



Selsey Life £1

Community Magazine
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FEBRUARY 2021
ISSUE NO. 263

in the yellow pots



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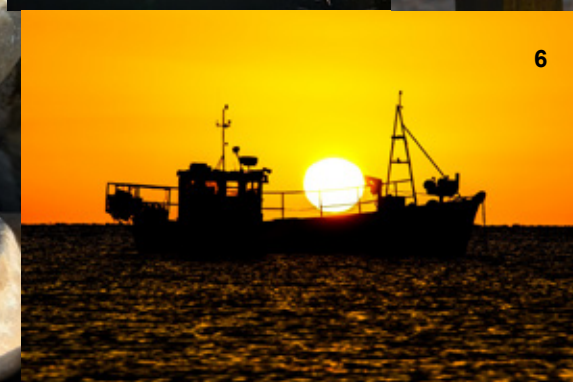
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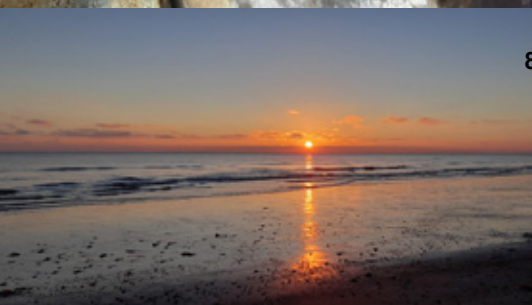
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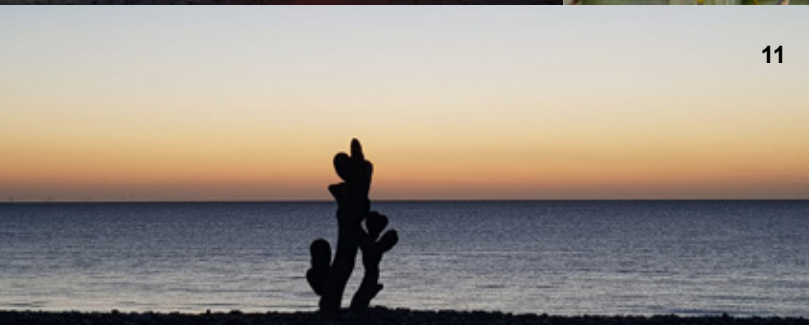
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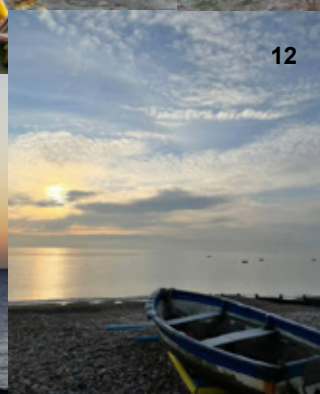
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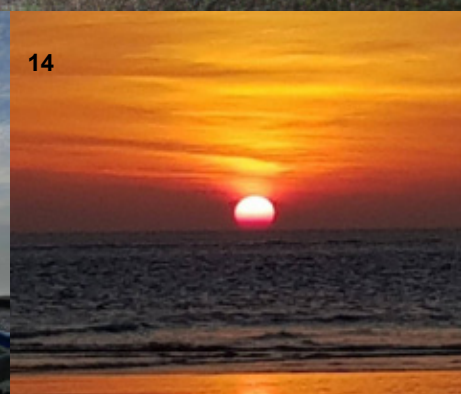
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LET'S GET DIGITAL

Library Remote Digital Support

If you or someone you know needs help with basic digital tasks then please contact the Library Digital Support Team who can arrange for a volunteer to help remotely on the phone or online.

These are just some of the things our friendly digital library volunteers can help with:

- Using email
- Staying safe online
- General internet searching
- Help accessing 'Learn My Way' which provides free digital skills courses

Contact us on: 0330 222 3455 or library.digital.support@westsussex.gov.uk

West Sussex Libraries offer a Remote Digital Support Service with digital volunteers giving basic support in one-off sessions by phone or online. Some of the things they can help with are:

- General internet searching
 - Using email
 - Using a device to connect with others including video conferencing
- Staying Safe Online

The Library Digital Support Team are available Monday-Friday 10am-4pm to take enquiries and arrange for a volunteer to help. They can be contacted by phone 03302223455 or email library.digital.support@westsussex.gov.uk

Selsey Library
 School Lane, Selsey, Chichester, PO20 9EH
 Tel. 01243 602096
selsey.library@westsussex.gov.uk

- Key to photos on front cover:
- 1) Craig Gill 2) Danielle Strongitharm (East Beach)
 - 3) Kristina Dolan (Love is in the air) 4) Shannon McCarthy
 - 5) Meryn Woodland (one of nature's lovehearts) 6) L Godden
 - 7) Lorraine Kay 8) Alan Knight 9) Eira Brewster
 - 10) Jo Lewis (Nature reserves 9 January) 11) Nikki Cullis Wilding
 - 12) Claire Byren 14) Jessica Isles

A big thank you to all who entered, it was very difficult to choose, so we will be using your photos through out the coming times.

New Covid support schemes launched to help district businesses during lockdown

New Government schemes have been launched in the Chichester District to help businesses that have been affected by the current Coronavirus lockdown.

"A new top-up grant scheme is now live for retail, hospitality and leisure businesses that have been required to close during the current national restrictions, and a further scheme offers financial help to businesses that don't meet the criteria for this grant but that are still impacted by the current coronavirus restrictions," explains Councillor Peter Wilding, Cabinet Member for Finance at Chichester District Council.

"If you own a business in the retail, hospitality and leisure sectors, and are required to close, I would urge you to visit our web pages as soon as you can to see whether you are eligible for two new schemes: the Closed Business Lockdown Payment, which is a one-off top up grant worth up to £9,000, and a support grant called the Local Restriction Grant (Closed Addendum: 5 January onwards). Details on the eligibility criteria and how to apply for these schemes is available at: <https://www.chichester.gov.uk/covidbusinesssupport>.

"We also want to make other types of businesses aware that support is available through the Additional Restrictions Grant scheme. This is for businesses that have not been required to close but are still being affected by the current national lockdown. You can find out more and apply here: <https://www.chichester.gov.uk/covidbusinesssupport>.

"In addition, a range of other business support schemes are still open to help district businesses that were affected by the second national lockdown in November 2020 and last year's local tier restrictions. Businesses can find details on all the available Government schemes, and apply, at: <https://www.chichester.gov.uk/covidbusinesssupport>.

"Our teams are continuing to work incredibly hard to ensure that all grants are paid out to businesses as quickly as possible. They are also on hand to help businesses identify which scheme, or schemes, they can apply for."

Chichester District Council is also still issuing its business recovery grants. More information can be found at www.chichester.gov.uk/covidrecoverygrants

Businesses are urged to sign up to the council's eBiz newsletter at <https://www.chichester.gov.uk/business> to receive updates on the support that is available to them, and notifications when support schemes open for applications.

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Where reputation matters

Hello, and although it is a bit late, Happy New Year to you all.

Welcome to the first Selsey Life of 2021. We trust you are all in good spirits, despite the lockdown and a lot of places and events being closed. We just have to dig deep and get on with it, it is surely better to have a period of inconvenience than to have a potentially fatal disease running rampant.

Further to our comment about places being closed, can we please urge you, wherever possible, to support any of the local shops and trades that are still open for business? As has been said many times, you use it or you lose it.

May we please take time this month to thank all of the people who have made donations to the magazine but wish to remain anonymous - it is greatly appreciated. We also, this month, have more page sponsors, and we thank them as well for their generosity. Would you like to sponsor the Selsey Life magazine? If not the full magazine, how about sponsoring a page for a month for £20.00? We may not be able to guarantee what page, it would be on a first come basis, but we would try to match you if possible. Is this of interest? Please email the Selsey Life in the usual way, selseylife@btinternet.com.

Thank you to all of you who purchased the magazine last month, we hope you will continue to do so. We have kept the cover price at £1 this month - we would welcome feedback on this. We only had positive feedback last month so hopefully it is agreeable to you all.

It was a pity we received no entries at all for the children's colouring competition last issue, but we thank all the adults who took part.

Our request for a cover photo this month was overwhelming, it was very difficult to choose - we hope you like the selection, and we thank everybody who took part - we will be using more of them through the coming months (if we are still going). Would you like to see your photo used in the Selsey Life magazine? Email it to selseylife@btinternet.com with your name and we will add it to our pool. We regret we cannot take hard copies as we have no means of scanning them.

On the topic of photos, please see the advert this month from Brookfield Design - you could possibly have an old damaged photo restored, and you could also then submit it to the Selsey Life for possible inclusion.

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

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

Enjoy the magazine, and feel free to contact us with any feedback and/or articles and photos for inclusion.

PROFESSIONAL WILL WRITING, WILL TRUSTS & LASTING POWER OF ATTORNEY

Have you been thinking about making a Will, changing an existing Will or putting in place a Lasting Power of Attorney for yourself or an elderly relative?

Contact Sarah at Selsey Wills & Estate Planning for a modern and professional approach to estate planning

Telephone: 01243 601462 / 07508 669336
 Email: swestateplanning@gmail.com
 WWW: swestateplanning.co.uk



This month, we have a new book titled Arundel, A postman's view, generously donated by Martin Alderton and Karen, tour guides at Arundel.

To be in with a chance of winning, find the Selsey Seagull hidden somewhere in the magazine, (not this page) and then complete the coupon below and post in one of the two boxes at either Raycrafts, 119 High Street, or Pretty's Newsagents at 4 Orchard Parade.

The competition closes on **Thursday 25th February** at noon. One entry per coupon, copies not accepted.

Good luck, and thank you to Arundel Walking Tours for the prize.

Last month the Seagull was on the Brent Lodge Christmas wish on page 20. The winner was Rose Corn who won the calendar generously donated by Lorraine Kay, together with the Texas Hold'em set and the Pointless Board game. We trust she enjoys the prizes. The winner was drawn by Dawn at Village Flowers.

ARUNDEL A POSTMAN'S VIEW
 MAPS AND TOURIST GUIDE, LIVING, WORKING AND PLAYING IN AND AROUND MY HOME TOWN
 COMPILED BY MARTIN AND KAREN ALDERTON, ARUNDEL POSTMAN AND TOUR GUIDES
 OUR OWN PICTURES, POSTCARDS AND WITH THANKS TO ARUNDEL NOW AND THEN, WEST SUSSEX PHOTO MEMORIES FACEBOOK GROUPS AND FRIENDS £5

Name : _____

Contact phone number and address: _____

(We cannot post prizes unless you wish to pay for it)
 I found the seagull on: _____

One entry per coupon Copies not accepted

Selsey Schools



A New Year has brought new challenges once more for all at Medmerry. Overnight our expectations of what a new term would be changed dramatically, but staff and our families have adapted and have supported each other. We are a one form entry school, which has meant that teachers are teaching in class and supporting the home learning simultaneously. Parents and staff alike are rising to the challenges of internet learning, with Google Classrooms and Tapestry as a means of daily contact and communication.

The kindness of people has been humbling with words of gratitude and support. This was topped by a generous offering of a hot lunch for staff provided by Full Up – nutritious meals for kids. This organisation have been supporting Selsey families and are very much appreciated by the Medmerry School community. (If you would like more information they can be contacted via Facebook). THANK YOU for the delicious meal which boosted morale greatly!

We are looking forward to Spring as the weather improves and we can enjoy our outside environment more.

Dear Selsey Life,

Emma, ex resident of Selsey, still enjoys reading the magazine. Margaret and Gerry Smith kindly send her a copy every month in the post to Wales where she now lives. Emma was a volunteer at Snak Shak for many years, and was one of the first lady 'Lions'. Best Wishes from Paula, Emma's daughter, and Emma. We hope the magazine continues when possible. xx

PS Just a little something to make you smile, when a friend of mine enquired how my mum was settling in here in Wales, I replied ok but she was missing Celery. My friend was a little puzzled! Good old predictive text! We look forward to the next copy of Celery Life

- 1) Which religious movement did Mary Baker Eddy found?
- 2) Which expression did style guru Peter York coin in 1975?
- 3) What did the wartime initials ATS stand for?
- 4) Whom is Andre Romelle Young better known as?
- 5) What are the top universities in the USA known as?
- 6) Whose address was 23 Railway Cuttings, East Cheam?
- 7) In it's original French, what does the word "biscuit" mean?
- 8) What was the name of the first artist to top the UK singles chart?

Arundel a Postman's View (1st edition)

By Martin Alderton and Karen tour guides in Arundel for 7 years.

After 7 years of taking visitors on town tours, almost every day, along came Covid and we, like many had to stop doing what we loved to do.

Here at Tours Towers we decided the time was right to self-publish a book to include a lot of what we know.

We also asked local people with knowledge of certain aspects of the town, to write 'guest' pages. A book developed for tourists and locals alike, published in May 2020 and is selling for just £5, at Kim's and the Book Ferret bookshops and other outlets across Arundel. As well as eBay, we can offer free home delivery in the Arun/Chichester/Selsey areas (C.O.D.).

By texting us your house name/number and postcode, we will respond with an approx. time on a day that suits you.

Email arundelwalkingtours@yahoo.co.uk Call or text 07443896480

Look out for our new book, coming soon, Arundel the Dark Side



Selsey & District Lions Santa Float Collection.

Even in the face of Covid, the Selsey & District Lions held their usual Santa Float Collections throughout December. It was a little different this year, because we could not knock on doors, but many thanks to our wonderful supporters who came out to see us.

Due to their tremendous generosity we managed to raise just over £5,000 which will be used to support good causes within the Town and District. We would also like to thank the following shops that allowed us to set up our static displays on their forecourts. Asda, the Co-op near the Health Centre, John's Country Gardens and the East Beach Shop Parade.

Selsey Lions are always looking for new members to join us in supporting the people of our Town. If you have any spare time or would like to learn more, please visit our website for details of how to contact us, or speak to any Lion you may know.

Many thanks for your continued support and very best wishes for a happy, safe and enjoyable 2021.

Brian Hall,

President

Selsey & District Lions Club.



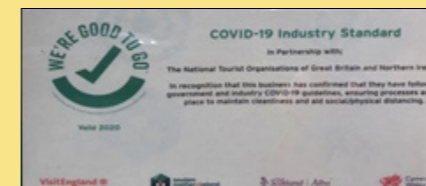
We all here at the Selsey Club Would like to let you know.

When the time is right and we get the nod
 We are more than ready to go.
 We are here to serve your favourite beers
 Wines and spirits too.
 But the thing we're wanting most of all
 Is the chance to welcome you.
 We hope you are all keeping safe and well
 In this wonderful community.
 One of the loveliest places here on earth
 Is of course Selsey.

The Selsey Private Club, Coxes Road

PO20 9AN 01243 606015

New members welcome.



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

Regrettably, we received no entries at all for our Children's colouring competition from the last issue. This did, however, enable us to offer a second prize for the Adult competition for all the entries received.

After careful consideration, our judge, Jake Hayward, awarded first place to the entry from Sylvia Taylor from London.



Second prize was awarded to Mrs C. Lapworth.



Also, whilst going through the entries we felt we had to make a special prize for our oldest entrant, Phyllis, who is 92 and is living in the Old Malthouse care home, so she won a dog and a knitted donkey. We are pleased to have received the following feedback :

"Please find attached the photo of Phyllis with her winning picture & her prizes!

So far she has named the donkey 'Doris'.

Phyllis was overwhelmed when she found out she had won - it brought a much needed smile to her face - as you can see.. and, actually, it has given us all a lovely lift - especially given the latest news about Christmas plans."

We thank everyone who entered, and we are pleased the winners are happy with their prizes.

- 9) Whose feline companion at the White House was called Socks?
- 10) In which sport was Stephen Roche a world champion?
- 11) What event that changed the world took place on 6 August 1945?
- 12) In the film Doctor Zhivago, who plays Pasha?
- 13) Which city did Sonny Bono become mayor of in 1988?
- 14) Which capital city stands on the Vitava River?

CORONAVIRUS

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Recently someone posted a request for information regarding a bone that had been found on the Medmerry Beach (West side of the Selsey/Manhood Peninsula).

There was good response from various people and I hope the originator got the information they desired. The consensus was that the bone was in fact a fossil from some species of cattle although in fossil terms, not that old. (Maybe hundreds of years rather than millions!!)

The thread expanded into more general aspects of fossil hunting on this beach and there appeared to be quite a bit of interest in the subject. Based on this interest, I offered to start a separate post that hopefully captures enough information, guidance and inspiration to get started on a hobby that links with many other sciences.

As a pre-amble, the science of fossils is called Palaeontology and it is easy to link to other sciences such as Geology, Zoology, Climatology, Oceanology, Archaeology etc. The World is your Lobster!! (Of which I have found a rare almost complete specimen on this beach and have called him Larry!!)

I became interested in Palaeontology as a child back in the 1950's after finding a complete fossilised sea urchin in Dorset. I have been "working" the Internationally recognised Bracklesham Beds since the mid 1970's and much to my wife's chagrin, I have amassed a significant collection which probably has some scientific relevance. My passion has always been for the fossilised shark teeth.

The Geology (Clay) that these fossils are being washed out of is Mid-Eocene and around 45-55 million years old and many of them are in perfect condition.

In my opinion, with today's environmental condition, the best opportunity to find any fossils will be to park up at the Bracklesham Lane Pay & Display Car Park. There are toilet facilities and Billy's on the Beach for refreshments. You may be in competition with Surfers, Horse Riders, Dog Walkers etc. It can get quite busy. You can check with this web cam.



Bracklesham beach with a setting sun at low tide.

The weather conditions and tides need to be right. I prefer to "walk out" with the tide. Check the tide timetable (can be found on the web cam site above). Get to know your Spring Tides from your Neaps. The Spring Tides will give you more time and space as the tide goes out. I normally look for tides that are predicted to be 1.4m or lower. The low tides are normally earlier in the day or mid-afternoon to late evening, so daylight at this time of year is a bit of a problem. I have been known to go down there with a headlight on when conditions have been good and lots of fossils washing out.

I normally aim to be on the beach from about 2 hours before low tide. I suggest welly boots for this time of year and wrap up warm as the prevailing SW Wind can be quite punishing. I take a small container to put any finds in and I normally use a small trowel to scoop up any finds on the sand. You can normally find Turritellas (long curly shells and dull in colour) and Nummulites (Protozoa - like small coins) and fossil shell fragments along the

beach. These are classified as Gastropods. The shark teeth, ray palates and spines show up as black in colour when they are wet. These are Vertebrate fossils. Anything that appears black is worth looking at more closely although quite often it will turn out to be fragments of mussel shell!! These fossils are this colour due to the minerals they have absorbed from the clay over the 45-55 million years and they may well be shiny when rinsed and dried normally at home.

Once on the beach from the car park, I normally search to the West towards East Wittering up to the first long groyne and then to the East mainly to the first long groyne with a post at the end and beyond to the blocks of flats. As the tide recedes it leave strands of small debris parallel to the shoreline. It is in this debris where it is concentrated that you are most likely to find shark teeth and other vertebrate fossils that have been washed out.

I hope this is enough information to motivate you to give it a try. I am happy to take offline questions on fossilcole@gmail.com.

.... and now something to ponder
Our Planet is about 4.5 Billion Years Old
The first fossil record is about 2.5 Billion Years Old
If you squeeze the 2.5 Billion Years into 12 Calendar Months, Dinosaurs became extinct just after Christmas and the fossils found on our beach at 55 Million Years ago, would have been around 31st December.

We know that most of the species of sharks found here and identified from their teeth, are indigenous to a sub-tropical climate and shallow warm water.

The Turtle bones and carapace and Crocodile teeth and vertebra found also suggests that this area between Selsey and the Isle of Wight was probably estuarine with shallow brackish water.

There are around 50 different species of shark teeth that can be found, some of which present a puzzle. The Six Gilled shark for instance, has saw like teeth and is a deep, cold water species.

Great White Shark teeth or rather their ancestor's teeth can be found but they are quite rare. These are quite chunky and have serrated blades.

Sharks have not changed much through evolution.

Typically, the same shark teeth can be found along the north Kent Coast at Sheppey and Beltinge and interestingly, I found similar shark teeth of this age on Venice Beach in Florida and Myrtle Beach in North Carolina.

To give you an idea of what you can find from Bracklesham Beds, take a look at this web site. In the Bracklesham section under the Vertebrates, there are quite a few pictures of fossils acknowledged from my collection. <http://www.dmap.co.uk/fossils/>

Happy hunting

Chris Cole



A selection of fossil shark teeth, a Turritella (Gastropod), a Nummulite (Protozoa), a Stingray palate fragment and a rostral peg off the snout of a sawfish.

What do you call it when Batman skips Chuch? Christian Bale.

Selsey Life is compiled and published by

SELSEY LIFE Ltd. . Tel: 01243 602729 e-mail: selsey@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.



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

We have received an increase in the number of reports across West Sussex of thieves targeting vehicles parked in rural carparks and laybys to steal valuables. Whilst your vehicle is parked, ensure you do not have any valuables on display and leave any high-value items at home before setting off on your journey.

Having your car broken into and losing your possessions to thieves can be very upsetting. Wherever your car is parked – on your driveway, on the street, a car park or in the middle of the countryside, follow these simple steps to keep your vehicle and your belongings safe:

- 1) Always lock it – even if you're only away from it for a moment.
- 2) Ensure windows and the sun roof are closed when you leave the vehicle to prevent "fishing". Don't give thieves any opportunity to access your vehicle.
- 3) Secure your number plates with tamper-resistant screws to make it harder for thieves.
- 4) Fit locking, anti-tamper wheel nuts to secure alloy wheels.
- 5) Secure anything on the outside of your vehicle.
- 6) Remove your belongings – mobile phones, coins, sunglasses, bags, purses and wallets can earn an opportunist thief quick cash.
- 7) Never leave Sat Navs, cables or devices of any sort on view – preferably remove them from the vehicle.
- 8) Vans are often targeted for the tools stored inside. Please don't leave them in your van overnight. If you have to then please consider a lockable cabinet or property marking system.

The precious metal in catalytic converters has also led to an increase in their theft. To keep yours safe, ask your car dealer if they can give you any advice on locks or guards that are approved by the vehicle manufacturer.

Front office opening hours
Monday - Saturday 9am -8pm.

Chichester Police Station,
Kingsham Road, Chichester, PO19 8AD

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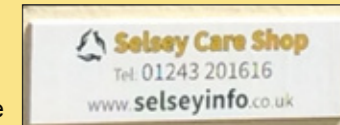
48 High Street, Selsey

01243 602806 07798635516

heathervinten.48@gmail.com



Dear Selsey Life,



I volunteer for the Selsey Care Shop and although I have been isolating since last March, I have been making phone calls 4 days a week to those who are living alone and are vulnerable and those who have dementia and their carers. It's been a vital way of keeping in touch with people especially during lockdown. I am not alone in doing this, I have many colleagues at the Care Shop who do the same thing and much more. Some of the people we call have relatives who are in Care Homes and they haven't been able to visit them as often as they would like to.

I wrote this poem based entirely on what people have said to me during my calls.

I hope you and your readers enjoy it and can see the two different perspectives.

Best wishes

Kate Grant

Somebody came to see me today
I was wheeled to the lounge, put on display.
She patted my hand and kissed my face
Then gathered me up in a warm embrace.
She said it was lovely to see me again
But no recognition came into my brain
There was talk of people I didn't know
But I smiled and nodded and went with the flow
She seemed to know a lot about me
I wondered if it was time for tea
I looked at some pictures of children, small
But I didn't know who they were at all
Who was this woman who sat by my side
I stared at her hard as I tried to decide
I think I knew someone a long time ago
Who was a bit like her but younger, you know.
As she stood up to leave and say goodbye
I'm certain I noticed a tear in her eye
As she walked away she waved to me
And I wondered if it was time for tea.

I went to see somebody today
It had been a long time, Covid kept me away.
He sat in his wheelchair and gazed into space
I patted his hand and kissed his face
I gave him a hug, said "It's been a long time."
But he looked away, his eyes never met mine.
I showed him some photo's the family had sent
He smiled and nodded, he seemed content.
A kindly carer brought us some tea.
He drank it all, never looking at me.
The man I married has gone away
His memories now, far, far away.
He'll never come back, no point making a fuss
I'll do the remembering for both of us.
Dementia has taken our plans and dreams
A different life for us now, it seems.
I shed two tears as I said goodbye
One for me, one for him, my wonderful guy.

Kate Grant
2020

What do you call bears with no ears?

B.

Lessons from the Octopus My Teacher

“What she taught me was to feel you are a part of this place, not a visitor and that’s a huge difference.”

Craig Foster is a wildlife film maker and founder of the Sea Change Project in South Africa. I don’t know how many of you have seen his recent incredible Netflix documentary, My Octopus Teacher, but if not, I can highly recommend it. For me, not only did I find it intensely beautiful to watch, it also served as a hugely informative part of my ongoing fascination and exploration into reconnecting with the natural world – one which includes both sea and forest.



The documentary is mostly filmed in amongst a kelp forest just off the Western Cape in South Africa. Suffering burnout and disillusionment from years of working relentlessly on film projects around the world, Foster decided he needs time out and wants to rediscover and recapture the connection he’d felt to the natural world as a young boy. He begins by swimming regularly in the cold Atlantic waters that fringe that coastline and like many, quickly discovers the mental health benefits of cold-water swimming as his body floods with endorphins, making him feel more alive than he had in a very, very long time.

The occasional swim quickly becomes a daily feature. And despite the cool water temperature, he goes in without a wetsuit so that he feels more a part of his environment. Then, one day he begins to notice and over time, interact with a female octopus. The more he learns and is present with her, the more he begins to feel the boundaries between himself and the octopus begin to dissolve and so unfolds a process of transformation for Foster. He marvels at how everything in the wild is interconnected and how everything works together and exists for the greater good. By visiting the same area every day, he notices changes and occurrences that he would not otherwise have done if he’d just ventured there once. And he begins to see himself as part of the whole, not an onlooker,

not separate, not different. What he sees in the octopus, he sees in himself.

It sounds strange until you’ve seen the film, but in the same way that we fall in love with our pets, so Foster falls in love with his octopus. He also falls in love with the wildness that he now feels truly part of and through that process he begins to reconnect the broken relationship he has with his son. Importantly, he falls back in love with life itself.

These times are undoubtedly tough. Even when we live with others, we can feel alone, cut off from our friends, relatives and neighbours. Just like the little octopus, we briefly venture out and then scuttle back into the safety and confines of our caves and close the door. And the longer this goes on, the more confidence we lose in ourselves and our ability to socialize and feel a part of something.

But there is a way. Even if human contact is not abundant right now, we can turn our attention to something else in the meantime - something to see us through. We can begin to feel a part of something other than human connection and begin to get curious about how to create connections with the environment we live in and around. Why not watch the documentary (if you haven’t already) and take some lessons from it? Try visiting the same place in nature each day (or as often as you can) and see what emerges? Don’t go half-hearted, go all in and importantly, take with you your utmost curiosity, your senses and your wildest imagination.

Justine Clement runs the community venture Selsey Sea Bathing Society. They will resume their monthly socially distanced gatherings when possible. These are free and open to anyone to pop along either socially or to have a dip. For more details go to www.selseyseabathingsociety.com. If you want to get in touch with her, you can find her at justine@selseyseabathingsociety.com. She also runs www.forestbathingmadeinbritain.com.



Sights at Dover					Coon's kin	Early space-man
Kind of ball	Takes it easy	Hindu wonder-worker		Merinos	Charge	Fate
Flightless bird						
	Epi-graph	Auto body support		Use, as a dish		
	Affects	Mails	Weather, in verse	Vocalize	Dust mover	Like a gnat
					Hacking tool	Bit
Stylish cat	Norway capital			Skye slope		
German writer	It marches on			"Attention!"		
				Actor... Lee Jones		

My ambition is to die in my sleep like my Grandad.
Not screaming in terror like his aeroplane passengers.



By Jessica Isles

Across

- Legal prefix
- Absolute
- Bundle of nerves
- x, y or z
- Nary a soul
- Eye layer
- Dizzy feeling
- Lingerie item
- Delicate
- Ashes holder
- Quick trip
- Display
- Left out
- Development sites
- Above
- Directly
- Myopia
- ___-tac-toe
- Delight
- Microwave's purpose
- Funny bit
- Cereal servings
- "Don't bet ___!"
- ___ el Amarna, Egypt
- Maximum
- Acquire
- A level of high acclaim
- Yorkshire river
- Milky gems
- Elliptical
- Approach
- Lasso loop
- Adopted son of Claudius
- Honoree's spot
- Struck hard
- Draft holder
- Tranquility
- Bobby of hockey
- Additional
- Archetype
- Boots
- 1987 Costner role
- "Do ___ others as..."
- Lace tip
- Starting process
- Wild dogs of Asia
- "What's ___?"
- Not as tight
- Trouble, in Yiddish
- Acad.
- Addle
- Hammer and wrench
- "Once ___ a time..."
- "How ___!"
- ___ Verde National Park
- "Bye now"
- Knowing, as a secret
- Actress Campbell
- Bygone autocrat
- Christiania, now
- Mail place: Abbr.

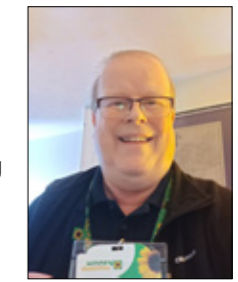
- Who won the 2007 World Snooker Championship?
- What is the name of the actress mother of Emilia Fox?
- In The Lord of the Rings, what was Gollum originally named?
- Who wrote the novel A Wild Sheep Chase?
- What is someone who makes casks called?
- What was Elton John fitted with in 1999?
- Name the fish who had a starring role in a 1988 hit movie.
- For which metal is W the chemical symbol?
- Name the jockey who was stripped of his OBE in 1988.
- What does BUPA stand for?
- Before becoming a writer, what did Arthur Conan Doyle qualify as?
- The siege of the Alamo took part in which year: 1836, 1846 or 1856?

Chichester District Council supports hidden disabilities scheme

Chichester District Council has pledged to support people with hidden disabilities by recognising the Hidden Disabilities Sunflower scheme.



The council supported a motion proposed by Councillor Alan Sutton to recognise the scheme at a Full Council meeting on 19 January. The initiative provides green lanyards dotted with sunflowers, as well as lapel badges and coronavirus face covering exemption badges, to people with hidden disabilities such as autism, asthma, diabetes, chronic obstructive pulmonary disease (COPD), and other lung conditions. These conditions can have a significant impact on daily life, and so wearing these items acts as a discreet way of letting others know when someone may need extra help or understanding.



“It’s important to remember that not all disabilities are immediately obvious and many do not have any physical signs,” says Councillor Sutton, Cabinet Member of Housing, Communications, Licensing and Events at Chichester District Council. “I know from personal experience that living with a hidden disability affects people in different ways and can be painful, exhausting and isolating. Without visible evidence of the hidden disability, it can be difficult for others to recognise and understand when others may need help.

“The Hidden Disabilities Sunflower scheme is widely recognised by airports, businesses and venues across the country and we are proud to have officially adopted it in the Chichester District. This means that staff and councillors can be trained to recognise when someone may need additional support or extra time, which will go a long way in making the everyday lives of people with hidden disabilities a little easier.”

- As part of the pledge the council will:
- Encourage local businesses to formally recognise the scheme.
 - Ensure that the council offices are Hidden Disability friendly and use the sunflower icon to promote this.
 - Provide training on the scheme to all staff and councillors to increase knowledge and understanding of hidden disabilities and their impact.
 - Actively promote the scheme to partners across the district including parish and town councils.

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TRADESPEOPLE AND TRANSPORT IN SELSEY

Not being able to get out and about to do any research, I returned to Mollie Tupper's archives. Mollie had an envelope of photographic negatives which are now being conserved by West Sussex Record Office. I, however, have a memory stick and contact sheets of said photos so I can share them with you.

The first client is John Combes who delivered bread to Selsey. For those of you who have a copy of the booklet 'A Picture of the Manhood' you will be familiar with it. For those of you who haven't, then here it is!



This will not be an exhaustive pen portrait of the gentleman but suffice it to say he was born on 25 March 1864 in West Wittering, the son of Walter Combes and Mary Ide. In 1881 he was a Farm Labourer living in Mill Road, East Wittering and by 1891 he was a corn miller, still in East Wittering. However, this was likely to have been Earnley Mill rather than East Wittering Mill as the East Wittering Mill is believed to have stopped working around this date. This continued through to 1901 but sometime between 1909 and 1911 John Combes moved to Sidlesham and was a baker.

John Combes married Ellen Beale, the daughter of a shoemaker, on 11 July 1886 at the Church of the Assumption in East Wittering and produced four daughters: Harriett Ellen, Elsie Nora, Gladys Martha and Jessie all of whom worked in the business with him.

1914 was not a good year for John. According to the Chichester Observer of 21 October 1914, he was a baker, grocer and butcher of Sidlesham and he was summoned to appear before the Bench regarding

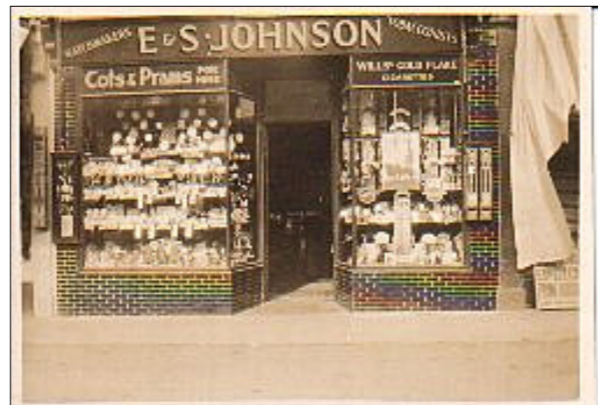
the accuracy of his balance scales. He did not appear but wrote a letter explaining 'that the balance had become rusty through getting wet'. The Chairman of the bench 'remarked that the measure should have been looked at from time to time' and he was fined for being careless rather than fraudulent - £3 and costs. But perhaps he had other things on his mind.

Ellen died 9 November 1914, leaving £170 to her husband. She is buried in St James Cemetery, Birdham – her place of birth. John died on 11 December 1933 leaving £9,812 4s. 10d. He, too, is buried at Birdham.



The next person is Edmund Spencer Johnson, shown here with his home-built bicycle (according to Mollie).

The left-hand picture, below is the shop when it was owned by Spen's father, Edmund George Johnson and was given to me by Janet Wiseman. The right-hand picture is the same shop but under the ownership of Spen himself, as you can see from the name over the door. Now, of course, it is Village Flowers and the current occupant is Dawn whose grandmother, May Lucas, ran a rather up-market gift shop in the same premises.



But back to Spen Johnson. He was the son of Edmund George Johnson, watchmaker and jeweller, and Florence Maria Carter. Edmund (known as Ted) was born in Barnes, Surrey while Florence was born in Chichester. She lived in Franklin Place and was the daughter of a shoemaker.

Spen was born in Chelsea on 1 November 1901. In 1901 the Johnson family moved to Selsey and the 1911 census shows they were at High Street, Selsey. Spen's sisters were both born in Selsey.

When he was 18, Spen was involved in an accident which took place on 5 August 1919 at the junction of the Selsey Road with the Chichester and Wittering Road. Although he was a minor and was represented by his father, he sued Harold Clayton for damages for negligence. He was riding a motor cycle with side-car attached at a speed of about 10 – 12 mph. Mr Clayton was of the opinion that he was travelling at 35 mph. Full details of this court case were reported in the Chichester Observer of 26 November 1919 and should any of Spen's relatives wish to see a copy of it, I will be happy to oblige.

The Observer of 16 February 1927 reported an attempted theft from the automatic cigarette machine outside the tobacconist shop in the High Street, Selsey of Edmund Spencer Johnson. Spen retrieved the washers from the machine and the guilty party was fined £1 2s 6d costs.

On 9 February 1930, Spen married Margaret W Davidson. The Right Rev. Bishop Twitchell DD officiated and the best man was Mr. Normal Marshall, a bank manager. The bride wore a moleskin coat with a blue hat and the honeymoon was spent in Edinburgh, the bride's birthplace. On 13 February 1931 they welcomed twin daughters Leila and Roma into the world.

In 1950, Edmund George Johnson and his wife lived at Scipio, Hillfield Road, Selsey and they celebrated their Golden Wedding in September of that year. The announcement in the newspaper says 'his hobby in his younger days was building 'new cars' from scrap'. Is this where the inspiration for the home-built bicycle came from?

Edmund George died on 5 November 1950. Florence Maria followed him on 7 September 1966.

Spen died on 28 March 1979 while living at 16 Meadowlands, Selsey. Margaret died on 23 March 1994, aged 98.



This picture is H A Smith's (Dairy Farmer) Milk delivery cart. Sid Arnell is the milkman and the small boy in the sailor suit is Frederick Smith, a nephew. The farm is Long Acre. I don't know the name of the gentleman standing in the doorway with his milk jug at the ready and neither do I know why his head appears to be bandaged.

Henry Arnell Smith was a man of many parts which appears to be typical of Selsey. He was baptised on 15 April 1866, the son of Frederick and Harriett. Aged 15 he was a fisherman, living at the Fisherman's Joy public house. By the time he was 25, however, he was living at 32 East Road and was a Builder.

His wife, Adeline Mary Walls, was born in Hurstpierpoint. HAS died in 1947 and Adeline died on 10 March 1958.

Sidney Albert Arnell was the son of Charles Warner Arnell and Mary Millington and he was born, in Selsey, on 14 November 1876. He married Elsie May Humphrey on 4 October 1905. She was a Chichester girl. Sidney started his working life as a Carrier Boy

aged 14, living at East Street. Then he became a Fish Dealer and lived at 1 Grafton Road. It was while he lived in Grafton Road that he became a milkman. By the 1939 register he was a Builder's labourer, living in Grove Road.

Elsie May died in June 1953 and Sidney died in January 1955, aged 78, at 12 Grafton Road. According to the newspaper report of his funeral he left three sons and eight daughters. If anyone should look up the family tree on Ancestry, it shows 3 sons and 7 daughters. The missing girl is Marjorie A Arnell, born 1916.

Sidney's death report shows just how convoluted relationships in Selsey are as family mourners included Homer, Male and Lawrence representatives. Toby Millington was an 'other'.

I'm afraid Frederick Smith will have to go un-researched for now. I'm quite worn out unravelling the Arnells and Arnell-Smiths. I couldn't have got this far without the assistance of Brenda Joyce in New Zealand.



And speaking of the Arnell family – here is a picture of Edward George Arnell's coal delivery cart outside the Gales Off-Licence. This is now the gift shop-cum-greengrocers almost opposite the end of West Street. The thatched cottage is Fuchsia Cottage.

Edward George had fingers in many, many pies. He was a Freemason, a candidate for Selsey Parish on Westhampnett Rural District Council, a magistrate and a Justice of the Peace for Sussex. He was appointed by the King to serve on the Appeal Tribunal for West Sussex (under the Military Service Act, 1916) and was an Alderman for West Sussex County Council.

He passed away at the Royal West Sussex Hospital on 16 October 1946 aged 85.



This is a splendid picture of the Mikado Café in the High Street with the owner, Mrs Marshall, in the doorway. She was renowned for Home Made Bread and Kunzle cakes.

The lady never married but it was usual, in Selsey at least, to refer to ladies of a certain age as Mrs.

And, finally, a blast from the past. This is Maidment's Garage Taxi 1914-1918. Sadly, I have no names.



From L to R: Uncle Willie, Major Leith Edwin, Selsby & 'Son' Maidment, Percy Legg and, possibly, Jack Belcher.

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01243 604698
ruthm@ruthcmariner.co.uk

Thanks are due to Jack and Anne Tupper for allowing me to use Mollie's archives.
Note: 'A Picture of the Manhood' was produced by West Sussex County Council in 1978 (ISBN 0-905139-05-4 currently available on Amazon books website) but Mollie's negative is not a copy of this image but she may have supplied it. West Sussex Record Office and West Sussex Library Services have allowed me to use the picture as its provenance is uncertain.



St Wilfrid's Hospice
Making a difference to local lives

St Wilfrid's Moonlight Walk returns!

Breathe Well, Live Well

Watch our 'Breathe Well, Live Well' series of podcasts and videos for easy to follow expert advice on coping with breathlessness – a common symptom in long-Covid recovery.

The first 3 videos in the series are now available to stream. The first practical video talks about lung health, explaining how the lungs work and introduce ways to manage breathlessness when it occurs.

Get Active

St Wilfrid's has added to a range of exciting physical or cerebral challenges for you to choose from at stwh.co.uk/getactive.

If you could raise £200 in 2021 you could fund a whole day's worth of home visits to patients by a specialist St Wilfrid's Community Nurse.

Go higher.... on 7th March or 4th July

Experience the thrill of a lifetime! Take on a sponsored 10,000ft free fall tandem skydive for St Wilfrid's Hospice and raise vital funds as part of our Leap 4 Love team! All training is provided on the day and everything is managed by your own experienced instructor, allowing you to take in every second.

James Etheridge –leapt in memory of his brother – “Don't even think twice about doing it, just do it! It's the closest you'll get to feeling like you can fly. An experience that will stay with me forever, and all in the name of LOVE.”

Our next Leap 4 Love tandem skydive take place with the GoSkydive Team in Salisbury on Sunday 7th March 2021. Register online at stwh.co.uk/leap4love

More exclusive London Marathon places available!

Take on the iconic London Marathon and become a local hero for St Wilfrid's Hospice. For the first time we can offer charity places to running couples, with training days, fundraising support and a technical shirt yours to wear with pride. We also have running events suitable for beginners to experts at stwh.co.uk/getactive.



This year the official Moonlight Walk Week will be 5th - 11th September, with a socially distanced and safe evening event taking place on Saturday 11th September.



Register your interest now to take a walk to remember a loved one, walk for fun with family and friends or just walk to show you care.

There will be two options this year:

- the virtual event so warmly embraced by so many last year where you can do a 5 or a 10 mile walk your own way between 5th - 10th September
- the return of the evening event through Chichester via a 5 or 10-mile route which includes the specially lit Bishops Palace Gardens. This will be a capped participation and staggered start event so we strongly recommend booking in advance when tickets go live.

Both event versions will be carefully planned and run in line with the latest government guidance in mind.

Alison Moorey, Chief Executive of St Wilfrid's Hospice said, "Every year the staff at St Wilfrid's Hospice goes the 'extra smile' to help terminally ill people to get the most out of life for as long as possible. On the Moonlight Walk we encourage you all to go an extra 5 miles by participating in our sponsored walk".

Individual fundraisers will again have the opportunity to earn 'Super star walker' status and receive a new special hoodie if they can raise over £220 each, with further prizes also available.

This year more than ever, every penny counts towards delivering compassionate end of life care in our community. Register your interest at stwh.co.uk to be told when early bird tickets go live!

Brilliant Night In

Sip, savour and support us this Valentine/Gal-entines day with a Gintastic night in.



We have joined forces with Brilliant Gin, a local artisan producer of a range of award winning Super Premium Gins that are robust yet clean, and ever so delicately balanced.

For every bottle bought they will donate 15% to St Wilfrid's Hospice at no extra cost to you.

Visit www.brilliantgin.co.uk and enter 'DONATE' at the checkout when purchasing any gin in their wonderful range to help make a difference to local lives.

You'll also find a connoisseurs 'Ginteresting Quiz' to test your knowledge and recipe ideas for canapes to host a bubbled or virtual event here at stwh.co.uk/brilliantnightin



Photo by Jake Symmonds

28 November 2020

Selsey inshore lifeboat launches to person in the water



The Inshore lifeboat launched at 3.24pm on Saturday 28 November at the request of UK Coastguard. They had received reports of a person in the water at Pagham Harbour Entrance.

Both the Inshore lifeboat and Selsey Coastguard rescue team were proceeding when they were stood down after a further call to the Coastguards said the person was out of the water safe and well. The crew today were Helmsman Will Moir, Craig Sergeant and Andy Lee.

3 December 2020

Selsey RNLI paged just before launching on exercise.



The UK Coastguards paged the Lifeboat Operations manager (LOM) to request the launch of the all-weather lifeboat (ALB). A 23ft fishing vessel with two persons aboard had called the Coastguard reporting machinery failure 2miles south west of Selsey Bill.

The Shannon class relief lifeboat 13-12 launched at 6.34pm and proceeded to the reported position which was close to the Looe channel buoys. The Coastguards informed the lifeboat that the vessel AWB44 had heard the call for assistance from the Pegasus and was proceeding to the position but was to the east of Selsey at the time. Whilst the lifeboat was proceeding the AWB44 skipper called the lifeboat up and said he was heading into the Solent and would be willing to tow the Pegasus to Langstone Harbour their home port.

The coxswain agreed this would be the best option and said the lifeboat would continue to locate the casualty and standby until the arrival of AWB44. The lifeboat arrived on scene at 7.05pm and confirmed the two persons were ok and informed them that the AWB44 would be towing them. The weather on scene was wind south west force 2-3 sea state smooth with overcast sky. When the AWB44 arrived on scene at 7.15pm they started setting up a tow.

Once the tow was established the lifeboat was released by the Coastguards and the tow commenced towards Langstone Harbour. The AWB44 is a British Army workboat and was on passage to Southampton. The lifeboat conducted some training before returning to station. The crew today were Coxswain Dave Lamdin Mechanic Phil Pitham, Max Gilligan, Kristina Dolan, Harry Emmence and Terry Healey.

23 December 2020

Selsey RNLI lifeboats tasked to recover damaged workboat



The UK Coastguard requested the launch of the lifeboat at 1.15pm on Tuesday 22 December after getting reports of a vessel drifting and low in the water off Selsey Bill. Selsey Coastguard rescue team had been monitoring the vessel for a short while.

The vessel had been reported drifting on Sunday morning approximately 25 miles south of Swanage (Dorset) and both Swanage lifeboat and the Coastguard rescue helicopter were tasked to



investigate if any persons were on it or possibly missing from it. Swanage lifeboat were unable to safely establish a tow with the vessel due to the sea conditions and with no visible signs of recent occupation the UK Coastguards released both assets.

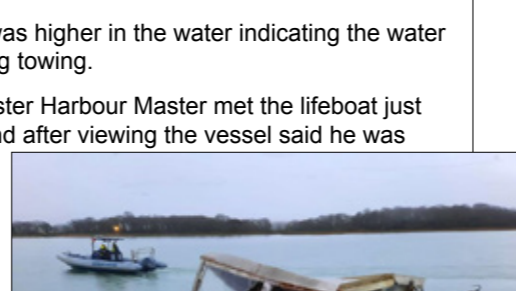
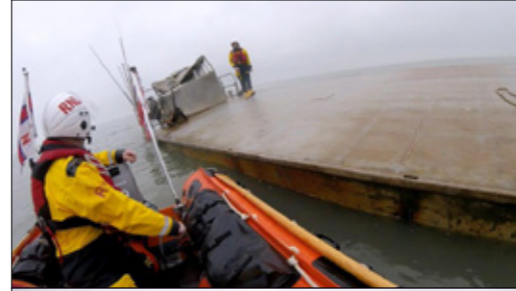
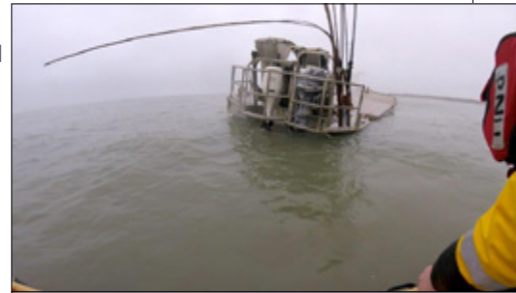
The Selsey inshore lifeboat (ILB) launched at 1.29pm to check the damage and whether vessel was in immediate danger of sinking and after consultation with the Coastguards and the Lifeboat operations Manager the all-weather lifeboat (ALB) launched at 1.40pm. The vessel had clearly been hit by a large ship and if left to drift would be a danger to other craft, so the UK Coastguard requested the lifeboat to tow the vessel to a port. The weather on scene was wind south west force 2 sea state slight in showers.

Once a tow was established between the ALB and the workboat the ILB was released and the tow commenced towards Chichester Harbour who had agreed to meet the lifeboat outside the harbour to look at the damage before deciding on access to the harbour. After a short time of towing, it was clear the vessel was higher in the water indicating the water was draining out during towing.

At 3.20pm the Chichester Harbour Master met the lifeboat just outside the harbour and after viewing the vessel said he was happy to accept the vessel, so the tow continued to Itchenor where the vessel was put on a mooring.

The lifeboat departed Itchenor at 4.16pm but shortly after leaving got a message from the boathouse saying we were unable to recover due to the swell running on the beach, so the lifeboat berthed alongside Hayling sailing club jetty for an hour. After returning to Selsey at 6.30pm the lifeboat was recovered washed down, refuelled and made ready for service. The crews today were ALB: Coxswain Colin Pullenger Mechanic Phil Pitham, Max Gilligan, Andy Lee, Neil Hopcraft and Terry Healey.

ILB: Rob Archibald, Dan Langford and Max Wiseman.



On Saturday the 16th Jan the mass roll-out of the COVID 19 vaccine began for our community here in Selsey. Residents from the peninsular, Chichester and the surrounding areas are being served by two vaccination centres located at The Selsey Centre and in Tangmere village hall. In just a few days, several thousand of our over 80's community, all but a few of our nursing and care home residents and staff, and local frontline healthcare workers received their first dose, using a combination of the Pfizer in the centres and AstraZeneca vaccine out in the community. The team are now settling in for the coming months as they work their way through the cohort groups as follows:

Priority 1: Residents in a care home for older adults and staff working in care homes for older adults.

Priority 2: All those 80 years of age and over, frontline health and social care workers.

Priority 3: All those 75 years of age and over.

Priority 4: All those 70 years of age and over, those clinical extremely vulnerable individuals over 16 years old.

Priority 5: All those 65 years of age and over.

Priority 6: Adults aged 16 to 65 years in an at-risk group.

Priority 7: All those 60 years of age and over.

Priority 8: All those 55 years of age and over.

Priority 9: All those 50 years of age and over.

Getting to this point took a lot of background planning, collaboration and the dedication and time of a core of amazing people. As the first vaccine was being assessed by the regulator, NHS England began planning how to distribute it. GP surgeries (ours included) lobbied to be involved and hoped to be able to run Practice-based clinics in a similar way to the flu vaccination model. The Pfizer vaccine was the first to be approved and is unfortunately so delicate and difficult to transport and store, that it has to be given in larger centres. Our nearest West Sussex centre would have been in Brighton, so the local group of Chichester GP surgeries (ChAMP) decided to set up and operate their own centre. These centres have to meet exacting standards and although some buildings immediately sprung to mind in central Chichester, all those considered were unsuitable on logistical, clinical or financial grounds. Centres also had to be available for long tenures and would not have been able to operate normally once lockdown ends. Selsey and Witterings GPs were also keen to have a centre on the peninsular, particularly as we have many elderly residents with limited access to transport. We are therefore delighted that with the resulting Tangmere and Selsey facilities, Chichester is unique in having two local centres and is able to deliver high capacities of vaccine as it becomes available.

The Selsey Centre is a wonderful building which is run by really helpful and accommodating staff (thank you!), so in just a few days, a group of volunteers and NHS workers were able to build screens, set up furniture, install a wireless computer network, fridges, signage and a huge stock of PPE and medical equipment. They even built a fully equipped medical bay with resuscitation equipment!

When you get your call for a vaccination and visit the centre you will be met by some of our dedicated marshals, who have generously volunteered to help the whole process run smoothly.



They will direct you to park appropriately and check your temperature and that you are otherwise well. We have recently improved our socially distanced indoor queuing system, so we hope nobody has to wait outside. The marshals will ask for your name and check you are on the booked list and then ask you to think about your answers to the pre-consent questions. For reference, these are:

1. Have you received any other vaccination in the last 7 days?
2. Do you currently have a fever?
3. Have you ever had a serious allergic reaction to a drug or vaccine?
4. Have you ever had an unexplained anaphylaxis reaction?

5. Are you, or could you be pregnant?

6. Are you taking part in a trial of a potential coronavirus vaccine?

7. Are you taking anticoagulation medicine, or do you have a bleeding disorder?

8. Do you have any symptoms of COVID 19 infection?

Question 5 has caused a fair amount of amusement so far, especially amongst the 90-year-olds!

Once inside the main hall you will be directed to one of our five "pods"; screened off areas in which the vaccine is given. Each pod has one vaccinator (a doctor or nurse), one clinician (who mixes and draws up the delicate vaccine into syringes) and one administrator (who searches for you on a national NHS database, then enters details of your vaccination). This usually takes just a minute or two, but afterwards you need to wait for 15 minutes, observed by more of our marshals, on one of the spaced-out chairs provided in the other half of the hall. Finally, you leave by the back exit to make your way home and your chair is carefully wiped down. If you are arranging to be picked up, you should expect the whole visit to take approximately 30 minutes.

We have been asked a lot of questions about the bookings process. We are not responsible for bookings but do know how it works: The booking organisation work through a list provided directly from GP patient lists, so it is important to make sure you send your GP your contact details if they have recently changed. When they call, they will try to make a booking, if they can't get though they will make a note - you remain on the list and they will try again. Only if you decline a vaccination will they stop trying. We understand that there is also a text option available and we think lots of future bookings will be able to be made directly using an online link sent by text. There have been teething problems with the bookings, but the ever-resourceful Selsey Medical Practice staff jumped in to help and by working through the list, they filled all the slots. Incidentally, please do not come to the centre without an appointment as they cannot accommodate extra numbers.

Delivering this vaccine has been really rewarding for the team. The residents who have visited have told us how they finally have hope that this pandemic may come to an end. For many, their trip to the centre has been the first time they have left their home since March and once their second doses are safely administered, we all hope that the lockdown measures can begin to be lifted and that they and all of us can start to enjoy a more varied and normal life together.

This page sponsored by Nigel Reynolds



As we embark on our journey into 2021, I would like to reflect on 2020.

By the time you read this the coronavirus vaccine, will have begun to be rolled out, and we can face our future with some hope.

It feels that we have turned a corner and people's spirits have lifted.

Throughout 2020, whilst it has been a challenge for all of us in many ways as a community, we have adapted and mostly remained positive. At the end of the year many of our older folk would usually meet up together to enjoy a **Christmas Community Lunch**. We would bring together many folk, who would often be at home alone, to enable them to enjoy the company of others and eating a beautiful traditional Christmas lunch. Organisations and volunteers would join forces and resources to make it a truly



special experience with gifts, crackers, entertainment and even the typical dodgy cracker jokes.

This year though, it was evident we would need to do something very different and discussions and plans began in earnest.

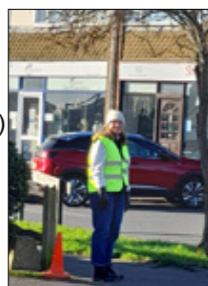
Christmas Community Lunch 2020 would be delivered to our older folk by working in partnership with a meal delivery service. Volunteers came forward and joined the Selsey Buddies to deliver 139 hot meals. Each person received a goodie bag prepared on Christmas Eve and included a handmade placemat, variety of gifts donated by the community, pot plants, chocolate, brownies, crackers and a Christmas card from our youth groups.

Hampers were also put together for 34 families with a range of products donated by local businesses and individuals. Included in the hampers was a voucher for fresh fruit, veg and meat redeemable from local shops.

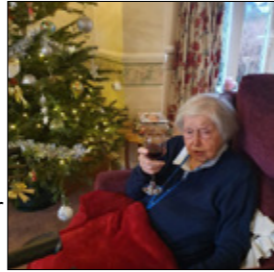


These were kindly delivered by our partner organisations.

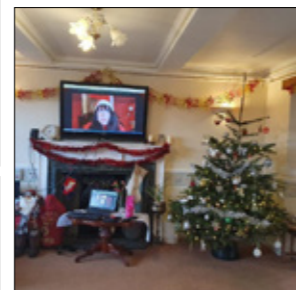
The delivery of the lunches (supplied by Apetito) on Christmas Day went without a hitch from East Beach Church, thanks to the excellent planning by some key people. A volunteer would arrive on their doorstep to wish the person a happy Christmas and enable them to



be part of the celebration. It wasn't ideal but as with everything else during 2020 a vital way to feel connected as a community. And we were truly blessed with a cold, sunny and bright day.



Our local Care Homes in Selsey have worked hard in also providing activities for their residents. With the restrictions around visiting care homes was problematic for families and friends, the care homes have also



adapted as to how to continue to connect using the internet. Their resilience in keeping residents and staff safe has been



inspirational and we are blessed with some dedicated teams. 'Compassionate care' and 'partnership working' are key values for the **Selsey Community Forum**, and we wanted to thank our Care Homes. Along with **Arts Dream Selsey** we were able to bring some joy, laughter and fun directly into the care homes. I had "met" **Amanda Waring** at the **Selsey Business Network** meeting earlier in the year.

She is recognised as a passionate and inspirational speaker, film maker and writer on dignity, compassion, and end of life care in this country. With her actor friends and family, she produced a wonderful '**Christmas Review**' for us that was streamed directly into the care homes, poetry, magic and a virtual sleigh ride. The event was enjoyed by many residents and staff alike in Selsey and from the feedback definitely lifted spirits. We are looking forward in working with Amanda in the future and excited that she has agreed to be our **Patron** for the **Selsey Community Forum** charity – great news and a great start to the year.

Celebrate the festive season with stars of stage and screen, present and past in this special revue with something for everyone created for those in care homes and their carers and relatives.

Join Actress and Producer Amanda Waring for a delightful time of music, magic and rhyme and lets all just have a jolly good time!

A Community and Care Home Initiative working in partnership with and funded by:

To say thank you and Merry Christmas to those working in our care services in Selsey and who have worked tirelessly over the last year!

Selsey Community Forum

Registered Charity 1156460
 Telephone: 01243 201616
 Email: mail@selseycommunityforum.uk
 Website: www.selseycommunityforum.uk
 Address: Selsey Care Shop, 121 High Street, Selsey, PO20 0QB



A Compassionate Community

In our community we have many support aids in a time of loss. For information see www.selseycommunityforum.uk. You will find practical, emotional, group or counselling assistance.

But if we are going to have the courage in ordinary conversations to talk about loss of any one and any kind we might find it helpful to understand what people are going through. Each experience of loss is personal and our reaction is individual. Some will cry and some will deal with grief internally.

Since 1969 it has generally been recognised that we may display five characteristics:

- **Denial** where we find it hard to accept facts and try to control our emotions by denying their reality. In the soap Coronation Street, Leanne Battersby has for weeks been trying to come to terms with the reality that her young son is terminally ill and his life support machine will need to be switched off. She has denied reality by a series of legal challenges and family conflicts.
- **Anger** has also been displayed by this brilliant actress constantly lashing out at all around her. Eventually she declared I alone care for my son. In loss we may all have times when we redirect our emotions into anger. Those around us will bear the effect.
- **Bargaining**. This is where we think if only...we or others had done something sooner or different the outcome might have been different. We might blame specific people or God or even ourselves. Then we can feel guilty.
- **Depression** sets in as we feel sadness, memories, uncontrolled thoughts, loneliness and sleeplessness.
- **Acceptance**. We may not experience all of these and some will come and go. If, as a community, we understand, we may be able to have those challenging conversations or lend a listening ear. We can recommend Medical or other professional assistance. We can offer walks or shared activities. We can help people over time to find acceptance and kindle hope.

The scar never goes away. Special dates occur. Thoughtful family and friends remember.
A compassionate community shares the ongoing journey.

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(You might want a friend to help you with this)

I want you to think of a number between 0 and 20.
 Now, add 32 to it.
 Keeping the number in your head, multiply it by 3.
 Now, if it is higher than 100 subtract 7, but if it is lower than 100 subtract 5.

Double the result.
 Now, close your eyes, and keeping them closed, turn to your left. Dark, isn't it?



WARNETT Marion Esther (formerly of 8 Drift Road, Selsey) sadly passed away on 13th January 2021 aged 89 years.

Marion had recently been diagnosed with Dementia and Alzheimer's disease which meant moving from her beloved home and pets, Milo (the dog) and Tiddles (the cat).

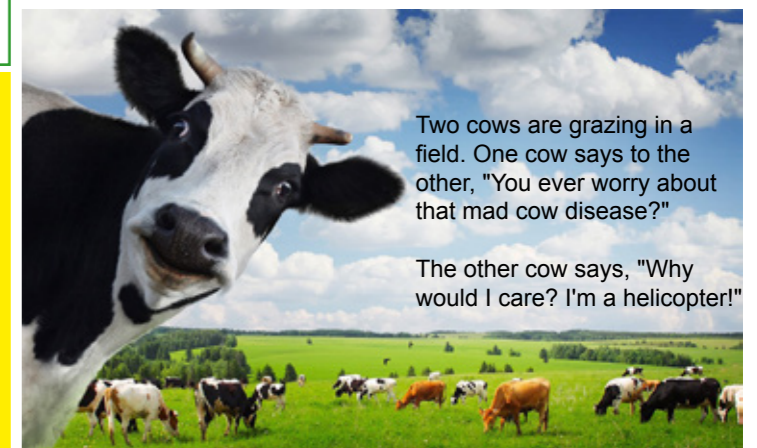
On Friday 5th February Marion will travel by hearse from East Beach Pond, Selsey at 11.00am approximately, past her former home in Drift Road, and the Old Malthouse Care Home, followed by a private funeral.

The family have requested no flowers, but if desired donations in Marion's memory are welcome and may be sent to the RNLI c/o Reynolds Funeral Service, 31 High Street, Bognor Regis, PO21 1RR. Tel 01243 864745 or www.reynoldsfuneral.co.uk

Read this out loud!

This is this cat
 This is is cat
 This is how cat
 This is to cat
 This is keep cat
 This is someone cat
 This is bored cat
 This is busy cat
 This is for cat
 This is forty cat
 This is seconds cat

Now go back, and from the start read the third word only in each line



Two cows are grazing in a field. One cow says to the other, "You ever worry about that mad cow disease?"

The other cow says, "Why would I care? I'm a helicopter!"



It's February and if you haven't had your fill of winter wildfowl, this could be your last chance for a while, as many ducks and geese prepare to leave for their summer breeding grounds.

The delicate white flowers of snowdrop and pale-yellow of primrose hint at the promise of spring to come. Buds are fattening on trees and shrubs. One of the most obvious is the blackthorn. Covered in tiny little buds they remind me of popcorn, as over the course of the month they grow before bursting open in the following month.

The early flowers and catkins draw in queen bumblebees in need of food and energy after their long hibernation. Now they search the woodland floor for deserted mouse or vole burrows in which to make their nest, buzzing loudly as they go.

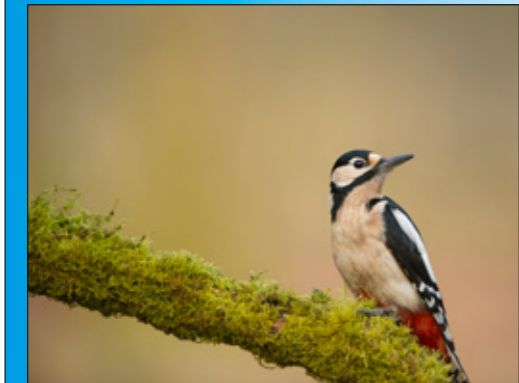


Blue tit c Louise Greenhorn

Our resident birds can sense it as well. Blue tits and great tits prospect nest boxes. Look out for the males encouraging the females to look at a potential home to raise a family. If you haven't got them up yet, now is a good time to put nest boxes. Tit boxes should be fixed 2-4m up a tree or wall with a clear flight path to the nest. Face the box between north and east to avoid the hot midday sun and the wettest winds. Nest boxes placed high up under the eaves will appeal to house sparrows and starlings but they will also use boxes sited lower, at about 2-4m. Sparrows will often nest in loose colonies, so choose two or three boxes placed about a metre apart or you can now buy special 'terrace' nest boxes. While, open-fronted boxes are preferred by robins and wrens. They need to be placed low down, below two metres, hidden out of sight and sheltered by vegetation.



Snowdrop



Great spotted woodpecker c Ben Andrew

The sound of 'drumming' woodpeckers carries on the wind. These are likely to be greater spotted woodpeckers, with black and white plumage and red undertail. The male, with a red nape, does most of the drumming declaring his territory to other males and letting the females know he is available. He hammers an astonishing 10 – 20 times a second and at least 1000 times the force of gravity!

Yes it is still winter, but the days are lengthening and our wildlife is restless for the change.



Great tit

Let's give nature a home

www.rspb.org.uk

Litter enforcement arrangement to continue for a further three years in Chichester District



An agreement to provide litter enforcement officers in Chichester District will continue for a further three years.

In 2017, Chichester District Council signed an agreement with East Hampshire District Council to provide litter enforcement officers in the district following the Government's National Litter Strategy and as part of the council's Against Litter campaign.

The partnership has proved extremely successful and an audit of litter before and since the scheme has been introduced has shown a significant drop in the amount of litter picked up across the district by the council's Contract Services team.

The litter enforcement officers have powers to issue fixed penalty notices to members of the public who they see dropping litter, such as cigarette butts, chewing gum and dog waste bags. They are also able to deal with dog fouling under Public Space Protection Orders (PSPOs) as well as carrying out more educational work with the public.

Since the contract began, they have issued more than 4,100 fixed penalty notices, mostly in Chichester, but other hotspots have included **Selsey** and Midhurst.

"One of our priorities as a council is to look after our natural and built environment and we know that the public want us to tackle littering and provide an element of enforcement as part of this," says Councillor Penny Plant, Cabinet Member for Environment at Chichester District Council. "We are very pleased with how the arrangement with East Hampshire District Council has worked and with how effective the litter enforcement officers have been. The arrangement is also cost neutral to the council, so this means it is excellent value for our residents."

"While enforcement is largely carried out during week days and within office hours, this has been a very flexible agreement, and means that we can ask for out of hours and weekend cover as well as targeting particular hot spot areas when we need to. Last year for example, we asked the officers to target the beaches and Bosham Hoe where we were aware of covid-related littering issues."

For more information about the council's Against Litter campaign see www.chichester.gov.uk/againstlitter



Local Charity Achieve Runners-Up for National Award in Wildlife Recording

The Manhood Wildlife and Heritage Group (MWHG), a Selsey-based charity dedicated to preserving the unique character of the Manhood Peninsula, triumphed within the Group category of the National Biodiversity Network's (NBN) Awards for Wildlife Recording 2020. They secured the runners-up position behind the winner: The Mammal Society. These national Awards were announced during an online conference on Wednesday 18th November. They recognise and celebrate the outstanding contributions adults and young people are making to wildlife recording, which is helping to improve our understanding of the UK's biodiversity.

The MWHG's Heritage Lottery Funded project, 'Fixing and Linking Our Wetlands' (FLOW), works with landowners and local communities to reduce flooding, improve unmanaged ditches and ponds in poor condition, connect wildlife habitats, and record wildlife.

The Group's commitment to recording intensified in 2013 due to a lack of records on the Peninsula. Since then, the Group has submitted a large amount of data, particularly on rare, legally-protected species like water voles. All waterways and ditches on the Peninsula are now considered to be water vole habitat and therefore a developer must prove that they are not present which is a significant policy change.

Staff and volunteers from the Group have continued to survey wildlife throughout 2020 from their own gardens, on local walks, or at project sites such as the Relic Canal in North Mundham, Florence Pond in Sidlesham, Birdham Village Pond and many more. These wildlife records build an up-to-date database of information that can be shared with local organisations and government bodies, as well as guide future conservation work.

Dr Jill Sutcliffe from the Group said: "We are thrilled to have been shortlisted for our recording effort and would like to thank all our volunteers for their hard work and dedication."



To get involved with wildlife recording, visit the MWHG website: www.mwhg.org.uk.



Ditch survey



Wildlife survey Itchenor pond



Wildlife survey



RSPB Zoom Meetings for February 2021

11 February

Penny Green, Ecologist, Knepp Estate – Rewilding and Birds at Knepp

25 February

Kerry Jackson – Going South - The Falklands

All meetings start at 7.00 pm

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

My friend told me he had the body of a Greek god. I had to explain to him that Buddha is not Greek.

**Q: Why does Humpty Dumpty love autumn?
A: Because Humpty Dumpty had a great fall.**

A man got hit in the head with a can of Coke, but he was alright because it was a soft drink.

**Q: What did the green grape say to the purple grape?
A: "Breathe, stupid!"**

**Q: Why is England the wettest country?
A: Because so many kings and queens have been reigning here.**

Tenchley Manor Nursing Home

Our team extends a warm welcome to you and your family and friends



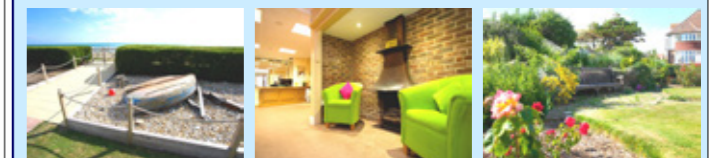
Inspected and rated

Good



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.



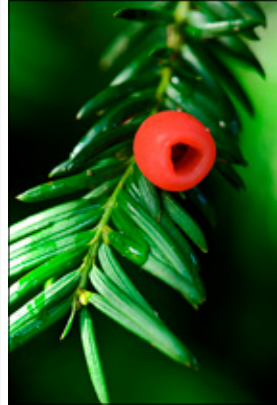
Ursula Square, Seal Road, Selsey, PO20 0HS

Tel: 01243-606060

www.cheerhealth.co.uk

Palm Sunday commemorates Jesus' famed donkey ride into Jerusalem. Recreating that palm-branch-strewn journey in Britain has been botanically challenging, since palm trees don't grow in our climate. Instead, churches gathered sprigs of native yew to provide the ceremonial décor and in some areas, the Sunday before Easter became known as Yew Sunday. And that's why every churchyard has a yew.

Well, actually the yew's churchyard connection is because yews are evergreen and can miraculously regrow from a dead stump. The trees were planted as a symbol of everlasting life and a reminder of the Easter resurrection. But, hold up; how come over 500 churchyard yews in England and Wales are older than their churches? It must mean that the



yews themselves were pagan places of worship and the churches were built around them. Or they were planted on the graves of plague victims to purify the dead. Or it could be something to do with long bows. Or keeping the waiting congregation sheltered and dry each Sunday.

No-one seems sure where this association started but, whatever the reason, yews look right at home in churchyards. Dark, dense and unmoving they solemnly preside over the sad ceremonies held underneath their boughs and have seen generations come and go (but mostly go). Yews themselves deliver death and every

part of them is highly poisonous; their leaves, their bark, their seeds. Only the fleshy red arils around the toxic seeds are harmless, encouraging birds to feed on them and disperse the poisonous cargo within. Yet death itself does not seem to inconvenience the yew.

Two rival British yews are advertised as the oldest living thing in Europe, at an alleged 5000 years old. Not many yews in Sussex can rival these great evergreen granddaddies. Most of our whippersnappers are probably just a couple of hundred years old. The problem is it's hard to accurately age a yew. As they get older, their blood red heart-wood rots, leaving them hollow inside and without traditional growth rings. Its heart may no longer be in it but that won't stop the yew from growing.

One of the oldest yews in Sussex can be found in Stedham churchyard near Midhurst. It's estimated to be a mind-boggling 2,500 years old. Over in Wilmington, at the foot of the Long Man, a monstrous yew dominates the churchyard. At a reputed age of 1600 the tree is 600 years older than the church. Supported by wooden props and straining against rusting chains, it's as if a travelling circus is exhibiting an aging dinosaur. It's worth a visit to both these old timers. For me, standing in the shadow of a plant that is 40 times older than you is humbling and a reminder that for us mere humans, life is brief.

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

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



Ancient Yew c Sussex Wildlife Trust



Yew c Amy Lewis
Sussex Wildlife Trust

The Write Zone with Tara Wright



When I turned around, he was just standing there, staring at me. I'm not certain what I heard first: my own scream as I jumped backwards, or the sharp crash of my mug of tea as my arm knocked it off the kitchen counter. It all happened at once. My mouth was open, breathing hard, my blood whooshing in my ears.

'I need to go to hospital.'

The sound of his voice ruptured the silence. I heard what he said, but my brain was already bounding upstairs, two at a time, where my three-year old, Emily, was taking a nap. Daniel was at work. I'd seen my nearest neighbour drive away only ten minutes ago. Was it money he wanted? Or something else? My mouth was as dry as a bone.

'Get out of my house,' I rasped. I pointed to the back door, his way in.

'I need to go to hospital.' His voice was breathy, urgent.

'What?'

I scanned him, up and down. He didn't look hurt. He was standing crookedly, one dirty trainer turned in towards the other; scuffed jeans. He glanced away, at the floor, then looked at me. His oval face was pale, boyish. He could have been no more than twenty. His eyes were corn-flower blue under fair hair turned brown with the rain. There was no hostility in his gaze. Quite the opposite: he looked lost, and incredibly sad. I looked closer. His clothes were worn and he had no jacket. His shoes had left dark, grimy-looking tread-marks on the floor. I straightened; kept my voice level.

'You have no right to just walk into my home unannounced.'

'I ... just want to get to hospital.' I detected an accent. Polish or Russian, perhaps? His shoulder lifted as if he couldn't explain it. I edged sideways, creating a block between him and the kitchen door; the hall, the stairs; between him and Emily. He rubbed his left arm forlornly, and I noticed that his knuckles were raw. In spite of my terror, something was telling me not to reach for the knife-block.

'Are you hurt? What's wrong?'

He shrugged again, and shook his head, as if searching for a word. I took a step forward. His eyes lifted and he looked almost afraid.

'Look,' I said, controlling the shake in my voice. 'You shouldn't be here. You can't just walk in. It's not the way to do it. If you need help, you have to knock.'

He nodded, vanquished. I moved towards him and raised my arm hoping to convey that he should move too. Obediently he turned and walked in front of me and I felt a flush of relief. Outside, in the yard, I gently closed the back door, shielding the house. Now it was just him and me without the confines of my kitchen. It felt like neutral territory; defused. I beckoned him ahead of me down the drive to the road. On the pavement, he turned and looked at me.

'Sorry.'

I folded my arms, determined to maintain my composure. 'That's okay. No harm done. But you mustn't walk in to anyone else's home today. Promise? You might frighten someone very badly. Do you understand that?'

'Yes. Sorry.'

'Where do you come from?'

'Krakow.'

'Why do you need the hospital?'

'My brother is there.'

'Your brother is ill?'

'Yes, very ill. With the Covid. Life support.'

My heart contracted. Thank God I hadn't over-reacted. 'I'm sorry to hear that.'

'And I have no money to get there.'

'No car?'

'No.'

'Which hospital?'

'Portsmouth.'

'Where are you living?'

'Selsey. But I have to leave soon.'

'Why?'

'No work now. Covid. All jobs are gone.'

'How will you get to Portsmouth?'

He shrugged; shook his head. His eyes welled.

My desire to be rid of him fought with my unease at simply abandoning him. What if he was telling the truth? What if I turned him away and he really didn't have the means to see his brother? 'Stay there a minute,' I told him. He was still on the pavement, staring at the road, when I returned a couple of minutes later.

'You call the police about me?'

'Police? Why would I do that?'

'I trespass.'

I nodded, and held out the ten-pound note.

'I know you did. And you apologised. Here, take it.' He stared at the money before gently pulling it towards him. He seemed lost for words. 'I hope your brother will be all right.' He frowned, and I could see hope breaking through his confusion.

'Why do you ... care?'

I thought about it. I could have clung on to my terror, let my affrontery fuel my desire to report him, or pillory him on Facebook, but his helplessness had ignited something more powerful: an urge to do the right thing.

'Because it's important,' I told him. 'I don't want to be someone who doesn't care. Everyone deserves a chance to explain.'

'I care about my brother. If it wasn't for you – for this money – I wouldn't be able to see him.'

'Then maybe ... it was a good thing you walked through my back door today,' I smiled.

Stay safe and kind,

Tara

authortarawright@gmail.com

[The Yum Yum Bazaar on Amazon.com.](https://www.amazon.com)
Five amazing tales of love, fate and second chances.

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In the Garden

our monthly guide to gardening - In memory of Giles Peare

Jobs for February

Keep a check on the weather forecast. If a hard frost is forecast, move any container displays under cover for extra protection. Cold drying winds are even more dangerous. Rain can lead to saturated compost, which could freeze solid, so stand your pots on feet to improve the drainage. Make sure hose pipes have no water inside and that all taps and pipes are well lagged.

Place a terracotta jar, deep bucket or even an old dustbin over some Rhubarb crowns as soon as they show any signs of growth. The cosy, dark conditions inside will encourage the growth of early, tender Rhubarb stems, bright pink in colour and deliciously sweet and succulent. They will be ready for harvesting in a few weeks time.

Give Buddleias and other vigorous Summer-flowering shrubs their annual prune this month. To keep them compact and encourage flowering lower down. Be drastic and cut all of the last years stems down by 2/3rds. The new shoots that then develop will carry flowers this summer. Elderberry varieties can also be pruned using this method.

Tip Top Tips

1. Cover some of the vegetable bed with cloches or polythene to warm the soil for early sowings.
2. Purchase and start 'chitting' seed potatoes.
3. Cut Autumn fruiting Raspberry canes down to the ground.
4. Plant Jerusalem Artichokes in a sunny site.
5. Purchase seeds and potting compost ready for early sowings.
6. Clean moss and slippery algae from steps, paths and paving.
7. Protect fences, wood structures and sheds with a good preservative.
8. Move potted Strawberry plants to Greenhouse, porch or conservatory to boost early flowering and fruiting.
9. Pick a posy of Viturnum, Chimonanthus, Winter Jasmine, Choisa and Hamamelis to fill the home with a delightful scent.
10. Make sure garden birds have adequate food and water.
11. Sow a few early bedding plants such as Petunias, Begonias and Antirrhinums in a heated greenhouse, also some tomatoes.
12. Save the shells from mussels and oysters to 'croak' your pots.
13. Never let an odd-job man prune shrubs or trees- you could pay the cost!

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



By Jane Reeve
(Written for first lockdown)

Silenced roads and silken skies
Distant foxes' nocturnal cries
Rail networks a distant roar
Wildlife engage in this quiet Covid law

No vapour trails criss cross the sky
Planes parked up, never to fly
No vehicles ripping up the roads
All locked down in their own abodes

Eerie precincts - closed shopping malls
We're told to stay home - no one calls
Compelled incarceration is our inherent fate
Please, super spreaders, stop putting up the rate.

Numbed minds and fragile thoughts
It's written on all our faces
We have aches and pains and feel out of sorts
We do get smiles but mostly grimaces!

- 27) What short-lived 1980s soap opera was set in Manchester?
- 28) Which petrol claimed to put "a tiger in the tank"?
- 29) In Morse Code, what letter is a single dot?
- 30) Who drew the caricatures for the title sequence of Yes Minister?
- 31) Which is Africa's second longest river?
- 32) The lammergeier is another name for which bird?
- 33) What is a dhoti?

THE VICTORY CLUB
31 High Street, Selsey

We can be found on Facebook
www.facebook.com/Thevictoryclubselsey
Our web site
www.victoryclub.org.uk



Dear Members and friends

Together we have stood resolute during this most challenging of times.

Now that the vaccine is being rolled out, we have a clear reason to be optimistic about fighting this dreadful virus.

Due to the dedication and bravery of all the staff and volunteers at the vaccination centres, we should see a return to 'normal life', something we have all taken for granted.

At the Victory Club we have strived to be central to our community throughout and have offered ongoing support such as supplying gift hampers down to a friendly old 'chat' to all who have needed it.

Now we can look forward to the future, and welcoming you all back again once the Lockdown is lifted.

In the meantime please remain vigilant and stay safe.

Acting Chair
Mark Wardell

Well, I can't recall what I was doing when Shalamar released their record. So much for them making it a night to remember.

Selsey's 3rd
Seed & Plant Swap

Sunday 28th March 2021 - 11-3pm
at The Bridge Support Centre
Behind Selsey Library, PO20 9EH

We hope this year to run as an outdoor event, please check the week before with Paul on 07815 790770

Organised by

Open 7 Days **Bellfield** **10am to 5pm**
Established 1947
Bell Lane (B2198), Birdham, Chichester, PO20 7HY. **01243 512333**

For a heated greenhouse or indoors we have: **Ready for outdoor planting now we have:**

Geraniums for potting/growing on at £3.99 pack of 12	Primroses in 9cm pots 70p each or 6 for £3.60
Bedding begonias for potting/growing on at £2.75 pack of 12	Polyanthus at £2.75 pack of 6
Fuchsia and Trailing Petunia plugs £1 each	Pansies/Violas at £2.75 pack of 9
Fuchsias in 9cm pots £1.60 each	Stocks and Sweet Williams at £2.75 pack of 9
Potting composts and ornamental pots	Pinks in 9cm pots at £1.80 each
Plus much more Seed	Perennials from £1.80
Potatoes~Onion sets~Garlic~	Shrubs £7.50
All at Very Competitive Prices	Vegetable and Lettuce plants £1.80 a strip of 10

DONNA'S DELIBERATIONS

Hello! Welcome, everyone to 2021. I'm purposefully staying away from the 'New year, new me' usual narrative because, let's face it - 2021 is really just a continuation of the damp squib which was 2020! I wasn't being entirely serious when I said that if we could, we should return 2020 and get a refund but, on reflection, it was pretty accurate!

It was around this time last year that Covid 19 started to really make its presence felt. A friend of mine, who lives in London, contacted me to say that he was in hospital, having been admitted with pneumonia, following a week or so of feeling unwell. At the time, the fact that he had contracted Covid wasn't picked up. He was very ill, rather more so than he initially said and it wasn't until a couple of months later, that the penny dropped and he realised he'd had all the symptoms of Covid. Unfortunately, he is now dealing with 'Long Covid' - the more sustaining issues which can follow when you catch Covid 19. But, a year is a long time and we are infinitely more informed about this particular type of Coronavirus - thankfully. We are clearly not out of the woods yet, but the future looks a great deal more positive than it did twelve months ago. We are, hopefully, over the worst but I know that many of us have had to 'dig deep' to get through the long Covid dominated months.

One of the most important qualities we all possess is, in my view, our ability to be mentally resilient - drive and determination to keep going when we'd really rather retreat under the duvet is so important when the going really does 'get tough' - and goodness knows it's been tough this last year. The problem is though, that we have to work on developing this resilience and that's not always easy, but I believe that we are all stronger than we think. One of my favourite quotes about this comes from Thomas Alva Edison, the famous American inventor - he said: "If we did all the things we are capable of, we would literally astound ourselves". What stops us is fear and a lack of confidence. A good friend of mine, a very successful author and entrepreneur, told me that the main key to success is cutting off your 'escape route'. What he meant was that the vast majority of us are constrained by fear and apprehension of the unknown and so we avoid it - if we have the courage to put ourselves into a position that we have no obvious way back - we will see just how strong we really are - we could 'literally, astound ourselves'. I think he - and Thomas Edison - are probably right. I suspect that many of us have managed to do just that in recent months if we really think about it. Let's face it - there has been no 'going back' with Covid.



December, 2020, for me, brought a couple of unique challenges I had not been expecting. First of all, my cat went over Rainbow Bridge. I had hoped for the best but expected the worst when we took her to the vet, particularly as she was getting on a bit, but I had not expected to have to take the most difficult of decisions. When the vet called, I was initially encouraged but it was the sort of conversation where you just know there is a 'but' coming - and it did. Willow's passing was discreet, comfortable and, I believe, absolutely the right decision. She was heavily sedated but somehow managed to stand just enough to struggle out of her carrier and literally collapse in my arms. Our pets have absolute trust in us, which is both an enormous privilege and responsibility at the same time. I miss her dreadfully but hope that she is content with the decision I made.

My second challenge was somewhat more life changing. I have spent a very long time using the word 'Carer' as one of the ways of defining myself, but that ended on Christmas Eve. I have mentioned Adrian on a number of occasions in my 'Deliberations' - he was 97, confined to bed and whilst he was physically frail, he was still mentally very strong -back in the day, he had been quite a powerful man. In the days when printed media was the main source of information for us, he had been Managing Editor of the

Daily Telegraph and was one of the main players involved with the instigation of the Sunday Telegraph; he had a very adventurous life. He and I were neighbours and, years ago, he knocked on my door one day because something had been wrongly delivered to us - that was the beginning of a relationship which became very special. We had an immediate affinity - whilst my journalistic and writing career is unlikely to reach the heights that his did, I was fascinated by his tales of life as a journalist at a time when newspaper influence was at its height.

Amongst many other escapades, he went on tour with the Queen, exchanged many a glance with Princess Margaret when functions were obviously somewhat boring for both of them and missed the arrest of John Christie by literally seconds. He had been in a taxi, crossing Putney Bridge, when he spotted a Police Officer apparently approaching a man. By the time Adrian reached his office, Christie had been arrested and it was the talk of the journalistic community. Only then did Adrian realise that he had missed the scoop of his life. He attended Christie's trial, and his main memory was that Christie was 'quite a small man'.

He also remembered Christine Keeler, a main player in the Profumo Affair - she would visit the Telegraph Offices in London - although Adrian was never sure why. I recall him watching the film 'Scandal' one day, an obviously fictionalised account of the relationship between John Profumo and Keeler herself. Suffice to say, he wasn't too impressed at what he called a 'shoddy representation'. I once asked him if he had ever actually said the infamous words 'hold the front page!' - expecting a gentle chastisement for being far too influenced by embellished accounts of national newspaper life - it turned out that he had actually once said it - although he was a young journalist at the time and really didn't have the authority! He was the first journalist to be informed that the BOAC Flight 781 had gone missing off the Italian Coast, in January 1954 and broke the news to a chap called Basil Smallpiece, a Director of BOAC at the time. Adrian clearly became somewhat over enthusiastic, hence the 'hold the front page' moment. It was a phrase which we assimilated into our conversations quite a bit if we wanted to say something we thought important, although I suspect no one else would have understood why we did it!

Adrian had always wanted to stay at home and I was fortunate enough to be able to facilitate that but he passed away just a few hours after going into respite care to give me a break over Christmas. It was unexpected and I felt like I had been hit by the proverbial lorry. Life after caring takes some getting used to; the unprescribed hours and total change in routine cause you to stop and reflect on just how big a part of your life caring for that 'special someone' became but, one thing I am sure of, all of us who have, at one time or another defined ourselves as a 'Carer' would not have changed it for the world.

The issue, of course, is that life after caring is uncharted territory and like many others before me, I am 'digging deep' to adapt to these changes and am developing my own 'mental resilience'. Yes, life is challenging, for us all at the moment, but these challenges can give us the opportunity to rise and come back even stronger than we were before.

Take care all
Donna donnajohnson279@gmail.com

Christine Keeler and BOAC Comet
[c en.wikipedia.org](http://en.wikipedia.org)



This page sponsored by Nigel Reynolds

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

At the time of writing, we are in week 3 of the latest lockdown and not having the same good weather we had in the spring it is more difficult to stay positive.

Hopefully your Christmas and New Year celebrations allowed some contact with family.

However, some of us of a certain age may well have had the first dose of Covid vaccine and starting to look forward to a better 2021 and even a holiday!!

We are lucky to have the facility for the vaccinations at the Selsey Centre so let's hope everyone will respond when invited to attend.

The Friends Committee is now larger due to some welcome volunteers and will be looking forward to being able to meet in person rather than on-line.

New members of Friends are still needed to keep this excellent support group in place for the foreseeable future. The minimum subscription is only £4 a year but more if you feel able.

Contact Rosemary Cook on (01243) 945263 or e-mail diablo1066@outlook.com for more information and application forms.

There are so many wonderful organisations in Selsey who will be in need of financial support to continue but we hope that Friends will be first on your list when all the various fund raising events start again.

Keep safe and well. Spring is on the way

Dear Selsey Life,

I am very sad to read that next March may be the last edition of Selsey Life.

When we were on our holidays in Selsey I'd go and search for a copy as it was one of the highlights of my holiday.

We've been to Selsey since 2005 and had the magazine every year since.

I really think it will be sorely missed - it keeps one in touch with what's going on.

Just cannot believe it may be no more.

Yours faithfully

Sylvia Taylor



COVID CONUNDRUM

Ours is a new unpractised war where man does not fight man
There is no role for fighter planes or radar screens to scan
The enemy has had us cornered since the war began

Stand down your brave battalions they cannot help you now
Your brightly polished war machine does not your means endow
Away with all reconnaissance no gain will it allow

The missile is not adept at hunting microbes down
Nor bow and arrow, tribal spear or king in golden crown
Useless both, your laser gun, your huntsmen of renown

Retire that aircraft carrier, its compliment of men
Such ludicrous extravagance need not be seen again
Redeploy your dollar bills, your roubles, pounds and yen

An enemy invisible is stumbled on by chance
Proceed with greatest caution modify your normal stance
Then only after deepest thought embark on your advance

Our enemy though miniscule is utterly immense
An advers'ry defeatable only at vast expense
Go armed with AstraZeneca the new means of defence

And when this bitter war is won do not let down your guard
This enemy will rise again, rear up to hit you hard
Never ever from your mind its memory discard

JOHN BYRNE JANUARY 2021
ARTWORK: JASON BETON



Is there any truth that you call the wife of a hippie a Mississippi?



THE CAT & RABBIT RESCUE CENTRE

THE CAT & RABBIT RESCUE CENTRE

Tel: 01243 641409 Reg. Charity no. 1010000

Email: info@crcc.co.uk www.crcc.co.uk

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



I am so happy I can let you all know that last issue's pets of the month the guinea pigs Happy Cherries and Fizzy Peach have now found their forever home.

Thank you everyone that helped to raise much needed funds for The Centre over the Christmas period. I'm delighted to let you know that our Fill a Bowl Campaign raised £970! Your donations will go directly towards looking after the animals in our care. Also my out and about friends at The Centre gained around 20 more sponsorships at Christmas time, how amazing is that. But of course sponsorship is for any time of the year too, if you want to find out more check out our website. The sponsorship page is full of gorgeous photos of my cat friends and even some rabbits to sponsor too. Don't get too excited yet though because you can't actually sponsor me at the moment, I'm not a sponsor cat, but that's just because I didn't want to hog the lime light of course.

Last year was a different year for The Centre, my staff had to adapt to whole new ways of working. I'm so proud of how hard they have all worked throughout this time, they are really the ones who keep CRRC running. It is all thanks to them that we were able to take in and care for 621 cats, rabbits and guinea pigs.

While, happily, even due to lockdowns and restrictions on the way we could rehome we were still able to find forever homes for 589 animals, which I think we can all agree is a great achievement.

Lovely to chat to you all again, see you next month. Love Markus x

P.S. Please check our website www.crcc.co.uk to see how we are now rehoming and for the animals available for adoption. If you are looking to adopt a cat please do ring the centre, for rabbits please fill out an online application form. But for kittens and guinea pigs please do check the website and only contact us if you see something suitable on there.



JIGSAW PUZZLE LIBRARY

Do you like doing Jigsaws?

Would you like to be able to borrow rather than buy?

Please call 605942 to make an appointment to collect the puzzles.

14 Green Lane, Selsey

We are practising self-distancing rules.

The Membership Fee is just £5 and puzzles can be borrowed for a £1 a month each. Over 300 to choose from.

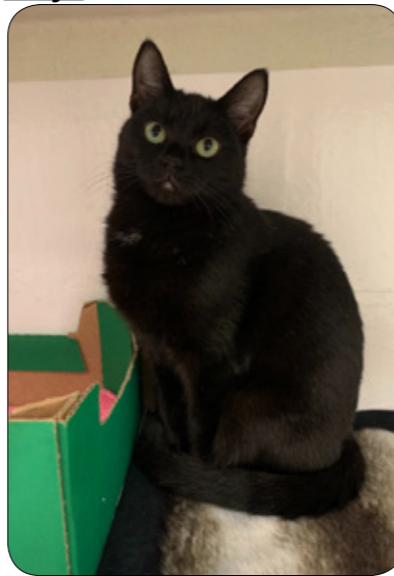
More information on 605942.

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




Katya

The Cat and Rabbit Rescue Centre would love to introduce you to a gorgeous little girl called Katya. Katya has been at CRRC since May 2020 after she was abandoned by her owners when she was heavily pregnant. Katya stayed here at The Centre and looked after her kittens until they were able to be rehomed. She also then found herself a new home but unfortunately it didn't work out for her and she was returned. You see the home she went to was a male only house and after a while it came apparent that she was stressed and scared of the men. This then caused her to start occasionally nipping or scratching and sometimes even the odd accident in the home. However, after she came back to the Centre she has been back to her normal self, she is very loving and loves a fuss, she is also very playful but she can tell you when she's had enough. She is only 1 year and half old and still a big kitten really who loves to bat all her toys round her pen. Katya is ideally looking for a female only household without young children, her perfect owners will also be happy to give her space when she needs it. She is a really sweet girl who deserves to finally find her forever home.



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

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

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



Selsey Men in Sheds

A non-profit making organisation

Open Tuesday & Thursday 10 - 4
Saturdays 10 - 2

Membership £10.00 per month or £100 per year
Complete your own wood / metal projects or be involved in group activities

If you are interested in joining contact
Mick Webb 07939 880029
email m.c.webb46@gmail.com

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



Brent Lodge Briefing's – Spring preparation

We have come through an incredibly challenging year for the charity but with this year marking our 50th anniversary we are determined to make 2021 a positive year to remember. The impact of Coronavirus remains ever-present in all of our lives but despite the difficulties our wildlife hospital face there are plenty of reasons to smile too. We will soon be preparing for the release of hundreds of our over-wintered hedgehog casualties. Once healthy and up to weight these hedgehogs will gradually be released into suitable local habitats. This hedgehog arrived weighing only 97g and overly burdened with fly eggs. He is now weighing over 600g and fit and healthy for release.



The freed-up space will be needed to house the impending seasonal influx of hundreds of injured or orphaned birds and mammals but in particular young ducklings – typically mallard, tufted, shelduck, coots, moorhens, cygnets and goslings will be admitted as early as February/March. It's a busy time of year for the hospital as they make the transition from caring mainly for hedgehogs to hundreds of baby birds and mammals. This means an increase in staff hours, a deep clean of the hospital, different patient foods and medicines, as well as a change in patient care routines.

Ducklings need to be kept warm and secure. Without their mothers to brood them they are kept in incubators and creches which have heated plates to sleep and hide under. Bathing and swimming lessons take place in the hospital's deep sinks. When big enough they move outside to grow and develop their natural behaviour. Our outside water pool enclosures have space for birds to swim, bathe, preen and water-proof feathers, as well as rest and recuperate prior to being released back into local water habitats later in the summer.

If you are looking for something to keep you busy, then why not enter our Wildlife Art Competition. We are looking for talented artists to create a piece of wildlife inspired artwork and enter our competition. A great opportunity to rekindle a lost passion, reconnect with nature and get creative. All entries will also be showcased and sold in our spring exhibition to raise funds for our work. Closing date is 28th February. Three age categories to enter. Full T&Cs visit www.brentlodge.org/events or E: enquiries@brentlodge.org

If you think you have a wild animal that requires assistance, please call us for advice. www.brentlodge.org T:01243 641672. To make an instant £5 donation please text BLWH5 to 70085. You will be charged £5 plus your standard network rate message.



Mahatma Gandhi often walked barefoot which produced an impressive set of callouses on his feet. He also ate very little, making him rather frail and with his odd diet he often suffered from bad breath. This made him a super calloused fragile mystic hexed with halitosis.

Q: What do you get when you cross a fish and an elephant?
A: Swimming trunks.



This page sponsored by Sylvia Taylor

Tropical fruit	1	Bread in past	Shot	Not heavy
Winter neck-wear		Jungle snake	Olive ...	Stitch
Record output	Brain matter	1	Andes tuber	
Apartment	Little bite	Admit	Bit of mail	Citrus
Quantity	Study	Real		2
Twice halved	Simple top			

Happy Valentine's Day!

For each front side find the corresponding back side.

Odd One Out

Can you spot the unique arrow?

ANSWER:

Across: 5 Precisely, 10 Arguments, 12 Literature, 13 Instruction, 14 Finished, 15 Speak, 16 Consult, 19 Gene, 20 Britain, 21 Seaweed, 25 Encounter, 26 Tradition, 30 Decimal, 31 Informs, 32 Hour, 35 Central, 36 Spine, 37 Settlers, 39 Convenience, 40 Expression, 41 Associate, 42 Necessity.

Down: 1 Transparent, 2 Subtraction, 3 Debug, 4 Station, 6 Rain, 7 Credit, 8 Static, 9 Laughter, 11 Needles, 12 Lobster, 14 Flowers, 17 Pioneer, 18 Lending, 22 Recipes, 23 Atmospheric, 24 Communicate, 27 Cartoon, 28 Whisper, 29 Multiple, 33 Harvest, 34 Sleeve, 35 Crisis, 38 Onion, 39 Coat.

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

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

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

Chocolate assortments from Wilko Topic, Gold, Time Out, Smarties, Flake, Marathon, Drifter, Club, Bounty, Milky Way, Snickers, Twix, Galaxy, Maltesers, Refresher, Starburst, Original, Crunchy, Fudge, Chomp, All Sorts, Hob Nobs, Nice, Wispa



- 1) Angel of Death
- 2) Tanzania
- 3) Banknotes
- 4) Eton College
- 5) Japan (Got you!)
- 6) Yom Kippur
- 7) 150
- 8) Bolero
- 9) Four
- 10) Greenwich
- 11) Napoleon Bonaparte
- 12) Ann Jones
- 13) Potato
- 14) Mumbai
- 15) Canadian (2007)
- 16) Charles Tingwell
- 17) Yeovil Town
- 18) 70mph
- 19) BBC's
- 20) Aquae Sulis
- 21) Top Hat
- 22) Gypsy Moth
- 23) Richard and Edward
- 24) Danny Kay
- 25) Chantilly
- 26) March
- 27) Battle of the Bulge
- 28) Sir William Walton
- 29) 1 January
- 30) Geoffrey Rush
- 31) Judo (belt)

ANSWER: 10 (1-4, 2-9, 3-7, 5-11, 6-8).

VALENTINE'S DAY

Find and cross out all the listed words. The words may go horizontally, vertically, diagonally, not backwards. Ignore spaces, dashes and diacritics, if any. The remaining letters will spell a secret word.

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

HIDDEN WORD: _____

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

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

Can you find 10 differences in the pictures?



Fill in the blanks with the words provided.

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				27			
28							
29							

- 5 letter words: ARROW, EASEL
- 6 letter words: ASSUME, BAILEE, COCOON, FUSION, GLIDER, MORASS, NEWBIE, NOTICE, RESCUE, SPIRIT, TRITON, UNLINK
- 8 letter words: LOCATION, SALESMAN
- 9 letter words: BEEKEEPER, INVERNESS, JELLYFISH, LOWERCASE
- 15 letter word: EMPEROR PENGUINS
- MINIATURE OBVIOUSLY SOVEREIGN SPACESHIP
- STAGE NAME TRATTORIA VOICEMAIL WEDNESDAY

DO YOU HAVE A DAMAGED, PRECIOUS PHOTO, THAT YOU WOULD LIKE RE-STORED?



NEED A POSTER DESIGNED



...OR A WEBSITE BUILT?



BROOKFIELD DESIGN

CREATIVE ARTWORK & GRAPHIC DESIGN SERVICES

e: richard@brookfielddesign.co.uk
w: www.brookfielddesign.co.uk
07780 707667
f: Brookfield Design Services



St. Peter's Church

St Peter's is closed during the current period of lock-down.

Services can be followed via our website:
<https://www.stpetersselsey.com/>

For all enquiries please contact Fr Andy Wilkes 601984

The Catholic Parish of Our Lady of Mount Carmel & St Wilfrid

Church Road, Selsey, PO20 0LS

Telephone: 01243 602312



Sunday Mass at 10.00 am

Please check website:

www.stwilfridselsey.co.uk

Or Church Noticeboard for any changes



SELSEY METHODIST CHURCH

Letter for Selsey from Methodist Church



I wonder what we face as the new year moves on. I must admit that it seems a place where I still have to do what the government advise us to do. In contrast, I also hope that I will discover new things, like the joy of meeting and spending time with loved ones and friends again. They are two things that I truly have missed over the last year.

In Rustington where I live, I spend time walking by the sea, and am always amazed at the energetic people who can spend time on the water. Not just swimming, as I can do that myself, but at canoeists, kite surfers and the like. They are to me amazing acts of control and energy being used in clever ways to experience God's world (and to have fun too). Not that I could ever do them, now or before the pandemic, but think of the energy needed to put it together, to be powered by the wind and to enjoy the delights of the sea and the waves. Then we start to see the world we live in, provided by God for us all to enjoy and share.

We all have our own ways of experiencing God's world and in taking strengths and feelings from it all. After all, it takes no time at all to see loved ones, or to see youngsters do something that helps us to see them growing in life and dare I say it, in faith too. I hope for us all that we experience it for ourselves this year.

As I talk and share about God, Jesus and the Holy Spirit, I remember that February focuses our minds on the wonders of "Love". After all we will all be laughing, sharing and loving all those who come to mind and our life on St Valentines Day. Yet for me, the purpose of it all, is centred on the "Love" of God as much as it is in the "Love" we share with one another. Put it gently, the disciple Paul says –

Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrong-doing, but rejoices in the truth. It bears all things, believes all things, hopes all things endures all things. Love never ends.

And now "faith, hope, and love abide, these three; and the greatest of these is love.

As we think about Jesus perhaps, we'll see the same. A love that took him to the cross, to resurrection, to sharing forgiveness, healing sick people and the joys of knowing loved ones all through his life. Now that shows us what "Love" really is., wouldn't you say.....

Take care, keep safe. And God be with you always!

John

Rev John Scrivens

As you know, February is the shortest month of the year. The Welsh call it "y mis bach" which means "little month". Also, February is one of the most frequently misspelled words in the English language. It is the only month that can pass without a full moon - the last time was 1999, the next time is 2037.

Key to photos on back cover:

- 1) Shaun Lee-Hobson 2) Louise Barry 3) Dianne Todd 4) Maryn Woodland
- 5) Emma Fairminer 6) Jack Hickman 7) Philip Bowers 8) Lou Lawrence
- 9) Jo Lewis 10) Jenny Smith 11) Bernadette Askouni 12) A Bridger



Regular Weekly Schedule

Day	10am	7pm (except Sunday)
Sunday	10am - Morning Worship (on YouTube and DVD)	5pm - Evening Worship (on YouTube and DVD)
Monday	Songs of Praise (on YouTube and DVD – traditional hymns)	
Tuesday		Prayer Meeting (via Zoom)
Wednesday		
Thursday		Lifegroup (via Zoom)
Friday	Sunbeams (on YouTube - Songs & Stories for parents and toddlers)	
Saturday 13th Feb		Online Games Evening for all (on YouTube – link below)

Hopefully, we all made the best of an unusual Christmas; one we will for sure not forget, although we might want to! In December's Selsey Life we thought about the importance of the **unchanging** message of Christmas in incredibly changing times - a message of **HOPE** for a world in more turmoil than ever. It is such a great reminder of this to see the 3D lit display in the window of 'Thrive – Selsey Wellness Centre'.

We have come to the end of the period known in the traditional Church Calendar as Candlemas which commemorates the ritual purification of Mary,



40 days after the birth of her son Jesus. This day also marks the ritual presentation of the baby Jesus to God in the Temple at Jerusalem. In the Gospel of Luke we learn that Jesus was met by Anna and Simeon. Simeon held the baby Jesus and called him a **Light to the World**. Christ was to be a bringer of **HOPE**, of light at a time of occupation, oppression, class divisions, poverty, sickness, etc. - some of these issues we are living with today.

For many of us it is not just that we see the problems in our community, but we are living ourselves with them and it makes life a challenge and struggle to say the least. Bereavement, struggling to put food on the table, trying your best to be a good parent with the challenges of home schooling, caring for a loved one, continued shielding, isolation, loneliness, employment insecurity, debt, mental health challenges and the list goes on. Christ though was the bringer of **Light and Hope** to the world then, just as He is now.

Jesus declares in John chapter 8 verse 12, "**I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.**" He brings Light and Hope to us. Amazingly, Jesus is totally accessible to all of us. No one is beyond being a friend of Jesus and we need friends more than ever now! The good news is, we have direct access to Jesus – we can pray. This does not need to be any pre-written formal prayer, good though many are, but can be as simple as a conversation with a friend. It can be tearful, joyful, telling Jesus how you feel and reaching out to him. Give it a try if you have not before. There is nothing to lose, but potential of a lot to gain! As well, if you would like us to pray for your situation or you, or just want to talk, then we are good listeners. Maybe open a Bible and explore His manual for good living. There is today lots of good support online to help understanding the Bible messages as well as complete Bibles. Sadly, the church building itself is closed for public services now, for safety, but will constantly review this decision. As a Church family though, we are very much at work and we would love the opportunity to support and help you - just call/email us at the Church.

Remember that we continue to Live Stream via YouTube most services, some of which each week are also supplied on a DVD. If you would like a free weekly DVD, then please email or call the church (607741) and leave a message. With pleasure, we will deliver one to you.

We will continue to pray for God's protection upon Selsey, our families & friends, as well as the medical & care workers across the country looking after us. Please remember to let us know if we can support you in these times, or simply pray for any challenges you are facing.

YouTube Live Stream, Upload and Playlist Weekly Schedule

The live streams will appear on our YouTube channel. To find our channel search for "East Beach Church Channel" on YouTube or type in the link below.

<https://www.youtube.com/channel/UCG2cNeKLX1osDgC4iGFgiRg>

East Beach Church, Marisfield Place, Selsey
Tel: 01243 607741 Email: office@ebec.org.uk



