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

Selsey Life

Community Magazine

JUNE 2020
ISSUE NO. 256

www.selseylife.weebly.com

Find us on Facebook

50p in the yellow pots

Included this month:

Alfred Woodland

Covid-19 Mutual Aid Update

Ferry Farm donates laptops to schools

Change of RNLI Coxswain

U3A Quiz

Chichester Farmer's Market update

Local Information, Quizes, puzzles, and enjoyment

Job Opportunities
Call 07989 534 852

WE'RE NEAR THE WINDMILL

SALTINGS DINER

EAT IN OR TAKEAWAY

Open 7 days a week
GENERAL PUBLIC ARE WELCOME.

2 MEALS FOR £10

FULL ENGLISH BREAKFAST
ONLY £4

COSTA COFFEE SINCE 1971

HOT FRESH DONUTS

1/4LB CHEESE BURGER & CHIPS
ONLY £4

PLUS HOT DOGS, ICE CREAMS AND LOT, LOTS, MORE!

OPEN ALL DAY
9AM TILL LATE
ALL ENQUIRIES: 07989 534852

Find us on Facebook

WEST SANDS FUN FAIR AND SALTINGS DINER, WEST SANDS HOLIDAY PARK, MILL LANE, SELSEY, WEST SUSSEX PO20 9BH

Hello everybody, and welcome to June's issue of the Selsey Life magazine. I trust you all enjoyed your Bank Holidays, although with the present situatuion did you notice them? Anybody want to send in photos of their celebrations?

At the time of writing we are experiencing some lovely weather, but by the time you are reading this it could all have changed - I read somewhere that a cold June was predicted - we shall see.

Well, I am still on my own, the Boss still cannot get back into the country. (My calls to the authorities must have worked....). Seriously, if any of you are experiencing the same thing, you have my understanding, as it is a great disruption. However, better to be somewhere safe than in risky crowds.

We have the longest day this month, Sunday June 21st, which also happens to be Father's Day.

Another big thank-you to the Selsey Folk and Music Club for their generous donations towards the running costs of the magazine, it is very much appreciated.

As always, if you are reading this magazine in a reception or whilst waiting in a shop, and you will be putting it back, may we please ask if you would still consider putting a small donation in the box? If we cannot make the printing costs there will not be a magazine for you to look through. Thank you.

Enjoy the month of June, (hopefully) in all it's glory, and we shall see you again in July. All submissions are appreciated, and if you have any thing you would like to see in print please send it in for consideration.

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

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

(Apologies but once again the draw for the March Find the Seagull has had to be held over. As stated last month it will be done as soon as possible, and the result published. Thank you for your patience).

If you groan at my written jokes, and you probably do, do you have better ones to publish? Send them in.

SELSEY ROOFING
Your Local Contractor by
G.K.Foster & Son Ltd est 1969
For all your roofing needs no matter how big or small
. Re-roofing . Lead work
. Flat Roofing . UPVC Fascias
. Soffits and Gutters
. Repointing and Rebuilding old Chimneys
.General overhauls and Maintenance
Checka-trade approved
Tel Selsey 01243 641205
Mobiles:
0783 1265 154 (Graham) or 0788 4232 447 (Ricky)
BUY WITH CONFIDENCE
Checkatrade.com
Where reputation matters

1) Which musical instrument does Lang Lang play?
2) Which will be the first leap year in the 22nd Century?
3) Who directed the film The Birth of a Nation?
4) What word can be a type of injury or a stream?

Dear Selsey Life,

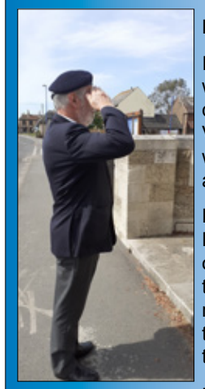
The Selsey Quilters were going to have a stall at the VE Day Celebrations in the village to raise funds for Help the Heroes.

We decided to make a quilt to mark the 75th anniversary of VE Day using patriotic colours and had planned to raffle this on our stall.

Unfortunately due to Coronavirus the event has been postponed, but our quilt is finished and we thought that we would like to show everyone our tribute to those who fought in the war. Raffle tickets for this quilt, which is named Heroes and is 70 x 58 inches, will be available from the Selsey Quilters when our village celebrations go ahead.

Deirdre Hoggarth of The Selsey Quilters.

LONE SAILOR SELSEY WAR MEMORIAL
VE DAY 11.00 A.M.



Dear Selsey Life

It was such a shame with the present lock-down that the planned VE Day celebrations weren't able to go ahead in Selsey.

However, Chris Read and a couple of bystanders held a two minute silence to remember the day and those who had given their lives.

Many Thanks

Patricia Read

5) Where is the United States Naval Academy?
6) Which British children's TV artist died in 2009?
7) What does pejorative mean?
8) In which US state is Lake Placid?
9) Spell the name of the French national anthem.
10) What were the prefabricated harbours used after D Day called?

FERRY FARM COMMUNITY SOLAR DONATES LAPTOPS TO LOCAL SCHOOLS

Local Energy Enterprise Delivers 40 Chromebooks for Selsey and Sidlesham Children

Pictured: Ben Cooper, Founding Director at Ferry Farm Community Solar, ready to deliver laptops to schools

Ferry Farm Community Solar, a local energy enterprise which serves the communities of Selsey and Sidlesham, has donated 40 laptops to local schools, to support children who are home learning during the Coronavirus lockdown.

The laptops were provided to Medmerry Primary School, Seal Primary School, Sidlesham Primary School and The Academy, Selsey. Each school was then able to determine which children were best placed to receive them. Some have been given to children who had no access to a keyboard based device whilst learning from home, with others going to families who had children sharing a device.

Ferry Farm Community Solar, which has a history of supporting the local community, has also established a crisis fund, totalling £40,000 which is being used to support local people during the outbreak. Payments have already been made to the local Food Bank and the local Covid Mutual Aid network.

Applications to the fund are invited and can be made online at : www.ferryfarmsolar.co.uk.

Ben Cooper, Founding Director at Ferry Farm Community Solar, commented: "The impact of the lockdown on our children's education will be significant. We felt it was very important to help children to access the resources being provided by the schools - given some have had no opportunity to take part in online learning. It will also hopefully put them in the best position to return to school when the time is right. We hope these devices will be useful in helping to continue to provide support to students during the lockdown and beyond."

Melanie Strachan, Headteacher at Seal Primary School said: "We are so grateful for this donation and it is wonderful to know how much the local community is behind us. The impact for our children on having access to these Chromebooks will be enormous."

Dave Lott, Headteacher at Medmerry Primary School, added: "This really is a fabulous donation from the Ferry Farm team and will have a big impact on our school, and young people."

Mike Wood, Headteacher at Sidlesham Primary School, continued: "Our thanks to Ferry Farm - this donation is absolutely superb and I can't explain just how much of a difference these laptops will make!"

Tom Garfield, Headteacher at The Academy Selsey, concluded: "This is an amazing gesture and one which we are so grateful for. It's important to recognise the time and energy that the Ferry Farm team have put into this, in order to source and deliver these laptops so quickly in the current situation in order to help our young people to learn."

schools works Academy Trust — Building children's futures together

Over these lockdown weeks, staff at Medmerry Primary have been continuing to support the parents and pupils.

Children of key workers have been at school enjoying lots of different activities and spending lots of time outside when the weather has permitted. Teachers are working from home when not at school, planning, and providing weekly learning logs to publish on the school website and learning packs for those without the internet. Along with this, we are recording stories, assemblies, phoning families and finding various ways of remaining in contact with our school community.

It has been exciting to see pictures of the childrens' work and has shown how creative parents and children are being with the activities we are setting.

You can also share our assemblies and our story telling videos by logging onto the school website – Medmerryschool.co.uk

Seal Island Wools
92 High Street, Selsey
01243 606837
sealislandenquiries@hotmail.com
Facebook.com/sealislandwools

Hey everyone,
We are operating our home delivery service within Selsey on Tuesdays and Fridays,
please leave a message on our answering machine or a note through our letterbox and we will contact you asap.

We are still doing bags of assorted yarn suitable for charity knitters for £5 to a local charity.

Find us on Facebook

11) What UK coastal defences were built during the Napoleonic wars?
12) Who played Nurse Gladys Emmanuel in Open All Hours?
13) Who, in Wonderland, ordered Alice's decapitation?
14) What was the name of Robert Kennedy's wife?

Date: 22 April 2020

Selsey coxswain retires after 47 years with the RNLI

Martin Rudwick retired from the RNLI on Tuesday 21 April the day before his 65th birthday. Martin joined the RNLI Selsey lifeboat crew as a volunteer in June 1973 when he was workingas crew on a local fishing boat. In 1978 he was awarded a vellum certificate when he was crew during the service call to the trawler New Venture. And in 1983 he was awarded a medal service certificate as crew on the service call to the 33ft yacht Enchantress of Hamble. In the early 80s Martin became a skipper of a local fishing boat and in 1991 decided to buy his own boat the KSL.

Martin fished the grounds off Selsey even getting assistance from the lifeboat on three occasions. In 1996 Martin was appointed as 2nd Coxswain a position which still allowed him to continue fishing. Then in February 1998 at the age of 43 Martin was appointed as Coxswain taking over from Mike Grant who was retiring. This was a full time appointment so KSL was sold and the only fish caught were bass of the end of the old lifeboat slipway.

During his time as coxswain Martin has had some notable calls, on the 15th November 2000 he deliberately put the lifeboat aground in order to rescue the two crew off the yacht Penguino. The 36ft yacht Shropshire Lady which was 28 miles south of Selsey was one of his roughest and taxing in his early years as coxswain resulting in a tow of nearly 10 hours. On 27th May 2007 the call to the yacht Pakaa vessel which was 19 miles south west of Selsey in rough seas, 9-10 SW winds and torrential rain resulted in the lifeboat out for 12 hrs.

Martin has served on three classes of all-weather lifeboats and seen vast changes in their design from the 48ft 6in Oakley class RNLB Charles Henry to the 47ft Tyne class RNLB City of London and RNLB Voluntary Worker and all slipway launched to the current station boat the 13 metre Shannon class RNLB Denise and Eric launched and recovered from the beach.

During Martin's time with the RNLI at Selsey 1973-2020 the all-weather lifeboats have launched 845 times on service. 139 lives were saved and a further 738 persons rescued.

In these times of social distancing Martin wasn't permitted the last day celebrations so his daughter Helen arranged for her and some of her friends children and the children of lifeboat crew to produce pictures which decorated the front of his house which was a nice surprise when he arrived home.

Date: 4 May 2020

New man at the Helm at RNLI Selsey Lifeboat

Rob Archibald is the new coxswain at Selsey RNLI lifeboat station replacing Martin Rudwick in the full time position which commenced on 1 May 2020

Rob started volunteering for the RNLI at Selsey in March 1994 whilst working at his father's garage. From 1998-2007 Rob worked on three local fishing boats. He passed out as D class helmsman in 1999 and in 2005 he volunteered at Chiswick lifeboat station on the Thames. During 2006 Rob passed out as a Tyne class mechanic and later that year became Deputy 2nd coxswain at Selsey.

In 2007 he became full time helmsman at Chiswick a position he held until 2015 when he became a fleet staff coxswain relieving coxswains at Tyne and Severn class stations and moving lifeboats around the coast, he passed out as a Severn class coxswain in 2013. He is currently passed out to operate all the classes of all-weather and inshore lifeboats in the RNLI fleet. Rob became 2nd coxswain at Selsey in 2016 after Willy Pledger retired from the role.

In 2017 he became a helmsman at Tower station on the Thames the busiest station in the country which he held until 2019 when he was required back as fleet staff coxswain a position held until he was awarded the Selsey coxswain role. During his time as a fleet staff coxswain Rob visited many stations as relief from the northerly in Lerwick in the Shetland Islands to St Helier in Jersey as well as Northern Ireland and ROI. He holds a commercially endorsed yacht master certificate and Port of London local knowledge endorsement.

In 2007 Rob was invited to join the RNLI international flood rescue team and in 2013 went to Carolina USA for a week to train with the Charlotte fire dept. He is a flood team commander now.

Selsey Life is compiled and published by
SELSEY LIFE Ltd. . Tel: 01243 602729 e-mail: selseylife@btinternet.com
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.

Hundreds of local businesses receive COVID-19 grant funding

Business rate grants, totalling around £36 million, have now been issued to approximately 3,000 businesses in the Chichester District.

“This has been a huge task for all involved, and we are over the moon that all of the eligible businesses that were identified for this grant have now received it,” says Cllr Peter Wilding, Cabinet Member for Finance, Corporate Services and Revenues and Benefits at Chichester District Council.

“In total, we were allocated £37 million, but a small number of businesses decided that they did not want to accept the grant, for various reasons. Our staff were determined to issue these grants just as soon as they possibly could.

“Although all eligible businesses received a letter asking them to apply, not all initially responded, and so our staff have been heavily promoting the scheme, emailing and making phone calls – sometimes late at night. They truly have gone above and beyond to make sure that every single eligible business has had the opportunity to access their grant. I’m delighted to say that we are the number one Local Authority in the country for delivering this support, with a 99.56% payment rate.

“The Government have indicated late last week that there will be an extension to its grant schemes. We are waiting for more details and a formal announcement on this at the moment but will keep everyone updated.”

This is just one of the many ways the council has been assisting businesses during the coronavirus crisis. The council’s Economic Development team has been speaking to hundreds of businesses, offering support, while the council’s Health Protection and Licensing teams have been helping businesses to meet Government guidelines and helping them to adapt their businesses.

“It really has been a team effort,” Cllr Wilding adds. “Our Economic Development team has been supporting businesses, helping them to access the support that is available, and helping them to prepare for the recovery stage. While, our Health Protection team has been providing food businesses with advice on how to offer take-away and delivery services, as well as working with the licensing team to offer advice to caravan parks and holiday businesses.

“One of our key priorities is about helping businesses to recover from this crisis. We know how supportive and fantastic our residents have been during this crisis and we would encourage them to support our local businesses wherever they possibly can. Encouraging people to shop locally has always been a key focus for us and this is more important now than ever.”

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

Spending longer than usual at home, mostly in the conservatory admiring the garden and watching the birds, it was lovely to see two white doves feeding on the food I had provided.

Remembering Noah and the Ark, was this a sign of things improving?

We can only hope that once the lockdown is over and we can again meet our friends and family that there will not be gaps in their numbers.

All Charities are losing funding so the Friends Committee can only look to the residents of Selsey for their continued support as it is likely that 2020 will need to be written off as far as local events are concerned.

If you have attended the surgery in recent weeks, you may have noticed work on the go to replace flooring which has become a necessity for safety reasons to minimise the spread of Covid 19.

This has been an unplanned expense which even with a grant available will greatly reduce the help Friends can provide for the rest of this year unless membership and donations are increased.

You can collect a form from the surgery, the library, Town Hall and Selsey Centre (when the latter three re-open).

Thank you to all our current members. We could not do what we do without you.

For all your local advertising needs
contact us at selseylife@btinternet.com
or phone us on 01243 602729
Also Like us on Facebook

15) What is the colloquial term for someone who knows a lot?
16) Who made her name both as a novelist and yachtswoman?
17) What famous book by Dr Peter Mark Roget was published in 1852?
18) By what name is the song "The Old Folks At Home" also known by?

J.W Smith
CHIMNEY &
LOG BURNER SWEEP
07769211143
SERVING
W.Sussex & Hampshire

Chichester Farmers’ Market set to resume in June

Food lovers will be able to buy good quality local produce when Chichester Farmers’ Market sets up its stalls again in June.

The market is being reintroduced on Friday 5 June, in a temporary location at Cattle Market Car Park, Chichester. This is a health and safety measure in order to reduce the number of people in the main high street at any one time, in preparation for more shops starting to reopen. The market will continue to be held in this temporary location until further notice.

Strict social distancing measures will be in place to ensure the safety of customers, stallholders and staff. These include:

- a one-in, one-out queuing system at entry
- a one-way system
- cashless payment with all traders now able to take card
- there will be no food tasters
- all produce will be pre-wrapped – any food on display will not be for sale, and
- 2 metre social distancing will be in place at all of the stalls, with limited numbers allowed to queue.

The council’s Health Protection and Health and Safety teams have provided lots of advice for stall holders, and the market manager will be on hand on the day to ensure that people adhere to the measures in place.

“We are really pleased to be able to run the market again, supporting both our local stallholders and customers,” says Councillor Alan Sutton, Cabinet Member for Housing, Communications, Licensing and Events. “We want to enable people to access fresh local produce, as well as support these vital small producers. By moving the market to a temporary location we will be helping to reduce the number of people in the main pedestrian shopping centre, making it safer for all members of the public.

“We have put in place a wide range of social distancing and hygiene measures and I’m confident that the market will be a safe space for customers.”

For the time being, the market will feature only food stalls in line with government advice. Produce will include vegetables from Glasshouse Salads in Batchmere, bread from Petworth’s SØDT Bakery, locally caught fish from Selsey Seafood and lamb from St Columba among many others.

The market will take place every first and third Friday of the month, 9am until 2pm.

For more information see
https://www.chichester.gov.uk/farmersmarket

TERRY & IRELAND Ltd
Est 1962
Free Estimates
Plumbing and Heating Engineers
Installations & Repairs
Ceramic floor and wall tiling
Complete bathroom installations
Disabled / wet rooms / tiling and all small jobs
46 High Street Selsey
01243 602827 / 0783 670 0863

Selsey Carers’ in partnership with Selsey Community Forum – Charity number 1156460
121 High Street
Selsey PO20 0QB

Phone number – 01243 201616

Can you believe its June already, where has the time gone? We have been busy working from home, sharing tasks and keeping in contact with everyone on our contact lists. Thanks must go to the people of Selsey who in these tough times have pulled together and confirmed that we are blessed to live in such a caring community.

Please be assured that we are here for all Carers in our community, even if you feel you just want a “good old chat”. You never know with all of us doing our bit, some good luck and a lot of faith Selsey carers may as the summer passes be allowed to hold a social event where we can meet up and enjoy each other’s company once more.

Keep safe, keep well and keep smiling we will get through this together.

Tenchley Manor Nursing Home
Our team extends a warm welcome to you and your family and friends

Inspected and rated
Good
Care Quality Commission
Providing personalised nursing care to physically disabled adults and elderly residents by our professional staff.
The accommodation is light and spacious with a choice of areas where residents can welcome family and friends. Large landscaped gardens stretching down to the shoreline with magnificent views across the English Channel towards the Isle of Wight.

Ursula Square, Seal Road, Selsey, PO20 0HS
Tel: 01243-606060
www.cheerhealth.co.uk

tel/fax: 01243 602443 mobile: 07899 771379
email: hortonPJPlumbing@aol.com
5 Solar Drive • Selsey • West Sussex PO20 0AE
Gas Safe Register No. 302732
£50 TRADE IN
ON YOUR OLD BOILER
ALL PLUMBING & HEATING REPAIRS & INSTALLATIONS
NO JOB TOO SMALL
Boiler Servicing and Landlord's Certificates
Hot & Cold Tanks repaired/replaced
Bathrooms designed & installed
PETE HORTON
PLUMBING & HEATING

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

Television adverts

T. V. is great company in these difficult times; but what can you remember of these ads from days of yore!

1. What product was the first to be advertised on British TV?
2. What product was the first to be advertised in colour on British TV?
3. What type of beer was said to work wonders?
4. What sweets should you "buy some for Lulu"?
5. Which dog food is always advertised after Crufts as being "Recommended by top breeders"?
6. What drink was advertised by Leonard Rossiter & Joan Collins?
7. From which airport had Lorraine Chase flown in according to the Campari adverts?
8. What drink "came up from Zummerzet where the cider apples grow?
9. Which sweet could you allegedly "Eat between meals without spoiling your appetite"?
10. Which bank always likes to say YES?

Quiz kindly supplied by U3A.
Answers inside back page.

Selsey U3A
Learn, Laugh, Live!

Council boosts patrols in coastal areas to tackle obstructive parking

Chichester District Council has boosted its parking patrols in coastal areas in response to an increase in dangerous and obstructive parking.

Since Friday 22 May the council's civil enforcement officers (CEOs) have issued more than 180 penalty charge notices (PCNs) to drivers who have not parked in line with restrictions in the Witterings and Manhood Peninsula.

At the moment the privately-run West Wittering Estate car park is open, but with reduced capacity in order to meet social distancing rules. As a result, parking spaces have to be pre-booked before travelling to the area.

The district council is reminding people intending to travel to West Wittering that if they don't have a pre-booked space at the estate car park, not to travel there.

"Residents in West Wittering and **Selsey** are rightly very concerned at the amount of dangerous and illegal parking that has been happening, and I would like to reassure residents in our coastal areas that we are doing absolutely everything in our powers to address their concerns," says Councillor Martyn Bell, Cabinet Member for Growth, Place and Regeneration at Chichester District Council.

"During the summer we always factor-in enforcement in our coastal areas as there are more visitors, but due to the current circumstances we have increased the number of CEOs patrolling these areas. We have been carrying out extra patrols since lockdown measures were relaxed on May 13 and will continue to focus on this. We have also been liaising very closely with the police and local Police Community Support Officer (PCSO) as well as making sure that our own council-run car parks are open. In **Selsey**, we have also opened up the overflow parking on the Marine Drive car park to encourage visitors not to park on the roads.

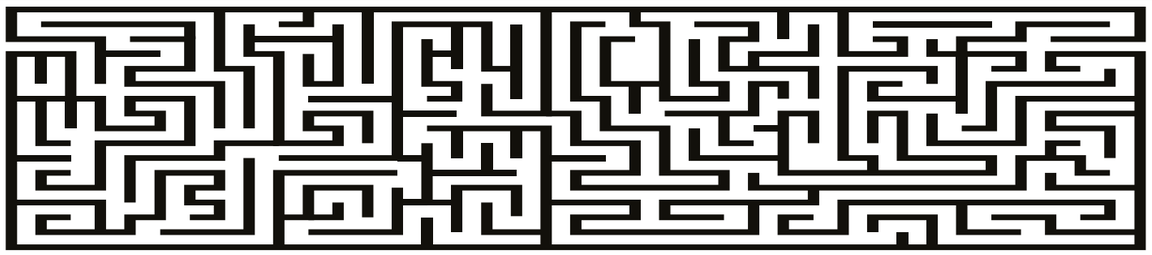
"People are turning up for a day out at the beach in West Wittering who haven't pre-booked a parking space. After finding out they can't park there, they are then parking in residential roads, often parking on yellow lines or blocking pavements and verges and causing serious obstruction. This is both dangerous and inconsiderate to emergency vehicles and pedestrians, especially those who have disabilities, or those with young children and prams who are then forced out into the road.

"Unfortunately we have had instances of drivers willing to accept a fine so they can enjoy a day out at the beach, but we would urge people to reconsider their stay if they don't have a pre-booked space at the West Wittering car park or if cannot park in one of the council's own car parks in **Selsey**.

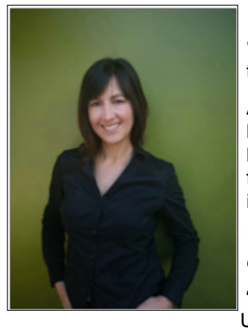
The council's CEOs are only able to take action against a vehicle where there are yellow lines or sign restrictions in place. They are not able to take action in private roads or on pavements or driveways where there are no restrictions in place. These would be dealt with by the police.

Members of the public should contact the police if there is an immediate problem which is a danger to the highway.

For more information about Chichester District Council's Parking Services, see https://www.chichester.gov.uk/parking



The Write Zone *with Tara Wright*



'Why do we need fear?' Rob smiles at the group.

At the back of the room I tote the beverage pots from the trolley to the buffet table and surreptitiously listen for the answer. When it comes it's an indignant female voice.

'You need fear to keep you safe. Everyone knows that.'

'That's right! We need fear…To. Keep. Us. Safe.'

Rob does big blue fast writing on the flip chart, the way a lot of trainers do. Most of the people in this room have been wanting to make a break for it since 09:00 this morning but Rob's not disheartened. He knows they're not here by choice. Being told by your boss to attend the Emotional Self Discipline at Work course is subtext for *get your shit together or ship out*. I nudge a plate of biscuits on to the table and slide out the door.

Rob's question nags at me during the train ride home at the end of the day. I lean my forehead on the cool window with my eyes closed, and think about it. When I was growing up, the last thing I imagined needing was fear. I didn't get the chance to go on some fancy course to figure out how fear serves us. I suppose if I had I wouldn't be in the position I am now, making ends meet in a dead-end job. I loved my career. I was an account manager and travelled all over the country. Trouble was, whereas I perceived myself as assertive, others saw me as a bully. They shuffled me into a back-water division so I couldn't do any more damage, and then sacked me when I fell out with my co-workers. That was the third job I lost, and the wake-up call I needed. After blaming everyone and everything else, I finally broke through my calcified denial and admitted that I needed help. Help shone a light on the real problem: I'd spent my life instilling fear in others in order to vent my own.

When I arrive home and kick the door shut behind me my cat, Teabags, runs up the hall and strains against my shins, tail quivering. I hoist him on to my shoulder and wince. The chiro tells me my shoulder is frozen from years of misuse. I took a friend's advice three months ago and started practising yoga. I guess it's more of an attempt than real practise, but I've become addicted to coaxing my body into shapes it's never made before while trying to focus on the person I want to be. It's a physical and mental challenge I enjoy.

Thirty minutes later Teabags watches disinterestedly as I dump my weight through an inelegant flow trying to tune in to my mental blockers. As I stretch into another position the arctic burn in my shoulder starts so I corralle my breath towards that joint as if I can cool it by thought alone. It's right then that the unexpected happens. A voice, unbidden, chimes in my head.

'That shoulder protects you.'

Where the hell did that come from? My body has just handed me a cryptic memo and I quell a sudden urge to cry. Let it go, I tell myself.

Let me go.

The memory crashes in so fast that it's like being scooped up and dashed against a wall by a giant hand. There's nothing I can do but travel with the force of it. My forehead's still pressed to my mat but I'm not meditating anymore.

The hairs on the back of his hand are golden in the light through the window behind me I look up at him but he's not looking at me he's looking at her she's shouting I'll teach you what it means to play with matches you could have burned the house down I'm going to show you why you never play with fire she screws up the old newspaper and piles it in the sink until it's nearly overflowing I don't know what she's doing because she's making such a mess and Dad's not saying anything and I still can't work it out until the scratching of a match sets the paper on fire is she going mad and burning the house down I am so confused it burns such a hot orange and it smells of sour black smoke I can't believe there's a real fire burning where there shouldn't be one and then suddenly Mum's grabbing at my hand so fast and tight it pinches and she's pulling me with both hands towards the fire I'm going to show you what fire does she's shouting so angry and I'm screaming no but she's not listening and I'm trying to drag backwards but she's stronger than me and my right foot is stuck at an angle jammed into the carpet to stop me sliding but I slide anyway and he's behind me pushing me forward towards it I can feel the heat no no no Mum no stop but she's not listening and her face is twisted into an ugly knot I can see how much she wants to burn me and he's not stopping her his hand on my shoulder can't run pinned between them and I imagine how it will hurt when my hand is in it and I can feel wee coming down my leg now and I scream again and then he speaks suddenly and he's telling her to stop but it takes her a few moments to listen and then I tear my arm free.

I open my eyes and uncurl, panting. I'm shaking. My body just whispered a terrible secret to me. My gaze moves to the garden to Teabags, trying to reconnect with reality, with safety. I lift my right arm across my chest and cup my left shoulder. It hunches immediately towards my ear. So there it is: that misuse the chiro told me about is actually my left shoulder trying to nurse my terrified right hand.

Fear is not the thousand inconsequential happenings that we forget about when the moment's passed. Fear is when the tiger is through the door and you have nowhere at all to run. Some folk have a chip on their shoulder. I carry betrayal on mine.

Cross-legged on my living room floor, I cry for a long time. The light fades. My chiro can't fix this. And nor can any training course for that matter, but I've read enough self-help books to know that the first step towards healing is acceptance. I've accepted responsibility for the things I did and said to other people; the hurt that I caused only because I was the one hurting. Now it's time to accept that fear created the worst side of my personality. No more denial. No more freezing it out. I was an abused child. I have to accept the trauma of what happened to me, but that doesn't mean I have to live with it, and nor should anyone else.

Let it go.

Stay well, everyone, Tara

www.tara-wright.com

19) Did you know that the villains in the films Psycho, The Texas Chain Saw Massacre and The Silence of the Lambs are all based on the same real-life person? Can you name him?
20) What has varieties including Amish Deer Tongue, Drunken Woman, Midnight Ruffles and Red Leprechaun?
21) What is the longest English word with all it's letters in alphabetical order?

Here is a fact I missed for the last issue, but for a reason:
At the end of the Second World War in Europe, the US Censors kept the news of Germany's unconditional surrender secret from the public for eleven hours.

ALFRED WOODLAND
1844 – 1914

Photograph by kind Permission of Frances Mee and Phillimore Press

Alfred Woodland was born about 1844 in Selsey. His parents were William Woodland (born 1814), an Agricultural Labourer, and Letitia Page (born 1815).

In 1851 Alfred was 6 and living with his parents on Medmerry, Selsey. By the time he was 16 he was a servant at Woodbine Cottage, West Wittering in the employ of William Steven, a grocer and a butcher. Also working there, as a general servant, was Sarah Ayling (1846 Nutbourne – 3 August 1907 Selsey). Alfred and Sarah married on 25 July 1867 when he was 21 years old. His profession was Grocer and that of his father, William Woodland, was a Farmer. Sarah's father, James Ayling, was a Bricklayer.

They had three children, Herbert born 1868, Beatrice born 1874 and Flossie born 1875.

In 1869, Alfred had a bit of trouble as a sack of potatoes was stolen from him on 5th November. His brother, Frederick Woodland, was called as a witness. The case was dismissed on the grounds that neither the sack nor the potatoes had been identified.

By 1871, Alfred himself was a Butcher and Grocer and living in the 'village'. In 1881 he was in the High Street, in 1886 he was a butcher, baker, grocer, draper, coal merchant etc. He was also the agent for the Star Life Insurance Company and the Star Bowkett Building Society. He had Horses and Traps for Hire. A man of many parts! In 1891 he lived at 123 East Road and appeared on the census as a Tea Merchant and Grocer.

The1890 Kelly's Directory contained an advertisement regarding Beacon House of which Mr. A Woodland was the proprietor but it is thought that he was the tenant rather than the owner.

A report in the Chichester Observer of 19th August 1891 gave details of a rather unusual cricket match which took place at Beacon House:

'BEACON HOUSE FESTIVITIES

On Thursday last a novel and interesting cricket match was played on the lawn of this popular establishment between teams of ladies and gentlemen respectively selected by Mrs Frank Beddoe, Mrs Earl, Mr Clarence Smith, and Mr Sidney Waghorn. The ladies were indulged in all the advantages the game could afford – short runs, plenty of fielders, slow bowling, &c – whilst the 'sterner sex' were seriously hampered and handicapped, they, poor fellows, being armed only with a broomstick and required to hit, bowl, catch, and throw left-handed. Nevertheless they succeeded in besting their fair opponents by seven runs, the scores being 73 and 66. Colonel Sedley was appointed umpire, and he took every care that the gentlemen should play fairly and take no advantage over the ladies…Later in the evening the grounds were beautifully illuminated by the proprietor, Mr Alfred Woodland, with Chinese and Venetian lamps, and dancing and other amusements were indulged in to a much later hour than is usually observed by this well-conducted establishment.'

In 1893, Beacon House donated a prize of 24/- for the rowing match of the Selsey Salvage Galleys between the Selsey Cricketers and the Fishermen. The match took place at the Regatta held on August 31st, 1893.

Kelly's Directory of 1895 showed Alfred as Grocer and Draper, Provision Dealer, Post Office High Street with apartments at Beacon House so-called because it was near the site of one of Selsey's warning beacons.

A letter from 'A Resident' appeared in the Chichester Observer of 5 June 1895 stating that the *'very fine weather has brought a great many visitors to this sea-side resort… Beacon House, the well-known Boarding House, belonging to Mr Alfred Woodland is full…"*

It went on to suggest that *'the District or Parish keep the main road leading to the sea cleaner, for at the present time it is perfectly disgraceful, which must give visitors the impression that Selsey is anything but a clean village…'*

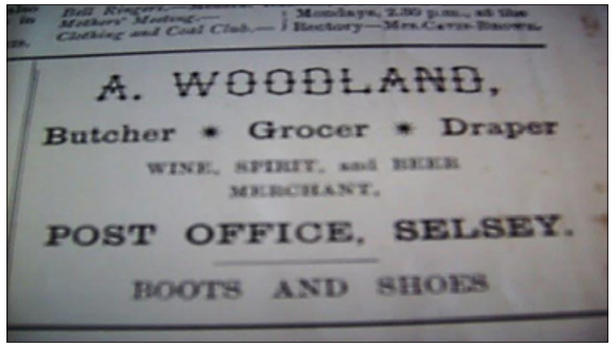
I wonder if the 'Resident' was Alfred himself. In December 1896 Mr & Mrs Alfred Woodland's Beacon House was *'very full…Mr and Mrs Woodland are always assiduous in their attentions and efforts to make visitors as homely and comfortable as possible'.*

In 1897 he was a Grocer and Draper, Provision, Wine and Spirit Merchant and had the Post Office in the High Street as well as Beacon House

In August of this year a Celebration Luncheon was held following the opening of the Selsey Tramway. Guests including Sir Clarence and Lady Smith, the Mayor and Mayoress of Chichester and a host of worthies, most of whom were shareholders in the Hundred of Manhood and Selsey Tramways Company:

'A spacious marquee luncheon was spread…Those specialities of Selsey, prawns and lobsters, were much in evidence on the tables, and such prawns, too!..There were, of course, more substantial delicacies, prepared by Mr and Mrs Alfred Woodland of Beacon House close by.'

The whole report in the Chichester Observer of 1 September covered many column inches.



In 1901 Alfred, now 56, and Sarah, now 57, were still living in the High Street and Alfred was a Sub-postmaster and Grocer and in January 1904, Alfred led his daughter, Beatrice S, down the aisle at her marriage to Frank E Meades who took over Alfred's grocery business after his death.

As we can see from the advertisement in the Selsey Parish News of 1905, Alfred shows no signs of slowing down.

After Sarah's death on 3 August 1907, Alfred married Sophia Ellis in 1909 in Rochford, Kent. The 1911 census shows him living at Fairlawn, High Street, Selsey.

Sophia was considerably younger than Alfred. In 1911 he was 66 and she was 43. She was born in Devizes, Wiltshire, daughter of Hester Ellis and George Ellis – a wine merchant. Sophia worked for Beecroft & Co of 60 George Street in Luton and was one of five employees listed as Drapers Assistant in 1891.

In 1901 she appeared on the census visiting William and Jane North in Selsey and perhaps this is when she met Alfred. The wedding was reported in the Bognor Regis Observer of 8 February 1909 and is a 5-line announcement. However, it was given extensive coverage in the Southend Standard and Essex Weekly Advertiser of 7 October 1909 and we will be looking at it in greater detail later.

The interior of the United Methodist Church was renovated and improved '*at a cost of about £120. A special feature of the renovation, and one not included in the before mentioned estimate, is the erection of a memorial oak pulpit in memory of the late Mrs. Alfred Woodland, which her children have presented to the Church. They will later add to it a brass plate bearing a suitable inscription.*' Sadly, I don't think it is there now.

Alfred died on 26 January 1914 in Selsey and Probate was granted to Sophia. He left £296 15s. 0d. His funeral, held on 28 January, was reported in the Chichester Observer of 4 February 1914 and listed the mourners and who sent the wreaths *'which were many and beautiful'*. The Woodland family was out in force along with the fellow-shopkeepers, farm employees, members of the United Methodist Church and the Postmaster, Mr F G Bellamy. The service was followed by interment at Church Norton and several days later a memorial service was held.

Paper Cutting dated 26 February 1989 (possibly Chi Observer)

From our Files

75 years ago.

The death occurred with surprising suddenness of Mr Alfred Woodland of High Street in his seventieth year. Mr Woodland was probably the best known man in Selsey and the district. He came of a real old Selsey family and had known the village all his life. Mr Woodland had been sub-postmaster of Selsey for a score of years and had also been an overseer for many years. For 40 years he had been a trustee of the United Methodist Chapel.

A contemporary report in the West Sussex Gazette of 29 January 1914 stated that *'he was very popular and his genial presence will be much missed'. Apparently 'He had been ailing with heart trouble for about a year, and was getting over an attack he suffered six weeks ago, so well that a few days before his death he had seemed almost himself again.'*

Alfred was buried at Church Norton, Block A, Row 1, Grave 3.

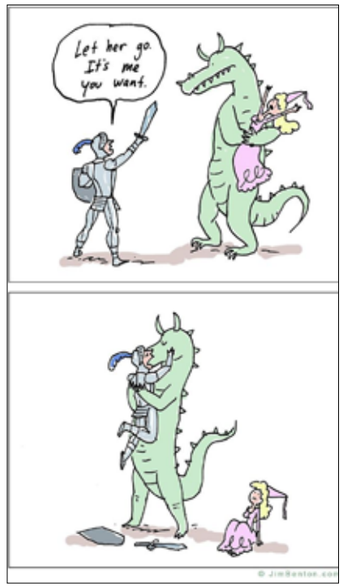
Sophia herself died on 7 December 1937, aged 69. She had continued to live at Fairlawn and she left £4263.1s. 2d. Probate was granted to Annie Beckwith, spinster and Elizabeth Charnley Kerr, widow.

We will learn more about Sophia in the next article.

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

This article is the intellectual property of the author and may not be copied or used in any way without her written permission.

Acknowledgements are due to
Chichester and Bognor Regis Observer and West Sussex Gazette David Philip on behalf of Copydesk Sussex
Copydesk.sussex@jpress.co.uk
History of Selsey by Frances Mee, Phillimore Press & West Sussex Library Service



22) Which former stand-up comedian wrote the novel Gridlock?
23) Inspector Claud Eustace Teal is a fictional adversary of whom?
24) What direction indicates two or more actors leaving the stage?
25) Who played Soames in the original TV series of the Forsyte Saga?

Care Home ~ Home Care

Sussex Grange
Luxury Residential Care Home
&
Personal Home Care

RESIDENTIAL CARE HOME:
- Close to shops and seafront
- Carers on duty 24 hrs / day
- Delicious home-cooking
- All bedrooms en-suite
- Large private gardens

14 Vincent Road, Selsey

DAY CARE:
Warm & friendly welcome
Available 7 days / week
Flexible timing

For more information call:
01243 60 62 62

PERSONAL HOME CARE:
- The help you need, when you need it, in the comfort of your own home
- We can help with personal care, medication, cleaning, shopping, etc

www.sussexgrange.co.uk

Update from the Chichester Prevention Team
You can contact your local team in the following ways:

- **Call us:** on **101** to report a crime or **999** if it's an emergency
- **Email us:** chichester@sussex.pnn.police.uk

In an emergency, or if you see a crime in progress, always call 999

Vehicle Crime
Having your car broken into and losing your things to thieves can be very distressing. Here are a few simple steps you can take to keep your vehicle, and what's in it, safe.

Protect your Belongings:-

- **Always Lock it -** Fuelling up or popping back into your house to get something are perfect examples of how easy it is to turn your back for a moment and forget your vehicle is unsecured. So get into the habit of locking your vehicle even if you're only going to be away from it for a moment.
- **Close windows and the sun roof to prevent 'fishing' -** Leaving windows and the sunroof open invites fishing for items through the gap by hand or with, say, a bent coat hanger, which could also be used to unlock a door for them to get in. Thieves can be ingenious. Don't give them the opportunity.
- **Secure your number plates with tamper-resistant screws -** The easiest way to change the identity of a stolen vehicle or avoid speeding tickets and parking tickets is to fit stolen number plates. Using security screws to attach your vehicle's number plates makes it harder for thieves to get your number.
- **Fit locking, anti-tamper wheel nuts to secure alloy wheels -** Stolen wheels are valuable, either as parts or for their scrap value. Using locking wheel nuts reduces the risk of your vehicle's wheels being stolen.
- **Secure anything that's on the outside of your vehicle -** Anything left on roof-racks, tailgate racks, holiday top boxes or in tool chests are easily stolen when the vehicle is parked. The use of cable locks, padlocks and self-locking tool chests, which are secured to the vehicle, makes them more secure, but still, don't leave things in them if you can avoid it. For further information and advice, https://www.soldsecure.com/
- **Take it with you or hide it -** Your mobile phone, coins for the car park, sunglasses, packs of medication or other items that can earn quick cash are irresistible to the opportunist thief. Remember, the cost of replacing a window is often much more than that of what's stolen. And it should go without saying that wallets, handbags, purses and credit cards should never be left in an unattended vehicle.
- **Hide electrical items and leave no clues -** Leaving sat nav mounts, suction cup marks on windows or cables on view gives it away that you have left a Sat Nav, smartphone or other device in your car. Even if they can't see the Sat Nav or iPad they might still break in to see if it's stored in the car, out of sight.
- **Park in well-lit and busier areas -** It can take less than 30 seconds to break into a vehicle. Parking in well-lit areas and busy streets increases the chances of a thief being seen, so they'll probably steer clear.

If you see any persons' acting suspiciously around cars then call us immediately on 999.

Front office opening hours
Monday - Saturday 9am -8pm.
Chichester Police Station, Kingsham Road, Chichester, PO19 8AD

in memoriam

It's with great sadness to announce that Giles Peare passed away April 28, 2020 - he passed away peacefully at his Son's home in Ireland.

His amazing unique character will be greatly missed by his children Katrina and Nicholas, who were both proud and grateful to have him as their Dad, his grandchildren Ashton, Raife and Conran, brother Jack, and Angela, and treasured by all of his extended family and friends.

Once met never forgotten.

A Memorial service will be celebrated at a later date, should you wish to be informed of this please let us know.

"May he rest in eternal peace"

Condolences can be emailed to angela@peare.com

26) What did Giorgio Armani study before becoming a fashion designer?
27) Which country is south-east of Honduras?
28) How many years of marriage does an emerald anniversary celebrate?
29) What is another name for kettle drums?
30) Which was the first nation to ratify the UN Charter in 1945?

HELEN'S AIRPORT CARS
"With US it can often cost less than rail or airport parking"

01243 780999
Book Online Now www.airporttaxis.co.uk
Selsey - The Witterings - Birdham - Itchenor - Bosham - Chichester
"WE HAVE A DRIVER NEAR YOU"

wildlife Sussex Wildlife Trust

Reed Warblers and Sedge Warblers
by Michael Blencowe of the Sussex Wildlife Trust
I bless the rains down in Africa

It's amazing how a song can transport you someplace else. I can't hear 'Africa' by American soft-rockers Toto without drifting back 35 years to a school disco in Plymouth. Right now I'm sat by a Sussex reedbed listening to two songs simultaneously pouring from deep in the reeds. These songs also take me back to my childhood and Saturday mornings spent birdwatching beside similar reedbeds in South Devon.

These summer singers are two small brown birds; the Reed Warbler and the Sedge Warbler and their songs make me feel strangely nostalgic for a place I have never been; Ghana, where these warblers will have spent the winter before returning to Sussex each spring. Reed Warblers are rather plain whereas Sedge Warblers sport a streaky back and stripy head with a heavy 'eyebrow' that fixes them with a permanently intense expression. But these identification features aren't important because you'll rarely see these secretive birds. But, boy, will you hear them! Because when they start singing they just can't stop.

Reed Warbler c John Bean
Sussex Wildlife Trust

Sedge Warbler c Dave Kilbey
Sussex Wildlife Trust

The Reed Warbler's song is a loud, repetitive stuttering chatter of jumbled phrases that just just doesn't just doesn't seem to just just just just doesn't just doesn't seem to seem to go anywhere. It sounds like one of those warehouse-sized 1950's computers churning out data. The Sedge Warbler's song is similar but much more energetic and erratic with added harsh 'churrrs' and whistles giving the overall impression that it urgently needs a straightjacket and heavy medication.

Reed Warbler c John Bean
Sussex Wildlife Trust

These complex songs have a simple message; 'Hey ladies, my territory is so rich in insects that I don't have to spend much time hunting for my food; I can waste my time just singing'. It's the loudest, longest, craziest song that will seduce a feathered female. Sedge Warblers raise their family in a no-thrills nest low in vegetation but the Reed Warbler weaves an incredible deep hammock lashed together with spider silk between the stiff stems of the tall reeds. The whole cradle will rock as the reeds bow in the breeze.

Sedge Warbler c Nicholas Watts
Sussex Wildlife Trust

In August, after raising their families, their warbler thoughts drift back to Africa where drums echo and wild dogs cry out in the night. The warblers will gorge themselves with aphids and, with a fat belly full of fuel, take off from Sussex and head over Iberia, North Africa and the wide Sahara to Ghana; a 3000 mile journey. I always imagine a Ghanaian naturalist pausing momentarily each autumn to observe these returning visitors. Do his thoughts drift to the Sussex riverside where they spent the summer? When the rains return to Africa in the spring they will summon the insect food that will again power their tiny warbler wings back to England to add to my Sussex summer soundtrack.

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

www.sussexwildlifetrust.org.uk

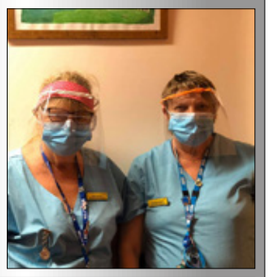
Photo by Meryn Woodland

Colin Ireland Heating
Central Heating & Gas Service Engineer
Prompt Reliable Service
Qualified Experienced Engineer
safe 533271
tel: Selsey 603015
mob: 07854 169 159

For all your local advertising needs contact us at selseylife@btinternet.com

SELSEY VOLUNTEERS LEAD THE WAY

Very early on in the Covid 19 situation, it became clear that Personal Protection Equipment was not easy to find - masks, visors and all the personal equipment which our Carers needed, to protect themselves and others, was not coming 'on line' as fast as it should, infact, at the time, none of our Care Homes had any visors at all This is when local resident, Chris Harvey had a very innovative idea, his brother Matthew started making face guards - and he thought - 'lots of people have 3D printers so why not use that resource?'

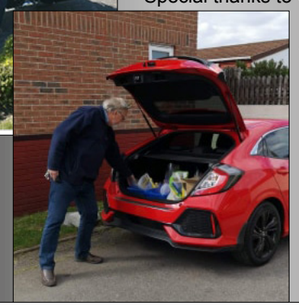


Of course, they needed to raise funds so they set up a Crowdfunding page, harnessed the amazing enthusiasm of people who had 3D printers and were grateful to see that people came forward to offer help with delivering.

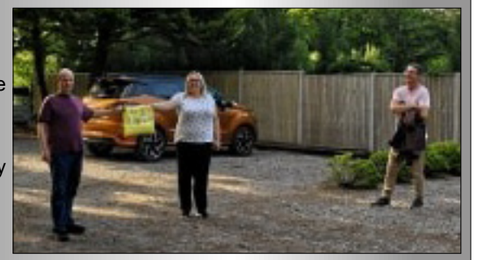
Since beginning their project Chris and Matthew have supplied over 4500 visors to 150 Care establishments across West and East Sussex and Surrey, all have been supplied and delivered entirely free of charge.

Whilst talking to Chris recently, he explained that they still have around 500 visors which are ready and waiting for anyone who needs them. One group of people who may have fallen through the net are unpaid carers - they may benefit from a visor when giving care, particularly if they are the ones doing the shopping etc. Also, protection may be useful if anyone needing care has a medical professional visit their home.

Chris is happy for anyone to call him and if Care Homes are running short, he and his volunteers will continue to help. They can also supply headbands. His number is 07588371732.

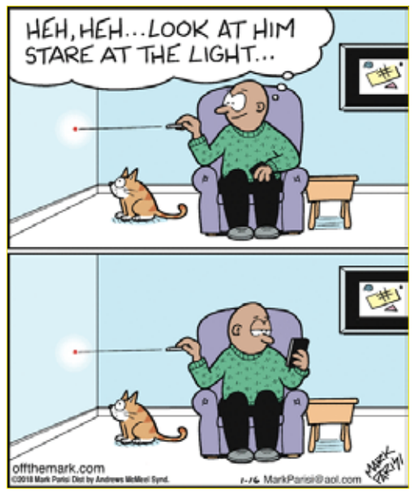


Special thanks to Chris, John Mallet, a local helper, Chris Dean and Alison Ayling who both drive to wherever the PPE is required.



Yet another amazing Selsey initiative and effort!

Donna



Boy 1: "My sister told me that you told her that secret I told you not to tell her".
Boy 2: "Whoops. But I told her not to tell you that I told her".
Boy 1: "Well, I tld her that I wouldn't tell you she rold me you told her what I told you not to tell her".
Or something...

My girlfriend once put lipstick on her forehead. When I asked why, she said she was trying to make up her mind.

Selsey Coastguard Rescue Team

In an emergency out at sea or along the coast
Dial 999 and ask for the Coastguard

Recent Callouts

14/04/20 18:59
Team paged to reports of two persons cut off by the tide at Medmerry Nature Reserve and stuck on an island, surrounded by water.

The team requested the launch of Selsey Inshore Lifeboat but unfortunately the Lifeboat was unable to get into the nature reserve where the casualties were.

Coastguard Rescue Officers managed to get to the casualties dressed in full Water Rescue Kit, and were able to bring them back ashore using our Inflatable Water Rescue Raft.

The casualties were cold but thankfully needed no medical assistance.

Strong words of advice were given by Coastguards relating to Covid-19 rules.

14/04/20 15:49 & 16:54
TWO CALLOUTS
Our first tasking of the day for the team was to reports of ordnance found on Medmerry Beach.

The team located the ordnance and carried out a further search of the beach and found several more pieces.

A cordon was put in place and the beach was closed and E.O.D. (Explosive ordnance disposal team) were tasked.

While dealing with this incident we were called to an "immediate" incident on Wittering Beach tasked with the Ambulance Service, Police and Hayling Lifeboat.

Once the incident had been resolved we returned to Medmerry Beach and a controlled explosion was carried out at 18.45 by E.O.D.

Returning to station at 19.35.

We've seen (and heard!) lots of safe ways to show support for the #NHS from flashing sirens to blasting ship horns…#ClapForTheNHS #ClapForKeyWorkers.

Here's a different way to 'signal' our gratitude using maritime flags, which are usually used to communicate with ships.

Saying thanks in a code.

In an emergency out at sea, on the beach or along the coast dial

999

and ask for the Coastguard!

We often meet members of the public who are not clear on the difference between the Coastguard and the lifeboats, so let's take a moment to explain.

It can save vital minutes if the right emergency service is called at the start, it can be the difference between life and death.

Her Majesty's Coastguard (HMCG) is responsible for the coordination of all maritime Search and Rescue through a network of Coastguard Operations Centres. HM Coastguard is one of the four "Category 1 Responders" under the Civil Contingencies Act, along with the Fire, Police and Ambulance services.

HM (also referred to as UK) Coastguard have precedence on all rescue operations along the coast and beach whether it be on Water, Cliffs or Mud.

If you dial 999 from anywhere and ask for "Coastguard", you will be put through to the Operations Centre. They will then task the appropriate assets to the incident. These will usually be some combination of the following:

Coastguard Rescue Team

Shore-based teams with the capability to carry out water rescue, mud rescue, cliff rescue, and comprehensive searches. Our local team made up of volunteers who respond 24/7 365 days a year. From a range of backgrounds they all bring specialist skills to the team.

Lifeboat - RNLI or Independent

A lifeboat will be tasked by the Coastguard if the incident involves a potential casualty in or on the water or if there is a need for eyes looking onto the shore from the water.

Coastguard Helicopter

Our nearest helicopter is Coastguard 175 based at Lee on Solent If needed, other assets such as fire, police, ambulance or air ambulance can be called on when required.

In an emergency on the beach, out at sea or along the coast dial 999 and ask for the Coastguard!

#999Coastguard #AlwaysOnCall

FOLLOW US ON facebook

Selsey Coastguard Rescue Team

FOLLOW US ON twitter

@HMCGSelsey

KINDLY MENTION SELSEY LIFE WHEN REPLYING TO AN ADVERT IN THIS MAGAZINE

VE DAY 75

There were so many planned activities across Chichester District for Friday May 8th to celebrate the 75th anniversary of the end of the Second World War in Europe. The Bank Holiday was moved from the Monday specifically to enable street parties, pagents, dances and picnics to take place on the day.

Fortunately for Sidlesham, Parish Councillor Colin Field had a more lasting memento in mind. He has put together a booklet entitled 'Sidlesham on the Homefront 1939-1945'.

Grants from Chichester District Council and Sidlesham Parish Council have enabled the printing of a copy for every household in the parish.

Colin explains, ''I have put together photographs with memories and anecdotes from the few remaining residents here who, of course, were still children during the war years. I hope our parishioners will find the booklet of some interest and a diversion from the restrictions we are all necessarily experiencing at this time.''

SHE THINKS. . . . HE DOESN'T

SHE knows our planet's warming up
HE in his infinite wisdom says it isn't
SHE is taking steps to help combat the situation
HE thinks she should just get on with doing what schoolgirls do
SHE thinks he should do what any normal President would, before there is nothing left to preside over
HE of course secretly knows she is right
SHE wonders why he keeps on rejecting the glaringly obvious
HE wonders why so many people listen to a mere girl instead of him
SHE thinks certain fake news is real
HE conveniently chooses to believe much real news is fake
SHE knows America is the most influential country on said planet
HE has heard of Sweden, he just isn't sure where it is
SHE is trying to think of a way to get him to believe that some of his fake news is fake
HE of course is far too smart to be tricked by such a ploy
SHE changes tack and starts claiming climate change is only a figment of the imagination in idiots
HE quite naturally disagrees – CLIMATE CRISIS OVER.

JOHN BYRNE FEBRUARY 2020

RAYCRAFTS

119 High Street, Selsey, PO20 0QB

One of the oldest Selsey High Street Shops having served our community for over 40 years. Take a look at our range of services now.....

Check in store for for June Discounts

Stationery

Fishing Tackle

Dry Cleaners & Laundry

01243 606039

ST WILFRID'S COMMUNITY SPONSORED SWIM HELD 8TH MARCH 2020.

Thank you to everyone who helped in any way with our Swimathon 2020.

We were lucky enough to hold it just a couple of weeks before Lockdown.

Whether you were swimming, scoring, sponsoring , your input was amazing.

Thank you to Bunn Leisure, who, once more, most generously allowed us 3 lanes for the Swimathon, free of charge.

The whole event raised a total of **£1400** with £850 going to Selsey Community First Responders and £550 to St Wilfrids Church.

This was especially rewarding as just a small crew of ten swimmers (ranging in age from 8 to 80) swam 705 lengths in total.

The main thing was the sense of quiet bonding between the swimmers and the massive support from the scorers , parish and whole community.

THANK YOU AGAIN,

Julian Lindsey Clark
on behalf of St Wilfrid's Church Fund Raising Committee .

THE CAT & RABBIT RESCUE CENTRE

THE CAT & RABBIT RESCUE CENTRE

Tel: 01243 641409 Reg. Charity no. 1010000
Email: info@crrc.co.uk www.crrc.co.uk

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

Well, it's still quite quiet here at the moment, there's not really been much happening since last month. My staff tell me that we are still in lock-down because this Covid-19 virus is still hanging around! Luckily none of my staff have caught it so they are all still here looking after me, sorry I mean the animals!!

My staff have been telling me that we've been receiving lots of lovely donations during this tough time which is just amazing!! We are having deliveries daily of goodies from our Amazon Wishlist and people are also dropping off food for the animals and other animal related donations to The Centre. I'm also told by my mum Claire, she's the manager here, that she's taken quite a few money donations over the phone and people are also donating on our website too. It's so overwhelming the support we are receiving from all you lovely people out there, it's made us realise just how much I'm loved here… oh sorry I mean we're loved here!

Anyway that's all I've got to tell you this month really, hopefully next month things will be a little more normal and there will be more to report on.

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

Love Markus x

P.S. We will be letting everybody know when we have been given the ok to start rehoming again, so keep an eye on our website www.crrc.co.uk and our Facebook page for all the latest news and info.

THE CAT & RABBIT RESCUE CENTRE
Holborow Lodge, Chalder Lane, Sidlesham, W. Sussex PO20 7RJ

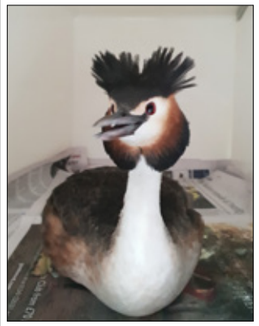
Also find us on facebook
www.facebook.com/catandrabbitrescuecentre

Cat & Rabbit Rescue Centre
Giving the living a chance at life

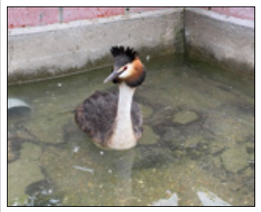
Buff tailed bee on Rhododendron by Meryn Woodland

Brent Lodge Briefings – Second chance for wildlife orphans

We remain open to take in wildlife casualties across West Sussex and East Hampshire as the UK continues under restricted conditions. It is only the start of our busiest season and the first batch of seasonal sick, injured or orphaned wildlife casualties are keeping the animal care staff busy. During the first 6 weeks of the UK going into lockdown we have aided over 350 wildlife casualties some as young as 24 hours old. Patients have included 11 orphaned fox cubs, 61 ducklings, hundreds of garden birds, a tiny pipistrelle bat, baby rabbits, and the first of many abandoned tawny owl chicks. With many baby birds starting to fledge the nest we are seeing an alarming number of fledged baby birds being injured by cats. We urge people to please ensure that cats and dogs are kept under close control.



At this time of year, we also see our most varied patients, such as this Great Crested Grebe that was admitted into our care. On arrival he had no apparent injuries so stayed with us over night and was released the next day into a local water habitat. It is truly a privilege to aid such stunning creatures and successfully release healthy wild animals back into local wildlife habitats for a second chance in the wild.



We expect to take in hundreds more young and orphaned wildlife casualties over the next few weeks, each needing around the clock care. When fit enough they will be released back into the wild. Volunteers are normally essential to the day to day running of the charity but due to the restrictions we are without volunteer support. Out of hours staff are now on hand to answer the phone 24 hours a day or to take in wildlife casualties. If you do find a wildlife casualty please do call us on 01243 641672 ext 1.

The temporary closure of our charity shops has seen a dramatic drop in direct income and with our main income source cut off we are doing our best to keep the charity functioning the best we can on the limited funds we generate.

Please visit www.brentlodge.org for further information about how you can help.

Brent Lodge Wildlife Hospital, Cow Lane, Sidlesham, PO20 7LN

www.brentlodge.org

Selsey COVID-19 Mutual Aid

Selsey Community Forum and Selsey Care Shop update

As I write this article, we are entering our 10th week of the Pandemic. We are as a forum now considering how we need to go forward and meet the needs of a wider community. The impact of the pandemic as we know is varied whether that is on a financial, practical, logistical or personal level.

The implications are of being affected by changes of income, challenges of home working, childcare and schooling, concerns of safety of self, family, friends and within the work setting, anxiety, mental health and wellbeing.

People's coping mechanisms are being tested and it is interesting how we are finding different ways of coping. It is also giving us time to reflect how as human beings we have had to become resilient, adapt and respond to the crisis. Our values may be different but what is becoming clear is as a community we need to work together to support each other. When I wrote an article in the Selsey Life on behalf of the charity for the first time about three years ago, I wrote about the definition of community:

"A community is a group of people who share something in common. You can define a community by the shared attributes of the people in it and/or by the strength of the connections among them.... To involve or mobilise individuals within the group, the strength of the connections is most important".

This pandemic has been an equalizer on a massive scale. It doesn't matter how much money you have or don't have we are up against the same problem. The challenge is to be able to support those to get through this.

Our Selsey Covid19 Buddies have risen to the challenge without judgement. What we now need to ensure is we have the tenacity and energy to carry on. We also need to be able to dig deep to support those who may not be able to do this themselves.

The recent VE Day Celebrations - although for some this was a painful reminder of troubling times - gave the community an opportunity to celebrate and join the nation to remember and reflect on the challenging times that faced our parents and grand-parents. For those in our community who are feeling cut off from their friends and groups locally, it was important for us to ensure they felt part of something bigger.

We asked local businesses "Irresistably Scrumptious Cakes and Cupcakes" and "Umble Pies" to support us with our endeavours.

Courtesy of East Beach Evangelical Church we had the space to enable us to put together 100 gift bags and dispatched these on the Friday 8th May –

Even the East Beach Church Puppets got a look in!

so that others could feel included in their wider community and part of the national celebrations.

Recognising all the usual requirements of social distancing of course, we were supported by our local buddies and younger buddies. We were also able to be part of the 2 minutes silence at 11 o'clock.

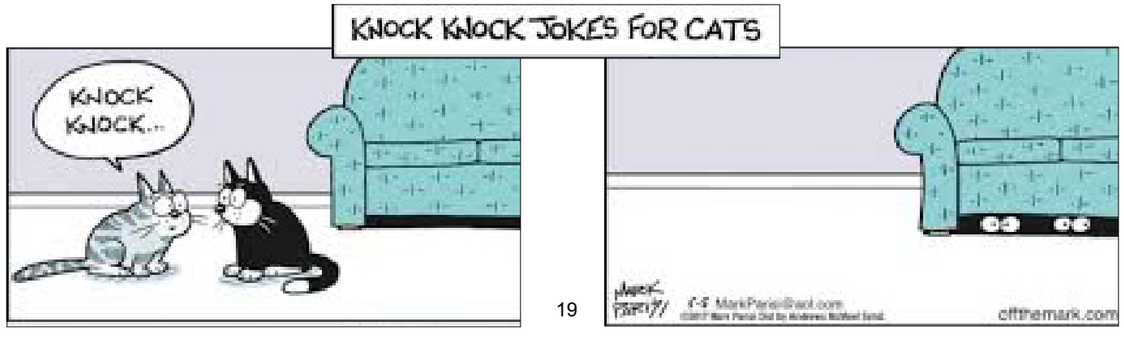
The VE Day treats were received with surprise, excitement, and joy. Brief conversations were had with the recipients. One lady told us she would be 90 on VJ day (Victory over Japan) in August. She was 14 in 1945. One gentleman said how lovely and thrilled to be thought about.

Whilst the regular public activities at the Selsey Care Shop have been suspended we do continue to provide welfare calls over the telephone.

We continue to provide offers of support, guidance and signposting to all living in our community. If you are a carer and your needs have changed or you are now struggling with supporting a loved one with dementia – please call. If you are in need of mental health or emotional support please contact the shop. If your financial needs have changed and you are concerned what to do next then please call. If you are concerned about a neighbour who appears to not be coping as well as they had then run it by us. If you are concerned about how your children are coping having to study at home, please let us know we can direct you to a skilled team who can provide support. All conversations are held in confidence. We continue to work in partnership with all statutory agencies and key voluntary sector organisations to enable us to respond to the changing needs of the community.

As a caring and compassionate community – we've got this! You are not alone.

Selsey Care Shop: telephone 01243 201616



DONNA'S DELIBERATIONS

Well, how are we all doing then, in these weird but not so wonderful times? As I write this things are gradually starting to open up but are, by no means, anything like 'normal' - whatever that will ever be again.

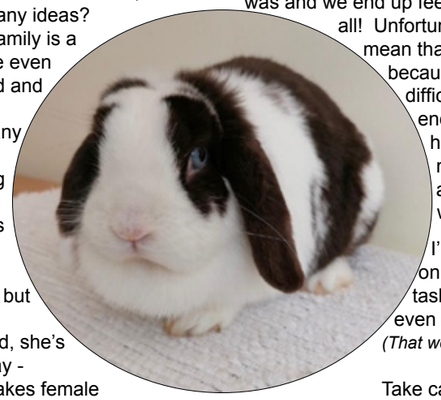
Selsey, as expected, has done extremely well and it's because we've been so careful that our infection rates have been so low. Living eight miles down a cul de sac has its benefits! We aren't Blackpool, Brighton or even Bournemouth and so while we can't actually 'pull up the drawbridge' the long and winding road can act as something of a barrier between us and those who live 'off the island.' Not that we want to dissuade visitors forever, though - they are vital to the sustainability and vibrancy of our town and are very welcome, but I think the fact that we are technically a few miles out to sea, has helped protect us to some degree.

There's no doubt that Covid 19 presents us with a massive challenge. This short to medium term new 'normal' means that for many people the future is very uncertain. It's potentially an unpredictable, unchartered new world and change is never easy to navigate. I have no doubt though, that our amazing community will be supportive of each other and we will make it through. We are all much stronger and resilient than we think.

So, what's everyone been up to? I have to say that although Council has been busy with one thing or another, meeting 'virtually' does save a bit of time. Instead of navigating the traffic up the B2145, I now only have to navigate between the kitchen and the dining room, which is quite handy. These 'virtual' meetings have their drawbacks, though. Staring at a screen for hours at a time, when you are trying to interact with people is unexpectedly tiring.

Apparently, there's a phrase for it - it's called 'Zoom Fatigue'. It also causes physiological issues - I developed an unusual pain in my neck and a throbbing headache after a meeting which started at 9.30 and ended eight hours later, something I've never experienced before, even in long meetings. It's also much harder to 'cast off' our work identities as work and home become entangled; my daughter looked at me in disbelief when she heard me during a council meeting! Don't get me wrong, home working suits many people and we should be encouraging it, if possible, but it takes some getting used to for some of us. I expect that it will be the new 'normal' for many of us, so it'll soon stop feeling strange.

Anyway, enough of this talk about the dreaded you know what - bit of news from the Johnson household....we've had an addition. I'll give you a clue: she's got four legs, she's brown and white, about 12 inches long and has a small, tufty tail - any ideas? I'll come clean - the latest member of our family is a mini lop bunny, pure bred nonetheless, she even has a birth certificate. She's 16 months old and was used to breed from but had a few problems with her last litter so can't have any more babies. My daughter took a liking to her straight away so she's currently settling in her new home. She's a lovely little thing but I hadn't realised that unspayed bunnies can be quite a challenge. Coming from what was perhaps a less 'homely' environment, I expected one or two issues but wasn't quite prepared for the 'grumpiness'. Apparently, because she's not been spayed, she's in a permanent state of ....what shall we say - readiness? If you get my meaning. This makes female rabbits quite stressed and tense, hence their sometimes erratic behaviour. It goes without saying that 'Heidi' will be booked in with the vet as soon as possible. In the meantime, she's happy enough hopping about and being fed a cordon bleu bunny diet!



I must apologise that the photo makes her look somewhat depressed! It was the original photo from the breeder and the one which absolutely made sure she became the latest addition to the family!

I haven't noticed that I've had much more 'free' time, really - council continues, my caring responsibilities haven't changed just because we're in the middle of a global pandemic - all carers, either informal or formal, just carry on doing what we do. My cared for will be 97 in the middle of June and hasn't seen his family for some time; it's very sad and we can but hope that before much longer, those very impactive restrictions will be lifted. My thoughts go out to everyone who has had to be isolated from their loved ones.

I must say a quick 'thank you' to the few residents who took the time to contact me about last month's 'Deliberation'. My mention of my other half's love of all things technological, clearly rang true with some of you! I have to report that things have moved on somewhat from last month - because of signal issues we've both had to base ourselves in the Dining Room. Now, because Mr Johnson's primary subject is Computer Science and he's teaching 'virtually' there is, as you can imagine, a fair amount of 'tech' required. The consequence of this is that our dining room table now resembles the Starship Enterprise. At its peak last week, we had no less than 9 different devices - with Tim teaching three students at the same time. Absolutely bizarre. We are, indeed, living in very strange times!

One thing I have been doing, given my extended periods of time at home, is trying to catch up on some reading. Being a bit interested in politics and how the whole government thing works, I've been looking into Political Science - I probably should have done that at Uni rather than Psychology which I can say, with absolute assurance, I have never used in my professional life. Political Science is a bit of an interesting discipline because it's only been a 'discipline' since 1903 but its roots go back to Aristotle; it's also known as politology. You learn something new everyday! During my reading, I came across a brilliant quote from Plato, who taught Aristotle, he said: 'The beginning is the most important part of the work' - this is very true, how can you accomplish great things if you never get started? I'm a bit of a procrastinator, truth be told. It's a lot easier to do the trivial, easy things but it is true that unless we make a start, our goal will be sitting there, as far away as it always was and we end up feeling that we haven't achieved anything at all! Unfortunately, this is really common - it doesn't mean that we humans are lazy in any way just because we find getting started on those more difficult tasks a bit more challenging. At the end of the day, though,when a few boxes have been ticked on that 'to do' list which move us closer to where we want to be, it's a really good feeling and we realise that if we've done it once, we can do it again.

I'm going to start trying to concentrate more on the importance of the beginning of these tasks - just actually getting going. I might even manage to get my Deliberation in on time!

(That would be nice - Ed)

Take care all, Donna

donnajohnson279@gmail.com

COPYRIGHT WARNING

No part of this publication may be copied or reproduced, stored in a retrieval system or transmitted in any form or by any means electronic, mechanical, photocopy, recording or otherwise without the prior written permission of the publisher ©2020. Selsey Life Ltd

I once tried to do a jigsaw without my glasses on, but I had to ask my sister for help as I couldn't find the piece with the chicken's head on.
That was when she told me it was a box of cornflakes.

In the Garden

our monthly guide to gardening - In memory of Giles Peare

Jobs for June

Before bringing cut flowers indoors check carefully for Pollen Beetles, the tiny black insects that can infest flower heads. To get rid of them, place any affected flowers in a dark corner of a shed or garage for a couple of hours. The Beetles will fly out to the light of the window or open door.

Deadhead Roses as flowers fade to encourage blooming for as long as possible. Snip off individual flowers as they fade but once the current flush of flowers is over, follow the main stem down to the first leaf above a bloom and make a cut just above this. A new shoot will develop from this point which will carry flowers later in the year.

The flowers of Philadelphus fill the air with a heady scent during late May and June. As soon as they fade, start to prune. As with other early summer-flowering shrubs such as Weigela, annual pruning will encourage the production of new growth from the base of the shrub that will replace older wood. Prune away about a quarter of the oldest woody stems close to their base, making space for vigorous new shoots to take their place.

Bring pot-grown Strawberries into the greenhouse where they will ripen faster in the warmer conditions. The fruits are also held clear of the ground, so will remain clean and free from slug and pest damage. Whilst the fruits are ripening, don't let the compost dry out and feed weekly with a high potash Tomato fertiliser to promote flower production. Ventilate freely and avoid wetting the fruits when watering in order to avoid grey mould developing on the fruits. If any mould does appear, pick off any affected fruits immediately.

Tip Top Tips

- Don't forget to earth up Peas and Beans, it offers protection and economises water.
- Don't ignore the bird's feeding table and bird bath; save your crops.
- Don't use stakes longer than required - they are not ornaments.
- Don't discard small seedlings - they are often the best.
- Don't waste space between rows of Potatoes - plant-up with green crops.
- Continue to remove sideshoots and lower leaves from Tomato plants. Train up supports.
- Sow Runner Beans into rich ground at the base of tall supports.
- Plant our tender outdoor crops, including Tomatoes, Cucumbers, Marrows, Melons, Squash and Pumpkins. Harden off plants first.
- Cut down any remaining Spring flowering bulb foliage.
- Deadhead Camellias, Azaleas and Rhododendrons to increase buds for next years flowers. Feed with an ericaceous fertiliser.
- Continue cutting Asparagus spears until the end of the month, then leave to develop fronds.
- Keep Ponds free from floating weed and algae. Wash out filters on a regular basis.

Amanda apologises to her customers but because of the Covid-19 pandemic she is still in America. At the time of writing she should be home to start work at the beginning of July. When she is back she will contact all her customers. She thanks you all for your continued patience and hopes you are all safe and well in this trying time

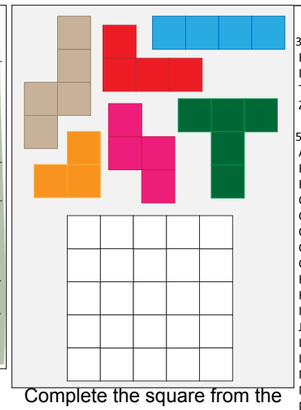
Selsey Men in Sheds
A non-profit making organisation
Open Tuesday & Thursday 10 - 4
Saturdays 10 - 2

Membership £5.00 per month
Complete your own wood / metal projects or be involved in group activities

If you are interested in joining contact
Bill Richards 07816 350188
email bill_richards@selseymeninsheds.co.uk

Steve's Puzzle Page

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



Complete the square from the details

CODEBREAKER WORD PUZZLE

The same number represents the same letter. Crack the code and fill the grid.
To help you get started some words are already in place.

	1	2	3	4	1	5	1	2	6		7		7		8		7
9		3		1		10		11		12	11	13	12	14	1	1	15
1	16	4	17	18	3	19	3	18	4		20		11		15		3
10		21		4		19		7		5	3	18	22	21	11	11	2
18	1	12	11		17	2	3	11	18		9		17		7		2
12		21		18		11		7	1	8	1	10	16	18		7	
23	1	1	16	6	17	16	23		3		2		23 D	17 A	18 N	9 C	11 E
1		10		2		7	10	18	16	1	1	24		3		1	
22	3	7	23	1	20 M		2		11		18	3	16	25	17	18	17
18		11		18	10 U	16	7	11		24		2		11		11	
	12		7		7 S		11		9	2	3	20	14		5		12
9	16	6	5	12	3 I	9		7		1		7	11	17	16	9	21
	1		2		9 C	1	16	18	9	1	14		18		1		10
12	10	2	3	5		18		17		23	10	2	9	3	20	11	16
	12		12	16	17	24	24	3	9		18		21		5		7
7		10		11		3		2	1	23	4	11		7	12	10	23
21	17	18	23	20	17	23	11		10		17		14		14		17
3		23		3		11		7	5	11	2	11	1	2	1	4	6
24	16	11	26	10	11	18	12		1		1		22		1		7
12		16		20		12		7	18	1	22	24	2	17	15	11	

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

FILL-IN CROSSWORD PUZZLE

3 letters:
BUS
DEW
TUG
ZEN

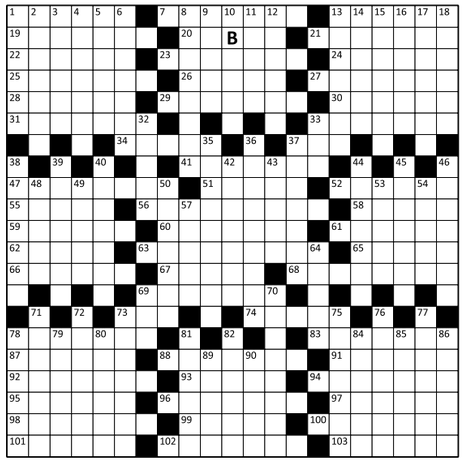
5 letters:
ADORE
BAYOU
BOOTH
CADET
CAMEO
CELEB
CLODS
COAST
ESSEN
HABIT
IDYLL
JAPAN
LAIRD
LAMAS
MEADS
MEDIC
MOIRE
MUSIC
NASAL
ODDLY
OTTER
PINES
READY
SERIN

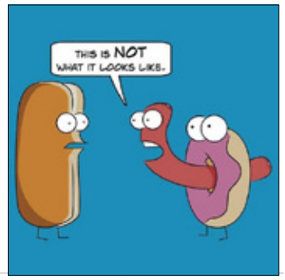
6 letters:
ALASKA
ANNULI
ARIDER
ASSENT
ASSERT
BANYAN
BEATER
CROSSE
CUPOLA
DIRECT
ESTERS
EYELET
IBIDEM
IDEATE
KINDER
LABILE
LATHER
LINGUA
LINTEL
NOSING
NUGGET
ORACHE
PAJAMA
PEPSIN
RECITE
SALADS
SENATE
STATUE
SUBLET
TENURE
TESTEE
UTAHAN

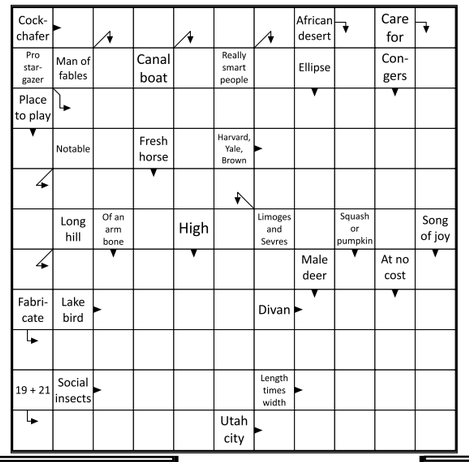
7 letters:
ANGELIC
BARRAGE
BURGERS
CALICOS
CAROUSE
CASE LAW
CORONAS
DECAGON
DISUSED
ECLIPSE
ESSAYER
HYDRATE
INTERIM
LABELED
LADYBUG
LARDERS
LAUNDRY
LECTERN
LEONINE
LIDLESS
MAMBOED
NESTING
NOMINAL
NOTELET
PARADES
PLASTIC
POLITIC
SATORIS
SLEDGED
SONANTS
STANDER
STINTED
SUCROSE
SUSTAIN
TOLEDOS
UNENDED
UTTERED
VEHICLE
WAYSIDE
WETTEST
WISES UP
ZANIEST

8 letters:
ARTISTIC
CHOC ICES
DEFENDER
SUNSHINE

9 letters:
BUCKRAMED
CANKEROUS
DISAGREES
STOREROOM

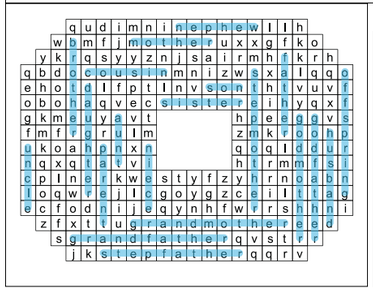


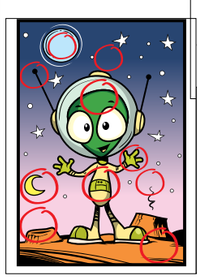


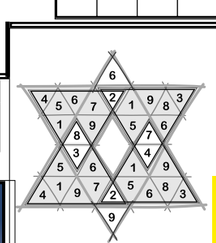


CODEBREAKER WORD PUZZLE

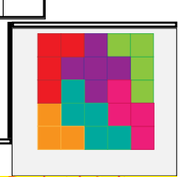
ANSWER: 1=C, 2=S, 3=I, 4=Z, 5=K, 6=H, 7=A, 8=M, 9=T, 10=E, 11=N, 12=P, 13=R, 14=O, 15=X, 16=L, 17=G, 18=W, 19=U, 20=V, 21=B, 22=J, 23=Q, 24=D, 25=F, 26=Y.







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

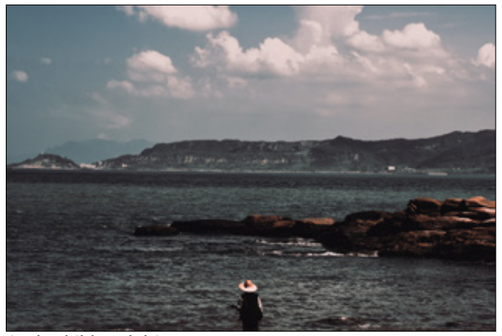


Last month's answers

1) The Tales of Hoffman 2) Frederick Delius 3) Mike Smith 4) The Police 5) Katherine Jenkins and Darcy Bussell 6) 1713 7) Alan Shearer 8) Nigeria 9) Synod 10) I serve 11) The Netherlands 12) Morpheus 13) Autostrada 14) Karl Malden 15) light meal 16) P C Wren 17) Point 18) Oscar Wilde 19) Boeing-Boeing 20) Regicide 21) Hugh Gaitskell

"I am never bored; to be bored is an insult to one's self." — Jules Renard

Boredom. There's a lot of it about right now, a little like fear. You may feel one or the other, or both. We're all feeling lots of things right now and some days can be a little like being on an emotional rollercoaster.



Those not experiencing fear, seem to be experiencing at least a little of boredom. It's not a lack of stimulation because ironically, the more distractions and external stimuli we seek, the more bored we get. We feel bored because, deep inside ourselves, we know we can give more. Boredom is the pain of unused potential; it's a disconnection to everything we feel we can offer the world and vice versa. Yet boredom is actually a powerful ally, inviting you to rethink your relationship with the world. And that's not a bad thing right now because the world desperately needs us to step up and behave very differently.

John Eastwood, director of the Boredom Lab at York University in Canada debunked the misconception that "only boring people get bored." He found two distinct types of personality that suffer from boredom. The first have an impulsive mindset and are continually looking for new experiences. This is where I sit. The second kind has the opposite problem: the world is a fearful place. People in this category tend not to step outside their comfort zone. Their sensitivity to pain makes them withdraw. The problem is, if you're in this camp, you don't feel satisfied with being comfortable and so chronic boredom takes over.

The main issue of course, is that we live in a fast-paced, want-it-now, entertainment-based society. And the more entertained we are, the more we need to feel satisfied. The more we fill our lives with fast-moving, high-intensity, ever-changing stimulation, the more we get used to that and the less tolerant we become of lower levels. We crave for more time. However, when we have free time, we don't know what to do with it. Nothing seems exciting enough to deserve our valuable time and so often, we end up doing nothing and get bored.

If you're like me, I find I switch off from my problems much more easily in company and it's rare that I'm bored in company. So many people I know have a hard time having fun by themselves and it's mostly why they embrace busyness — you don't realise you're bored when you are running from one place to another, doing this chore and that. Being busy means we don't feel the boredom, but often it isn't fun either.

Feeling bored usually means you lose focus. Research shows boredom can be responsible for increased risk of overeating, gambling, alcohol, and drug abuse, amongst others and those with high boredom-proneness are significantly more prone to suffer from anxiety and depression and procrastination.

Yet you can change this. It's up to you to change your habit of feeling bored and turning into something positive.

Sakyong Mipham, the author of Turning the mind into an ally, identifies three kinds of boredom. The first type has an undercurrent of anxiety. We are not comfortable with ourselves or the situation we are facing. We are so used to being amused by external stimuli — fun means doing something with someone else. We believe that the antidote to boredom should be external. We need Netflix, a phone, company or an object to rescue us from boredom. The second type of boredom is rooted in fear. We are afraid of being alone with ourselves because we can't relax our mind. Confronting ourselves in solitude forces us to pay attention to who we are. Loneliness is an honest mirror — it reflects both our good and wrong sides.

Sound familiar? I know it does to me. I used to hate spending time alone, being by myself, but over the past few years I've learned to enjoy it much more by learning from others. Here are some tips and techniques I've found which have helped. Give these a try if, over these past few months, you've found that your boredom is becoming an issue.

Turn your idle mind into your friend

When we feel bored, we crave for more entertainment and distractions. However, that will create more frustration and disappointment. To defeat boredom, you need less, not more, stimulation and novelty. Friedrich Nietzsche referred to boredom as the "unpleasant calm that precedes creative acts." Embrace boredom as a positive force. It seems paradoxical but feeling bored now will make you less bored in the future — it's a pause to make magic happen.

You are in charge

People with higher self-awareness and self-control are less prone to feeling bored. Meditation is a powerful tool to let your repetitive thought pattern free. Once you stop resisting boredom, it's no longer threatening. We've all needed a pause. Enjoy it.

Boredom, like silence, is not just the absence of noise — it invites the presence of focus. Noise keeps you busy. Remove distractions and start listening. What is boredom trying to tell you?

Boredom feeds creativity

Your brain likes to escape from the feeling of boredom; instead of providing external stimulation, let it feed on internal elements. Mind wandering invites creativity; rather than trying to focus on external stimuli, let it find its own way shifting from one idea to another.

Avoid technology when you feel bored

Entertainment snacks will make you crave for more; rather than controlling your boredom, your need for distraction will never be satisfied. Technology is anything but a boredom cure. So, don't turn to these in your hour of need, it won't help much.

Recover the joy in performing mundane tasks

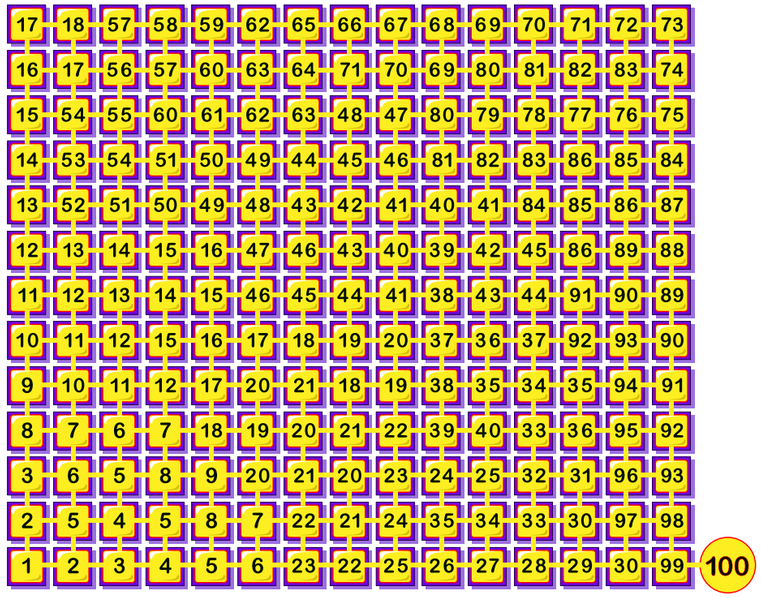
When we are bored, our mind rejects doing chores. Recovering the pleasure of performing small duties builds a sense of pride and achievement. Turn doing chores into a sort of meditative way of being and train your mind to realise that boredom is not about what you do, but how you do it. It's actually not that difficult to do, it's just remembering to switch this way of being on each time you approach the task in hand.

By Justine Clement

Justine runs the Selsey Sea Bathing Society. They are currently on a break due to the Coronavirus restrictions, but their events will be back up and running as soon as the regulations change. You can read about them and contact Justine here
www.selseyseabathingsociety.com

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

Find the way out from 1 till 100 and draw the line.

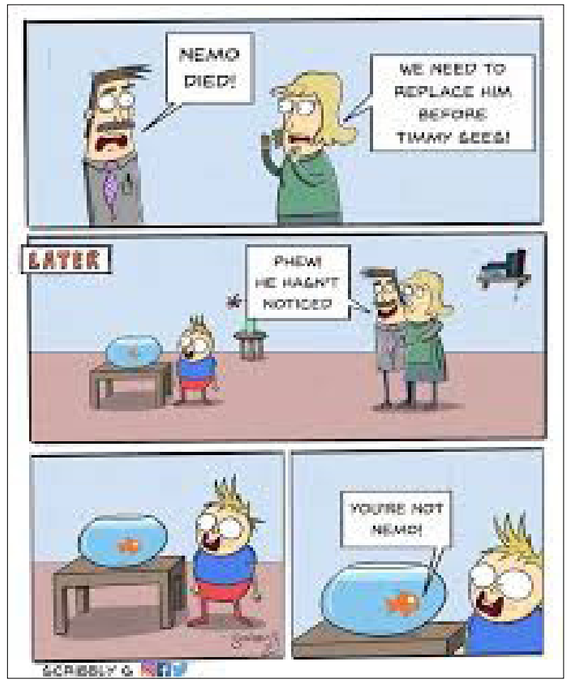


Is it true that two thirds of 99 is the profit for the ice cream man?

I took a friend from work to the Bridger Bunker one evening after work, and the Boss greeted me at the door, flung her arms round me and kissed me passionately.
My friend was amazed, and was impressed that after all these years I still got a welcome like that.
I had to explain to him that she only does it to make the cats jealous.

You have probably all heard the legend of Robin Hood, who, when dying, took his bow and an arrow, and firing it into the air, told his men to bury him where the arrow landed.
What you probably haven't heard is that they buried him in the ceiling of the bedroom, as they hadn't taken him outside yet.

I wasn't very good as a Sea Scout. My tent kept sinking.



East Beach Church

Unbelievably, we are now into our tenth week of lockdown. For those of us who may struggle with the isolation and loneliness, or with children at home, overseeing schooling, trying to work remotely from home and perhaps support neighbours or family, then this might seem rather longer than ten weeks!

But good things can come out of most situations. Just look at the Covid-19 project in Selsey that was up and running in three days now with over 140 Buddies looking after every street in Selsey. There are a lot of people who love helping and supporting others and Selsey is an amazing place for these kind actions and wonderful attitudes.

We spoke last month about Jesus Christ dying at Easter as a symbol of hope to the world. An amazing gift from God to sacrifice His Son, simply because He loves each one of us so much, whatever we have done in our life. This same God reminds us in Isaiah chapter 40 verse 17 to the end of the chapter, that He (God) is very much in control of Earth, His creation. Reassuringly, He shows us that He is the Creator of all you can see or imagine. Despite voices to the contrary, He is in control of His earth and it's people. I urge you, if you have 5 minutes, do read those verses, and I hope you find them as reassuring as I do. If you have not got a Bible handy, look at www.biblegateway.com and search for Isaiah 40.

At East Beach Church we are still live streaming our services and afterwards, the recordings remain on Youtube to view at your convenience. Just a reminder that if you do not have internet access, we are still copying our Sunday Services, the popular Songs of Praise, and another of our broadcasts onto DVDs each week. If you do not receive one already but would like a copy, please call me (07771 914 277 - Richard) and one of us will drop a copy through your door.

Below is our weekly online schedule for those that can join us online. Just load up 'YouTube' & then search for 'East Beach Church, Selsey' for both live and recorded services.

We do continue to pray that you remain safe and well.

YouTube Live Stream, Upload and Playlist Weekly Schedule

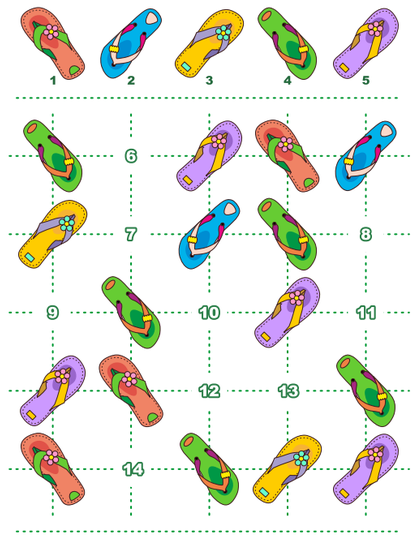
Day	10am	7pm
Sunday	All-age Worship	Evening Worship
Monday	Songs of Praise *(for Care Homes and others)*	Life Group *Worship, Bible Study & Prayer*
Tuesday	Thought for the Day	Prayer Meeting
Wednesday	No live stream	No Live Stream
Thursday	Thought for the Day	EBC Face to Face using Zoom
Friday	Sunbeams *Songs & Stories for parents, carers and toddlers*	No Live Stream
Saturday	Saturday Morning with Alistair *(Youtube Playlist)*	Family Fun Evening *Games & fun to engage all*

Is it true that the heir to the McVities Biscuits fortune is called Duncan Biscuits?

Do baby sticklebacks play with sticklebricks?

We have a lot of beef fat in the bathroom - the tap is dripping.

PICTURE SUDOKU
Fill in the blanks using same pictures as the above set has.
When you finish, there should be only one of each kind in a row and in a column.



Did you know, the lapwing has more names than any other British bird?
These include Hornpipe, Pie-wipe, Chewit, Wallock, Wallop, Wallopir Wep, Horneywink, Horny Wick, Peasiewheep, Toppyup [must be a mobile bird..], Tee-ick, Tee-ack,Tee-o, Teewhup, Ticks Nicket and Tieve's Nacket.

There are at least 6 people in the world who look exactly like you. There's a9% chance you'll meet one of them in your lifetime.

"You know what they say. 'It's location, location, location.' And as you can see, this charming little one-bedroom is conveniently located right next to the local tennis club."

THE DOGNAPPING
By Freda Smithers

Just as Edith, a slim lady in her late sixties, closed her garden gate, her neighbour, a rather loud, common person in Edith's mind, shouted over the fence.

'Your dog has shit outside my gate again!'

'Bugger off,' Edith replied, walking into her front door and slamming it shut behind her. She could feel herself shaking from the earlier events of the morning. Putting the kettle on, then changing her mind and pouring a generous brandy instead, she sat in her armchair. Anger, mixed with a feeling of helplessness assailed her.

Her mind went over the events, thinking how could it have happened so quickly. She had been walking slowly through the wood with her eighteen month old Labrador dog, Wilbur, the dog she had bought for company six months after her husband had died. The weather was beautiful, the sun casting dappled shadows through the trees onto the footpath. The air was filled with the scent of pine and in the trees birds called to each other. Days like this made Edith think of the sunshine and comfort he had brought to her.

Wilbur had been busy sniffing every blade of grass and then running to catch up with Edith ready to start sniffing again. He made Edith laugh and she felt a great love for the dog. Whilst he never let her out of his sight he could be very reluctant to go back on the lead, never wanting his walks to end. He knew he would get a treat from Edith's pocket when he eventually let himself be caught.

Edith didn't take much notice of the two men who appeared to be stroking Wilbur, until one suddenly attached a lead to his collar and they started to run with him.

'Leave my dog alone!' screamed Edith, but she wasn't quick enough and the men disappeared with him.

A sob escaped Edith as she leant against a tree trying to catch her breath after she had chased the men to no avail. She felt a physical pain in her heart at the thought of losing her beloved dog.

Edith had driven immediately to the police station, where the young police officer was very solicitous but explained they didn't hold out much hope of recovering her dog, as they were usually sold on very quickly. She had left with a feeling of hopelessness. All she had was a piece of paper with a crime number on it and a promise that a warning to other dog owners would appear in the local paper. None of this helped. It had all happened so quickly and she was unable to give a description of the men to the police.

Picking up her knitting to calm herself, she realised she was knitting a winter coat for Wilbur and hastily put it back into her bag. A knock at the front door brought her out of her reverie, and when she opened it there stood her neighbour.

'Are you going to clear up your dog's mess?'

Edith felt hot tears starting to trickle down her cheeks and great rasping sobs escaped from her. 'I'm sorry.' Edith turned to hide her embarrassment and felt a hand on her arm.

'You alright love? It's only a little pile of shit.' Her neighbour, who she learnt was called Jessica, followed her indoors and promptly went into the kitchen to put the kettle on. Sitting at the kitchen table, a cup of tea in front of her, Edith poured out her story to Jessica.

'I've an old computer,' Edith said, 'that my late husband bought for me, but never learnt how to use it. I don't think I've any chance of finding my dog.' Fresh tears trickled down her cheeks, and she felt them heat up at showing such emotion in front of her neighbour. Once Edith was calmer, Jessica patted her on the shoulder and left.

The next morning there was another knock at the door and Jessica stood there with a sullen, spotty-faced youth who was attached to Jessica by his earlobe.

'This is my Terry. He hasn't found a job since leaving school, a bit useless, but he's good with computers. I've told him to come and help you find that dog of yours.' With that she gave him a mighty shove that almost landed him in a heap in the hallway.

'Thank you,' said Edith as she eyed the youth suspiciously, but led him through to the sitting room where the computer was.

'This is a bit ancient,' Terry said as he brought the computer to life and started searching for dogs. No black Labradors for sale. He tried to hide websites that showed dogs badly treated or used for dog fighting, but Edith saw them.

That night Edith tossed and turned, her thoughts of Wilbur being used for dog fighting or him being starved or cruelly treated. She was a failure, she hadn't been able to save her husband and now she was wracked with guilt for having lost her poor defenceless dog.

Memories of paddling with Wilbur on the beach, him sleeping with his best friend, a yellow ball, and him curled up on her lap, made sleep impossible. Instead Edith got up and finished knitting the dog coat and laid it in Wilbur's bed. The next morning, sitting drinking her coffee, she gazed around her kitchen with the same feeling of emptiness as when her beloved husband had died, feeling totally helpless, not sure if she wanted to scream or cry.

Terry arrived every day and searched for dogs for sale. Occasionally he would show Edith pictures of other dogs but none were Wilbur. A few days passed, when suddenly Terry shouted to Edith who was making them both tea. On the screen was a picture of a black Labrador. Edith was almost too scared to look, but immediately recognised Wilbur and the telltale mark on his nose from where he had cut it sticking his head in a broken flower pot.

According to the computer, he was requiring a new home as the previous owner found him too strong and couldn't cope. A mobile number was listed and a price of £900. Edith quickly wrote down the telephone number.

'I don't think that is Wilbur,' said Edith. 'The police said if I hadn't found him within a week I probably never would, but thank you for your help. Would you like this computer, I never use it?'

Terry laughed. 'I've got a gaming computer at home, this one is ancient, so no thank you.' Handing Terry twenty pounds to treat himself as a thank you, she sent him on his way.

The next day Edith drove her little Fiat 500 into town, where she found a phone box and called the number, her stomach churning in case she was too late.

'Yes', the man said, he still had the dog and she could come the next day.

'Yes,' she could be there later tomorrow and she would bring cash.

The address was about forty miles away, so Edith set out early carrying her large portmanteau into which she put knitting, dog treats, poop bags and the money. The house turned out to be the last one at the end of the road, set slightly back from the others.

Broken cars littered the front and a cacophony of barking greeted her arrival.

I wonder how many other stolen dogs there are here thought Edith, a small knot of fear tightening in her chest. Steeling herself, she carried on determined to do anything to get Wilbur back.

A small wiry man appeared around the side of the property, wearing dirty trousers and with a large tear in the front of his shirt. As Edith stepped out of her car she clutched her bag tightly, thinking that perhaps she shouldn't have come on her own.

'I'm…here about…the black Labrador,' she stammered, her mouth suddenly dry. The man just looked at her before disappearing again. The next minute he returned with a dog that was dirty and had lost weight, but there was the telltale mark on the nose. Oh poor Wilbur what had he been through since being stolen. A wave of anger washed over Edith.

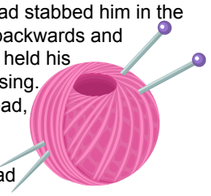
Wilbur, on seeing her, started to get excited. 'Typical Labrador,' said Edith, 'Always over excited. Looks as though he's been playing in the mud today.'

'Do you want the dog?' growled the man. 'If so, come into the office and we'll sort the money out.'

The office was a ramshackle shed with a broken chair and a box as a desk. 'Have you got the cash?' he asked, roughly grabbing Wilbur to put an old collar and lead on him.

Without thinking, Edith opened her bag. Wilbur, remembering that treats were always in that bag, became even more excited, jumping on Edith. An automatic 'Sit Wilbur', was spoken without thinking.

The man looked sharply at her and snatched the dog back again, making him yelp with the violent yank. Edith grabbed the first thing she came across in her bag, lashing out at the man. No nasty bugger was going to steal her dog again. As the flash of blind rage subsided, Edith realised she had stabbed him in the neck with a knitting needle. He staggered backwards and Edith was left holding the needle. The man held his hand to his neck and was swearing and cursing. Edith gave him a push. He didn't look too bad, but there did seem to be a lot of blood. Jamming the needle back into her bag and fighting rising nausea, Edith grabbed the lead and without looking back, she ran.



Stopping by a pen with several other dogs in, she opened the gate letting them free. In her car Edith drove a few miles then stopped, her heart pounding and feeling light-headed at what had just happened. She looked over at Wilbur and felt the reassuring softness of one of his ears.

There was no sign of her neighbours as she pulled into her drive, so she went indoors, shutting Wilbur outside in the front garden. She knew he wouldn't go far and would vocalise his eagerness to be with her, barking until he was let in. Standing indoors listening to him bark was hard, but eventually a knock came at the door. It was her neighbour.

'Look what was on your doorstep!'

'Wilbur! He must have escaped and come home, oh what a clever boy.' Edith appeared ecstatic.

'I'm glad you have your dog back, but don't forget to clear up the shit.' A playful smile played on Jessica's lips.

Edith smiled to herself as Wilbur rushed indoors, and she danced around her kitchen with happiness washing over her.

That evening Wilbur lay curled up in his bed, a full tummy and snoring gently. Edith sat quietly knitting some squares, listening to the news later that evening. One item caught her attention.

'Police were called to a property today, where a man was found dead and several stolen dogs found on his property. The police at this time have no leads.'

THE END

Our thanks go to the Selsey Writers' Circle for their permission to publish this story. We hope you have enjoyed it, and welcome any submissions for publication.

WORD SEARCH PUZZLE - CONSTELLATIONS

Find and cross out all the listed words. The words may go horizontally, vertically, diagonally, not backwards. The remaining letters will spell two more constellations.

APUS
AQUILA
ARA
ARIES
CAELUM
CANCER
CETUS
CRATER
CRUX
~~DRACO~~
FORNAX
GEMINI
GRUS
HYDRA
LEO
LEO MINOR
LEPUS
LIBRA
LUPUS
LYNX
LYRA
MENSA
MUSCA
NORMA
OCTANS
ORION
PAVO
PEGASUS
PERSEUS
PICTOR
PISCES
PUPPIS
PYXIS
SCORPIUS
SCULPTOR
SCUTUM
VELA
VIRGO

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

HIDDEN: _____, _____

Aerial Satellite Services

TV Aerial & Satellite Installers

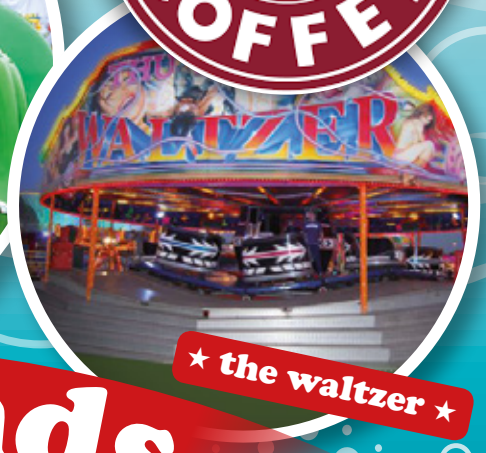
Domestic and Commercial contractors

- Satellite installers
- Extra TV & phone points
- Digital TV & DAB aerials
- Communal systems
- Network points

01243 837784
tvaerials@sky.com

Answers
1. Gibbs SR Toothpaste
2. Birds Eye Frozen Peas
3. A Double Diamond
4. Smarties
5. Pedigree chum
6. Cinzano
7. Luton
8. Coates
9. Milky Way
10. TSB

Job Opportunities
Call 07989 534 852



COSTA COFFEE SINCE 1971

west sands funfair

fun for all the family

Open 7 days a week
GENERAL PUBLIC ARE WELCOME.

Find us on Facebook

unlimited rides

only £10

from 12pm-5pm

all rides and activities included