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Italian style pizza with 12" rustic base

I - Margherita V Tomato sauce, mozzarella & basil.				
2 - Vegan Margherita VE Tomato sauce, vegan gr& padano, zucchini & basil.				
3 - Quattro Formaggio V Tomato sauce, mozzarella, gorganzola, parmesan & ricotta.				
4 - Prosciutto e' Funghi Tomato sauce, mozzarella, chestnut mushroom, prosciutto & sun blushed tomatoes.				
$_{5}-Delux$ Tomato sauce, mozzarella, tuna, rocket, black olives, red onion & sprinkled with lemon zest.				
6 - Con Carne Tomato sauce, mozzarella, milano salami, chorizo, pancetta, roast beef & thyme				
7 - Diavola Brava sauce, mozzarella, pepperoni, milano salami, chicken picante, turkish peppers & rosemary.				
$8-\mbox{Veronese}$ Meatball sauce, mozzarella, chicken breast, pancetta & chestnut mushrooms.				
9 – Al Mediterranna ${\sf V}$ Tomato sauce, mozzarella, feta cheese, black olives, red onion & baby spinach with chilli olive oil.				
10 - Suprem Pesche Tomato sauce, mozzarella, shrimps, king prawn, salmon, mussels, red peppers, mascaponi & gorgonzola.				
II - De Levante Surf & Turf Tomato sauce, mozzarella, steak, king prawns, gorgonzola & thyme.				
12 - Romana Tomato sauce, mozzarella, anchovies, olives & capers.				
${\tt 13-Capricciosa\ V} \\ {\tt Tomato\ sauce,\ mozzarella,\ red\ pesto,\ tomato\ sauce,\ artichoke\ hearts,\ black\ olives,\ cappers,\ goats\ cheese\ \&\ mushrooms.}$				
I4 - Turkish Pizza Lamb/beef mix mince, onion, tomato, parsley & a touch of garlic.	£7.95			
Add extra toppings for £1.00 each				
Any 2 Pizzas with 2 soft drinks*	£20.95 (Tuesday - Thursday only)			

Any 2 Pizzas with bottle of house wine* £27.50 (Tuesday - Thursday eat in only) 10% Service charge will be added to the bill for parties of 10 or over, but otherwise is optional *Offer prices subject to management discretion



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3 TAPAS

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community news





Date: 20 April 2017

Selsey RNLI lifeboat aids angling boat with fouled *propeller*

Uk Coastguard (Solent) requested the all-weather lifeboat (ALB) to be launched to the aid of the 10 metre angling boat Happy Times with two persons aboard which was penned down by fishing gear.





The ALB Voluntary Worker with a crew of seven volunteers left the moorings at 5.42pm on Thursday 20 April and made best speed towards the Happy Times position three miles south west of Selsey Bill. The lifeboat arrived on scene at 5.53pm and the 2nd coxswain was transferred to the vessel with the grapnel and long handled

cutter. At 6.04pm the Happy Times was freed from the fishing gear but still had some rope around one propeller.

The skipper of the *Happy Times* was happy to continue his passage to Langstone Harbour with one engine



lifeboat was released by the UK Coastguards at 6.15pm to return to Selsey. The moorings were reached at 6.35pm. The weather or scene was wind south west force 3 sea state slight in sunshine with good visibility

The crew today were Coxswain

Martin Rudwick, 2nd Coxswain Willy Pledger, Mechanic Phil Pitham, James Albery, Steve Somner, Kristina Dolan and Harry Emmence.

SELSEY LIFEBOAT FLAG DAY SATURDAY, 5 AUGUST 2017

Collectors urgently needed.

Please phone Ros Bonham on 01243 601913 if you think you might be able to help.



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Date: 29 April 2017

Selsey RNLI all-weather lifeboat aids yacht with steering

The lifeboat crew were paged by Uk Coastguard (Dover) to go to the assistance of the 9 metre yacht Silver Shamrock which had lost its rudder 21 miles south east of Selsey Bill.

The all-weather lifeboat (ALB) with a crew of seven volunteers left the moorings at 7.09pm on Saturday 29 April. The Silver Shamrock had a crew of two aboard who were competing in race from Cowes (Isle of Wight) to Le Havre (France). The ALB arrived on scene with the casualty vessel at 8.27pm. The weather on scene was wind Easterly force 5-6 with moderate to rough sea.

Due to the conditions and size of vessel the lifeboats casualty drogue was passed to the yacht to help control it during the tow. Once a tow was established between the two vessels at 8.43pm the tow commenced to Chichester Harbour. During the passage to Chichester the towing speed was reduced below 2 knots with several adjustments needed to the towline.

At 1.10am Bembridge Lifeboat relieved Selsey lifeboat and took over the tow in a position 5 miles east of the Nab Tower initially making for Portsmouth harbour but on route this was changed to Cowes. The Selsey lifeboat continued on to Sparkes marina in Chichester harbour arriving at 2.15am where they stayed until 7.05am before returning to the moorings at Selsey arriving at

The crew for this call were Coxswain Martin Rudwick, 2nd Coxswain Willy Pledger, Mechanic Phil Pitham, Craig Sergeant, Sam Troughton-smith, Andy Lee, and Harry Emmence

> What would you like to see in the Selsey Life? Please email your ideas to selseylife@btinternet.com, or call on 01243 602729.



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Selsey Coastguard

Dial 999 and ask for the Coastguard

In an emergency out at sea or along the coast

Recent Callouts

07/04/17 12:05

Team paged with PUMA Safety to meet them at East Beach Dive Ramp and to find out more information about a tender that was reported drifting 5 NM South of Selsey Bill with no persons on board.



PUMA Safety was unable to locate the tender after carrying out a thorough search of the area.

We were unable to contact the first informant for more details, and all assets were stood down.

15/04/17 09:06

Team paged to reports of a boat drifting off Brackelsham Bay. Puma Safety were tasked as well, and the boat was towed back to Sparks Marina.

29/04/17 19:06

Team paged to meet and assist Hayling Lifeboat at Itchenor, after a group of kayakers got in to difficulty near to Thorney Island, and were suffering from hypothermia. The ambulance service were also requested to attend.





Selsey Coastquard Station Open Day -Saturday 29th July 2017

On **Saturday 29th July** between 1 – 4pm we will be having an Open Day at the Coastguard Station, West Street, Selsey.

(Subject to operational requirements) Visit our station, meet some of the volunteer coastguards, find out about the rescues we do, incidents that we have attended and see the lifesaving kit and our equipment. Free: Sea Safety information and leaflets available for all

Free entry - RNLI Donation Buckets Available





Selsey Coastguard Rescue Team



@HMCGSelsey

SELSEY COMMUNITY FIRST RESPONDERS UPDATE

We have received a great deal of support from businesses within the town, but likewise we have received amazing

support from residents of the town as well.

Here is an example. When Brian Ridley retired, he set himself the task of learning to play the flute and he succeeded. Now he is 'tooting his flute' and raising funds to make sure we can continue to operate the scheme. He is limited to warmer weather as his flute doesn't like the cold!!

As you know, the Selsey Community

First Responders Scheme is totally funded by public donation; no financial support comes from the South East Coast Ambulance Service or the NHS. It costs approximately £3750 per year to operate the scheme and so the support we receive from people like Brian is so important. Thank you.



A Public Access Defibrillator (PAD) has just been installed at St Wilfrid's Roman Catholic Church and we hope to fit 2 further installations in the coming month.

For information, PADs are situated in Selsey at the following locations: East Beach Evangelical Church, St Wilfrid's Roman Catholic Church, The Fisherman's Jov. the Southern Cooperative and the Selsey Centre.

Finally, we urgently need more Responders, so if you feel you would like to help please e-mail us at the following address and the Responder Team Leader will contact you to explain the task, training and the process to be followed to qualify.

info@selseyfirstresponders.org

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You can contact your local team in the following ways:

- Call us: on **101** or **999** if it's an emergency.
- Email us: ArunandChichester.Localteam@sussex.pnn.
- Find out: What's happening in your local area by signing up to Neighbourhood Alerts: www.intheknow.community

Chichester Police Station Open Day 2017

We are holding another family fun day at Chichester Police Station, Kingsham Road, Chichester, on Saturday 15th July from 10:30am - 3pm. There will be plenty to see and do throughout the day with officers from different operational units across Sussex Police attending. There will also be members of West Sussex Fire and Rescue attending as well as South East Coast Ambulance, The Coastguard and St John Ambulance. There will also be a range of classic police cars on display.

We are supporting two local charities this year, Dementia Support and The Chestnut Tree House by way of a grand raffle that will take place at 2:30pm. Prizes on offer are from local businesses and organisations. Please come along and find out more about what we do and how we serve the local communities.

Protect your home against burglary

There is an increased risk of becoming a burglary victim in the summer months. With the warmer weather, windows and doors are more likely to be left open and homes are being left unattended for longer periods of time due to holidays.

A few tips to remember:

- Always close and lock your windows and doors when leaving your property - even a small open window could entice a burglar
- If you're in the garden make sure the windows and doors at the front of your property are secure
- Do not leave valuables on display through windows
- Any car or house keys should be out of sight and some distance from a window or door
- If you want to leave windows open while you sleep, fit window restrictors so they cannot be fully opened
- Consider installing a visible security light or alarm to deter
- If you're going on holiday, make arrangements to ensure your house appears occupied whilst you're away. Put your lights on a timer or ask a neighbour to come and pick up your mail and draw your curtains. Don't advertise the fact that you're on holiday on social media.

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CHICHESTER VOICES CONCERT

Sunday 2nd July

Chichester Voices is looking forward to returning St Mary our Lady, Sidlesham, on Sunday 2nd July. It is some years since they sang in

The choir is well known for the wide range of repertoire it performs, both sacred and secular. It particularly enjoys singing a capella music which it will be showcasing in this concert.

Being only a few days after The Feast of St Peter, Chichester Voices will be singing the glorious Tu es Petrus by Palestrina. Other composers have set this text to music, but Palestrina's composition is perhaps the most famous.

On a lighter note, the choir will be performing John Rutter's Five Childhood Lyrics, Stanford's hauntingly beautiful The Blue Bird, Finzi's My spirit sang all day and I praise the tender flower, together with arrangements of Down by the sally gardens, Yarmouth fair and others. It promises to be a lovely way to spend a summer's afternoon.

Three weeks after the concert the choir will be heading off to Hereford to sing the services over a long weekend in the cathedral. Never a dull moment for the choir!

Do come along and enjoy this feast of unaccompanied choral music with proceeds going to the RNLI. The concert is followed by tea - we hope for sun!

> Tickets available from Janet Harland 641698 and on 07900 098197.

In 1439, kissing was banned in England.



We do like to be beside the seaside



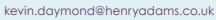
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community news







SELSEY WI

adies come and join us at our Birthday Meeting.

It will be on Wednesday 14th June at 2.15pm Selsey Town Hall.

Norman Armstrong will be entertaining us with "A Programme of Songs"

To continue the theme of the afternoon we will be having a TV Themes Musical Quiz

If you would like more information about joining us, please contact Stella Crist 01243 603221 or Heather Coleman 01243 604603







SEAL ISLAND WI

Our resolutions meeting was held in May followed by a quiz.

Our next meeting is on 1st June when we look forward to welcoming Dr Geoffrey Mead, who will give a presentation on Aspects of the South Downs National Park, with special reference to our local area. On 6th July our speaker is Sylvia Rattenbury whose talk will be Live Life in Colour, when she will be giving advice on wearing shades to

On 3rd August we will once again be holding our popular annual Plonk and Ploughmans Quiz at the Selsey Centre 6.30 for 7pm. This is open to ALL, cost £6.50 each, table of 6, £39, to include a free bottle of wine per table. If you want to come and are unable



to make up a table please contact Melanie, see below. Tickets will be available in July from High House Insurance at 121 High Street, Selsey.

We are always happy to receive new members and ladies of all ages will be made welcome at our meetings on the first Thursday of the month at the Selsey Centre, Manor Road at 7.30pm - first meeting is free. Our events programme flyer can be picked up at the Centre.

For further information please ring Melanie on 01243 604059.

Ferry Farm Community Grant Fund

This Fund, offering grants of between £250 to £2000, for community groups in the parishes of Sidlesham and Selsey, will be open to receive a first round of applications by June 30. Details can be found at www.selseyinfo.co.uk/ferryfarmgrantbids You can download both an application form and a criteria sheet.

A second round of applications will be welcomed later in the year. If you have any queries please phone Ronelle Juleff on 01243 201616.

GAINSBOROUGH SINGERS

A friendly group who sing for pleasure and raise money for local charities.

We are looking for male voices to join our successful group.

Come along and sing with us on Tuesdays, from 2.00-4.00 pm.

We would give you a warm welcome.

Please contact Tony on 01243 607796.

He'll be pleased to hear from you.

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SELSEY VENTURE CLUB

We are running our next trip for our members

THE WATERCRESS LINE WITH IT'S STEAM TRAINS, (Alsford)

With a cream tea on board the train Thursday 29th June. Picking up from 10am.

Please note: there will be a cost of £18 for this trip to cover the train ride and the cream tea. Non Re-fundable payment must be paid in advance and will be collected in the club between Tuesday 30 May and Friday 2nd June between 9.30 and 11.30

Those with wheelchairs are catered for with ramps onto trains etc. To book please call into the office or phone on 605115

PLEASE NOTE LAST DATE FOR SUBMISSIONS FOR ENTRY INTO NEXT **SELSEY LIFE IS 16TH JUNE.**

Hello Selsey Life, I would like to tell you about a good thing that happened in Selsey!

Saturday, 29 April between 3 PM and 5 PM

Lisa and Nicole Neno hosted a Zumbathon to help raise money for a lady called Veronica who is 23 years old.

Veronica, a lovely young lady, had a baby girl called Victoria six weeks ago, but straight after giving birth she became paralysed from the neck down. The hospital started tests straight away, and Veronica was diagnosed with a condition called MS (multiple sclerosis). The NHS are doing all they can to help Veronica, but we were approached and asked about a Zumbathon to help raise money for private treatment. We had a fantastic time, and we have raised £1161.64p so far, there is still more money to be collected from the sponsors.

What I love about Selsey is that Nicole and I went around to all our local shops and they gave such lovely generous prizes, Grumpy's Cafe gave two breakfasts with Tea or coffee, Waves Cafe gave 2 x breakfast with tea or coffee, Village Flowers donated the balloons for the hall, Dynamic Drainage gave a box of chocolates, the Selsey co-op gave chocolates and wine, Marlin Environmental donated flowers, Manta Recruitment donated flowers, the Selsey Florist donated a £5 pound voucher, Bounceabout donated a bottle of Irish cream, Totally Flooring donated a front doormat, Keith's fruit shop down at East Beach did a basket of lovely fruit, Neil Davey a local photographer donated a photo shoot and also came and took professional photos of the Zumbathon, E2 hairdressers donated a cut and blow dry, Chichester golf club donated two adults 2 children to play adventure golf, Med Cars donated a £15 travel voucher, Selsey

Go-Karts donated two tickets and they also donated a round of golf for a family of four, Orchard Creek toys donated some lovely toys, Wendy Jonson donated a clairvoyant 30 minute reading, Beautiful donated a back neck and shoulder massage, Lucks chip shop donated fish and chips for two, Oceanair donated money, then family and friends donated some lovely prizes too. There were so many, apologies to any we have missed!

We feel very blessed to live in such a great community with such wonderful support.



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A History of Britain in 100 Dogs

Tuesday 20th June 7.30pm

Dogs have fought with us, searched for us in trouble, aided us in industry and offered companionship with no reward. They appear in almost every aspect of history, offering a fascinating insight into the shaping of our nation.

This talk by Emma White explores the extraordinary roles dogs played in society.

Tickets £5.00, are available at Chichester Library (01243 777351) or through Chichester Box Office (01243 816525 or 775888) or via www.thenovium.org/boxoffice







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Kindly mention Selsey Life when replying to an advert in this magazine

past times

past times

STRANRAER AND RICHARD HENRY HEIN

One of the joys of writing these articles and putting your head above the parapet is that they sometimes take on a life of their own and generate follow-on items. This is certainly the case with the two articles on Old Mill House and the Thornton and Brinton families.

Out of the blue, I received a telephone call asking me why I had included a picture of Stranraer in the Thornton article but had made no mention of it. So, of course, I had to investigate.

Stranraer is, of course, in Ursula Avenue, a mere stone's throw from Old Mill House. The consensus is that it was built at about the same time as Old Mill House and possibly by the same builder as both buildings contain mock Tudor elements and have a rather idiosyncratic gable end which appears to be at an angle to the main building.



Here is the picture of Old Mill House provided by the Thornton family

> and here is an image of Stranraer taken from www.rightmove.co.uk in 2015



Further evidence that these buildings are not one and the same may be seen when studying their owners.

Stranraer is first mentioned in Kelly's Directory of 1930 and appears continuously through to 1954 as the abode of one Richard Henry Hein. Richard Henry was baptised in the Parish of Mandel Magna, Yorkshire on 22 May 1869, the second son of George Gustav Hein and his wife Jenny Augusta. George was a Foreign Correspondent and clerk. Both he and Jenny were born in Prussia but all their offspring were born in the registration district of Wakefield, Yorkshire.

The 1881 census lists the household as George and Jenny with children George Gustav Bucke, Richard Henry, Ellen Louise, Lucy Margaret, Mary Wilhelmine, Ethel Jenny and Maximilian Herbert. They had three servants.

Richard Henry married Lillian Elizabeth Parker in September 1890 at St. Saviour, Southwark; the marriage entry shows her as Lillie. Richard Henry Parker Hein was born on 13 June 1891 but died later in the same year. Cyril George Hein was born on 29 March 1897. Both children were born in Adelaide, Australia

Between 1908 and 1915 Richard and Lillian lived at Lindsay House. 58 Blenheim Gardens. Wallington. Surrey and in the 1911 census Richard described himself as Manager, Grain Merchant. Cyril, on the other hand, was a student, aged 14, at Herne Bay College, Kent.

By 1918 Richard and Lillian lived at Laxfield, Woodcote Road, Mitcham, Surrey and Cyril joined them there between 1920 and 1922. By 1923 Richard and Lillian were there alone.

Cyril married Margery Helen Philpott in 1923 in Bromley, Kent and between 1924 and 1934 they lived at 14 Marchmont Road, Wallington, Surrey. Cyril and Margery had two children.

Meanwhile, Richard and Lillian moved to Selsey where Richard continued as a Grain Merchant, buying and selling grain while it was still on the high seas, being shipped to England.

On 28 November 1932 Lillian died and probate was granted to both Richard (by now a retired director) and Cyril, a salesman. Richard continued living in Stranraer and, in 1939, he was there with Cyril's wife Margery and presumably her children as a Children's Nurse, Housekeeper and Housemaid are also listed. Cyril was listed as being at 15 Farm Lane, Beddington, Surrey and his occupation was Vice-Chairman British Government Chartering Committee (Australia). If anyone has any notion about this position, I would be glad to hear from them. My gut feeling is shipping.

Richard Henry Hein died on 12 September 1953 with probate being granted to Cyril who was, by now, a company director.

PS: I'm told that Richard's gardener in Selsey was Mr Harry Street and in 1911 Mr Street boarded in Caledon Road, Wallington – the same neck of the woods as Richard Hein and his family.

One cannot leave this story without referring to Cyril's WW1 war record with 1/5th Battalion, North Lancashire Regiment, Territorial Force on the Western Front.

The London Gazette of 16 September 1915 reported that 'Cyril George Hein to be a Second Lieutenant. Dated 19 August 1915.'

The Lancashire Daily Post of 19 January 1918, in a paragraph headed Gallant Deeds, reported that 'The King has been pleased to confer the under-mentioned rewards for gallantry and distinguished service in the field: Lieut. (Acting Captain) Cyril George Hein, N. Lancs Regiment, Military Cross'.

On 25 April 1918, the London Gazette reported the reason for the MC:

'For conspicuous gallantry and devotion to duty during an attack. On finding that the commanders of the other companies had become casualties he took charge of all their companies, and, under heavy fire, supervised their movements and successfully extricated his battalion from a difficult situation.'

He was again Gazetted on 11 January 1919. 'For conspicuous gallantry and devotion to duty. Throughout the day this officer repelled repeated bombing attacks with loss to the enemy. The next day he extricated his company undiscovered by the enemy, skilfully forming up for the attack and gaining his objective. The next day he beat off a counter-attack, and was subsequently surrounded for two hours, but fought his way out and took up another defensive position. At dawn the following morning, having reorganised his company, he

attacked, driving the enemy out of a village, killing twenty and capturing three prisoners. His endurance and courage during successive days' fighting were admirable.

How proud his parents must have been.

Cyril George Hein died on 23 December 1974 aged 77 in Fremantle, Western Australia although his home address was Flat 6, Cedar Gardens, Axminster, Devon.

Stranraer was then occupied by William A Brady and his family. William was a New Yorker and a Government Officer at the American Embassy. But that is quite another story!

I trust the current owners of Stranraer will forgive me for publishing their house history.

Thanks are due to Selsey Properties for their willingness to help and for giving me permission to publish one of their pictures of Stranraer. I am also grateful to John Prior for 'filling in the gaps' and making Richard Henry Hein more human.

©Ruth C Mariner 01243 604698

ruthm@ruthcmariner.co.uk

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APPEAL FROM RUTH

Timothy J McCann, a retired West Sussex Archivist and Chairman and Archivist of the Edward Heron-Allen Society sent me

One of our members is researching Harriett K. James, who wrote a number of articles with Heron-Allen in the late 30s and early 40s. She died in Selsey in 1970. Have you any memories, reminiscences or stories about her?

Tim can be reached at mccann@dsl.pipex.com. Or if you prefer you can contact me on the usual numbers 01243 604698 and ruthm@ruthcmariner.co.uk as I, too, would be interested in any information.

- 1) In Medieval times, what was a dromond'?
- 2) What is the name of the bird that valks underwater?

Did you know that elephants have more muscles in their trunks than we have in our entire body?

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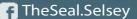






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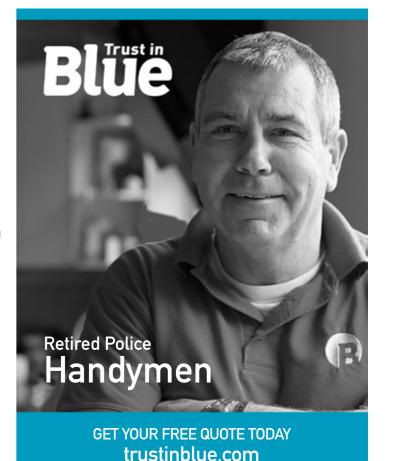
Retired police officers in Selsey are pioneers in an ambitious national network of highly vetted handymen launched by 'Trust in Blue Handymen'. Helping to combat the endemic ongoing problem of cowboy builders and dodgy tradespeople, local retired police officers with a passion for home maintenance and gardening are taking up tools to provide peace of mind to the residents and businesses of Selsey, Bognor Regis and Chichester.

Typically police officers retire after 30 years' service and most are still eager to continue playing an active and productive role in their communities. All Trust in Blue Handymen are subjected to various checks to assess their suitability to the work prior to joining. Handymen are required to provide References to verify their skills, evidence of their Public Liability Insurance cover and are criminal record checked via an Enhanced DBS Check. Once up and running the company checks client feedback after every job to ensure that the highest levels of service are being delivered ongoing.

Managing Director, Nick Orde-Powlett, hopes that the company's rigorous selection process will bring security and peace of mind to people in the area: "Our vetting process is second to none. All of our handymen are friendly retired police officers with many years working in the community under their belt – they understand peoples' concerns and fears better than anyone else and they genuinely care."

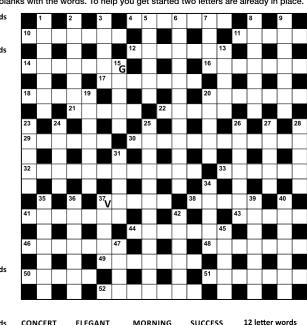
Using this unique pool of talented and trustworthy individuals, the Blue Handymen network is hoping to ensure total trust through a careful selection process and a rigorous ongoing feedback and improvement programme. Roy Bishop has used the service: "The service I received was extremely good. The handyman was very punctual, fast working and polite. I would recommend him to anyone." You can book a free quote online at www.trustinblue.com or by calling Freephone 0800 255 0 255.





0800 255 0 255

Fill in the blanks with the words. To help you get started two letters are already in place



CONCERT 7 letter words CRAYONS FARINGS

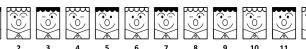
FLEGANT FIGURES GROUNDS

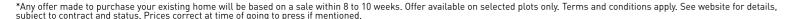
ORATORY PREPAID REGATTA STICKER

TOASTER TOPIARY

GRANDPARENTS THANKFULNESS TRANQUILLITY LISUALIY

VISUAL PUZZLE





'Pop' In and Join the Bubble Rush in Support St Wilfrid's **Hospice This Summer!**

St Wilfrid's Hospice in Chichester is inviting you to join in the Bubble Rush Fun Run and help raise money in the frothiest fun of the summer.

The Bubble Rush will be held at Chichester High School on Saturday 2nd September: participants will face four different coloured 'bubble stations' along the course (approx. 4km) where they will be sprayed with



frothy foam, and run, walk, skip, dance their way through a wall of coloured bubbles! The event is open to all ages and abilities, and there will be live entertainment and childrens' activities on the day. Every participant will receive a free T-shirt and finisher's medal.

St Wilfrid's relies on public support to help raise funds for its much needed end of life care throughout the area. Entry costs are adults £25 (£20 early bird until June 13th) and children £7.50 (£5 early bird) and it is hoped that each participant will raise as much as they can through additional sponsorship. St Wilfrid's held the event for the first time last year, and as well as loads of foam-tastic fun for everyone, it raised around £26,000 for this good cause.

The Bubble Rush takes place on Saturday 2nd September from 11am at Chichester High School. To take part, register online at www.stwh.co.uk/bubblerush and choose between the Blue Wave (12:30pm) or Pink Wave (13:30pm) start times, or contact Gemma Tupper in the Fundraising Office on 01243 755827.

St. Wilfrid's Hospice Chichester www.stwh.co.uk



Have you visited our charity shop on the High Street in Selsey or our new shop in Shore Road, East Wittering yet?

We have a wide variety of good quality, second-hand adult and children's clothing, as well as books, bric-a-brac and toys all at great prices. Why not come along and see us, you never know what bargains you might find. Or maybe you would like to volunteer - we are always in need of people to help in the shop.









Lisa Hilton, in conversation about her #1 bestselling novel, Maestra

Tuesday 27th June 7.30pm



Join Lisa Hilton (Glamour Magazine's 'Writer of the Year' 2016) as she discusses her first psychological thriller Maestra, published in 2016 to huge critical acclaim and due to be made in to a Hollywood film by Amy Pascal (Ghostbusters), with the screenplay written by Erin Cressida Wilson (The Girl on the Train,

We'll be asking the questions, how erotic is erotic fiction? Does it really get our pulses racing and in the mood? What place do sex scenes have in novels and, heaven forbid, what if your mum reads it?

Tickets £5.00, are available at Chichester Library (01243 777351) or through Chichester Box Office (01243 816525 or 775888) or via

Over 18's only



Event to take place at: Chichester Library Tower Street, Chichester. PO19 1QJ







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Friday 2nd June 1130 – 1230

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Taster Session: Friday 9th June at East Beach 1330 _– 1430 Only £5

> Book online at: nordicwalking.co.uk & search Heidi Dunster

healthdriven.co.uk | 07826924923 | heidi@healthdriven.co.uk

Don't mention the F..... Word!!!! One in three people over 65 will have a fall this year! It is a fact that our risk of falls increase with age and half of all over 80 yrs. will fall at least once this year!! Having a fall can result in reduced confidence, independence and at worst a hip, wrist or shoulder injury and a long lie on the floor. Heidi Dunster has been successfully running Falls Prevention Classes in Chichester, Midhurst and Selsey for the last year with funding from Chichester Wellbeing. The funding has now stopped but Heidi is continuing running the class calling it 'Steady and Strong' on a Friday 1130 - 1230 at The Selsey Centre - £4 a session pay as you go includes a cup of tea or coffee afterwards. This class is suitable for those that may be unsteady on their feet and aims to improve strength, balance, posture and confidence in performing everyday activities. To book your place contact Heidi Dunster on 07826924923 or email heidi@healthdriven.co.uk Heidi is also running Nordic Walking courses in Selsey turning every walk into a workout!

Nordic walking has grown into a popular way for people to gain fitness, tone up, lose weight and improve their health. You use 90% of your major muscles, burn 20 - 40% extra calories by using Nordic walking poles which can aid weight loss. It also takes pressure off your knees and joints and is great for back and neck problems due to posture being improved. It's like a Pilates class outdoors!

Taster Sessions in Selsey (Poles provided) - Friday June 9th 1330 - 1430 from East Beach Car Park Selsey. £5 for this session redeemable against the 'Learn to Nordic walk' course. Learn to Nordic Walk Course Dates: Friday 23rd, 30th June and 7th and 14th July 1330 - 1430 from East Beach carpark. The only way to book and pay for Nordic walking is online at www.nordicwalking.co.uk What are you waiting for book online today! Or for further information contact Heidi Dunster on 07826924923 or email heidi@healthdriven.co.uk



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- 3) In 1839, who did Britain go to war
- 4) Whose was the catchphrase "Shut that
- 5) Who played the title role in 'Patton'?
- 6) In the Dam Busters, whom did Richard Todd play?
- 7) In which US soap did Billy Crystal play the gay son of the Campbells?
- 8) How many letters are there in the modern German alphabet?
- 9) What is a ship's beam?



Ursula Square, Seal Road, Selsey, PO20 0HS

Tel: 01243-606060



Summer meanderings around Pagham Harbour & Medmerry

It's summer – the perfect time for a lazy stroll across our reserves of RSPB Pagham Harbour and Medmerry. The hum and buzz of insects fills the air, grasshoppers and crickets chirrup from the undergrowth, skylarks pour out their continuous song high above out of sight and butterflies dance across the fields.

Looking out across the harbour from Church Norton there is a flurry of activity around Tern Island. The sound of chattering terns drifts across the languid waters mingled with the harsher squawks of the black-headed gulls, with which they share nesting rights on the island. The hard work of staff and volunteers, clearing vegetation and preparing the island for the breeding season has paid off. Three species of tern nest on the island common terns, with red legs and a black-tipped, red bill; sandwich terns, with black legs and yellow-tipped, black bill; and of course little terns, with yellow legs and yellow bill, for whom the harbour is internationally important as a breeding site. After an absence of nearly a decade, little terns returned to breed on our reserve in 2007 and with careful management our little tern colony has slowly grown making Pagham Harbour one of the most successful sites along the south coast. Take a seat by the harbours edge and watch these delightful seabirds fishing, hovering briefly before diving into the water for small fish.



Yellowhammer



Reed Bunting

Meanwhile wander around Medmerry and you're likely to hear the often described 'little bit of bread and no cheese' song of the yellowhammer repeated over and over. The depiction portrays the songs' pace and form of this farmland songbird, with a bright yellow head and breast and brown streaky back. The yellowhammer is a member of the bunting family, two other species of which you may see as you amble along the footpaths. Male reed buntings are often spotted singing from the tops of reed stems and have a sparrow-like body, with a black head and throat and a broad white collar. Less distinct with a streaky brown body is the corn bunting. This farmland bird has declined rapidly but can be spotted across Medmerry reserve and the surrounding agricultural countryside, perched on a post singing with a series of notes likened to

For more information about both reserves pop into our Visitor Centre on the B2145 between Selsey and Sidlesham.



Corn Bunting



RSPB Pagham Harbour & Medmerry Events

the jangling of keys.

Saturday 3 June, Marvelous Moths. Moths are far from dull – some are masters of camouflage, while others are as bright and beautiful as butterflies. Join us as we open up our moth trap and reveal which super moths have been caught from the night before.

8 am - 9 am, £2 per person / £1.50 members

Sunday 4 June, Discover Pagham Harbour (north) Guided Walk. Our guides will take you on a gentle summers walk along the 'tramway', up to Sidlesham Quay and around the north side of the reserve. Accompanied by the summer soundtrack of birdsong and busy buzzing insects, this 3 mile walk combines wildlife with the Harbours historic past.

10am (duration 3 hours)

Booking essential, £7 per person / £4 members

Saturday 10 June, Orchids in June. Join us looking for gorgeous orchids in one of our 'secret' places. A chance to marvel at these mysterious plants in a part of the reserve not open to the public.

11am (duration 1 hour)

Booking essential, £4 per person / £2 members

Saturday 17 June, Historic Walk - All Aboard!

A gentle stroll taking in the history of the East Beach area of Selsey and discovering the 'railway homes' with Dr Bill Martin.

10am (duration 21/2 hours)

Meet at Church Norton car park PO20 9DT

Booking essential, £5 per person / £3.50 members

Saturday 24 June, Someone to Guide You. Unsure of what that bird is? Our friendly guides will be at the Ferry Pool Hide, Pagham Harbour to help you spot and identify the wildlife that you see.

11am - 2pm Drop-in, Free

Sunday 25 June, Wildlife Photography Workshop. This all-day practical workshop gives an introduction to basic techniques for wildlife photography, combining theory with opportunities to practice what you learn on our beautiful reserve. Includes basic post processing.

8.30am (duration 8 hours)

Booking essential, £18 per person / £14 members

RSPB Pagham Harbour & Medmerry Visitor Centre, Selsey Road, Sidlesham PO20 7NE

Email: pagham.harbour@rspb.org.uk Tel: 01243 641508 www.rspb.org.uk/paghamnarbour



Never Mind Coldplay, Here's the Cuckoo By Michael Blencowe of the Sussex Wildlife Trust

Is it me or are rock bands today getting less and less offensive? I sometimes find myself harking back to a simpler, happier time when young punks were lining up to shock us. Nowadays, when I feel the need to be outraged, I turn to a bird whose scandalous behaviour still embodies the filth and the fury of The Sex Pistols in their prime.

The cuckoo creates avian anarchy in the UK every summer. If you delight in watching the honest, hardworking attempts of birds to build a home and raise a family then the cuckoo sticks two feathers up to you. It's non-conformist lifestyle is "a monstrous outrage on maternal affection", "a blight on creation "

The male cuckoo doesn't hide his contempt for society. Each spring he announces his arrival by shamelessly shouting his name across Sussex. It's the one bird call in Britain which everyone recognises. Two simple chords (just like all the best punk songs). Cuckoos also utter a callous cackle that would make any panto villain proud. It's almost as if they can't stop the evil within from bubbling out; 'Mwah-ha-ha-ha-ha-ha'.





Motley blue and grey cuckoo egg in the nest among Reed Warbler eggs

But save your boos and hisses for the female cuckoo. She coldly targets a couple of unsuspecting love-birds patiently stakes out their nest and then strikes. After snatching one of their eggs in her beak she fires her own replacement egg into the nest and scarpers. It's over in ten seconds. The parents return to the same number of same-coloured eggs; they suspect nothing. This perfect crime can be re-enacted in a further twenty nests.

With baby cuckoos there's no nature or nurture argument. They're simply born bad. Upon hatching the evil infants first instinct is to eject all other eggs from the nest. Once alone this bully incessantly screams 'feed me feed me' at its bewildered surrogate parents who are so busy finding food they don't have the time to stop and say 'Hey, wait a minute...'. The imposter grows bigger... and bigger...eventually outgrowing the nest until it resembles a coconut in an egg-cup.

As you read this the parent cuckoos will already be on a carefree cruise back to Africa. Yet despite the trail of chaos and outrage they leave in their wake our cuckoos have recently started doing something that has really upset us all - they've stopped coming back. That distant two-chord call is becoming more and more distant each year. Cuckoo numbers are dropping, possibly due to a lack of food in England, in Africa and on the migration routes in-between.

Could it be possible this wonderful bird with its songs and bad behaviour may, like punk rock, be consigned to a lost era of our history? Now that really would be an outrage.

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 www.sussexwildlifetrust.org.uk/join or over the phone on 01273 497532. www.sussexwildlifetrust.org.uk

Do you like chatting and working with children?

We are looking for friendly and enthusiastic volunteers to join our family events team.

The role includes helping to deliver events and supporting the children and families taking part. No experience or wildlife knowledge is necessary, just a smile and the confidence to get involved.

This is a great opportunity for anyone who loves wildlife and is passionate about sharing this enthusiasm with the next generation. giving For more information please contact 01243 641508 / pagham.harbour@rspb.org.uk nature rspb a home



RSPB Events for June 2017

NOOLBEDING

Sunday 4 June

All Day Bird Walk on Woolbeding Common with Chris Vine of the RSPB Chichester Local Group. Meet in car park, Map Ref: SU869260 at 10.00 am 01243 262833

DUNCTON

Friday 9 June

Evening walk to see and hear nightjars/woodcock on Lavington Common with Bob Yarham of the RSPB. Meet in car park, Map Ref: SU952187 at 8.00 pm 01243 262833

SUSSEX WILDLIFE TRUST June 2017

Wednesday 21 June

Morning Heathland Walk on Iping Common with Michael Blencowe of the Sussex Wildlife Trust. Meet in Iping Common car park nearest post code GU29 0PB, Map Ref: SU851220, at 10.00 am. Members free/non-members £3 07827 830891

Chichester Conservancy Volunteers June 2017

EBERNOE

Sunday 11 June

Conservation – Bracken/Seedling Holly Control with Richard Wilson of the Chichester Conservation Volunteers on Ebernoe Common. Meet in church car park at 10.00 am

01243 528056

WOOLBEDING

Sunday 18 June

Conservation – Himalayan Balsam Control with Scott Robertson of the Chichester Conservation Volunteers on The River Rother at 10.00 am

01243 552133 / 07815 021331





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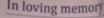
46 High street Selsey 01243 602827 / 0783 670 0863

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10) What is the literal translation of hors d'oeuvre?

11) The Yellowstone National Park is in which three US states?

12) Who was vice-president to Lyndon Johnson?



My Grandad was someone looked up to, He was definitely one of a

John smiths Shandy he'd

He never looked for praises He was never one to boast. He wanted to make sure everyone was happy, That's what he cared about

Singing the wrong lyrics to Tapping his leg by my sig

He loved his tools and In his bungalow by the co He'd spend all day in the To end with one of Nan's



He was always such a family

He knew how to make us

Giving us equal bags of When he came over every

He shared his times he spent

One of his favorites being

the cruise, No matter how much fun he

was having, He'd always be back for the

His heart of gold stopped

beating. Two bright blue eyes at rest.

We know you didn't want to

But he only takes the best.

e knows that we will miss

ut he wouldn't like to see us

together we have shared

ith our Grandad, Friend,

and and dad

Patrick Bridger He had all kinds of journeys. In the passenger seat herd 23-09-36 to 5-5-17 GOODBYE



Take part in *Animal Agents* at Selsey Library

Calling all Junior Crime Solvers! Collect the clues and solve our library mystery to win a medal!

This summer children will be challenged to solve a mystery at their local library with the Animal Agents gang. Bart the Bloodhound, Daisy Rabbit, Bernice the bear and Slip and Slide the snake twins, need your help to sort out a mystery down at the library. There are four suspects but you will need to use all your detective skills to work out the clues and solve the crime.

Animal Agents: the Summer Reading Challenge starts in your local library on Saturday 15 July. It's free for all families to take part and you can collect fun rewards as you read books through the holidays. Best of all, children are free to read whatever books they

After registering for the challenge children will be rewarded with a special Animal Agents wristband. Children then collect clues about the mystery as they read books through the summer, coming back to the library to tell us what they've read. Special stickers – some 'scratch and sniff' – will help you solve the mystery. Children will be able to crack the crime after they've read six books and we'll award them with a special Animal Agents certificate and medal.

The Summer Reading Challenge is free and an easy way to make sure children enjoy reading during the long summer holiday. Children can choose and borrow any books they like and your local library has a great selection waiting for you - from picture books for pre-schoolers, stories and comic books for older children and information books about every topic - the choice is yours!

Animal Agents is free and you only need a library card to register and if you don't have one yet we can give you one of those for free too. Visit your local library or www.westsussex.gov.uk/SRC to find out more.

Jazz up the outside.

Crafting is not just and inside hobby – you can often find me in my garden - my little haven of peace and guiet. It's full of colour and crafting ideas, from mirrors to step ladder obelisks for my

So get inspired outside too.... Here's just a couple of ideas to get you started and of course I can now introduce you to the most wonderful Frenchic Al Fresco range - Frenchic is bringing the inside out with its new hard wearing and weatherproof chalk-paint range specifically developed to protect your garden furniture, while at the same time transforming your outdoor space into a colourful, trendy haven. It has also gone through rigorous testing to be certified child safe (EN 71:3). Al Fresco - a breath of fresh air for your garden!

So do your garden furniture, pots, sheds, fences and ornaments look a little tired...... Then get stuck in and how about thinking outside of the box – a little less traditional, a little more exciting..... and with

each of these crafts you can rest assured that you're doing your bit for the

Keeping it short and simple this month but with one very important message take advantage of the beauty that surrounds you - you can find colour and fun in so many mudane items but with a little crafting magic you can have something truly unique......

Don't forget we stock a full range of Frenchic Paint - please just pop us an email - we're happy to deliver FREE of Charge to any Selsey postcode.

spoilyourself@birdcagebarn.co.uk





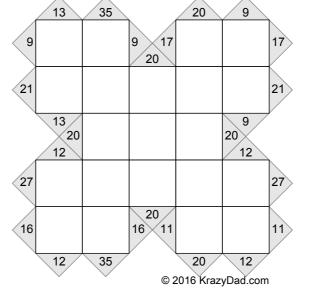








Did you know that in 2006 Fiona was the most popular name for cows in Switzerland?



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Kakuro puzzles are like a cross between a crossword and a sudoku puzzle. Instead of letters, each block contains the digits 1 through 9. The same digit will never repeat within a line. If you add the digits in a line, the sum will be the numbers shown in the clue. Clues are shown on the left and right sides of 'across' lines, and on the top and bottom of 'down' lines. ANSWER NEXT MONTH.

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Wednesday 21st June -10.00.am - 4.00.pm
A Painting Workshop - Going Wild
With popular Water Colour Artist Jake Winkle
St Wilfrid's Church Hall
£20





Arts Dream workshops are open to anyone wishing to improve their painting and drawing skills.

Some of you may remember enjoying Jake's last workshop with us!

For more information and to book a place on this workshop please contact Angela Benwell 01243 603332

1st Selsey Scouts Charity Shop

Scout HQ, School Lane ~ every Saturday between 10 am -12 noon Bric-a-brac ~ Clothes ~ Et al

If you were to move each letter of the word 'yes' 16 places up the alphabet you get the word 'oui'



IN YELLOW TO DROWN

Yellow Rape crop pungent high Carried along on the cool breeze of Easter Vivid, a splendour that drapes the miles Strangely stunning British Isles

Clinging fast the dusty slopes
To ripen and rise beneath clear skies of Easter
Upon those patchwork hillsides distant
Dazzling swathes engulf the instant

A billion seemingly innocent flowers
Heightening the once drab landscapes of Easter
Blinding aspects across wooden stiles
Cunningly British, British Isles

Ethical Ratings:
VISUAL BEAUTY *****
GROUND CLEANSING *****
HUMAN CONSUMPTION *****
FOR USE IN DIESEL FUEL

Pretty as a picture pretty
The sinister hectares that colour our Easter
But high the price that someone will pay
Come the ultimate judgement day

JOHN BYRNE EASTER 2017

What a dreadful experience for everybody with the sudden and unexpected closure of Ashbourne. Last month our popular care home closed and within 4 weeks all of our 17 frail elderly residents had to pack their belongings and leave.

Residents had lost their home and staff had lost their jobs, but we all kept strong and with the wonderful support of the Selsey Community we remained positive and supported our residents through an upsetting ordeal.



Social Services allocated all their time helping residents and relatives and eventually all of our residents found new homes in Selsey and nearby towns, staff were offered jobs in and around Selsey and our pets found good homes too! We also received so many good wishes from previous relatives and staff who had worked at Ashbourne before. Social Services, relatives friends and my staff were all fantastic, everyone that knew us gave us support and hope when the unimagnable pressure was on.

I can't thank everyone enough for all you have done to help us. I hope for residents staff and relatives of recent times and from long before that their time at Ashbourne was a happy time and will hold many cherished memories. Jenny (Ashbourne Manager)

- 13) What is german measles also known
- 14) How often do neap tides occur?
- 15) Who said 'Go West, young man...'?
 16) Whose radio slogan is 'I'm listening'?
- 17) What is a morning glory? (quiet at the back!)

Selsey Centre

All the usual regular activities are running as normal this month. We have a new class starting and celebrations too.

New Class - Beginners Tai Chi Chih with Tracy Gibbons starting on 5th June-24th July on Mondays at 3.30pm-4.30pm no special equipment is required, Tai Chi Chih promotes emotional and physical health in a gentle way, please contact Tracy to book www.lifeandbalance.org.uk.

On Thursday 8th June from 7am to 10pm, we are the polling station for Selsey North for the General Election.

Please join us on 10th & 11th June for our 10th Anniversary celebrations which will include a live music night with bar on Saturday 10th June. Followed by Sunday 11th June Tea Dance with music from Bobby Barnes in the afternoon from 2pm to 4pm. Tea, Coffee and cakes will be on sale.

The Selsey Venture Bus are also celebrating their 50th Birthday with a party on the 24th June. Please contact The Venture Club for further details.

On 25th June please come and enjoy the community sports day, lots going on all day and suitable for all ages. For full details of planned activities please contact us.

Note for your diary, our next Table Top Sale will be Sunday 29th October, 1 table £6.50, 2 tables £10.00 please contact us at The Selsey Centre for booking.

Finally, we are pleased to announce the promotion of Michaela Norris to Centre Manager and the appointment of Patricia Marshall as our new part time weekend member of staff.

Please contact us for further details on 01243 603836 or see our website www.selseycentre.com

SELSEY VENTURE CLUB

ANNUAL GENERAL MEETING

WILL BE HELD ON

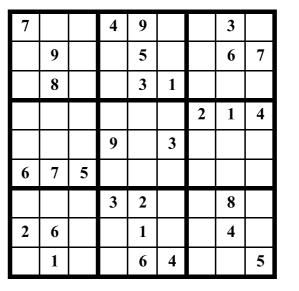
TUESDAY 4 JULY 2017 AT 2.30 PM

IN ST.PETERS CHURCH HALL

ALL MEMBERS ARE WELCOME TO ATTEND. VENTURE BUSES WILL BE AVAILABLE.

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community news

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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 Sue or Nicky in the shop.

June brings the start of Summer and is the time of year when gardeners start to enjoy the fruits of their labours. Do take time to appreciate and use the garden to relax and don't just let it become a chore. Ornamental borders will be approaching the peak of perfection. Towards the end of the month there will be many vegetables and lots of soft fruit to brighten up the dining table and the palette.

June is Rose month with their varied scents and marvellous colours. Climbing and Rambler Roses look particularly effective climbing around doors and arches and climbing through trees and the larger shrubs.

Watch out for the Dragonflies that are hovering over the ponds, and listen out for the call of the Cuckoos in the woods. The Butterflies, Honey Bees and Bumble Bees are now really enjoying the nectar from the abundant flowers and shrubs. The wild yellow and blue Iris' now adorn the pastures and river banks and ditches.

The smell of fresh hay is one of the season's most potent scents. Elder trees are never far from hay fields and "Summer is never established until they are in flower and it ends only when the berries are ripe". Wild Rose bushes, Honevsuckle and Elder illuminate the hedges with constellations of blossoms and wonderful scents. White and purple Clover are numerous in many pastures as well as the wild red Poppies.

The Cockchafer and Stag-Beetles are now flying around from dusk onwards looking for honey and smaller insects. They can look fearsome but, in fact, they are totally harmless. The Barn Owls fly silently and screech loudly. Bats are busy hunting for insects in the night hours and they pop the insects into a little pocket they have made in their skin.



Enjoy June as it ends so soon.

Jobs for Tune

soil. Sprinkle some bran around the seedlings to protect from Slugs,

Sow vegetables like Leeks, Winter Cabbages, Cauliflowers and Brussels Sprouts and also a late crop of Peas can still be sown.

Towards the end of the month, try lifting a few 'Spuds' to see how they are progressing. If large enough use and enjoy.

When planting out Tomatoes, set out some French Marigolds and Basil in the same area - they will attract Hover Flies who, in turn, will Do not forget the birds' feeding table and bird bath - save your crops. eat and enjoy harmful Aphids.

Make certain that the taller growing perennials such as Lupins, Lilies, Gladioli, Delphiniums, Foxgloves, Dhalias and Chrysanthemums are well staked against rain and wind

Remember to raise the height of cut and mow less frequently in dry spells and keep edges tidy with regular hand trimming (not strimmers!) Give a good feed of a regular fertiliser.

Keep removing excess algae from ponds and remember to top up Keep a watchful eye for suckers, pests and blackspot on Roses and the water at regular intervals.

There is still time to sow some quick-maturing hardy Annuals such Sow seeds for Winter and Spring colour such as Pansies, as Larkspur, Nasturtiums, Stocks and Calendula to fill up any remaining gaps

Penstemons are very worthwhile perennials and are ideal for providing prolific flowers all Summer - pale mauve - blue 'Stapleford Gem', 'Hidcote Pink' and burgandy-wine coloured 'Blackbird' are excellent specimens.

18) Who did David Beckham follow as a captain of England? 19) What shock defeat did England have in the 1950 World Cup? 20) What is the maximum number of golf clubs allowed in a bag? 21) What golf term is used for going three under par on a hole?

Tip Top Tips

It is still in order to plant Runner and French Beans straight into the If you require some larger Rose blooms instead of smaller ones take out the smaller buds on each stem, leaving the largest one to

> Harvest frequently and enjoy to the full Raspberries, Blackcurrants, Redcurrants, Gooseberries, Strawberries and Rhubarb.

Make sure that window-boxes, hanging baskets and containers are fed and watered regularly (collect rain-water in butts to escape any hose-pipe bans) and don't forget dead-heading.

Remember Leeks, Celery, Potatoes, Peas and Beans need constant earthing up.

Don't encourage or promote surplus growth on Tomato plants - you need fruit, not leaves.

Don't hand weed a lawn when turf is dry, weed roots will snap off to grow again.

Don't discard the smallest seedlings, these are often the best.

treat immediately.

Primroses, Polyanthus and Violas.

Shade and ventilate plants in the greenhouse.

The liquid left after boiling Wild Garlic leaves can be used as an effective spray against mildew on Cucumbers.

Try and arrange a visit to Hampton Court Flower Show next month.

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Chichester Community Theatre presents a 'Pop Up Theatre Production' of 'Yes and No' by Graham Greene

Saturday 24th June and Saturday I July 11.30am

Chichester Community Theatre presents this production of Yes and No by Graham Greene, a highly-original 20-minute comedy from one of the great writers of the 20th Century.



It tells of the relationship between an actor, whose only dialogue is "yes" and "no," and a theatre director who are working together on a production of a new play starring two of the greats of the theatre, Sir John and Sir Ralph. Directed by Roger Redfarn.

Free, drop in, no tickets required



Event to take place at: Chichester Library Tower Street, Chichester. PO19 1QJ



The Selsey Life will be available from the following locations:

In the High Street:-Raycrafts, The Southern Co-Op, Andrews Greengrocers, Rock Shop, Den's Fish Bar, Cat and Rabbit Rescue, Brent Lodge

book shop, One Stop, The Riviera and Box Rocks Selsey Information Exchange in Penny Lane

The Northern Co-Op and the Doctor's Surgery reception In East Beach:-

Pretty's Newsagent, Endicotts Bakery, Premier Supermarket and Nice Plaice chipshop

Bunn Leisure reception. West Sands Funfair and White Horse reception, Lucks chip shop

The Seal Pub

Coast Yard Hotel

Paddock Garage Siddlesham

Royal British Legion,

Selsey Centre

The Selsey Country Club The Selsey Scout shop

The following churches:-

Evangelical Church East Beach, St. Wilfred's Church Church Road,

St. Peter's Church and Selsey Methodist Church

Please contact Selsey Life on 01243 602729 if you have trouble getting to a copy.

> to advertise your club or event in future copies of Selsey Life please contact selseylife@btinternet.com or phone us on 01243 602729

selsey cricket club



The Season is now well underway at Selsey, and in to the League Season.

SELSEY C.C. Reports on these matches to follow in the next issue.



Selsey Cricket Club team with the Thespian Thunderers Selsey Cricket Club once again played the Thespian Thunderers on info@selseycc.co.uk Sunday 14th May, for the Sir Patrick Moore Cup. The first time the Cup match was played was against the Lashings All Stars. Ever since then Selsey has welcomed the Thespian Thunderers, the World Premier Actors Cricket team, with actors and directors involved in a dozen West End shows: The Woman In Black. Pygmalion, The 39 Steps, Yes Prime Minister and Buckley amongst them; not to mention productions at The Donmar, The Old Vic, The National, Chichester and nationwide.

A Thunderer won Best Newcomer in the Edinburgh Festival Comedy Awards, others were longlisted. Thunderers won BAFTAs and starred in hit television series for The BBC, ITV and Sky: Spooks, Horrible Histories, Spy, New Tricks, also from Game of Thrones, Harry Potter, Eastenders.

This is not just a cricket match but a family day out to honour the memory of former Club secretary and Player Sir Patrick Moore CBE.

With over 20 attractions on the Field, and over 500 spectators, the day was a great success played under blue skies.

The match was a close run thing with Selsey winning by 3 Runs.



Bob Hoare presenting the Sir Patrick Moore cup to Selsey Captain Tig

During the tea interval Mrs Daphne Watson opened a plaque in memory of her late husband Major Tony Watson, a loyal supporter of Selsey Cricket Club, who left a legacy to the Club which helped pay for the electric shutters in front of the new Checkatrade Electronic Score Board.

Outdoor training is now underway, so come along and join in.

Juniors training every Tuesday at 6:00 pm For more details contact Colts Manager Tom Cripps at coltmanager@selseycc.co.uk her daughter opening the

Seniors training takes place every Wednesday at 6:00 pm.



Mrs Daphne Watson & plaque to her husband Major Tony Watson

As always new members playing and non playing Senior and Junior are very welcome, for further details contact us on

The Friday social evening league which is 15 overs and 8 players a side is now underway and matches start at 6:00 pm.

These are the next months fixtures at Selsey.

02/06/2017 RNLI Selsey Lifeboat Crew Selsey Crabettes Cup Selsey T20 Cup 2017 18:00 Home

04/06/2017 Sunday 1st XI Denmead CC - Friendly XI Friendly 14:00 Home

09/06/2017 Running Empty Selsey Sealions Cup Selsey T20 Cup 2017 18:00 Home

11/06/2017 Sunday 1st XI Westbourne CC, Sussex - 1st XI Friendly 14:00 Home

17/06/2017 East Preston CC - 1st XI League Division 2 13:00 Away

23/06/2017 Selsey Crabettes

Running Empty Cup Selsey T20 Cup 2017 18:00

25/06/2017 Sunday 1st XI Pathfinder CC - Friendly XI 14:00 03/06/2017 Brighton & Hove CC - 3rd XI League Division 2 13:00 Away

05/06/2017 Selsey Legends Chichester Raquets CC - Midweek XI Friendly 18:00 Home

10/06/2017 1st XI Broadbridge Heath CC - 1st XI League Division 2 13:00 Home

13/06/2017 Selsey Legends Wooley Masons CC - Midweek XI Friendly 18:00 Home

18/06/2017 Sunday 1st XI IBM South Hants CC - Friendly XI Friendly 14:00 Home

24/06/2017 West Wittering CC - 1st XI

League Division 2 13:00 Away 30/06/2017

RNLI Selsey Lifeboat Crew Selsey Sealions

Selsey T20 Cup 2017 18:00 Home

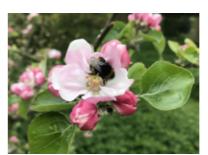
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Sports Dream

Fitter Sitters Wednesdays 10.20am Selsey Centre Selsey Power Rangers Sundays 9am Hillfield Car Park Seal Island Swimming Club Meet At Oasis Pool Wed/Fri 9.30am Selsey Specials Friday Football 6pm at The Academy Girls Football Tuesday 6pm at The Academy Selsey Basketball Mondays 5pm age 7-11 6pm age 12 plus at The Academy Sports Hall Thursday 7pm Adult Basketball at The Academy Sports Hall Wednesday Workout Wednesdays 9.15 at Selsey Centre Selsey Striders Meeting At Hillfield Car Park Mondays 6.30pm for all who can run 3 miles Saturdays 8.30am suitable for all Netball For All Mondays 6pm The Academy small hall Tuesdays 7pm at Sports Hall provided by Purple Dolphins Club Selsey 5k Prom Run from OVAL FIELD at 9am first Saturday every month. Selsey Fitness Equipment On The Recreation Ground & Winter Lighting Selsey Outdoor and Walking Festival



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For information on weekly volunteer tasks around the Manhood Peninsula visit:

WW.MWHG.ORG.UK





The Royal Navy's First Invincible (1747-58) by John Bingeman

Tuesday 4th July 7.80pm

The Royal Navy's First Invincible was wrecked off Portsmouth on Sunday 19 February 1758. This talk will cover her discovery in 1979, identification, excavation, will describe some of the unusual artefacts recovered and report on present excavations.

John will bring along examples of original artefacts for the audience to handle.

Tickets £5.00, are available at Chichester Library (01243 777351) or through Chichester Box Office (01243 816525 or 775888) or via www.thenovium.org/boxoffice





Event to take place at: Chichester Library Tower Street, Chichester, PO19 1QI







selsey golf club



The course, surrounded by the gold of the gorse bushes now dimming in colour, is alive with wild life.



Buzzards are gliding over head and the noisy rooks are waiting to chase them and harass them as soon as they glide too near. So far three ducklings have been spotted and the moorhens are busy strutting around looking as though they too are getting ready for the parental season. Pale mauve wild orchids can be seen on the 4th hole and the course is covered with yellow and white of the daisies, buttercups and dandelions. The course is playing really well and the greens have recently been treated and promise to be really amazing in the months to come.

All sections of the club are well underway with their schedule of regular annual competitions and the first matches with other clubs have been played. Members from visiting clubs have been very complimentary on the condition of our course, obviously due to the hard work of our groundsmen, Martin Kaye and his assistant Roger Cawte.

On Friday 28th April the Men's, Veterans and Ladies of the Selsey Golf Club held their Mixed Winter Greensome Competition. The Tee Off was at 10am and it was a Shotgun Start which would allow all players to return to the Clubhouse at a similar time. It was a warm and fair day with not too much wind. The match was followed by a delicious tea of sandwiches and cake, supplied by

the Club Restaurant. The winners, Mr Reg Ewens and Mrs Sharon Williams were awarded the Trophy and golf balls. The presentation was made by the Lady Captain (right), Mrs Barbara Ewens. A good day was had by all.



The Men's Section

The Men's Section had their first club match on 1st April against Bognor Golf Club, the match was won by Selsey and a good day was had by all who took part.

On Saturday 8th April the Beldam draw dinner was held. A very good meal was enjoyed by the 44 members that attended the evening. The next day the Beldam Cup was played and won by Nick Gunning and Dan Russell with 45 points, second was Craig Newman and John Batemen with 44 points.

The Easter cup was played on 16th April and this was won by Frank Fewster with a net 65, second was Jim Richardson with a net 67. Robert Anderson gained his Seal Badge with a gross score of 78. (The Seal Badge is only awarded to players who achieve a gross score of 79 or under)

This year's Harding Prize Winter Knockout competition was won by Malcom Cawte and the runner up was Dan Russell. This competition is always popular, as are all knockout competitions, they provide a friendly rivalry throughout the club which is on going throughout the winter months. The summer season knock out has started and is now well underway.

Vets Section

On Tuesday 9th May the Selsey Golf Veterans held their Annual Vets and Friends match, 20 pairs took part. The weather was overcast with a breeze from the NE which made it a bit chilly but later on the sun started to break through and it warmed up. After an enjoyable 18 holes the players gathered in the clubhouse for the Prize giving, a Raffle and Lunch. Thanks must go to Mr Bobby Moore for organising such a great day .Each of the Winners, Mr Alan Neno and Mr Bob Cornell of Corehampton Golf Club were awarded a Litre bottle of Scotch and an engraved Glass. They were business associates and met over 25 years ago.

3 club matches have been played so far this year and the first was held on the 23rd March when Selsey played Foxbridge Golf Club at home. Selsey won the match $3\frac{1}{2}$ to $2\frac{1}{2}$. The second on the 6th April, Selsey played again at home, this time to Chichester Golf Club. Unfortunately Selsey lost by one match $3\frac{1}{2}$ to $2\frac{1}{2}$. The third match was also played at home and was against Bognor Golf Club. The score was $4\frac{1}{2}$ to $3\frac{1}{2}$.

The Ladies Section

Ladies have also been very busy, they played their first club match on 4th May against Bognor Ladies. Unfortunately Selsey lost but everyone enjoyed the match and this was followed by a delicious tea of sandwiches and scones with strawberry jam and cream. Golf is not all about winning!

On the 24th April the Centenary Foursomes was played. This competition was also played on the previous Saturday. The winners who played on the Saturday were Sharon Williams and Grace Bishop with 38 points. Second was Eddie Williamson and Barbara Winter (who played on the Monday) with 31 points and Doreen Scragg and Judy Sharpe were third with 30 points.

Many of our competitions are now played on both the Saturday and the following Monday. Monday is the Ladies Club day but as they have several ladies now who work and can only play at the weekend, the Ladies' committee have made the decision to open the competitions, where possible, to the Weekend Ladies. This has been much appreciated by the Weekend Ladies who now feel that they are really part of the Ladies Section. The Committee have, at their last meeting, decided to resurrect a trophy for a competition to be held annually on a Saturday. This will be played by all the ladies later in the year. The competition will be followed by tea in the Club house where the winner will be presented with the trophy. The competition to be known as the 'Ladies Weekend Trophy'.

On 29th April the Ladies held their first Open Day. 16 ladies came along and enjoyed a morning of getting to know the rudiments of golf and 2 further ladies made enquiries from the advertisements. All ladies had the chance to putt on the green outside the Club House and then were taken on the driving range where they were able to hit the ball with various clubs supplied by the members. It was a great success, a lot of interest was expressed and free trial rounds of 9 holes are now being played with 16 of the ladies. 3 ladies have already joined and the Ladies Section hope there will be more. The golf practice was followed by coffee and cake and a chat in the Club House. A free raffle was held with prizes being supplied by Selsey Country Club's General Manager, Ms. Louisa Colquhoun. Thank you Louisa. All the ladies attending said how much they enjoyed the morning. If any lady is interested in knowing about golf and trying for herself and missed the Open Day, please contact Rita Green on 01243 604158.

SELSEY CARPET BOWLS CLUB

Meets at Medmerry Primary School, School Lane Wednesday & Thursday evenings at 7pm & Sundays at 9.30 am & 3pm. All equipment provided.

New members welcome

Contact Sylvia Cox on 681663 or Annette Iskett on 606227 email: annetteiskett@hotmail.com



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LITTLE SPAIN BOWLING CLUB

Golf Links Lane PO20 9DR email: lsbowlsclub@gmail.com website: http://lsbcselsey.btck.co.uk

Little Spain Bowling Club in Selsey announced at their AGM that they had agreed a two year sponsorship deal with Lindsay Grellis Wealth Management Ltd.

The sponsorship included providing the Club with new scoreboards for all six rinks, which have already been put to good use in the matches so far.

Little Spain BC fixtures for June:

Sat 3rd	Middleton	Home
Thu 8th	Southboune	Home
Sat 10th	Fishbourne	Home
Tue 13th	East Preston	Home
Sat 17th	Captains Day	Home
Mon 19th	Norfolk.	Home
Sat 24th	Chichester	Away
Thu 29th	Arundel	Home

Spectators and new members are always welcome. Please come along and see what Little Spain BC and the game is all about. We are based in Golf Links Lane and all fixtures start at 2pm.

In addition to the above mentioned fixtures we have our weekly internal league matches, every Friday, for the Gordon Simmons Trophy. We also have roll ups on Tuesday afternoons and Sunday mornings. Plus you will find members enjoying the greens most days of the week.

Visit the Club's website for further information: www.selseycountryclub.co.uk/little-spain-bowling-club



Festival of Chichester events 2017

Lunchtime Talk: Reading Allowed: True Stories and Curious Incidents from a Provincial Library

Chichester Library - Thursday 29 June, 12.10pm-12.50pm

Reading Allowed is librarian Chris Paling's first-hand, warm-hearted account of a smalltown south of England library, its staff and visitors. Some characters' stories are tragic. some amusing, some surreal, but together they paint a bigger picture of the world we live in today, and of a library's important place within it.

Tickets: Free, drop in, no tickets required





SELSEY VENTURE CLUB

Would you have a couple of hours to spare on a Tuesday and/or Friday morning to help make the teas in our club room for members of the club after they have finished their shopping. 9.30- 11 am.

If you can help please call on 605115 or pop into the office



CRABLANDS BOWLS & TENNIS CLUB

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

Here we are approaching the half way mark of this 2017 year already!!

For tennis players and other interested parties. Wimbledon is just round the corner and our young junior players here at Crablands had a very noisy but fun filled skittles evening celebrating those



winners and runners up of their competitions from the last tennis

Trophies were won by Freddie Sarson, Katie Mcdermott and Tilly Mcdermott. The Gertrude Moore Cup was won by Jaiden Cloke and the Patrick Moore cup by Jacob Taylor. The Girls trophy went to Jovita Hopkins – well done to all winners and to all others who tried their very best and who can try again this summer.

To all "bigger" tennis members and would be members, a reminder that Monday evenings will again see the ladies "Rusty Racquets" sessions. Thursday evenings the men refreshing their skills and Friday evenings will be social tennis plus relaxation in the bar to follow! For any further details ring Jo on 606890.

On the green bowls front it is all systems go! and the competitive members are enjoying their matches and for those just playing for exercise and enjoyment, here too everything is on track, and Friday evenings are open to all for social bowls and an evening socialising in the clubhouse: information here can be obtained by ringing Chris on 601859

Short Mat Bowls can also be played throughout the summer months and for details ring Jim on 606172.

We are a friendly bunch and if you need to know anything then contact any of the above mentioned committee members: on some evenings you can have a game of mini-tennis or table tennis and here too details are available at the club.



Graham's Brent Lodge Briefing – June 2017

Holborow Lodge, Chalder Lane, Sidlesham, W. Sussex PO20 7RJ Tel: 01243 641409 Reg. Charity no. 1010000 Email: info@crrc.co.uk www.crrc.co.uk

THE CAT & RABBIT RESCUE CENTRE THE CAT & RABBIT RESCUE CENTRE

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

Hi, everyone, it's me 'Hulky Bear' the out and abouter reporter for the Cat and Rabbit Rescue Centre.

Last month I told you I would have some exciting news and to save the date of 15th of July free. I am happy to announce that after much thought the staff at my suggestion are putting on a fashion show. Why don't you come and meet us and give the team some much needed support as they walk along the 'Cat Walk'?

So. 15th July 7pm at The Fishbourne Centre 46 Black Boy Lane Fishbourne PO18 8BE. The staff will be modelling nearly new clothes; there will also be music, stalls, a raffle, snacks and a bar. Come and join us for a fun filled evening and help us raise some much needed funds for the BUMP (Barn Upgrade and Makeover Project). Tickets are £5 per adult and Children under 14 £3 per child. Tickets are available from the centre or via our website www.crrc.co.uk. We would love to see you there the staff really need all the support they can get.

Our barn is where the new arrivals come when they first arrive at the rescue, they can be very scared. We like to make them as welcome and as comfortable as we can. Come and meet the team on the 'Cat Walk'

Other news - now Summer's here I have been out with my good friend Fushisa the goat. We have been having a good tidy up. Fushisa has been moving the grass while all we cats supervised her. My friend Arlo has taken charge of the security of the rabbit enclosure, letting the staff know if the rabbits are behaving and happy, really he is just chilling out by the fence but he thinks that's working. Now it's getting warmer please don't forget to make sure your animals are up to date with their flea and worming treatments. Fleas can cause nasty issues if they are not treated. Well that's it for now, hope to see you on the 15th. Enjoy the sunshine

If you are interested in adopting a cat, kitten, rabbit or guinea pig then please call us here at the centre on 01243 641409 between 9-4pm during the week.

PS: We have a Viewing Day Saturday 24th June 12-2pm. Viewing days are non-appointment days so people thinking of adopting a cat can pop along. Otherwise we rehome 7 days a week by appointment only.

Grey Goose Pet of the Month

This June we would like to introduce the very handsome guinea pig called Grey Goose. He is only a year old and a lovely cream colour. He arrived at the centre in October 2016 as his owner's health had

deteriorated and could not look after him any more. He is a very happy boy who is happy to be handled, ideal for a family. Guinea Pigs need to live in pairs as they can get very lonely so Grey Goose is looking for another male guinea pig that he could bond with. If you have a single male quinea

pig who would like a friend then Grev Goose would love to meet him. We carry out the bond at the centre for you. It takes about a week to do this. If you think you can offer Grey Goose the new home he so desperately deserve, please do not hesitate to contact us here at the Centre. We can also explain in detail the full bonding procedure.

I'll tell you this, wildlife fans, YOUR local wildlife hospital at Sidlesham is an extraordinary place! I sincerely hope that, if you visited at the Spring Fling at the end of May, you will have been duly impressed, and even inspired enough to make a contribution and/or to help us as a volunteer in our ever-increasing task of helping/rehabilitating our precious local creatures.

When you read this, our first Major Event will be behind us, but there are others to eagerly anticipate in August and, (dare I say it.. November..

There is so much happening at the site, and so much in 'prospect', in the shape of renewal and redevelopment – ALL for the benefit of our patients. I want to re-assure you all that the on-site work being carried out is essential for the well-being of the birds and animals in our care, and, though you may perhaps wonder about the amount of money committed to all this, it is either part of a renewal process (e.g. repairing rotting aviaries or constructing a verminproof feed-barn) or extending the facilities in such a way as to make an even greater, positive contribution to the welfare of our animals and birds.

The recent outbreak of bird-flu really made us think – what can we do to safeguard our patients more effectively? With the professiona input of our vet., Richard, we are proposing a reception/quarantine building (probably a Portakabin) near the entrance, so that new 'arrivals' can be monitored before being moved to the main hospita this will protect both new and existing patients. A large aviary for raptors to really condition their flight feathers is another plan - this will be a BIG aviary, the position on the site has yet to be decided we Trustees have some fundamental decisions to make, and we are currently working to a 3 year plan, which will no doubt be modified as we progress, as these things inevitably are... The need to keep opposing species apart is another matter to be addressed - how would a duck feel if it sees a fox in the next pen? Terrified, probably! As things stand, we endeavour to protect 'hostile' species from each other, but there is much work to do...

Emma, our Animal Care Manager, tells the story of 3 Little Pompey

Brought to our attention by another centre, these 3 little fox cubs were desperately calling for their mum, and were very hungry and thirsty. Following staff observing them for a while, it seemed that the babies had settled back in their den, and it was seen that there were a number of adult foxes around, so they were left to see 'how things went' overnight. Sadly, the next day they were again desperately calling for mum - some very kind people had left food and water for them, and, as the little animals were clearly very distressed, the decision was eventually made to bring them to Brent Lodge. Happily, all 3 'boys' are doing well, growing fast and are well on their way to one of our outside enclosures and eventua

A brilliant illustration of a real co-operative effort – huge thanks to the people who notified us, gave information to help our staff assess the situation, and to those who gave these creatures food and water, and also gave sustenance to our staff on 'observation' duty! It is such a Good Feeling to know that there are people 'out there' who really care about our native creatures, and who know what a huge contribution our wildlife makes to our lives, if only we will give it the chance.

Now, I am no enthusiast of electronic gadgetry, and I use my computer to write articles like this, but not much else – Facebook and Twitter are no more than trade-names to me, I'm happy to say for me, personal well-being stems from closeness to people and animals rather than message-passing (some of which is clearly abusive, from what we hear) via some 'gadget'. Maybe I'm a dinosaur' - I do hope so!! GC

RECUPERATION

by June Newman

I like these old-style deckchairs with the stripy canvas, the kind Tom still struggles with, but I've always been able to set up in one go. It used to annoy him, but it doesn't any more.

I love the seaside, love the sea in all its moods, but hot sunny days like this one are the best, when I can sit and be idle and watch Tom and the kids building their sandcastle. It's a beauty, studded with stones and shells, and it has windows and turrets and a moat. Little Jamie comes running up with the flag he has fashioned from a stick, and a square of shiny paper he has found on the beach, and with due ceremony Tom installs it on the topmost turret. Jamie, Holly and Susie clap their hands in glee. I clap too, of course, and feel as though I am a child again.



'Come on guys!' shouts Tom. 'Now we'll open up the moat and let the sea in.'

There is no lack of helping hands as he begins digging a channel towards the water, ignoring the damage it will do to the beautiful musician's nails he usually takes such care of and such pride in.

'Don't forget your nails, Tom!' I call, but he pays no heed and goes on digging. He has always been impetuous. He was impetuous when he proposed to me all of eight years ago, only three weeks after we met at the Mozart concert he was playing in.

I suppose you could claim that I was equally impetuous in saying 'yes', but we both knew somehow, instinctively, that we were right for each other. We hadn't planned on having Andrew so soon after we were married (that impetuosity again I guess), but we were both delighted to be starting our little family and we had always intended to have four kids anyway. Perhaps it was written in the Book Of Fate that we should complete that dream before the illness overtook me, leading to those months of tests and treatment that left me so tired and weak.

But I am better now and don't have to struggle for every breath as I did then, so today I can really enjoy the summer sunshine and the happy scenes around me. The sea is glittering like a million stars, the waves are wearing creamy flounces at the water's edge, and even the raucous seagulls don't offend my ears as they once did. Dreaming of days like this kept me going all the time I was fighting that dreadful disease. Nowadays I look at my four happy, healthy children and I am satisfied with my lot.

I relax into the deckchair, more relaxed than I have been for a long time. The trauma I have been through, that used to haunt me like a bad dream, is almost forgotten now, and I can take delight in watching our little group having such a wonderful day.

I smile as I watch my three youngest children's still pudgy hands scraping at the sand as they dig out the moat. They are having a whale of a time patting and shaping, and getting as messy as they like.

'We're there!' yells Susie at the shoreline, and in moments the water comes coursing in. Tom has been busy lining the channel with plastic bags from the picnic box, but they don't contain the water for long and, as the tide comes in, the inevitable happens.

'Quick,' shouts Tom, 'the walls are crumbling. We must make repairs at once.

He looks across at two other children, a boy and a girl, playing nearby.

'Come on you two,' he grins at them. 'We need some help with this.'

They look at their parents, who nod their approval, then they run over eagerly to join in the restoration work.

'I'm Jamie,' announces my youngest, forthright as ever. 'What are your names?'

'I'm Rachel,' says the girl, a tiny little creature, not really pretty, but with bright brown eyes full of intelligence. 'And this is my brother John. He's four and I'm six.'

'I'm four too.'

Introductions over, they set to work together rebuilding the walls of the moat.

My seven- year-old Andrew, a born leader, takes charge. He strikes a pose, making me chuckle.

'We are the valiant, we shall defend our castle against the invader as long as we can,' he announces theatrically and begins ordering the other about.

'That's it Rachel,' he encourages the newcomer. 'Build it up higher here so the water can't break through.'

I study him for a little while. He is so sturdy and strong: he is blond and blue-eyed and is going to be as tall as his father. His command of language impresses me too. He will probably become a journalist like me, I decide. Well, he could do worse. My working life with the Herald had been an interesting time and had taken me all over the world on assignments. Perhaps the connections I made then will open some doors for him.

And what will be come of Jamie, my youngest? I feel he could accomplish anything, with that outgoing nature and his dark good looks. An actor perhaps, although I feel it would have to be a comic one. He has the others in stitches now, as he does his John Cleese funny walks act, strutting around the castle. Or maybe a show-off pop star? I grin inside myself. He is too young to remember Mick Jagger in his heyday.

I suppose all mothers conjecture like this about their children's futures.

There is no doubt about what the twins Susie and Holly will do. Musicians of course. They have both inherited their father's musical ability and at six-years-old are quite proficient on the violin.

I am enjoying my reverie.



Andrew is still marching about shouting orders to all and sundry, including the two newcomers, and they are all his willing slaves, except for Tom, who comes back to where I am sitting now and flops into the empty chair next to mine.

'Why do I do it?' he says, exhaling deeply.

I smile across at him.

'You know you love it. You're just a big kid yourself.'

He shields his eyes with his hands and scans the beach towards the lighthouse. His face lightens as he sees her coming, that other woman with the long dark hair and the long white dress. She is tall and willowy, something like me. I notice the little bump that is beginning to show beneath the soft fabric of the white dress. Elizabeth, my namesake, is growing inside her.

As she draws near, Tom smiles, and she returns his smile. There is no mistaking the warm, intimate look that passes between them. Yet it pleases me.

'Sorry I've been so long,' she says. 'They let me look around the lighthouse, and I've found some pretty shells for the kids too.' She opens her hand and shows him her treasures.

'Hi kids', she calls, in the silver-bells voice that first attracted Tom. 'Who's for ice cream or candy-floss?'

The children desert their game and come pounding up the beach.

'Yes please, Mum,' they chorus.

'Well, we'd all better wash our hands first then, hadn't we?' She produces a towel from Tom's holdall and hands it to Andrew.

'You can supervise,' she says, and looks across to where Rachel and John are standing watching.

'And who are those two?' she asks.

'John and Rachel,' answers Andrew. 'They've been helping us with our sandcastle'.

'Really? Well, in that case Daddy and I will go and see if they can come with us. It sounds as though they deserve an icecream too. And perhaps their people will keep an eye on our things while we're gone.'

She and Tom come back a few minutes later, hand-in-hand with the two children.

'That's settled then,' she smiles. 'OK, let's go!'

I get up from my deckchair and watch the little band as they stroll along the beach towards the amusements. I do not follow unnoticed as I could.

It doesn't upset me that they call her 'Mum'. I am pleased to see my beautiful children happy again, and their father too.

My day-off has been a good one.

THE END

Thank you to the Writers Circle for permission to publish this article. We are interested in local writers' new material - the Writers Circle will help you develop.

Last month's answers:

- 1) Stephen Fry's 2) Salmon 3) 73
- 4) Wat Tyler 5) Albermarle Street
- 6) None, they are all streets
- 7) Tomato (bet I know what you were thinking) 8) Roy Hattersley
- 9) Olivia de Havilland 10) 25 11) Paris
- 12) Julie Christie
- 13) Zone Improvement Plan
- 14) Skytrain 15) Minoan
- 16) George Marshall 17) Henry VII
- 18) King Juan Carlos 19) John Knox
- 20) Machine gun 21) Jack the Ripper
- 22) Catherine of Aragon

THE WRITERS CIRCLE

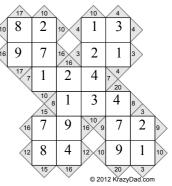
meets on the first Tuesday of every month in The Methodist Hall, High Street, from 2.00pm until 4.30pm

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: 601550

Fishing Club New Members Welcome. For details ring Brendon



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Our next meeting will be on Friday 23rdth June at 2.30p.m. in the Selsey Centre.

Our Speaker will be Neil Sadler Neil will be talking about gongoozling for beginners on the canals!

This promises to be a very light-hearted look at the joys (and mishaps) whilst exploring the canals of England

If you want to know more then please call Sue our Membership Secretary on 07710 658331

SAVE THE DATE!

THURSDAY, 17 AUGUST 2017

GAINSBOROUGH SINGERS' SUMMER CONCERT

From 2-4 pm in the Town Hall Admission £3, including refreshments There will also be a raffle

BACK AT THE SELSEY FESTIVAL BY POPULAR DEMAND

Last year's concert raised the magnificent sum of £250 for a local Charity Please help us to do better this year.

Look forward to your company





Selsey Baking Club meets on 3rd Wednesday of each month at St Wilfrids Church Hall, Church Road, Selsey at 7.30pm. Please <mark>find us on Face</mark>book to find out this month's theme or email us at selseybakingclub@hotmailcom



Chichester and District Society of Model Engineers will be holding their next "Steam on Sunday" Open Afternoon on Sunday 18 June; between 1400 and

1700 at their site in Blackberry Lane, off Bognor Road, in Chichester, West Sussex PO19 7FS.

Train Rides will be offered to visitors behind a selection of Steam, Electric, and Diesel powered locomotives, and a selection of light refreshments will be on sale. Admission to the site is free; but tickets for rides on the trains will be £1 each, for adults or children.

The outdoor Garden Railway will be running, with a selection of live steam and radio controlled electric trains: some moving round the tracks, on their own; others are standing still, so that you can see and photograph them more clearly.

The new "Drive a Train Yourself" Model Railway will be in use. This has several circuits of track; each with its own controller and donations box.

Further information is on our Website: www.cdsme.co.uk or from me, Mr B. Earnshaw-Mansell, on: 07954 - 051594,



At St Wilfrids Church Hall, Church Road, Selsey

Sunday 25th June 10 – 2 pm

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The Recreation Ground, School Lane, Selsey

From 7.30am to 1.00pm Cars £7.00 / Cars & Trailers £10.00 / Vans £12.00



SELSEY HORTICULTURAL SOCIETY

Our June meeting will be a 'Virtual Tour of the members gardens' which were opened as part of the Selsey Walking Festival

Friday 9th June (2nd Friday)

Selsey Centre

7.30pm

Visitors Welcome £1.50

Raffle & Refreshments will be available.

Should you require any further information please contact Amanda on 604634

Selsey Life is compiled and published by

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To the best of our knowledge all firms and organisations mentioned in this issue are reputable. Advertisements and articles in this publication have been supplied by local businesses and organisations. Therefore Selsey Life cannot be held responsible for any inaccuracies which may appear.

Quiz Evening and Meal.

Saturday June 10th from 6.00pm at Selsey Methodist Church.

Join us for this popular ticket only event.

Pre-booking essential please.

Tickets just £5.00 per person, maximum of 8 people to a table.

Small prize for the winning table.

Raffle during the evening.

Ring 601032 or 601439 to book.

Selsey Bridge Club All welcome Friendly group of mixed ability Thursday afternoons 2pm - 5pm

Selsey Club Coxes Road call Carole Kinross 01243 602250 for information Very basic beginers lessons available

SELSEY CANCER RELIEF FUND DATES TO REMEMBER Methodist Church Hall 10am

June 3rd Jumble Sale 10am July 8th We shall be using collection boxes in the **High Street** August 5th Jumble sale 10am

There is ample parking behind the Fire Station.

Darby & Joan Club Selsey

The club meets every Friday between 2.00 & 4.00 at St. Peter's church hall

for a game of prize bingo and raffles and of course a nice cup of tea and chat. Also during the year we have subsidised days out to garden centres for cream teas and a bit of shopping. Transport to the hall is supplied by Selsey Venture bus, if you are a member of this great service they offer. We are a club are affiliated to the R.V.S For more information please call Jill Evenden 01243 604187

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Email us manhoodinternetradio@gmail.com or call us 01243 942345









L.I.N.C **Ladies in Contact**

Our June meeting will take place on Thursday 15th June in St. Peters Church Hall at 7.15 p.m when we will be welcoming our speakers for the evening, Claire and Peter Beer who will telling all about

"Flying - for - Life"

With The Mission Aviation Fellowship. Cost for the evening is just £2 which includes entrance, refreshments of a welcome cup of coffee or tea and biscuits, together with a free raffle ticket. The Venture Bus is available to members; we aim to conclude the

meeting around 9.00pm.

Should you require any further information please contact either Mary Grantham on 604718 or Beryl Fletcher 603750. Why not come along you will find us to be a very friendly and welcoming group.

Selsev Model Boat Club

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

boats10.00am until noon on Sundays and from April, 4.00pm to 6.00pm on Wednesdays (weather permitting)

The first Sunday of each month is Race Day New members welcome

or just pop along to have a look and a chat contact Chris on Selsey 601550

Crafty Natter Club Selsey Methodist Church 1st and 3rd Wednesday ~ 2-4pm (in the large hall) For more information contact Lisa Allinson on 601032





Come and share some Roman stories and meet a Roman!

Saturday 3rd June 11.00-11.30am



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SELSEY METHODIST CHURCH

Rooms in our premises, including kitchen facilities, are available for hire. Please phone 01243 601439 for details.

Our minister is Revd Bruce Allinson 601032

SELSEY METHODIST CHURCH SERVICES

Sunday 4th June 10.30 am Mr B Kelley Sunday 11th June 10.30 am Revd. Bruce Allinson Holy Communion 18th June 10.30am Mrs Margaret Thompson Sunday Sunday 25th June 10.30 am Revd. Bruce Allinson Our minister is Revd Bruce Allinson 01243 601032



East Beach Evangelical Church

Thursday 1st June 2.30pm - Tea & Chat

Saturday 3rd June

5.00pm Picnic & Games (On green by East Beach Car Park. Bring your own picnic)

Sunday 4th June

10.00am - All-Age Service

Thursday 15th June

12.30_{pm} - Lunch Club

8.00pm - 9.30pm - Oasis

An evening out in an informal & friendly environment. Games - Nibbles - Drinks - Chat. See website for more details

Sunday 18th June

3.00pm - ResBite Tea

(Aimed at those who might not see other people over the course of a normal weekend ~ Lifts available)

Sunday 2nd July

10.00am - All-Age Service

Thursday 6th July 2.30_{pm} - Tea & Chat

See separate Selsev Life adverts & our website for our Youth & Children's Clubs

For information on our regular weekly activities

www.ebecselsey.org.uk or call 607741

Marisfield Place - opposite East Beach Shops Pastor: Phil Harding - 01243 607741 or office@ebec.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

Sunday 8am Holy Communion (BCP)

10am Sung Eucharist (with Sunday School)

Messy Church at 12 noon in hall on last Sunday

Sunday of the month

9.30am Eucharist Wednesday 9.30am Eucharist

Thursday 7pm Eucharist

St Peter's church doors are always open for quiet reflection.

Our Church Halls with Kitchen and Car Park are available to hire for your meetings and celebrations please contact our Hall Manager John Irwin on 01243 606570 or jimirwin@waitrose.com

SELSEY CAMERA CLUB

We meet at St. Wilfreds at 7:30, our next meet is on June 5th which is our competition for best print taken on The Manhood Peninsular, our complete programme is on our web-site.

www.selsevcameraclub.co.uk.

Selsey Methodist Church 150th Church Anniversary 1867-2017 July 8th and 9th 2017

Saturday July 8th

3.00 pm Anniversary Service

4.30 - 6.00 pm Celebration Tea and Birthday Cake

6.00 - 8.00 pm An evening of popular Music for All with Michael Wooldridge from Radio 2's The Organist Entertains - Tickets £7

10.30 am Anniversary Service

Make a note in your diary

Catholic Church of Our Lady of Mount Carmel and St Wilfrid ('St Wilfrids') Church Road Selsey PO20 0LS Tel: 01243 602312

Parish Priest Fr. John Healy

Mass Times

Saturday Reconciliation 4.45pm - 5.15pm Evening Mass 5.30 pm

Sunday Morning Mass 10.0 a.m

Weekday Masses see Newsletter or Website

Coffee & chat after Weekend Mass; 1st Weekend of the month All welcome!

'Our Church Hall with Car Park is available for your Meeting or Celebration'

E mail parishpriest@stwilfridselsey.co.uk

www.stwilfridselsey.co.uk

DONNA'S DELIBERATIONS

Hello everyone - Happy June!

I don't know if you agree with me or not but...just where is this year going? I cannot believe that it's already six months in. My regular readers (yes, really - I do have some!) will know that I have something of a pre-occupation with time and given that it only seems like just stopping what we're doing, then just live in the moment – no last week I was typing my Selsey Life article while looking at the Johnson family Christmas tree, I decided to actually look into 'time'

The issue, of course, is not that time speeds up, it's that we get older; sad, but unavoidably true. Which leads us on to the next obvious question: why does time appear to go faster as we get older? I had an absolute ball when I was a child: my summers' seemed to last for six months or more and I'd wager that yours were no different! Everyone knows the saying 'Time flies when you're having fun' but, as we get older, time seems to accelerate whether we're having fun or not.

In recent years my days have sometimes seemed interminably long and yet the months seem to fly by in a blink! I have concluded that my self-image doesn't relate at all to my chronological years - I feel like I'm 25, then I look in the mirror and see someone who's about 35 – then, I look a bit closer and the grim reality sinks in! Am I alone? No, I didn't think so! I've become quite pre-occupied with this of late (perhaps unhealthily so according to my family!) so I decided to look into this 'time' phenomenon a little more deeply.

In 1877 a chap called Pierre Janet put forward the theory that the reason time seems to speed up as we age is because every new experience becomes a smaller fraction of our lives. So, when you're only 5, one year is one fifth or 20 percent of your life but when you get to 50 - it's only 2 percent. Another interesting theory is from a guy called William James. He looked at something he called 'vivid memory units' - it just so happens that we store more 'units' when we're young. So.... someone might use 100 units to get to 10 years old but only 10 units to get the next 30. As the time we spend on earth is largely – and subjectively - measured in memories, it would seem plausible that if less memory units are forged during adulthood, time would 'appear' to go faster....maybe.

Interestingly though, in 2005 a couple of psychologists discovered that while time does seem to accelerate as we get older, things do level off a bit by the time we reach 50. They theorised that this was because between late teens through to fifties, we are very 'time pressured' – after that, we have less imperatives time wise (I haven't noticed that myself!) Time does indeed seem to move quickly when we're under pressure. When I was writing for a living,

Donna Johnson juggling deadlines and 'life' in general was a constant source of stress and being able to jump into my own personal Tardis would have been very welcome. So, actually, I understand that one.

The question, though, is what do we do about it all - how do we get time to slow down a bit? I can but offer a couple of suggestions. When you're under pressure, how about 'lists?...When I have loads of things to do or decide, I write them down. Once I've committed them to paper, I've 'processed' them a bit and they seem easier to manage. We can also 'stop' for a while – slow time down a bit by planning ahead, no worrying about how we're going to fit 25 hours into 24 - just 'stop' and focus on the present. When we stop living in the past or dwelling too much on what might be in the future, we focus on the 'now' - that way we lay down a memory and for us, the passage of time will slow down.

If the worst comes to the worst, we can always try to 're-frame' things. My father-in-law, a clergyman, has no issue with speed of time as he embraces an existence which is better than his perception of his current one. Outside of a religious perspective, we can always try to look forward to a time when we can reverse ageing, improve our minds and in many ways be unfettered by our current limitations. I doubt it can ever happen, certainly not in my lifetime, but even pretending that it might, should be enough to take the edge of the anxiety we can all feel about time and its passing.

For me, I've decided to start paying attention to the little things, treat my life as a series of new experiences so I don't ask where time went. Instead of switching off and day-dreaming I'm going to start paying more attention - I'm going to start living in the moment.

So...a slightly different 'Deliberation' this month! I like to mix it up a bit. Stops life getting boring and predictable! Let me know what you think, I really like to hear from you all.

By the way, The Selsey Walking and Outdoor Festival will be underway by the time you read this. It's probably one of my favourite activites here in Selsey. Not being able to drive (honestly, I can't - I have no wish to inflict my driving on an unsuspecting world!) I have no choice but to walk a bit but I really enjoy a purposeful walk and there are some brilliant ones which are not only good for you but really informative as well. The Town Hall has leaflets and they have a website: www.swof.co.uk

So, I'm now off for a nice cup of tea (For some reason, I've gone off green tea, my favourite is now Lemon and Ginger which Becky's kiosk always keeps for me!) Might also manage a Belgian Bun! So, I'll be living in the moment, gazing out to sea, laying down a few lovely memories of our very special town.

donna.johnson@tesco.net

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Half Pounder Cheese	£4.90	
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