

When you join us, we'll learn all about your personality, your interests and preferences so we can create a fully personalised lifestyle plan to support you to live life in the way you want.

We organise an array of daily activities, such as exercise classes, pet therapy and gardening, as well as events, entertainment, outings and

treasured one-to-one time.

Then there are our strong ties with local groups, charities and schools so residents feel connected to local life.

Recently, residents at Chichester Grange have been celebrating the homes 1st birthday and had a Christmas party. The residents enjoyed singing Christmas songs, storytelling and a fun quiz.

Everything under one roof

Chichester Grange is a purpose-built care home where every luxury has been thought of. There's a coffee shop, hair salon, cinema, bar, and beautiful landscaped gardens.

Trust us to care

At Care UK, we've been delivering high quality, person-centred care for over 40 years. That's why over 8,000 families across the country trust us to care for their older loved one.

To find out more about Chichester Grange, please call **01243 969183**.

Chichester Grange care home
Grosvenor Road, Stockbridge,
Donnington, Chichester PO19 8FP
careuk.com/chichester-grange

 Follow us on Facebook

Join us for our
upcoming event

Carers café

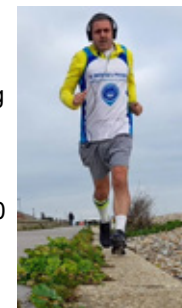
The third Wednesday of
each month, 2.30 - 4pm

If you are a carer for a friend or loved one, perhaps you need a break from daily routine or wish to meet other carers. Why not join us for our monthly carers support group. We serve a delicious complimentary afternoon tea. This is a great opportunity to meet other carers in a relaxed and friendly environment, share stories and ideas. Listen to guest speakers, relax and have break.

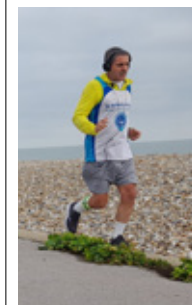
Running 5,000miles in 1,000days - Fundraising for St Wilfrids Hospice

Dear Selsey Life,

Please may I introduce myself and let your readers know that I am running and fundraising for St Wilfrids Hospice, having joined their six runner team for the TCS London Marathon on 23rd April 2023. At the end of November I completed a challenge I set myself to run 5,000 miles in 1,000 calendar days. This started out during lockdown 2020, as running 1,000km in 100 days which I did raising £1,733 for the Children with Cancer UK charity.



I then decided to try to run 1,000miles in 160 days which I also achieved. This then morphed into the 5,000 miles in 1,000 calendar days which ended on 8th January 2023. More here: www.newhomeexpert.co.uk/running-5000-miles-in-1000-days.



Having suffered injuries in October 2021 and last January, I am proud to have completed the 5,000 miles 39 days early! I hope I can inspire others when I say I have only been running for 3 years and I will be 64 when I complete my first full marathon.

I would like to highlight to the people of Selsey, just how challenging it has been to get donations flowing to my fundraising page (other than those from my friends and family) especially in the ongoing, unprecedented, cost of living crisis. If you can, please make a donation by scanning the QR code below or visiting my fundraising page at www.justgiving.com/fundraising/SWHLondonMarathon2023



I am now training specifically for the London Marathon which involves running 5 days a week for the next 16 weeks, a total of around 40-50miles each week, often in sub-zero temperatures against wind gusts of 30mph! I would welcome local support and encouragement in my fundraising for our local charity, **St. Wilfrid's Hospice (Chichester)**.



I would also like to take this opportunity to thank the local businesses that are hosting the cash collections boxes and helping me raise money for this great local charity too:

Rudwicks * Raycrafts * One Stop * Pet Pantry * AllSorts * Prettys Newsagents East Beach Parade.

When time allows, I will be posting updates of my training and pre-marathon races on my fundraising page.

Phil Waller

How do you kill an entire Circus in one go?

Go for the Juggler.

What type of bees produce milk?

Boobeas.

Selsey Folk & Music Club presents



Cajun, Blues, Country, Folk
At The Selsey Club. Coxes Rd, Selsey PO20 9AN
Friday 28th April 7pm for 7.30pm start

Julian and John are delighted to welcome our friends 'The Jigs' back to Selsey for an 'intimate concert'. This will be their third trip down the B2145 there are limited tickets for this one and they will go fast!

What others say...

"What an amazing band. What a fantastic time was had by all ... no wonder the place was packed out. What an absolutely brilliant master-class in entertainment. The whole gambit of musical styles in a one stop shop. Try and see them somewhere they are definitely worth it. We were all blown away by the band and what made it so special was the warmth and energy that came from everyone. Not only are the Jigantics all very talented musicians but really lovely genuine people"

Tickets £12.00 p/p from Julian Lindsey Clark 07721 532711 or email julian.lindseyclark@gmail.com

Another great Selsey Folk & Music Club Event



Handy Larry Selsey Services

Local, reliable handy-men at your service.



Flooring - Tiling - Doors
Handles - Insulation - Shelving
Furniture assembly
Picture hanging
Painting

All jobs considered, large and small

Check out our fb page at:
Handy-Larry@manlywork
or call us on 07380 165744



Community Drumming Workshops

February - March 2023

The Academy, School Lane, Selsey PO20 9EH

This is a high energy, fun-filled, family-friendly, fully inclusive interactive, rhythm-based activity.

A community workshop offered by the renowned company "Drum with Us".

All drums are provided.

Suits ages 8 to 105!



When:

10.30 am on these dates:

Saturday 11th February 2023

Saturday 18th February 2023

Saturday 25th February 2023

Saturday 4th March 2023

Cost:

£5.00 session
Book for 4 - Pay for 3!
Carers go FREE

Booking:

To book please contact the
Selsey Care Shop (01243 201616)
or email shelby@selseycommunityforum.uk

Selsey Community Forum

121 High Street, Selsey, West Sussex PO20 0QB
t: 01243 201616 w: www.selseycommunityforum.uk



17 October 2022

Selsey and Bembridge lifeboats go to the aid of a lone sailor on a 99-year-old ex RNLI lifeboat.



The UK coastguard received a Mayday distress call from the vessel stating the lone sailor had been injured and was unable to properly control the craft. He gave a position that indicated he was approximately five miles south of Chichester harbour.

The Coastguards immediately paged Bembridge (I.o.W) all weather lifeboat (ALB) which was the nearest to that position. Bembridge ALB were unable to locate the vessel. After the Coastguards spoke to the casualty vessel again the skipper said he was unsure of his position but believed he was further to the east. At this point the Selsey ALB was paged to assist in locating the vessel.

The Selsey ALB launched at 2.02am and immediately contacted the casualty vessel and using Direction finding equipment was able to give bearing but not distance from the lifeboat, Bembridge ALB were also using their DF equipment and both lifeboats were soon closing the vessel with both on scene at 2.18am. The weather on scene was wind south west force 4 sea state moderate in clear sky. Bembridge ALB transferred two of their crewmen to the vessel to assess the condition of the casualty.

It was decided that Bembridge ALB would leave the two crewmen aboard the vessel whilst they towed it to Portsmouth Harbour and Selsey ALB would take the injured casualty to Sparkes Marina inside Chichester Harbour to meet an Ambulance. At 2.55am the casualty was transferred to the Selsey ALB, and a course was set for Sparkes. On arrival at Sparkes the Hayling Coastguard Rescue Team met the lifeboat and took the casualty to the harbour office to await the Ambulance which was 15 minutes away. The Selsey ALB was released to return station at 3.43am and arrived back at Selsey at 4.48am and was recovered straight away. Bembridge ALB arrived in Portsmouth at 6.10am. The crew tonight were Coxswain James Albrey, Mechanic Phil Pitham, Colin Pullenger, Will Moir, Max Wiseman, and Tim Scott. The shore crew were Head launcher Simon Hutt, SLARS Driver Chris Bowling, Richard Wiseman, Frank Corby, Mark Penny, and Richard Brady



The casualty vessel is a 60ft Barnett class lifeboat ON-682 built in 1923, the first one of the class and the first lifeboat to have twin engines and twin propellers. Stationed at New Brighton 1923-1950 the present owner hopes to sail it to South Africa.

39) How many petals on a wild orchid?

40) What plants have neither flowers nor roots?

41) Californian, yellow horned and opium are types of what?

42) What is the largest seed in the plant kingdom?

43) What famous plant devours insects?

Hello, my wonderful fellow Selsonians! Welcome to the month that is February, and a belated, but nonetheless heartfelt, Happy 2023!

I know it seems like eons ago, but how was your Christmas? Unfortunately, the dreaded bug set its sights on Selsey, and so many people had the 'lurgh' over the holiday period - me included. It took me out of circulation for over three weeks, during which time I had what I refer to as 'antibiotic brain'. I am eternally grateful to Sir



Alexander Flemming for discovering penicillin, but I'm afraid that whilst my respiratory system may appreciate it, my brain certainly doesn't, and I staggered through the fortnight when I had to 'take the tablets.' All's well that ends well, however, and whilst slightly fragile, I entered 2023 feeling rather better than I felt towards the end of 2022! For anyone still suffering, take care and I'm sending positive vibes for your speedy recovery.

The latter part of 2022 wasn't all bad though, to be fair. Mr J and I welcomed our first grandchild - a little boy, named Roman - in November, and we are looking forward to being Grandparents. When my children were young, they had no concept of the idea of sleep - it just didn't interest them at all, and rather like my brain when it's on antibiotics, I stumbled through the first few years of their lives in a permanent 'fog' of fatigue (all parents out there will know what I mean!) The consequence is that my memories of their first few years are not as vivid as I would like them to be, and I'm grateful that by the time my daughter came along, we were able to take videos of her. One of the benefits of being a grandparent, I've been told, is the ability to be able to hand the children back to their parents at the end of the day! That's quite an inviting prospect, I must say, but Mr J and I are very much looking forward to watching our grandson grow.

It occurred to me that Roman was actually born just 3 months before what would have been my mum's 100th birthday. I was very much a 'late-comer' and I think my parents had given up all hope of having a child, until I suddenly popped up! In many ways, I think I am definitely 'morphing' into my mum; I hear myself saying things that she used to say all the time now. She very much subscribed to the view that we should grow old 'disgracefully' and wasn't much short of her 90th birthday when she died. Given her physical frailties, she defied medical science to live as long as she did, but had an amazing 8 years living with us here, in our special little spot at the bottom of the long and winding road.

Growing up, as I did, in the fabulously flamboyant 1970s, one of my teenage 'idols' was David Bowie (there was definitely more than one!) He is no longer with us, of course, but in one of his biographies he said that 'Ageing is an extraordinary process where you become the person you always should have been' - I think he's right. When we reach a certain age, we don't need to prove ourselves anymore and very little, if anything, fazes us. Anxiety inducing situations and circumstances which would once have had us breathing very deeply, we take in our stride - 'been there, done that, definitely already got the tee shirt!' I haven't exactly lost my filter but I consciously use it less and less these days, and I find myself being rather more blunt than I would have been 10 years ago. I'm not sure why that is exactly, but I am aware that I no longer have all the time in the world, and I have so much I want to do!

There are definite benefits to the 'golden years' as they were once called - we have a lot of 'crystallised intelligence' - we are very good at using what we have learned, and we have a lot of 'acquired' knowledge. I think we also become much more confident in being ourselves, which is what the late, great David Bowie was getting at.

DONNA'S DELIBERATIONS

We have more life experiences, so we can more easily navigate the conversations of all age groups, and WE become the experts. That doesn't mean we are 'know it alls' but we can bring experience and knowledge to the table that can't be acquired from a book (or the omnipotent Mr Google!) All this 'crystallised intelligence' means that we are far less likely to make mistakes (I have spent so much time making sure that my children didn't fall into the proverbial holes that I spent so much time having to dig myself out of!)

I came across this recently - it's called 'Don't Worry' and it's attributed to a lady called Ann Landers - just about sums it up, I think!

At age 20 we worry about what others think of us;
At age 40 we don't care what they think of us;
At age 60 we realise that they haven't been thinking of us at all!

I have decided that growing older is actually rather exciting - contrary to what our youth and beauty obsessed culture tries to tell us. It gives us the opportunity to be our own authentic selves, and the chance to pass along all that lived experience to the next generation - that has to be a good thing!

So, enough of that, I'm going through a philosophical stage, I think, a bit thoughtful, and perhaps pondering a little too much.....

By the time my regular two readers will see this, we will be into February - a very 'dodgy' month in my opinion, when it comes to snow; the period around my mum's birthday is always a dangerous few days as far as the white stuff is concerned. We actually tend to get more snow after Christmas than before, and so I'm always cautious about assuming that we won't have any until February is well and truly out of the way - not that we have much down here in the 'deepest south', of course, as a rule. My brother in law lives 'op north' in the border region and was Head Teacher in a school up there for many years. Despite having been born and bred in the south, he isn't fazed by snow at all, which seems to fall quite regularly and heavily in his area. His school actually has its own snow plough, so school closures due to snow (colloquially known as 'snowsures' in the trade) rarely, if ever, happen. Down here, of course, everything grinds to a halt, often literally, and chaos ensues at a mere sprinkling of the white stuff. We must admit that snow can bring with it a sort of general low level hysteria, it's usually fired up a bit by the media who seem to think that we are incapable of functioning as soon as a snowflake is spotted. Whilst really cold countries watch us with incredulity and wonder what we are all fussing and complaining about, we are batten down the hatches and going into hibernation. 'Snowmageddon' really is a 'thing'.

Having said that, as temperatures rise, really snowy winters may be consigned to history and our children deprived of the odd 'snow-sure' - but it's still jolly cold! As someone once said: "Dear Winter, I think you need a vacation. You have worked really hard this year and it's time to let Spring pull some weight around here, too!"

Take care all and keep warm

Donna Johnson
donnajohnson279@gmail.com

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Winter's ghosts

Rob Yarham

There's something special about owls. Perhaps it's because these beautiful birds of prey are usually fairly hard to see – many, but not all, owls are nocturnal, of course. But the short days and cold temperatures in winter can make it easier to see the ghostly, pale forms of a barn owl or a wintering short-eared owl.

Short-eared owls hunt during the day but they don't breed in Sussex so we don't get many chances to see this wonderful bird. They spend the spring and summer on the moorlands and rough grasslands of northern Britain, Scandinavia and Russia and migrate south for the winter. However, in especially cold winters, more short-eared owls head further south, and it's at these times that they become easier to see here.

The short-eared owl is mottled, dirty-brown above and pale below and flies low over the ground, flapping its long, stiff wings as it hunts for voles and other small mammals. Occasionally, the owls will perch on fence posts and stare back at you, as if in surprise, with their large, round yellow eyes surrounded by heavy black 'make-up'. You might be able to spot the two small, feathery tufts on top of its head which give the species its name but these aren't the bird's ears. All owls (and harriers) have twin 'facial discs', which give them their large, round faces, and these discs channel any sound into their ear cavities, which are positioned just to the sides of their eyes, so they can hear the faint rustle of prey moving in the grass below.

The shorter, colder days of winter also mean that the local barn owls, which usually hunt at night, are forced to hunt in the daylight hours. Mid- to late afternoons are a good time to look for them on cold days as they hunt over farmland and grassland. They're about the same size as the short-eared owl but they appear whiter, with honey-brown above, and they have shorter, broader and more rounded wings.

But while barn owls will stay into the spring, the short-eared owls will soon be heading back north again to their breeding grounds in northern Britain and Europe. So this month is the perfect time to head to one of our RSPB reserves to see if you can spot one of these beautiful, ghostly birds while you still can.

Join us on one of our guided walks this month to see if we can find some owls and other winter visitors, including birds of prey, waders and wildfowl, before they leave in the spring: <https://events.rspb.org.uk/paghamharbour> or call 01243 641508.

RSPB Pagham Harbour and Medmerry Events in February

To book an event go to events.rspb.org.uk/paghamharbour

Saturday 4 February, Guided Walk: Magnificent Medmerry

Join our guides for this wildlife walk around the west side of our wonderful Medmerry reserve, a haven for wintering birds with its fields, mudflats, inlets, pools, beach and big skies! We'll be helping you find and identify our visiting waders, ducks and geese, and perhaps we'll spot some birds of prey, too!

10am (duration 3 hours), meet at Earnley car park, RSPB Medmerry, PO20 7JL at 9.45am
£7.50 per person / £4.50 members

Saturday 11 February, Bird Watch: Wintering Waders and Wildfowl

Would you like help finding and identifying the birds of RSPB Pagham Harbour? Join our friendly guides on the reserve as we look for our wintering birds, including waders, geese and ducks. We'll also be on the lookout for birds of prey and maybe even some rarer species! Our guides will be where the action is, so ask for directions at the Visitor Centre.

10am-1pm

Free event

Saturday 18 February, Guided Walk: Magnificent Medmerry

Join our guides for this wildlife walk around the west side of our wonderful Medmerry reserve, a haven for wintering birds with its fields, mudflats, inlets, pools, beach and big skies! We'll be helping you find and identify our visiting waders, ducks and geese, and perhaps we'll spot some birds of prey, too!

10am (duration 3 hours), meet at Earnley car park, RSPB Medmerry, PO20 7JL at 9.45am
£7.50 per person / £4.50 members

Saturday 25 February, Bird Watch: Wintering Waders and Wildfowl

Would you like help finding and identifying the birds of RSPB Pagham Harbour? Join our friendly guides on the reserve as we look for our wintering birds, including waders, geese and ducks. We'll also be on the lookout for birds of prey and maybe even some rarer species! Our guides will be where the action is, so ask for directions at the Visitor Centre.

10am-1pm

Free event



The short-eared owl is a winter visitor to grasslands and marshes in Sussex, from the coast and river valleys to the South Downs, and cold weather can result in the sight of several birds quartering the ground for small mammals at the same time.

[Credit: Ben Andrew (rspb-images.com)]



Brimstone

by Michael Blencowe of the Sussex Wildlife Trust

It's around about now that I start getting a bit bored of winter. Don't get me wrong, I enjoy a bit of bleak beauty: bare trees, frosted landscapes and all that. But now I need something to get my heart racing. Send me a sign – some life in the graveyard of winter, a promise of those dynamic spring months ahead, a flash of colour. In February my light at the end of the tunnel is an oncoming butterfly.

On sculpted, vibrant yellow wings the Brimstone makes his elegant entrance into the New Year on those bright February days when you feel the warmth of the sun on your face. Its distinctive yellow wings have given birth to a legend – that this 'butter-coloured fly' inspired the word butterfly. This claim may not entirely be true. Also untrue is the notion that these February Brimstones are the first signs of the year's new life. Because by the time Brimstones appear in February they are already on their last (six) legs.

Fresh Brimstone butterflies emerged from their chrysalises in late summer, so by February they could be seven months old – and in butterfly years that's ancient. Admittedly almost all of that time they've been asleep in a hedge, sheltered from the storms under Holly and Ivy. Yet despite the worst winter weather they always emerge immaculate in the spring. They must be made of Teflon.



Brimstone c Paul Lindley
Sussex Wildlife Trust

When they awake the (bright yellow) males search for a mate, they mate, the (pale yellow) females lay eggs and then both die. Still, an adult life of over ten months earns them the title of our longest-lived butterfly. An insect OAP.

The Brimstone's caterpillars feed on the leaves of Buckthorn and Alder Buckthorn, unobtrusive shrubs which, like the butterfly, are widespread across Sussex. When I first became the proud owner of a garden it was only a matter of days before I evicted the gnomes and planted an Alder Buckthorn. The following spring I was excited to watch a Brimstone laying her tiny skittle shaped eggs and I studied the caterpillars as they hungrily defoliated my tree. It's funny, people often complain to me about caterpillars eating their plants – especially cabbages (the food of Small and Large White caterpillars). Why people are concerned is beyond me. Cabbages are horrible. The only reason I would ever plant a cabbage is for the pleasure of watching something else eat it.

The first Brimstone sighting in February doesn't exactly mean that spring is starting but it's certainly a sign that winter is starting to end. And right now that's good enough for me. Either way this yellow butterfly is a welcome messenger of what's to come – the first sulphurous spark to ignite the blaze of spring.

Sussex Wildlife Trust is an independent charity caring for wildlife and habitats throughout Sussex. Founded in 1961, we have worked with local people for over half a century to make Sussex richer in wildlife.

We rely on the support of our members to help protect our rich natural heritage. Please consider supporting our work. As a member you will be invited to join Michael Blencowe on our regular wildlife walks and also enjoy free events, discounts on wildlife courses, Wildlife magazine and our Sussex guide book, Discovering Wildlife. It's easy to join online at sussexwildlifetrust.org.uk/join.



RSPB Events for February 2023

ZOOM MEETING

Thursday 23 February

Matt Eade on 'Birds and Wildlife of Shetland' at 7.00 pm

Zoom talks are free to all RSPB Chichester Local Group members and £4 each to non-members. Places are limited, so please book your place in advance by contacting Rob Yarham - email: chichesterbirds@gmail.com, tel: 07545 376074

The group also arrange bird watching walks throughout the year. For further information please visit their website rspb.org.uk/groups/Chichester

Chichester Natural History Society

March 2023

CHICHESTER

Wednesday 1 March

Illustrated Talk by Dr Erica McAlister, Diptera Expert at the Natural History Museum on 'The Secret Life of Flies' to the Chichester Natural History Society at The Pallant Suite, Masonic Hall, South Pallant, Chichester, PO19 1SY at 7.15 pm.

Entrance members free/visitors £3 wheelchair access

SUSSEX WILDLIFE TRUST February 2023

No planned events for this month at present

- 44) What fungus is used in the production of alcohol?
- 45) Where do peanut pods ripen?
- 46) What is the lightest wood in the world?
- 47) What is the Gingko biloba tree also known as?
- 48) Which country has the golden wattle as it's national flower?
- 49) What is dendrology?
- 50) Which fruit has more calories than any other?



Mobilising Mindfully
at The Rookery ~ 2023

Join **Sarah Palmer** trained Yoga Therapy practitioner at **The Rookery** alternate Tuesdays from **Tuesday 14th February 2023**. This 1-hour session aims to create a space for you to unite in **gentle movement** with your breath & mind, some people refer to this as Yoga. This class can be taken in a chair or standing. If you have a Yoga mat, please do feel free to bring it along.

As well as practising mindfulness in a daily life, it can be helpful to set aside time for a more formal **mindfulness** practice. This class is aimed at teaching you the skills you need to take the practices you learn in class home so each day it will become easier for you to bring **mindfulness**, **gratitude** and **movement** into your daily routines.

With excitement, love, light & blessings we look forward to welcoming you to experience the freedom of mindful movement creating space for a happier healthier you.

Through these regular **MM** sessions, you will expect to experience: Increased **Flexibility**. The ability to bend, twist, stretch, and move freely is important for more than doing yoga//Improved **Strength**. Using your muscles to complete yoga poses builds **Strength**// Improved **Cognitive Functions**//Reduced **Stress**//Reduced **Pain**//Improved **Pain Management Skills**//Better **Sleep** = **HAPPINESS**

Please book for either the 10am or 11am sessions, directly with **Sarah Palmer** on **07800 775 913**

Selsey Community Forum
121 High Street, Selsey, West Sussex PO20 0QB
w: www.selseycommunityforum.uk

active sussex

CLARION FUTURES

1 September 2022

Selsey all-weather lifeboat launched to fishing vessel with a fire on board 28 miles south of Selsey Bill



The UK Coastguard received a Mayday distress call from the French fishing vessel with five persons onboard stating they had a fire on board and gave their position before contact was then lost.

The Selsey RNLI all-weather lifeboat (ALB) launched at 11.33pm on Wednesday 31st August and made best speed to the position given. Bembridge RNLI ALB and the Coastguard Helicopter Rescue 175 were also tasked to the fishing vessel. Rescue 175 was first on scene but were unable to contact the crew as they were trying to contain the fire. Eventually the fishing vessel did reply to Rescue 175 and confirmed no injuries to the crew and the fire was now out, but the vessel had lost all power.

The Selsey ALB arrived on scene at 12.45am with Bembridge ALB shortly after. The Selsey ALB went alongside the fishing vessel to confirm the details passed by the helicopter. The Merchant ship AS Petronia had answered the distress call and was close to the casualty ready to help. At 1.15am Rescue 175 was released by the Coastguards and returned to base. The lifeboats were asked to stand by the vessel as the French owner was planning to get the vessel towed back to its home port. At 1.29am the Coastguards confirmed a vessel would be coming to tow the disabled fishing boat but with an estimated time of arrival 6-7hrs. The weather on scene was wind North easterly force 5-6 sea state moderate in darkness.

At 1.35am the Selsey ALB was released from the incident with Bembridge ALB staying with the vessel for safety reasons as they were drifting close to the shipping lanes. The Selsey ALB returned to station at 3.10am and was recovered straight away washed down, refuelled, and made ready for service. The crew tonight were Coxswain Rob Archibald, Mechanic Colin Pullenger, Phil Pitham, James Albrey, Craig Sergeant, and Harry Emmence.

The fishing vessel tasked with towing the disabled vessel back to France arrived at 7.15am and Bembridge ALB was released by the Coastguards to return to station.



I'm pleased to say that we've had some really positive news locally, with a huge announcement for Chichester coming just a few weeks ago. Following a successful bid from the District Council, the Government has announced that it will be awarding Chichester £1 million through the UK Shared Prosperity Fund (UKSPF) - a programme launched last year to fund projects in real demand from local communities.

Applications will be opening in the near future, but we can expect the money to be geared towards rejuvenating our town centres, cleaning up our green spaces and supporting other good causes in the local area. I was proud to support the initial bid back in August when it was first put forward, and now that the funding has been given the go-ahead, I can't wait to see some of these ideas make it off the drawing board. For any residents keen to follow the latest on this, I'll be updating my Facebook Page and website.

I also recently went back to visit the Chichester District Food Bank, where I spent some time with the fantastic volunteers at its location on Orchard Street. I understand these are particularly challenging times for many at the moment, and it was really useful to speak to more people about their experiences here. A huge thank you to those I met who've continued to go the extra mile for their fellow residents, and for anyone in need of some additional help, I would recommend checking out the Council's new 'Supporting You' advice service, available on their website, or via their dedicated support line: **01243 534860**.

I have also put together a 'Cost of Living' page on my website which has some helpful resources, which you can find here: <https://www.gilliankeegan.com/campaigns/cost-living-support>

Best wishes,

Gillian

Gillian Keegan MP



Thanks to modern television screens, dogs are able to watch TV as well as humans. Human eyes can register around 55 images a second, while dogs, better at detecting quick movements, can see around 75 images a second. Older television sets were flickering around 60 times a second, good for humans but not adapted to dogs. New television screens have higher frequencies, so dogs can finally appreciate what happens on TV.

The Selsey Private Club, Coxes Road

PO20 9AN 01243 606015

New members welcome.



Come and join the Selsey Club and enjoy some of the finest beers, wines and spirits in our warm and friendly lounge bar areas, where you can sit and relax, watch TV, play darts or cards or have a frame of snooker or billiards.

You will also find a wonderful function room where there is entertainment most weekends and where Sunday Lunch is served.

There is a weekly Bar Menu with specials on food and drinks, please enquire as below.



The Selsey Private Club Ltd is a family run Club and is the perfect venue for all your parties and celebrations. Please call 01243 606015 for all enquiries..

Old, New and Current members always welcome. Just call in we will show you around..

Keep an eye on our Facebook page The Selsey Private Club Ltd for updates.

We are host to the RNA and the Selsey Lions

Lots going on - check us out on Facebook
The Selsey Private Club Ltd

MEMBERSHIP IS NOW DUE AND IS £10 PER PERSON UNTIL THE 1ST MARCH FOR PO20 RESIDENTS..

What's on for February
Saturday 4th. Members Birthday Party Night

Friday 10th. DJ Panda playing all the disco favourites

Saturday 11th. A feast of Irish and World greats

Friday 17th. DJ Tubb night SKA - MOTOWN - SOUL



Saturday 18th. Valentine's dinner with Arif Jamal Saxophonist & Vocalist (new to the club) from rock to disco - Motown to jaxx

Friday 24th. Film Night - The Selsey Club presents **THE GREATEST SHOWMAN** with Paddy's Fish or Sausage and Chip supper - please book.

Saturday 25th. Elvis will be in the building.

Saturday 4th March
Colin Gold singing timeless hits from musical legends.



1st Wednesday in month Selsey Gramophone Society 2.30pm and Jamming at 7pm all welcome
Every Sunday Music Club in the bar 4pm to 7pm Sing along.
Folk and Music Club 3rd Wednesday of the month 7pm (**fee**)
Every Wednesday Julie's Art Club 3pm
Every Wednesday Bar Billiards League Evenings
Every Monday Darts League Every Friday Snooker League
Every Tuesday Bingo Bonanza Every Thursday Quiz is the Biz
Please enquire Most of the above are free to club members

Are you interested in meeting new friends, having a good chat and sharing your love of books and reading in the heart of your local

READING FRIENDS

1st Friday of the month 10.30-11.30am.
Selsey Library
Everyone welcome.

The Write Zone with Tara Lennon



Without doubt it was the strangest request Michael had ever received. The request, via his photography sales page, was one he read carefully. 'Dear Michael. I am a medium and I'm writing a book about my work with the spirits. I'm seeking a photographer who can photograph my work. Can you help?'



Michael pondered. When he lost Rose three years earlier, he found himself doubting that he could exist properly ever again. He'd even visited a spiritual church, knowing that he needed hope to cling if he was ever to let go of the edifice of his grief. But he'd left that church with nothing but a profound disbelief in the afterlife. In spite of himself, he found himself writing back. 'Dear Maggie, that's a pretty unusual request. Why don't we meet to discuss it?'

And that's how, two weeks later, Michael found himself ringing the doorbell on Maggie's modest cottage. He was captured by her smile as soon as she opened her door.



'Hi, I'm Michael.'

Her clear, green eyes shone. 'I'm Maggie. Come in.'

She'd led the way to her cosy living room where coffee for two was waiting. She had an unhurried air and Michael felt strangely calmed just sitting with her. They talked about her mediumship and his photography, and he was delighted that she'd clearly research his past projects. The conversation eventually turned to her email and the reason he was sitting on her sofa.

'My book is important to me,' she told him. 'A fresh venture, and I want people to see that mediumship is a valuable service. I thought that if you could get some clear shots of mediumship in action, people would be more inclined to take it seriously.'

'What do you see?' he asked hesitantly. She wrapped her petite hands around her mug.

'Figures, images. I hear voices. I get messages. I may even speak with different voices. So, can you help me?'

Michael looked around. The light played softly across the furniture. 'Where do you work?'

'Over there.' She directed his gaze to a round table in the corner of the next room. He crossed the threshold and examined it. She followed. 'Shall we take some test shots?' he suggested.

She smiled again. 'That would be great.'

I'd like to photograph that smile, he mused, unpacking his camera. 'What's under that cloth?' he asked suddenly, pointing to the centre of the table. Maggie lifted the dark blue velvet that he was indicating and revealed a crystal ball. 'This is my lens into the future,' she told him.



'Can you see my future?' he asked dubiously.

As if in reply, Maggie rubbed her hands briefly as if to warm them, then placed her palms on the crystal orb. She closed her eyes.

Fascinated, Michael lifted his camera and quietly captured her portrait. When Maggie's dreamy gaze moved to the crystal, calmness seemed to infuse the space around them. It was a few moments before she spoke.

'Michael, do you know someone called Rosie?' Michael felt his jaw sag. He lowered his camera and swallowed. 'My wife was called Rose,' he whispered. He glanced about him. Maggie nodded in acknowledgement. She seemed to be listening to something. 'Rose is saying that she loves you. She's happy and she wants you to be happy too.'

Michael stared. Whatever he'd been expecting of his meeting with Maggie today, it hadn't been this. Maggie's gaze was warm, sympathetic. People react in so many different ways, she reminded herself. Tears, laughter, or like this: silence. But was it doubt or acceptance she read in his expression? She couldn't be sure.

'Thank you,' Michael told her. 'You don't know how long I've waited to know that she's okay. That I can move on.' He had placed his camera on the table and his gaze now fell on the LCD display where the photo he'd just taken was clearly displayed. He picked it up and studied it, feeling curiosity mount. Over Maggie's left shoulder he could clearly see a misty ball of light. It was dense enough to blur her collarbone. He glanced at the room beyond. There were no light sources apart from the window and he'd not used the flash. He turned the camera and showed the picture to Maggie.

'I don't know what this is, but is this the kind of shot you wanted?'

Maggie's smile broadened. 'Perfect,' she told him.

Tara

tara.lennon@outlook.com



THE DIVA, THE DEVIL and THE DEEP BLUE SEA A Vocal Entertainment



A 70-minute rollercoaster ride through the theme park of life, taking in nature and natural aspects of human life. Enjoy the ups and downs of the daily grind, with songs to suit every taste, from folk to spiritual, classical to musical.

Want to expand your musical experience?
See international performers in Selsey?

Then come along to this Fun Entertainment and Joyous ride through some exciting and dynamic accessible music pieces.

Performed by:
2 Fantastic international professional singers:
Martin Elliott
Alison Pearce
Accompanied on the piano by **Stewart Taylor**

At the Selsey Town Hall, 55 High Street Selsey PO20 0RB
Sunday March 5th
3pm, doors open 2.30 pm
Glass of wine or soft drink included with the ticket price



Tickets all at £10.00 available from

Brent Lodge Charity Bookshop, 8 New Parade Selsey (cash or card)
Online: www.ticketsource.co.uk/artsdreamselsey
Full details on www.arsdream2013selsey.weebly.com



SELSEY COMMUNITYFIRST RESPONDERS
INVITE YOU
TO A VALENTINES DAY TEA DANCE



CREAM TEA + DANCING
£8 PER PERSON / £15 PER COUPLE

TUESDAY 14th FEBRUARY

ST PETERS CHURCH HALL
1:30pm to 4pm

PHONE JEAN FOR TICKETS :
01243 763135/07790 510058

Several species of ants, attines, started farming 55 to 60 millions of years before humans did. Their favourite food? Fungus. They organise themselves around cutting grass and leaves, bringing them back to their colony, watching after fungus growing on the harvested crop, and then collecting and eating the fungus. The fungus species evolves along with each ant species.



St Wilfrid's Hospice
Making a difference to local lives

Latest News from St Wilfrid's Hospice

The Moonlight Walk – Earlybird tickets available until February 28th

We are happy to be offering earlybird tickets for our much-loved in memory event, the Moonlight Walk on June 17th 2023. Don't miss out on our £10 adult tickets, £5 youth tickets and £25 family tickets. These will go up to £18, £12 and £45 in March, so make sure you don't miss out!



The Moonlight Walk starts at our exciting event village at Chichester College and takes participants on a 5 or 10-mile memory walk around Chichester from 8pm. The walk includes a special stop at Guildhall in Priory Park, where there is an in-memory archway to remember your loved ones.



stwh.co.uk/moonlight

*The Moonlight Walk is proudly sponsored by Henry Adams

Make a Will Fortnight

Did you know that 54% of adults haven't written a Will? There is still time to sign up to our Make a Will Fortnight from 20th February – 3rd March and have your Will written or amended by a local solicitor, in exchange for a donation to St Wilfrid's Hospice, to help us continue to deliver care to our local community. Make 2023 the year to sort out your Will and create peace of mind for you and your loved ones.

stwh.co.uk/MAWF

Are you interested in taking part in the Great South Run?

We have a number of places available for the Great South Run on the 14th-15th October 2023. These exclusive spaces are available at a discounted rate of £25, with a suggested minimum fundraising target of £200.

To find out more, please email fundraising@stwh.co.uk or call 01243 755184.

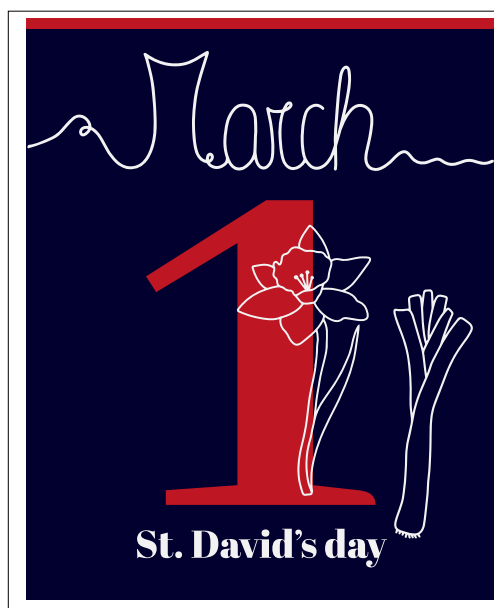
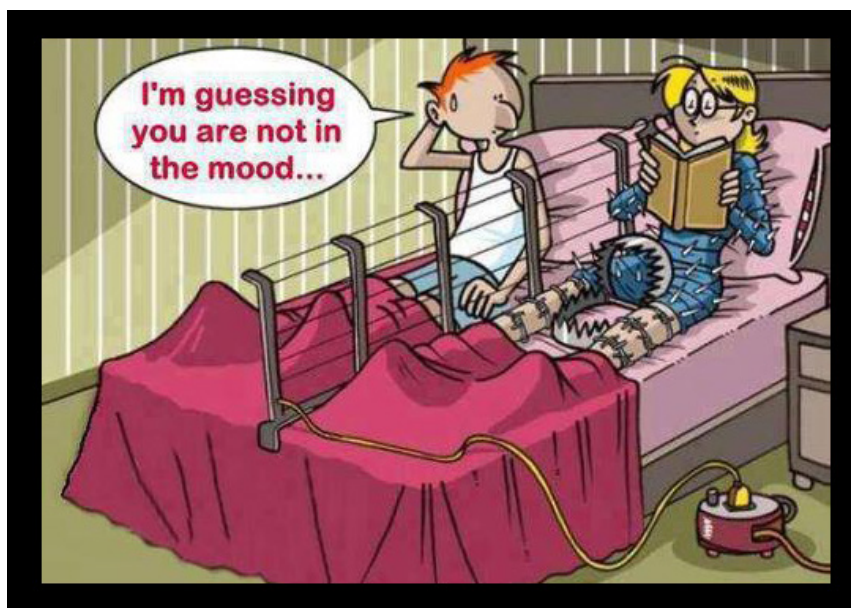
Could you join the St Wilfrid's team?

Come and join Team St Wilf and help us make a difference to local lives.

We employ full time, part time and bank staff across a variety of clinical and non-clinical departments and in our shops and donation centres including nursing, physiotherapy, retail, administration, housekeeping, maintenance, finance and human resources. Whether you are newly qualified, returning from a career break, or looking for a new challenge, we have an opportunity for you.

We offer a caring, professional and supportive environment to work in and it is common for our staff to stay with us for many years, benefiting from our excellent training and development opportunities.

stwh.co.uk/careers



SOPHIA'S PERFECT CHRISTMAS

by
Patricia Read

'This Christmas is going to be the best ever,' Sophia whispered to herself, as she stood back and admired her handy-work, the tree dripping with expensive silver and gold decorations, surrounded by gifts wrapped in paper and ribbons to complement the whole scene.

'Guy, ***please*** tear yourself away from The Times, and check the cellar to make sure we have all the correct drinks and mixers.' Guy gave a sigh and folded his newspaper as he rose from his comfortable chair. 'Really Sophia, do we have to run ourselves ragged to have everything so perfect? Will our guests notice or appreciate all this, especially your family, and it's costing a fortune, when I'm sure we'd have had a much better and relaxing Christmas at a decent hotel somewhere abroad?'

Sophia dashed into the sitting room, 'Why do you always put my family down, it's yours that demand perfection.' She brushed away some tinsel dust from her skirt, 'Now, please do as I ask, and let's welcome the family and have a really happy Christmas, and enjoy all my hard work.'

It was Christmas Eve and both sets of parents were due later in the afternoon, along with Guy's brother, his wife and two children, and Sophia's sister and her husband. All six bedrooms had been made ready, with more cushions and throws on the beds than necessary, but Sophia was taking this opportunity to show her skills and presenting her whole home worthy of those seen in glossy magazines.

Guy disappeared into the cellar, but managed to grab The Times without Sophia noticing, and hoped he would find some peace for at least half an hour.

Mid-afternoon guests started arriving, Guy's parents, Oliver and Judy, and Sophie's, Margaret and Ted, were first to arrive. After much hugging and kissing, they were soon sitting down together with drinks and canapés and chatting amiably, presents having been added to the pile under the tree.

Next to arrive were Guy's brother, Lance, his wife Amanda, and their two teenage children, Piers fifteen, and Jasper fourteen, both taking no time to look up from their phones and greet their hosts before disappearing to the bedroom they were allotted. Sophia followed them upstairs. 'Do be tidy children won't you darlings, would you like some juice?' Both looked at her with indifference, 'Got a cider or beer?' asked Piers.

Sophia was almost lost for words, 'Well...I was thinking perhaps a coke, or orange juice.'

'Forget it then,' replied Piers, and both continued peering at their phones.

She ran downstairs and managed to grab Guy and pull him into the kitchen. 'Those two spoiled brats upstairs are your family and do you know what Piers just asked me?'

'For goodness sake Sophia, they're teenagers what do you expect?'

Just at that moment the doorbell chimed and Sophia's sister, Emma, arrived with her husband Fred. Sophia was first at the door, 'Oh Emma, so good to see you, and you too Fred. Everyone is in the drawing room, come in and join them.' After more hugs and kisses, Sophia surveyed the happy scene and breathed a sigh of relief, 'Tomorrow is going to be perfect,' she thought.

Sophia was up before dawn the following morning, and smiled when she saw the light spattering of snow, which was just beginning to settle. The huge turkey, having been prepared for the oven the night before was ready to put in, and dinner would be served at 4.00 p.m., with canapés around noon and more light bites for supper. After much cajoling and complaining that drinks were his priority, Guy had helped a little with the vegetables, which were now all prepared for steaming, the parboiled potatoes liberally greased with duck fat, and parsnips drizzled with honey glaze. The large and most expensive Christmas pudding from Waitrose was waiting to be the piece-de-resistance, dripping with brandy, and would be lit at the table for added drama.

Judy eventually appeared, 'Darling,' she trilled, 'I see you've been busy, can I help at all?'

'I think I've covered most things, but you could put on some bacon and eggs so that we can sit around the table for a family breakfast, if you wouldn't mind.'

This wasn't quite what Judy had expected, but she tried to make herself look busy by searching the fridge for required items, and then saying it was probably best if she laid the table instead as Sophia knew much better than her where everything was. Sophia wasn't surprised when she walked into the sitting room and found the cloth and items she had put out ready were laid out, but Judy was now ensconced on a comfy sofa with a magazine.

The rest of the family slowly appeared one by one, and sat down around the table, helping themselves to the pots of tea Sophia had put out, and making jovial conversation, whilst Sophia struggled with the timings of bacon, eggs, mushrooms and toast for twelve people. She thanked God for her large and spacious kitchen.

'Guy! Could you please come and help me dish up and serve people, and where are the children? I don't want all this to get cold.'

Guy sauntered into the kitchen, 'No need to shout dear, stop getting yourself into such a state, breakfast isn't a feast, it's only bacon and eggs.'

Sophia felt herself about to strangle him, but instead went upstairs to cool down, and call the boys to come down for breakfast.'

Firstly, knocking on their door, and with no reply she peeked in to see Piers hanging out of the window, and Jasper still in his pyjamas on his phone. 'What the hell is going on here!' shouted Sophia. 'And what is that dreadful smell?' wafting her hand to get rid of some of the fug in the room.

Pulling Piers away from the window and lifting the sash window higher to dispel the odour, she turned on him, 'Is that weed you're smoking in my house?'

Piers smirked, 'Chill out Auntie.'

'Just get yourselves downstairs to breakfast, and I'll let your parents deal with you.'

Fighting back tears, she went into the kitchen where Guy was putting the last breakfasts on plates. In an angry whisper, she told him what she'd found upstairs. 'I am not having kids using drugs in my house,' she hissed.

Guy placed his hands on her shoulders, 'Sophia, now calm yourself, if you mention it at the table now it will cause upset all round and we don't want that on Christmas Day. I'll go upstairs and deal with them.'

'Is everything alright out there?' came Oliver's voice from the dining room.

'Fine,' shouted Sophia, drying her eyes with the edge of the tea towel, 'Just trying to get those lazy children down for breakfast.' This was followed by chuckles all round.

Somehow breakfast was got through with friendly chatter and comments on the wonderful job Sophia had done, and the two culprits were brought down by Guy, looking none the worse for the morning's altercation. Sophia was glad on this occasion that she had been left to clear up by herself, as she wanted to be alone to calm her nerves.

By the time the turkey was in the oven and the kitchen clear of breakfast paraphernalia Sophia was exhausted, but the sitting room was full of happy guests on at least their second round of a strong mulled wine, mixed by Guy, after starting off with a couple of bottles of Prosecco. She was somewhat dismayed to find that the boys were happily sipping on large glasses of mulled wine also, and when taking Emma aside to ask if this was right, she was told 'Oh Sophia, it is after all Christmas.'

With a pause in activities, she announced that it was a good time to open presents, which resulted in Piers and Jasper looking up from their phones for the first time, and offering to bring the gifts from under the tree for unwrapping, but not before Guy's suggestion of drinks again all round was met with cheers, and a glare from Sophia.

Unwrapping was complete chaos, with paper and ribbon everywhere, but all seemed happy with their gifts, except Piers, who

took himself upstairs in a fit of temper after opening his grandparents' gift of Action Man, with Margaret apologising that they had not realised how old the children were as time had flown. He didn't however go before refilling his glass with more mulled wine, which he took up with him. Sophia was appalled that his parents hadn't stopped him.

After she had cleared up the mess into several black sacks, Guy suggested more alcohol to go with the canapés that Sophia was now busily preparing to offer around. It was after this that Sophia, exhausted, and feeling more like a servant, rather than enjoying the day with the family, decided to open a bottle of red wine for her own consumption in the kitchen, starting off with a large glass. The effects were immediate after knocking it back, and she felt a little more at ease.

Hearing loud voices in the sitting room, she went in to find the two grandparents, Oliver and Ted, a little the worse for wear, arguing over something to do with cars. Guy intervened and said they should calm down, which brought in Judy, who said 'Guy, this is none of your business and I think that Oliver deserves an apology.'

'Oh come on,' chipped in Margaret, 'Ted, didn't mean anything by it,' and it soon developed into a shouting match between all who wanted to have their say.

Sophia went into the kitchen and downed another glass of wine, before going to the bathroom upstairs to take a breather. On the landing she heard some shouting coming from Jasper, and found that Piers had not only spilled his mulled wine on her new expensive duvet, but had thrown up all over the cream carpet.

'You stupid boy,' she screamed, 'Why didn't you go into the bathroom?' Both now cowered away from her, and she slammed out of the door and ran downstairs.

'Your children have just ruined my bedroom!' she screamed as she went into what was now a silent sitting room filled with tight-lipped guests, and looking at Lance and Emma, she shouted, 'You can go and deal with them and clear up the mess, I've had enough!' Lance and Emma looked totally shocked when she continued, 'Also your brats were using drugs in my house, so maybe you ought to think more about your parenting skills!'

Hours later, when the house was quiet again and the guests had left after an awkward silence at dinner, with Lance and family not even staying for that, and the planned stop-over until after Boxing Day had been cancelled, Sophia knocked back the remainder of the bottle. Her sister and Fred had wanted to stay and help clear up, but she had declined their help and said she just wanted to rest.

Guy had shrugged off all responsibility for the bottles of alcohol consumed, and said it was up to guests how much they drank, and had gone into his snug to read his paper and sip his brandy, and had told Sophia that she shouldn't take it so hard.

It was much later when not having heard from Sophia for some time, that he went into the kitchen to find her on her hands and knees with her head in the gas oven. 'Darling,' he said after turning off the gas, 'I don't think that natural gas has the required effect these days, come on old girl, I hope this means that next Christmas we can spend it abroad on a sunny beach.' With that, he gently helped his wailing wife up, 'Cheer up, it's Boxing Day tomorrow, and just think you won't need to cook a thing.'

THE END

Did your Christmas experience feel like any of the above, or was it all happiness? Do you feel you want to write about it, or any thing else, but are uncertain where to start? Why not join the Writers Circle, a friendly group who will give help and encouragement. You may find you have the next best-seller in you.

THE WRITERS CIRCLE

meets on the first Tuesday of every month in The Methodist Hall, High Street, from 2.00pm until 4.30pm
If you are already writing or a complete beginner you will be given a warm welcome by our small, friendly group of ladies and a few gentlemen
Membership is £12 per year and £2.00 per session.
Tea or Coffee included.
For more information contact Pat Read Tel: 07946707708

SELSEY FOLK & MUSIC CLUB
8TH ANNIVERSARY CELEBRATION

Selsey Folk and Music Club held a celebration at The Selsey Club, Coxes Road, Selsey .

John Bradley and Julian Lindsey Clark (pictured), (co hosts for the whole eight years) warmly welcomed a variety of acts, as well as supporters ,who were happy just to sit and listen and enjoy the unique atmosphere of live music at the club.

Paul Johnson from Liphook (pictured) arrived with his banjo and regaled the audience with his folk songs.

Paul is on a mission to perform at every one of about 70 Folk Clubs and Open Mic Night venues, within a 50 mile radius of Liphook, and Selsey Folk & Music Club was number 41 on his list.

Local music teacher and very talented folk singer Geraldine Allchurch gave the evening a special touch, as always with her traditional folk songs.

Another interesting act is the accordion playing of Laurie Tubb who travels over to Selsey from Littlehampton, in all weathers.

He, by request, brought along a few Parisian accordion tunes and a beret for Julian who imagined he was sitting in a french cafe nearby, watching the world going by and loving the music.(pictured).

Showing the versatile nature of the club, the session was rounded off with Buddy Holly's "Peggy Sue".

Julian and John welcome any genre of music at the club and invite new comers to the next session on Wednesday 15th February 6.30pm for 7pm start ,£3 entry. Raffle and pay bar open at The Selsey Club, Coxes Road, Selsey.

Sing, Play or Just listen. Everyone is very welcome.Just roll up.

Your contact is Julian 07721 532711
julian.lindseyclark@gmail.com



Is your piano no longer singing in tune with you?



Serving the Selsey Community

Lyn Tarver

Certified piano tuner with over 20 years experience

Text requests/inquiries to 07398410502

In the Garden

our monthly guide to gardening - In memory of Giles Peare

Jobs for February

Wintry weather and a shortage of daylight hours at this time of year can often limit gardening activity. Use this spare time to look at last year's successes and disappointments and plan the year ahead accordingly. Browse through books and catalogues and order some seed - caring for vegetables and flowers from seed can give the gardener great satisfaction and interest.

Prune Apple and Pear trees, if not already done and provided the ground is not too frozen or wet, plant soft fruit bushes and Raspberry canes. Prepare ground well and add a bit of manure and blood, fish and bone for fruit trees and bushes to be planted later.

Place seed Potatoes in trays with 'eyes' upwards to encourage sprouting and store somewhere light, away from frost.

Plant Rhubarb when soil conditions are suitable.

Continue to dig over vacant areas of the vegetable patch and add some well-rotted manure.

Book your mower in for a service to ensure it's in full working order when you come to do the first cut. Stay clear of the grass on frosty days as walking on it can damage the shoots.

Pull out any fallen leaves from ponds and also thin out overcrowded oxygenating plants. Think of investing in some new aquatic plants because now is the time to do your research and decide what you'd like.

Garden Centres are currently clearing out old plants to make way for new stock so it's an excellent time to pick up a bargain, look out for shrubs reduced because they've passed their most interesting season. Out-of-shape specimens are often good value and can be easily pruned and trained if they have new shoots, buds or healthy green leaves. But whatever you do, don't buy obviously diseased plants or any specimens with excessive weeds growing in the top of the pot.

Tip Top Tips

- Move potted Strawberry plants to a greenhouse, porch or conservatory to boost early flowering and fruiting.
- Sprinkle sulphate of potash fertiliser around the base of fruit trees and bushes.
- Treat paths and paving to stop slippery algae or weeds.
- Pick a posy of Viburnum, Chimonanthus, Winter Jasmine, Choisa and Hamamelis to fill the house with a delightful fragrance.
- Clear all dead leaves and debris in the greenhouse to prevent Botrytis.
- Order bare-rooted Rose bushes, trees and shrubs from mail-order suppliers and plant immediately on arrival.
- Plant Begonia tubers in pots (hollow side up) and keep them growing in warmth until after all frost.
- Make sure garden birds have ample food and water - beware cats!
- Prune Winter-flowering shrubs that have finished flowering, including Winter Heathers.
- Cut back overgrown shrubs and hedges before the nesting season begins.
- Check tools, equipment and plant supports are sound well before you need to use them.
- Prepare the ground for making new lawns in the Spring.
- Sow some Annuals under cover.
- Make a different water feature with differently sized thin flat stones and shells. Cut a hole in them and thread them onto a copper pipe attached to a pond pump.
- Pot up Lily bulbs and start them off in the greenhouse for early flowers.
- Prepare a patch in the vegetable plot and cover with polythene sheeting to warm up soil for early planting.



Selsey's 5th Seed & Plant Swap

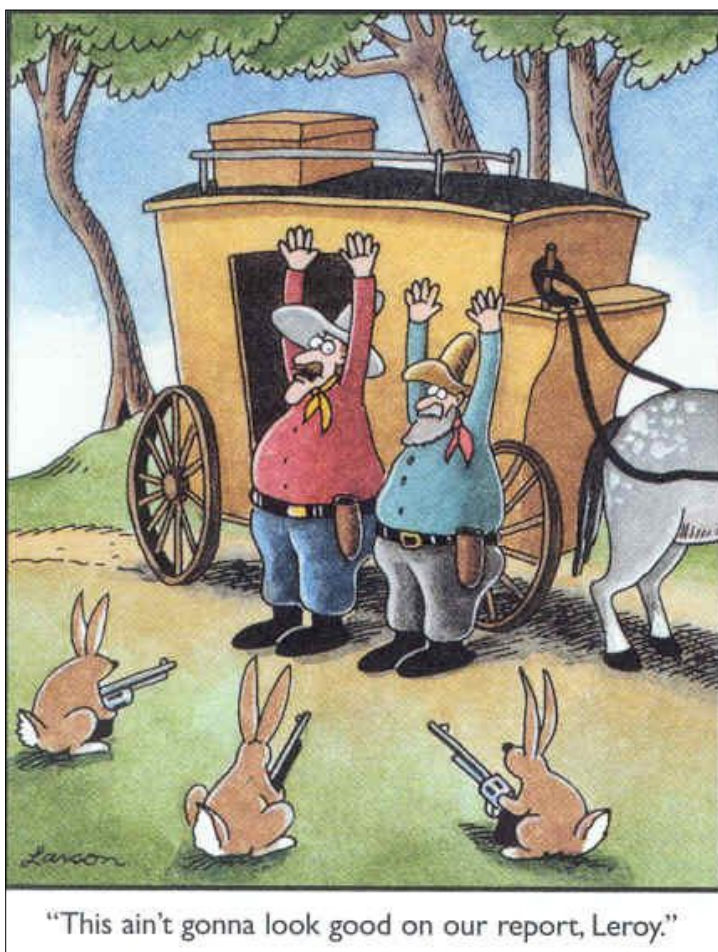
Sunday 5th March - 11-3pm

at The Bridge Support Centre
behind Selsey Library, PO20 9EH

Share your spare seeds and plants,
look for exciting new ideas for 2023!

Contact Paul on 07815 790770

Organised by Selsey Community Forum



The National Garden Scheme - the benefits of gardens to physical and mental health.

Kate Harrison West Sussex National Garden Scheme Publicity Officer

Founded in 1927 by the Queen's Nursing Institute to raise funds for community nursing means that gardens, health and community are at the heart of what we do at the National Garden Scheme. Every ticket bought, every garden visited, and every cake and cup of tea savoured translates into millions of pounds in donations not only to some of the UK's best loved nursing and health charities but to garden charities and community projects too.

Scientific studies have shown that spending time in a garden can reduce blood pressure and the stress-related hormone cortisol.

Even during the winter months walking around your garden can give you a sense of peace and, as Spring approaches, the first sight of developing buds and bulbs can fill you with anticipation and joy. Gardens provide the perfect space for a break from the stresses of everyday life. Trees, plants, bird song



and water are easy on the senses and can bring stress levels down.

Gardens enable you to become more active. Being more active is associated with better physical and mental health, including reduced risks of cancer, heart disease and depression.

Gardens can also provide opportunities for socialising and building relationships with neighbours and opening your garden for the National Garden Scheme for a couple of days a year is a great way

to show off all your hard work and make a whole host of new friends.

Of course, not everyone has a garden. However, **visiting someone else's garden can also provide all the above benefits.** A garden visit can lift your spirits and help you feel connected. Volunteering at an allotment or community garden such as The Hidden Garden in Selsey, which has recently received a NGS Award, can equally provide that sense of wellbeing and worth.

'Opening for the National Garden Scheme is extremely rewarding. It has given us a huge amount of pleasure and has also given a lot of pleasure to our many visitors.'
Garden Owner, Ashington, West Sussex

For more information on the National Garden Scheme and further information on the benefits of gardening for health and wellbeing go to the **National Garden Scheme Website** <https://ngs.org.uk>. **National Garden Scheme.**

Snowdrop gardens opening in West Sussex in February are listed below. More details can be found by clicking on the link on the Selsey Life website. Free copies of the Sussex National Garden Scheme Booklet will be available from many local outlets from February.

Thursday 23rd and Saturday 25th February - Buddington Farm Buddington Lane, Easebourne, Midhurst GU29 0QP.

Sunday 26th February (also open for the NGS in April and October) **Denmans Garden** Denmans Lane Fontwell BN18 0SU.

Wednesday 15th February (also open for the NGS in May)

Highdown Gardens

33 Highdown Rise,
Littlehampton Road,
Goring-by-Sea Worthing,
BN12 6FB.



Highdown Gardens

Sunday 19th Feb (also open in March, April and May) **Manor of Dean** Tillington
Petworth, GU28 9AP.

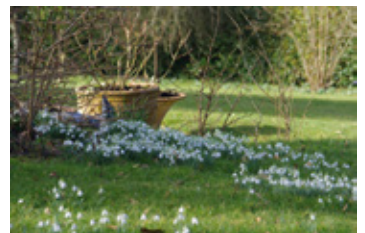
By Arrangement from February
Mitchmere Farm
Stoughton Chichester, PO18 9JW

Highdown Gardens

Every Thursday from 9th February and by arrangement The Old Vicarage

The Street
Washington, RH20 4AS

Gardens opening in East Sussex can be found on the NGS Website.



The Old Vicarage

A Tale of this Christmas Past

Looked like I was on my own for Noel this year - no other faces, my dear wife died a while ago and both our boys are in other places.

One invited me to his Berkshire flat but the British Rail strike put an end to that. The other staying with his fiancée's family in France - beautiful girl, Dad has no chance!

So I book at my Selsey Private Club for Xmas lunch. I turn up and I'm shown to my table with a glass of punch. Then I notice the table is set for two, opposite my place is one for 'Del Boy' - who?

The waitress arrives and I greet her: "Hi - who is this 'Boy'?" But she just bows her head, and looks strangely coy. In no time I've had my first course and starting to feel a bit of a loner, when "Del Boy" arrives escorted by Danny, the club owner.

Del limps over, helped by Danny, who knows us both as being a bit old and shaky, yes maybe these days not quite so racy.

Del sits down, we start to relate, and it's obvious straight off we're going to be mates. We carry on talking, sometimes not joking; His wife died of Alzheimer's and mine from smoking. He has a new hip but he is not bowed. I've had epilepsy but I am still proud.

He worked as a cabby, once giving 007 a lift, at the end of which Sean Connery gave him an enormous tip!

We stay until late, telling each other our life stories, then he gives me a lift home, we have coffee, mince pies and relate other glories.

So I say this to you; If you are lonely at all - Easter is coming - be brave get out there - try 01243 606015 - It's your Club Call!!

Mark Remmel



February's Update

... Focus on



Every month for the rest of this year we are running a 'Focus On...' which will highlight the work each of our staff do and for the first one, we say 'hello' to **Karen Halford**, our **Community Support Manager**.

Karen joined **Selsey Community Forum** two and half years ago. Her background in social care as a manager of a local care home, has enabled her to bring a wealth of experience, knowledge and compassion to her role.

Within her day-to-day role, Karen responds to a wide and complex range of needs. From the moment a person comes into the **Selsey Care Shop** and is referred to her, not a stone is left unturned. Quite often a person will come in with a comparatively small query, for example about attendance allowance for a family member, and leave with a comprehensive package of information to meet some unmet need.

At other times, a person may come in with a situation whereby they find they have a terminal condition and may have not been able to engage with other areas of support. Karen will gently explore this and identify who and what services are available to them. She will either make contact, with that person's permission, or give them the information to enable them to do this themselves. For example:

- * **Hospice support** – to ensure that all support is given to the person on the last leg of their journey
- * **Independent Living Equipment** to make life a little easier at home
- * **Respect Document** or advanced care plan including any anticipatory medication needs and identifying if the person would like a DNAR (do not attempt resuscitation) and place of death
- * **ECHO** (end of life collaborative hub) www.sussexcommunity.nhs.uk/services/echo-end-of-life-care-hub/108954 ensuring that the local NHS and SECAMB are aware of the person's health needs and whether to go to hospital or stay at home for treatment
- * **Financial support** such as completing a DS1500 (benefits for people with a terminal illness)

Wellbeing Checks – when people sign up to be on our database, and we make contact with them, we may pick up on issues that raise a red flag. If there is no family locally, Karen will carry out a welfare check. Sometimes she will call upon our local **Community Warden** to make a visit and report back.

Often issues emerge slowly, and key indicators may suggest the person's memory is declining, they are hoarding or they are at risk of harm as maybe food or medication is left lying around or untouched meals. Depending on the seriousness, a safeguarding may be raised to ensure that local authorities are aware of the situation and can take action. The **WSCC Fire and Rescue** could be asked to carry out a **Safe and Well Visit**.

Quite often Karen, who is based at the **Selsey Care Shop**, will find a short-term solution coordinating with other agencies. People can deteriorate very rapidly and with Karen's intuition and experience, she will be able to pick up on this and seek a better outcome.

Having completed her own Counselling Qualification, Karen has developed the **OK Group** and **Hope in the Dark**. Her patience and empathic approach helps her to work with people developing their confidence, and she has the skills to work through their anxieties, issues, or bereavement.

Having managed staff teams over the years, Karen clearly has a passion to develop and lead people. This has helped her to develop training programmes for local care providers in Selsey an includes mentoring people who are studying for their Level 2 or 3 Social Care. She has also developed training on the moving and handling of people, and end of life and palliative care training. Her passion and insight can be seen when working with local young people with a learning difficulty who may have been referred directly to her or via the **Selsey Employment Service**. From this, the **Independent Living Programme** has evolved to support young people to maximise the use of their income, and develop cooking and laundry skills.

Sometimes people need a little housing support and to identify the process needed. Making links with key people at the Housing Office or working with local estate agents, Karen has been able to secure accommodation for people who may have other needs too. Unpicking some of the pathways that exist can be very challenging to navigate.



Karen has developed positive links with so many other agencies and completes assessments as needed to speed up the process such as accessing the wheelchair services, Citizens Advice, Housing Associations, Medical Practice, Dementia Services to name but a few.

We are grateful for the financial support from our local businesses, individuals, and partners and, as mentioned in an article in our newsletter, we have recently been donated £35,000 for the work we do in partnership with **Selsey Medical Practice** from the **Friends of Selsey Medical Practice**. Significant contributions like this enable us to continue to sustain Karen Halford's role and the services she provides. She and other staff will be present at the **Selsey Medical Practice** on a weekly basis during 2023.

We continue to develop our services as needs change. We will be offering a training programme for care providers, whether a care home, a private carer or care-at-home. Discussions are underway to develop a coffin club/death café also. Growing our **My Future Care Handbook** offer is important too, with the help of our Later Life Buddies. This is a great tool to use and plan future needs, wants and wishes as these are all noted in the book for the future.

If you want to know more of the work of Selsey Community Forum in the community, or are interested to join us as a volunteer bringing your skills to help develop the groups, or simply make a donation to our community organisation that we will no doubt all benefit from in the future, if not now, then please contact us at The Care Shop.

Selsey Community Forum

Registered Charity 1156460

Telephone: **01243 201616**

Email: mail@selseycommunityforum.uk

Website: www.selseycommunityforum.uk

Address: **Selsey Care Shop, 121 High Street, Selsey, PO20 0QB**

Opening Hours: Mon – Fri: 9am – 4pm

Sat: 9am – 1pm Sun: 10am – 1pm

Forum Supporters, please pop in or check the website

www.selseycommunityforum.uk



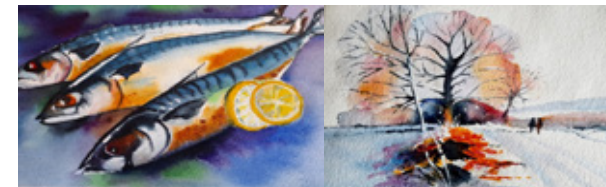
ARTS DREAM SELSEY ARTISTS

- **The Arts Dream Selsey Art Group offers the opportunity for artists of all levels of ability to get together, enjoy themselves and be creative.**
- **Our members all work in different mediums – watercolour, oils, acrylics, pencils and pastels.**
- **Some of the benefits of joining an art group are the meeting and mixing with others, painting together, learning from each other and the opportunity to help others in the group.**
- **In addition to our weekly meetings, we have a programme of workshops led by professional artists. These workshops are diverse in both medium and subject matter and are designed to offer something for everyone.**
- **We also hold an Annual Exhibition which provides opportunities to exhibit and sell work. In 2022 our exhibition was held over the August Bank Holiday weekend at Medmerry School. Many members exhibited and sold their work which was showcased to members of the public by the exhibition. We have 3 art groups running each week:**
 - **Monday 2pm to 5pm, at St Peter's Church Hall, Selsey**
 - **Tuesday 9 am to Midday at St Wilfrid's Church Hall, Selsey**
 - **Thursday 6:30pm to 9pm at Selsey Town Hall**

The timing of these sessions are designed to suit the lifestyle needs of our members.
New members are always welcome, whether you are just starting out or are, already, a seasoned artist.
Our fees are £30 for a 10 week period. If you are starting out on your Art journey you can 'try and buy' for just £3 per meeting.

If you are interested in joining our Group, please contact **Gary Sharp, 01243 607476/07808 167114 – email: gary240849@gmail.com**

Below are a couple of examples of our members work also take a look at our Facebook page to see examples of our members work



www.artsdreamselseyartists.co.uk Facebook: [Artsdreamselseyartists](https://www.facebook.com/Artsdreamselseyartists)

Selsey Methodist Church

Happy New Year! It seems incredible that we're here already – I'm not sure time doesn't go faster and faster as I get older!

Do you set New Year's Resolutions (and have you managed to keep them so far if you do)? The beginning of a new year seems a good time to take stock of what we're about and decide what's important in our lives. In the Methodist Church we have something called the Covenant Service. "Covenant" is just a posh word for "promise" and, in the service, we promise again to try and live the lives, say the words and do the things that we believe God is calling us to, as a Church and as individuals. In Selsey this very much includes continuing to work with our fellow Churches and other organisations such as Selsey Community Forum and the Foodbank to support those who need it most.



We've all read and heard about the "Cost of Living Crisis" and can see prices for all sorts of essentials increasing. In the Bible it's made very clear that we all have a responsibility to look out for those who are less fortunate and I see lots of people in Selsey doing just that. Can I encourage you in your support of those around you or, if you're somebody who is finding it hard, to

have the courage to ask for the help you need. A few years ago, Christian Aid, a major aid agency, said that, "We believe in life before death" and somewhere else it says that we can all enjoy life and life in all its fullness. This has to be right....

My hope and prayer for 2023 is that locally, nationally and internationally individuals, organisations and nations can work together to work for peace, justice and equality for all people. Our commitment at Selsey Methodist Church is to do what we can and help those around us to do what they can, to further that work here in Selsey.

With every best wish for this year

Tim ☺

Tim Cooper
Local Lay Pastor, Selsey Methodist Church



WTF fun fact #1662

People who were born during the months of September and November are more likely to live to be 100-years-old.

wtfunfact.com

29





A new year and Selsey Ladies are looking forward to another year of golfing competitions and joining in with all the activities of the golf club.



The Ladies only play 9 holes in the winter unless the weather is exceptionally good then some might play 18. However, so far this year the weather has been dreadful and heavy rain day after day, has left the course extremely wet. The groundsmen are working very hard to manage the course and have prepared temporary greens so as not to damage the main greens. Hopefully this will not last long and a big thank you goes out from all the Club for all their hard work in these extremely wet and cold conditions.

Last years' season finished with the ladies Christmas Scramble competition. Every one wore a Christmas hat and enjoyed playing this fun game. The winners were Gilly Chapman, Caroline Newton and Shirley Brown.

In December the Ladies' AGM was held. Lady Captain Sheila Watmore gave a report of her very successful year as Captain and thanked all those who had supported her and her chosen charity, Selsey Community Forum. The ladies raised **£1500** and this was added to the Club Captain Simon Aspital's charity fund who also had chosen the Selsey Community Forum. A total sum of **£12,015.10** was presented to the Charity.

Sheila, as already mentioned, had a very successful year. One of the things she did was to encourage ladies to play in some of the local OpenTournaments and the ladies played at Ham Manor GC, twice because rain stopped play and the Tournament had to be re-scheduled, and also at the Bognor GC. A meal and prize giving followed the events. Sheila worked very closely with both the Mens and Vets Sections, helping to, and very often, organising the mixed matches and social events. These events were well supported and

the Junior section also were able to join in and actually did very well, a force to be reckoned with in the coming year. Sheila also encouraged the ladies to participate in a fairly new event, Friday night rolls followed by a BBQ, open to family and friends and held monthly. All the ladies enjoyed Sheila's Lady Captain's Day and she also held a Captain's Charity Day. Both events were great fun

and days to be remembered. Well done Sheila. The ladies showed their appreciation by presenting her with a bouquet of flowers and her past Captain's badge

Sheila then handed the role of Lady Captain to Jaqui Towns. Jaqui was presented with the Lady Captain's silver brooch and the Lady Captain's jumper and everyone wished her a happy and successful year. Jaqui announced her chosen charity for the coming year, the Aldingbourne Trust. (photo is of Jaqui Towns)



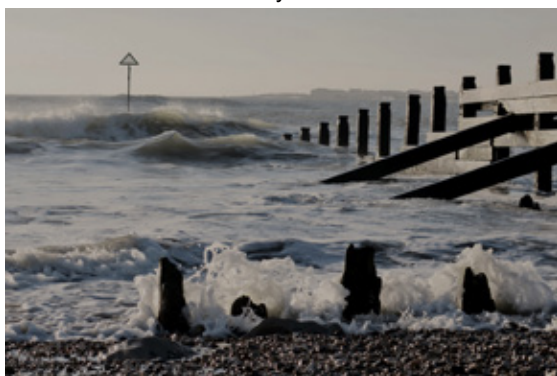
On the 16th December the ladies held their Christmas Lunch. This was Jaqui's first function of her year and everyone enjoyed their meal. Jaqui organised some fun games and the ladies left full of Christmas cheer and ready for the onslaught of the holiday period. The next main event in the Lady Captain's calendar is her Charity Coffee morning. This is to be held on 24th February at the Golf Club starting at 10am. Coffee and cake will be available and there will be a Raffle, Home-made cake stall and craft stall. This will be open to the public.

Do come along and join the Ladies for coffee.

Selsey Camera Club Winter Trip- West Wittering

Despite the torrential rain in the days leading up to the recent West Wittering club trip, the committee held its nerve and resisted cancelling. Happily, we were rewarded with a beautiful sunny afternoon.

Although the summer season is well and truly over now, the beach was still very busy. Between the surfers, walkers, dogs, gulls, boats, and soft autumn light, there were opportunities for almost every photographic style. I particularly enjoyed the many dogs having the time of their lives playing in the waves- an excellent chance to practice some action shot



to romantic couples as the sun went down.



Although the final glimpses of the sunset were slightly marred with clouds, the timing of the tide was perfect- with its retreat leaving mirror-like wet sand to reflect the colourful sky.

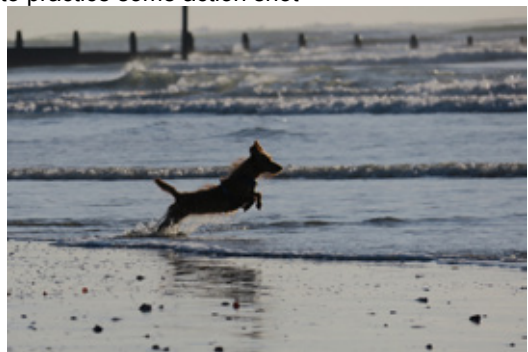
techniques!

The variety of walkers presented some off-road street photography opportunities, with the characters seguing from playful families

Once the sun vanished, it got dark and chilly very quickly. Some members recalled a night practising some astrophotography from the beach, as it can get very dark out to sea, although I suspect this would be a far more comfortable activity in the summer!

Selsey camera club meets on alternate Monday evenings at St. Wilfrids Church Hall, and welcomes new members with ALL levels of ability, whether you have a camera phone or DLSR. February's dates are Monday 6th and Monday 20th

By Helen Burton, Selsey camera club,
www.selseycameraclub.co.uk



Hippopotomonstrosesquippedaliophobia is the fear of long words

Selsey Golf Club Veteran's Section



28/09/22 Captain v Presidents team match.
The veterans captain Bob Anderson and the golf club president Peter Senft each select a team to play each other for the shield.



30/09/22 Mixed stableford with a shotgun start.

A really enjoyable day, the winning team, Mark Simpson, Mary Carpenter and Paul Hobson flanked by vice captain of the veterans section Gerry Moore and Ladies captain Sheila Watmore.



The following were presented at Presentation Day 01/12/22

Captain Bob Anderson presents The Derek Aspital Cup



Past Captain Kevin Fielder presents Captain Bob Anderson with the Summer Medal Eclectic Trophy



Captain Bob Anderson presents Trevor Plaistow with the Summer singles knockout competition.



Denny Terry and Alan Rose win the Brexit Cup. Presented to Denny Terry by Captain Bob Anderson.



A man with no arms and no legs was sunbathing on the beach at Selsey. As he lay there, three beautiful women approached him, and on seeing his plight they who took pity on him.

The first asked him if he'd ever been hugged - when he said no she leant down and gave him a hug.

The second then asked him if he'd ever been kissed, and when he said no again to this she leant down and kissed him.

By now the man was getting excited, and so when the third woman looked around, and then asked him if he'd ever been screwed, his eyes lit up and he said no.

"Well, you are now", she said, "the tide's coming in".

The scientific name for the Western lowland gorilla is Gorilla gorilla gorilla.

WTF fun fact #5093

Studies have suggested that gifted people often have bad handwriting because their brains are working faster than their hands.

wtffunfact.com



CRABLANDS BOWLS & TENNIS CLUB
Affiliated to E.B.E., L.T.A. & E.S.M.B.A.
Crablands,Selsey,PO20 9BD



Green Bowls

The Green Bowls presentation evening was held at Selsey Golf Club on Saturday 12th November. After a welcome by club president, Ian Ford, presentation of prizes for the season 2022 were made by club captains Sarah Fewster and Tony Dade.

Green Bowls club Charity of the Year for the 2022 season was St Wilfred's Hospice and we were please to present a cheque to them for £561 from the monies collected over the season.

Short Mat

November 13th Bitterns v Arundel

Bitterns were away to Arundel in the Triples league where they unfortunately lost on both mats. Better luck at home.

November 17th Bitterns v Cormorants

Crablands Bitterns were at home to Crablands Cormorants in the Triples league. Cormorants won on both mats and the friendly taking 6 league points.

November 20th Drawn Mixed Pairs

Day 2 of the Drawn Mixed Pairs saw 10 teams going through, being divided into 2 pools with the successful top 4 of each pool going through to the Quarter-finals. In the semi-finals Elaine Sadler & Les Jewiss and Danny Arnold & Sarah Fewster won and will now play each other in the final in March 2023. Thanks to the generosity of members donating prizes & buying tickets, the raffle raised **£43** and the purchase food & drink made **£36.36**. Thanks to Susan Jackson who spent the day making rolls and drinks.

November 24th Cormorants v Bognor Spitfires

Cormorants were at home to Bognor Spitfires in the Triple league where they won on one league mat and lost on the other. They won overall, so taking 4 league points. There was no friendly mat.

November 27th Bitterns v Fittleworth Swans

Bitterns were away to Fittleworth Swans where they were unable to obtain any league points.

December 3rd Cormorants v Fittleworth Swans

Cormorants were at home to Fittleworth Swans in the Triples league where they won on one mat and lost on the other. Unfortunately, they did not win overall so gained 2 league points. There was no friendly mat.

December 4th Full Club AGM

This was well attended and as well as discussing the year just gone it was explained that a wish list for each section would be put in place once more. There were several suggestions from the floor as to what should be on it. The Grand Christmas Draw was held with over 40 lovely prizes. As all the prizes had been donated it made and excellent profit for the club of nearly **£400**.

December 10th Bitterns v East Preston Blue

Bitterns were away to East Preston Blue where they were unfortunate to lose on all mats.

December 11th 2nd round KO Cup

Crablands were at home to Midhurst Eagles where they won 34-29. They go through to the next round when they will play Fittleworth Skylarks away.

December 18th Avocets v Fittleworth Swans

Avocets were away to Fittleworth Swans in the Triples league where they had a good win on both mats taking 6 league points. They also took a friendly team which won.

January 8th Chairmans Cup
After some very hard-fought preliminary games in the morning, the ¼ finalists set about winning their places in the next round during the afternoon.

Tony Dade & Val Foyle, Louise & Danny Arnold, Elaine Sadler & Paul Holland and Peter Blackman & Cheryl Brown all went through to the semi-finals to be held on the 22nd January.



January 12th Cormorants v Arundel

Cormorants were at home to Arundel in the Triples League where they won on both mats and overall, so gaining 6 league points. There was also a friendly mat who were unlucky to lose on the last end.

Tennis

In the heart of Selsey sits a club which has ambitions to really put the village on the map as a centre of excellence. Crablands has four hard tennis courts and a group of players who are passionate about the sport. Recently we have had some amazing 'gifts' for the future, firstly lots of new members joining, which has increased our ability to attract even more people. Secondly a brilliant coach, Dena Nelson Smith who has ambitions to develop our youth academy as well as the senior players. Our youth are our future, so we aim to build the club from the young upwards.

To do this we need year-round facilities, which mostly means putting up floodlights to enable longer playing times in the winter months, however we need to upgrade equipment and the infrastructure for success.

Last year the Men's doubles team won their league, and we also field a Women's team as well as having internal competitions. We want to expand this, and our ambition is to nurture talent for the future from within Selsey.

We have the backing of Sport England to support a Crowdfunding campaign which, with your help, will enable all of these plans to come to fruition. Our donors have also backed this with pledges to incentivise donations. We will still be a 'self-help' club, relying on voluntary labour to maintain our area, so every donation will go immediately to help projects

Our crowdfunding campaign will open on 22.01.2023, when a Crowdfunding Donation reference number will be made available (SEE NEXT MONTH'S SELSEY LIFE)

In the meantime, donations may be made direct at Crablands Bowls and Tennis Club, Crablands, Selsey, West Sussex PO20 9BD <http://crablandsbtc.co.uk/>

Socials

A very busy Casino night with buffet was held on 18th November. Any of the "funny money" left at the end of the evening was used in the auction for such prizes as Christmas reindeer hats!!

The club Christmas Party was held on Saturday December 10th with music from our own DJ and a great evening was had by all those who attended.

PLEASE NOTE LAST DATE FOR SUBMISSIONS FOR ENTRY INTO NEXT SELSEY LIFE IS 16TH FEBRUARY

Selsey Carpet Bowls Club

Selsey Carpet Bowls Club held their Annual Dinner and Prize Giving on 8th December at the Selsey Private Club. Due to COVID this was the first prize giving since 2019 and everyone was in high spirits.

Fours Trophy Winners
Val, Marcus, Anne & Annette



Winners and Runners-up:

Michael Hook SINGLES TROPHY:
Runner-up Sheila Plaistow
Winner Annette Iskett

Mike and Mary Clench PAIRS TROPHY:

Runner-up Annette Iskett & Crawford Hamilton
Winners Roy Tolhurst & Karen Zarwalski

Ernie & Iris SUMMER LEAGUE TROPHY:

Runners-up Maureen Darvill, Roy Tolhurst & Marcus Whiting
Winners Annette Iskett, Sheila Plaistow & Ray Stokes

Molly Lewey TRIPLES CUP:

Runners-up Sue Farrell, John Lloyd & Jim Joy
Winners Pat Joy, Karen Zarwalski & Roy Tolhurst

Stan Iskett FOURS TROPHY:

Runners-up Sally Mason, Pat Joy Roy Tolhurst & John Lloyd
Winners Annette Iskett, Anne Whiting, Val Whiting & Marcus Whiting

WINTER LEAGUE

Runners-up Annette Iskett, Sue Farrell & Tony Martin
Winners Marcus Whiting, Pauline Marshall & Kirsty Farrell

Summer League Winners



Ray, Sheila & Annette

Singles Trophy Winner



Annette

Trophies



SELSEY CARPET BOWLS CLUB

Times for bowling are as follows ;-

Sunday 10am -11.30am
Wednesday & Thursday evenings 7pm until 8.30pm
We are a very friendly club & welcome new members, all equipment is provided.

Come along & give it a try at Medmerry School,(entrance opposite the Library) you won't be disappointed.

Contact Annette on **606227** or Karen on **607169**

email: info@selseycarpetbowls.co.uk

www.selseycarpetbowls.co.uk

Mystery, Drama, Comedy Three Plays for Summer



Following the success of One Last Adventure, written during lockdown and performed to masked and distanced audiences (remember those days?) it seemed that we had discovered a new genre of theatre. We could not get together to rehearse, and we were not allowed to move onstage, but a radio play does not need lines learnt or movement directed. It needs skilled actors who can make a story bounce off the page. To help us do this we had original music written and played by the inspirational pianist Sylvia Rota. It was 'Come and watch a radio play!' So we're doing this again. I am writing three more radio plays for this summer, and invite you all to come along and watch and listen.

Look out for more details.

Gillian Plowman, Arts Dream Selsey.

PHILIP AND ROWENA - a drama
Thursday May 4th and Friday May 5th 7.30 pm

THE BUSTERS - a comedy
Saturday June 3rd 7.30 pm and Sunday June 4th 2.30 pm

A SEA CHANGE - a mystery
Friday June 30th and Saturday July 1st 7.30 pm



After ten loyal years working at the local factory, Nigel and Trevor were laid off, so first thing on Monday they went to sign on.

When asked his occupation, Nigel said "I'm a panty stitcher, I sew the elastic into cotton knickers." The clerk looked up panty stitcher and gave Nigel £100.00 a week benefits.

Trevor then approached the counter and said he was a diesel fitter. The clerk looked this up, and as this was considered to be a skilled job he was awarded £200.00 a week benefits.

When he told Nigel, Nigel was furious and went storming up to the clerk and demanded to know why his friend was getting twice as much.

The clerk said that on his list a diesel fitter is shown as a skilled occupation, hence the extra money.

. "What skill?" shouted Nigel. "I sew in the elastic, he pulls the knickers on and says "Yup - diesel fitter!""

THE CAT & RABBIT RESCUE CENTRE

THE CAT & RABBIT RESCUE CENTRE
Tel: 01243 967111 Reg. Charity no. 1010000
Email: info@crrc.co.uk www.crrc.co.uk



Hello everybody! It's me Markus the office cat bringing you all the latest news from The Cat and Rabbit Rescue.

I am excited to let you know that after 7 months at The Centre, last issue's pet of the month the cat Lawson has finally found his forever home.

In this article I am excited to share with all my readers how CRRC did in 2022. Last year alone The Centre

took in 587 cats and kittens, 100 rabbits and 62 guinea pigs! However, I am pleased to say we were able to rehome 504 cats and kittens and reunited 31 back with their owners. We also rehomed 88 rabbits and 56 guinea pigs with 3 rabbits being reunited with their owners. These figures are all up of the previous year meaning we took in more animals but also rehomed more at the same time. Thank you to everyone who adopted from us last year and gave these animals their second chance at a forever home.

I am saddened to have to share with my readers and supporters of CRRC that our incredible founder Monique took her wings and passed over her own rainbow bridge on Boxing Day. Monique had always had a great passion for animals and along with Nigel, they founded CRRC back in 1986. Their dedication to The Centre was unwavering, working 365 days a year and never closing their doors to an animal in need. In 2018 Monique and Nigel were finally able to take their retirement where they moved away to a beautiful part of the country making a lovely home for themselves. From myself and all the other animals you have helped, thankyou for everything! Rest in peace Monique.

If you would like to read more about Monique's life and her dedication to animals please visit our website.

Lovely to chat to you all again, see you next month.

Love Markus x

P.S. Please check our website www.crrc.co.uk to see how we are now rehoming and for the animals available for adoption.



THE CAT & RABBIT RESCUE CENTRE

Have you visited the Cat & Rabbit Rescue Centre Charity Shop at 9 The Parade, Selsey?

It is full of fantastic bric-a-brac, including antiques, pictures, jewellery, as well as clothes for every occasion, beautiful bedding, curtains, craft items, and good quality furniture.

If you have time to spare, why not become a volunteer, just visit Bev or Sharon in the shop.

Molly



This month we would love to introduce you to a beautiful female cat called Molly. Molly is 12 years young and is at The Centre for the second time. Both times, she was brought in because her owners had to go into a care home and it was not her fault. Although she can be initially nervous when you first meet her, she is actually a lovely sweet girl. She enjoys getting lots of fuss and will sit on your lap for cuddles. Molly would prefer to find a quiet retirement home not with young children. She has previously lived with other cats but she wasn't that keen on them, however the staff would consider her living with other cats again if they are cat friendly.

If you think you may be able to offer Molly a loving home please give the centre a call on 01243 967111 or visit our website www.crrc.co.uk.



THE CAT & RABBIT RESCUE CENTRE
Holborow Lodge, Chalder Lane, Sidlesham,
W. Sussex PO20 7RJ
Tel: 01243 967111 Reg. Charity no. 1010000
Email: info@crrc.co.uk www.crrc.co.uk

Also find us on facebook
www.facebook.com/catandrabbitrescuecentre

SELSEY YOUTH CLUB

Age 9-12

Every Thursday 4:30pm-5:30pm

£1.50 entry fee

Selsey Football and Social Club
(next to C0-OP)
High Street
Selsey, PO20 0QG

COMMUNITY FUND 01243 608943



Brent Lodge Wildlife Hospital

Winter Wildlife Briefings

INSIDE THE WILDLIFE HOSPITAL IN FEBRUARY

HEDGEHOGS GALORE! We are currently inundated with hundreds of poorly and malnourished hedgehogs, mainly suffering with worms. Our team of lovely staff and volunteers are as busy as ever caring for each and every animal on-site, including feeding, weighing, medicating, cleaning out and monitoring duties. The Avian Influenza (Bird Flu) epidemic is sadly still rife and we are unable to accept any bird patients. This is in order to protect all of the animals currently in our care. Our hearts truly are breaking for all of the birds that need assistance at the moment and we ask for your understanding and kindness towards our staff at this time. If you come across a bird in need, please do call us and we can offer as much advice as possible over the phone and hopefully help as much as we can. Thank you.

HELPING BRENT LODGE WILDLIFE HOSPITAL

We are in desperate need of newspapers (without staples preferably!) for animals' bedding and wet cat/dog food tins (non-fish flavours) for the hundreds of hungry hedgehogs and other animals in our care. We get through hundreds of each every day and our resources are running incredibly low during this busy winter season. Any possible donation is incredibly appreciated, even one tin or one newspaper makes such a difference!



Please always feel free to call us if you need any advice or assistance with wildlife enquiries or how to support us. We thank you all for all you do to help, and so do all of the animals in our care!

For more information and tips, please visit our website or contact us on the details below.

Web: www.brentlodge.org Tel: 01243 641672
Email: enquiries@brentlodge.org
Address: Brent Lodge Wildlife Hospital,
Cow Lane, Sidlesham, PO20 7LN.

Every year, two brothers who are conjoined twins go on holiday to the same resort in southern France.

The head waiter gets to recognising them, and on their latest visit he asks if they kept coming back for the weather.

"No", one of the twins said, "in actual fact we burn quite easily".

"Ah", said the waiter, "So is it the wine?"

"No", said the other twin, "we're both beer drinkers".

"It must be for the food then", exclaimed the waiter.

They shook their heads and said "Actually we prefer English fish and chips."

"So what makes you come back year after year?" asked the waiter.

"Well," says one of the twins, pointing to the other, "it's the only chance our kid gets to drive."



St. Peter's Church News

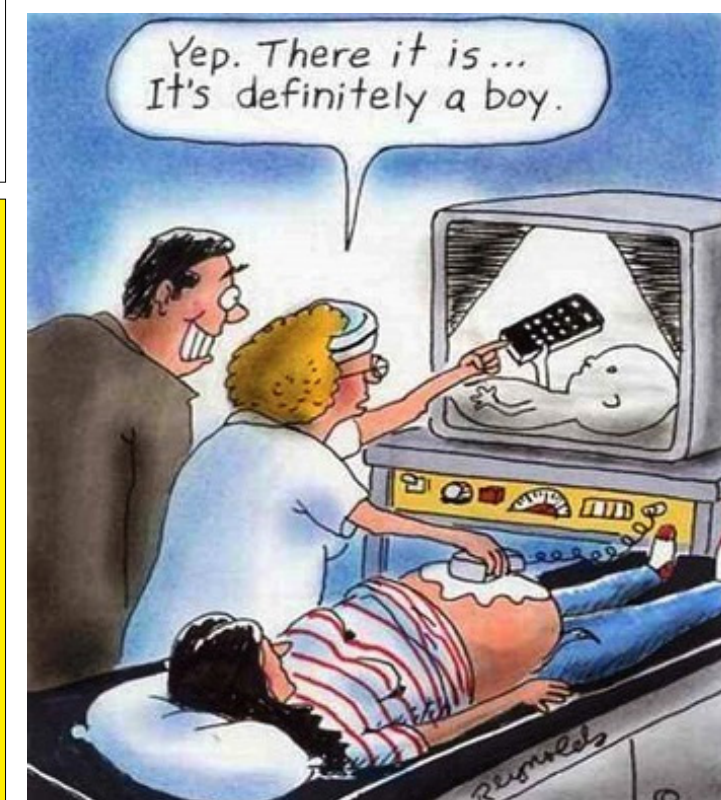
It was wonderful to have all the Christmas services again as we used to before covid. The Crib Service on Christmas Eve was particularly popular, with many children present dressed up in Nativity costumes. Already Lent is approaching, with Ash Wednesday on the 22nd February. This Lent there will be a study course, taking place on one evening each week, on the theme "Who then is this?", which was the question the disciples asked when Jesus calmed the storm.

It's nearly 160 years since the nave of the ancient church of St Peter's, Selsey, together with its historic contents, was moved on farm carts from Church Norton and re-erected at its present site on Selsey High Street. Not surprisingly, a recent surveyors' report showed that the church must very soon have a completely new roof and repairs to the windows to keep it watertight. That's going to cost **£120,000!** The upkeep of this Grade II listed building is not the responsibility of the Diocese of Chichester or of the national Church of England but of the Rector and Church Wardens.

Thus, trying to raise money to pay for the necessary repairs is, inevitably, the main news of the moment. The church is a registered charity, and money for maintaining the building has always come mainly from donations and fundraising, but £120,000 is far beyond our means, so we are appealing to the wider Selsey community for help. St Peter's is Selsey's most historic building and it has had a long and unusual history, and it continues to serve the community, so we are hopeful that local folk - be they churchgoers or not - will rally round and help.

Details about possible ways to help can be found on the St Peter's Church website, and there are also leaflets giving full information at the back of the church building, just inside the door.

One advance notice: the World Day of Prayer, which involves all the Selsey churches, will take place at St Peter's on Friday 3rd March.



Human Body Parts

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

Find all the words from the word list (ignore spaces and dashes, if any):

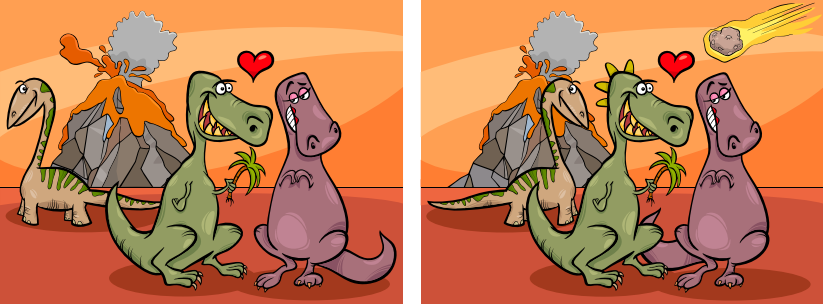
ARM	HEAD
BODY	KNEE
BROW	LEG
CHEEK	LIP
EAR	MOUTH
ELBOW	NECK
EYE	NOSE
FINGER	PALM
FOOT	SHOULDER
FOREHEAD	STOMACH
HAIR	TEETH

		7	8	6	1				
		8			3				
5	6			9				1	
1				7				8	5
			3	4	5				
6	3			1					7
	5			2				9	8
			6				5		
			5	3	7	1			

This is zigzag word search puzzle. Words go left, right, up, down, not diagonally, and can bend at a right angle. There are no unused letters in the grid, every letter is used only once.

Coordinate Graphing / Draw by Coordinates

To reveal the mystery picture plot and connect the dots with coordinates: (1, 10), (1, 9), (3, 10), (3, 1), (6, 1), (6, 13), (4, 13), (1, 10) and (7, 6), (7, 4), (11, 4), (11, 1), (14, 1), (14, 13), (12, 13), (7, 6) and (9, 6), (11, 9), (11, 6), (9, 6).



Across

1. To such an extent

8. Software program

11. "Aladdin" prince

14. Bit

15. Cheer

17. Fine furs

18. Surpass

19. Haul

20. Apple sources

21. Abominable

24. City in southern Poland

25. Being

28. Conductor

32. Pick, with "for"

33. Bakery selections

34. Sauce thickener

35. Cambridge sch.

36. Churchyard tree in "Romeo and Juliet"

37. Beauty

40. Little bird

41. Length x width, for a rectangle

43. Bickerer in the "Iliad"

44. Downed a sub, say

45. Having chutzpah

47. Good one

49. European blackbirds (archaic)

51. Chipper

52. Violin playing style

55. "Rocks"

57. A type of engraving

58. Pep talk

62. Put in office

63. Former capital of Kazakhstan

64. Dear

65. "Comprende?"

66. Mooched

Down

1. Anger

2. "any drop to drink": Coleridge

3. Total

4. Inflammation of the ear

5. A very dry sherry

6. Again

7. ___gestae

8. Ancient meeting places

9. Sculpt eyebrows

10. Compassion

11. Jewish month

12. Do banker's work

13. Signs, as a contract

16. Sock home

20. Tolkien creatures

21. A petty officer in a navy

22. Run out

23. Self-conscious laugh

24. Experienced

26. "Don't give up!"

27. Look at

29. Spin

30. Instrument of choice for Hendrix

31. Scope

37. Beauties

38. Baseball stat

39. Fold, spindle, or mutilate

42. Long-legged bird

43. Angel accessory

46. State flower of New Mexico

47. Couch

48. Medicinal syrup

50. Cook in a little oil

52. Berth place

53. Durable wood

54. Acad.

55. Bermuda, e.g.

56. Botony term

58. Amigo

59. "A likely story!"

60. Adaptable truck, for short

61. Crash site?

Selsey Model Boat Club

The Club meets twice a week at the pond on East Beach, weather permitting, when members sail their radio controlled boats

Times: 10.00am until noon on Sundays and Wednesdays

The first Sunday of each month is Race Day

New members welcome

or just pop along to have a look and a chat

contact Richard on 07798786076

SELSEY MAH JONG GROUP

ALL WELCOME

FRIENDLY GROUP ON TUESDAY AFTERNOONS

2 PM TILL 5 PM AT THE SELSEY CENTRE

PHONE SUE ON 07710 658 331

Selsey Bridge Club

All welcome

Friendly group of mixed ability

Thursday afternoons

2pm - 5pm

Selsey Centre Manor Road

call Graham or Christine 01243 602612 for information

SELSEY CANASTA GROUP

ALL WELCOME

ALSO SCRABBLE

FRIENDLY GROUP ON WEDNESDAY AFTERNOONS

2 PM TILL 5PM AT THE SELSEY CENTRE

PHONE PAMELA ON 01243 604720

18 FEBRUARY

The next Methodist Church table top sale, with all of our usual bargains galore to be had, is on Saturday 18th February..

Entry is free, you would be sad to miss it, so make sure you enter it in your diary.

It is free to enter, so you just cannot loose.

Selsey Methodist Church

Table top Sale 0900 till 1pm

1ST SELSEY SCOUTS Charity Shop

Scout HQ, School Lane ~ every Saturday between 10 am -12 noon

Bric-a-brac ~ Clothes ~ Et al

Selsey Royal British Legion Fishing Club

New Members Welcome.

For details ring Brendon 01243 601009

SELSEY CANCER RELIEF FUND

DATES TO REMEMBER

Methodist Church Hall 9.30am

Saturday February 4th Jumble Sale 9.30am

Saturday March 4th Jumble Sale 9.30am

Saturday April 1st Jumble Sale 9.30am

There is ample parking behind the Fire Station.

Alcoholics Anonymous Meetings In Selsey

The Methodist Church High Street

Fraturdays at 1:30 pm

Sundays at 6:30 pm

Selsey Men in Sheds

A non-profit making organisation

Open Tuesday & Thursday 10 - 4

Saturdays 10 - 2

Membership £10.00 per month or £100 per year

Complete your own wood / metal projects or be involved in group activities

If you are interested in joining contact Mick Webb 07939 880029

email m.c.webb46@gmail.com

Visually Impaired Club

Meets on 2nd and 4th Tuesdays of each month

2-4 PM

Hanover Close

Details from Judy on 01243 606995

Funny fact about tongues

Everyone has a unique tongue print. That's right, just like unique finger prints, humans also possess a unique tongue print.

SOURCE: NATIONAL CENTER FOR BIOTECHNOLOGY INFORMATION

Nomophobia is the fear of being without your mobile phone or losing your signal.

SOURCE: WIKIPEDIA.ORG



Wow, we are into February already with Christmas seeming in the distant past! Before we leave it though, we just want to thank the many people who volunteered to help at the Christmas Day Community Dinner hosted at our church, together with the suppliers who donated food and gifts. Without you all, it would have been rather a different, and perhaps lonely day for many of our friends in the community.

As Christians celebrating Christmas, we believe the best way to publicly honour and praise Jesus (*who God sent to earth to offer us a way to heaven and life everlasting*) is to display the gracious characteristics and practices which the Holy Spirit (*the Helper left with us after Jesus was raised from the dead and returned to heaven*) produces in those in whom He lives and works. We know these as the 'Fruit of the Spirit' (*Galatians chapter 5 v22-23 in the Bible tells us more*). Whether we helped with the Christmas Community Dinner, look after a neighbour or family, or are involved with support groups in our community for example, our actions demonstrate some of these qualities from God as we give of ourselves and time – **Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self-control.**

For all of us, these are wonderful qualities to ask God for in our lives, and they enable us to be better and happier people as we endeavour to live by Jesus's example in our community. Indeed, Bright Sparks will be looking at these over the coming couple of months.

This year as a Church, we are journeying through the Bible and discovering more great examples and role models we can learn from within it's pages. If you are interested, why not drop in and see what we are up to, or give us a call. We can assure you, that a warm welcome awaits you!

New Series



The Bible Course

starts

Sunday 26th February

at 5pm

Regular Weekly Church Events

Below are our regular activities and services together with the specials for the month.

Sunday	10.00am		MORNING WORSHIP (1 st Sunday of month, family style service)
Tuesday	1.00pm -5.00pm		Pantry Plus: 'Warm Space' with the 'Community Food Hub' at 2pm
Wednesday	2.00pm - 3.30pm		Tea and Chat at the church building
Friday	10.00am		Sunbeams for pre-school children and carers Term-time only
Friday	5.00pm		Bright Sparks for school Yrs R to 4 Term-time only
Friday	6.15pm		Lighthouse for school Yrs 5+ Term-time only

February Diary

Sat 4 th	9am	Men's Breakfast at the Boulevard
Sun 5 th	10am	All-age Service
	5pm	Songs of Praise
Mon 13 th	2pm	Inspire – Paper Flowers
Sun 26 th	5pm	NEW & first of the series – The Bible Course
Mon 27 th	2pm	Inspire Group – Bookmarks



March Diary

Sat 4 th	5-7pm	FAMILY FUN EVENING with Games, Quiz, Food etc. Visitors are welcome
Sun 5 th	10am	All-age Service
Mon 13 th	2pm	Inspire – Spring Bunting



More details on our website



Marisfield Place, Selsey, West Sussex PO20 0PD

T: 07521 609730

E: office@beaconchurchselsey.org.uk

W: beaconchurchselsey.org.uk



ST PETER'S CHURCH

Weekly Services held at the Parish Church of St. Peter's, Selsey

Rector: Fr Andy Wilkes

Tel: 01243 601984 Email: rector.selsey@gmail.com

The church is open daily for prayer and visits.

Tuesday	9.30 am	Holy Communion
Wednesday	9.30 am	Holy Communion
Thursday	7.00 pm	Holy Communion
Sunday	8.00 am	Holy Communion (Book of Common Prayer)
Sunday	10.00 am	Parish Sung Eucharist

Please check our noticeboard and website for service times

All are welcome to attend,
we look forward to seeing you.

Our Church Halls with Kitchen and Car Park are available to hire for your meetings and celebrations please contact our Hall Manager Sue Ripley on 01243 948501 or stpetershallbookings@outlook.com

SELSEY METHODIST CHURCH

For enquiries about hiring the hall please email

d.dixon808@btinternet.com



The Catholic Church of Our Lady of Mount Carmel and St Wilfrid, Selsey



Masses held on weekdays at 10am, Saturdays at 5pm & Sundays at 10am

12 Church Road, Selsey, PO20 0LS (Plenty of parking available)

For more details go to: www.saintsofsussex.com

Part of the Parish of Our Lady and the Saints of Sussex (with the churches of the Witterings, Chichester and Bosham)



SELSEY METHODIST CHURCH SERVICES

Sunday 5th February 10.30 am Revd. Rosemarie Clarke
Holy Communion

Sunday 12th February 10.30 am Dr. Mike Nicholls

Sunday 19th February 10.30 am Mr Roy Firth

Sunday 26th February 10.30 am Mr Tim Cooper

Tea for those living alone

Our Pastor is Tim Cooper 07920567764

1	8	4	2	5	9	6	7	3
9	3	6	8	4	7	5	2	1
2	5	7	1	3	6	8	9	4
6	2	3	4	9	1	7	5	8
4	9	8	3	7	5	1	6	2
7	1	5	6	8	2	4	3	9
3	7	2	5	1	4	9	8	6
5	6	1	9	2	8	3	4	7
8	4	9	7	6	3	2	1	5

1) Geller 2) Fisherman's hat 3) Laurel and Hardy 4) The New Statesman 5) Count Basie's 6) Corporal Jones's in Dad's Army 7) Bill Nighy 8) Louie De Palma 9) Madge Allsop 10) Lurch 11) Mary Tyler Moore 12) Stephen Merchant 13) Jean's 14) Curb Your Enthusiasm 15) Bernie Winters 16) Caroline Ahern 17) Anne Hathaway 18) Julius Caesar 19) The Taming of the Shrew 20) Brassica 21) Lodge 22) Smell 23) Trepanning 24) Radioactivity 25) Watercress 26) Cow (vacca) 27) Woods, irons, putters 28) Two strokes under par on a hole 29) Curtis Cup 30) 4.25 in (10.8 cm) 31) Bob Charles 32) Marco Materazzi 33) Crystal Palace

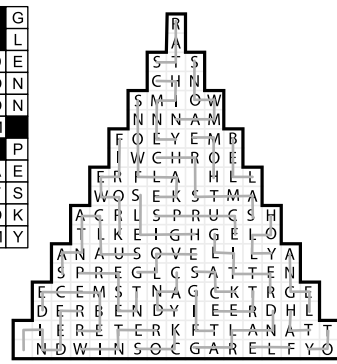
ANSWER: 1=H, 2=O, 3=B, 4=Y, 5=N, 6=W, 7=Q, 8=M, 9=F, 10=V, 11=A, 12=E, 13=U, 14=S, 15=R, 16=K, 17=L, 18=G, 19=L, 20=C, 21=T, 22=P, 23=D, 24=J, 25=X, 26=Z.

ODD ONE OUT

Find 10 Differences



Last Month's Answers



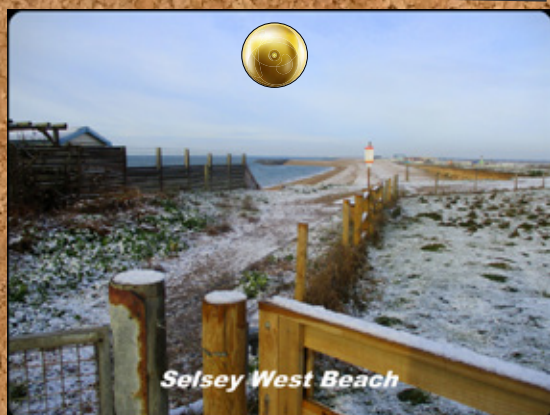
Readers' Gallery



To the
right by
Charlotte
Styles



Below by Meryn Woodland



Above 2 by Alan Ede



Would you like to
see your photo on
here?
Email it to

[selseylife
@btinternet.com](mailto:selseylife@btinternet.com)

and you could be
on the next
back cover.
(Put Readers'
Gallery in the title)

Above by
Angelina Tofi



Above by Amanda Ward

Selsey Seafront by Annette Hoskins

