

THE PARISHES OF St Peter and St Mary, New Fishbourne, and St Mary the Virgin, Apuldram



Rector: The Reverend Canon Moira Wickens

We Will Remember Them

On the eleventh day of this eleventh month there will be special services in both our churches, to mark the 100th anniversary of the ending of the first world war. We will be joining our prayers and thoughts with countless others across the world, and you are invited to join us.

At 8.00am there will be a short service at St. Mary's Church Apuldram, and then at 10.30am at Fishbourne, with the act of Remembrance taking place at the eleventh hour.

If you pop into either of the churches you will see the 'silent soldiers', almost invisible figures representing those from our parishes who gave their lives for our freedom. These figures may unnerve you, for they are there, but not there, and yet they remind us all not only of those who served our country during the great wars, but also those who have been in conflicts since. We will remember those who serve in the armed forces to this day, and all those who have survived. We will also remember the great acts of service that were carried out by so many women who not only supported the men, but who also kept our country going during those terrible years. During both our services we will listen to special readings, 'The Soldier', and 'Flanders Fields', wreaths will be laid, and the names of the men from our communities who are on the memorial plaques inside the churches, will be read out. It is hoped that some of the young people from Fishbourne School will lead the prayers, and then after the 10.30 service there will be a 'Bring and Share' lunch in Fishbourne Hall.

Our services on this day are not to glorify war and violence, which sadly continues to this day. We hold them to remember, the countless young men from across the world, who died for their countries, in the hope that peace will be a reality one day.

We do this act of Remembrance within the Eucharist, when we remember that Jesus Christ died for all. I believe that it is when we remember Him, and allow his life to touch ours, that we can give real value and thanks to all who have given their lives since. For it is through the death of this one man that we learn how much we are loved, and how we can fully love one another.

So please do join us for either service, if you cannot make them, do come to the lunch, during which there will be some singing, music and readings, as well as the opportunity to look at some artefacts, i.e. letters, medals, photo's, from the great wars that many have been willing to share with us for this occasion.

Moira

From the Church Registers

Baptisms

23 September	Jack Sidney Seeley [F]
23 September	Poppy Eve Seeley [F]
30th September	Huxley Bear Sexton [F]

Funeral

27 September	Robert Hedley Strong [A]
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NOVEMBER CHURCH SERVICES

Date	Readings	Fishbourne	Apuldram
Thursday 1st		10.30 Holy Communion	
Sunday 4th [W] All Saints	Heb. 12 v18-24 Matt. 5 v1-12	08.00 Holy Communion 09.30 Holy Communion	11.00 Matins
Thursday 8th		10.30 Holy Communion	
Sunday 11th [R] Remembrance Day	The Soldier Flanders Fields	10.30 Holy Communion	08.00 Holy Communion
Thursday 15th		10.30 Holy Communion	
Sunday 18th [G]	Heb 10 v11-14; 19-25 Mark 13 v1-8	08.00 Holy Communion 09.30 Holy Communion	11.00 Holy Communion
Thursday 22nd		10.30 Holy Communion	
Sunday 25th [W] Christ the King	Rev 1v 4-8 John 18 v33-37	09.30 Holy Communion 16.30 Evening Service	08.00 Holy Communion
Thursday 29th		10.30 Holy Communion	
Sunday 2nd December [P] 1st Sunday of Advent	Jer 33 v14-16 Luke 21 v25-36	08.00 Holy Communion 09.30 Holy Communion	11.00 Matins

If you are housebound and would like communion at home, please ring Moira on 530198.

Pew Sheets

For details of special services please see the Sunday Pew Sheet, arranged by Eric, Elle, Oli and Beau. Requests to be added to the special intercession list or for notices of any special Parish Church events to be included, please phone 783799 or email 4andersonjones@gmail.com - please send requests to us well in advance, by Tuesday 6pm at the latest please.

Coffee after Sunday morning services in Fishbourne

It's great to have the opportunity to chat after the service over a tea or coffee in St. Peter's Place. We really do need more helpers though to join our willing group. Whether you can help serve on an occasional basis, or commit to a regular Sunday in the month, perhaps with another family, please let me know at iainsue@beaverclose.co.uk or ring 784983.

Editor's Note

As winter draws in, light levels begin to fall especially indoors, so can I please appeal to the many photographers who send in great pictures to consider taking a proper camera around so the pictures we rely on for a great-looking magazine are crisp and clear. Smartphone photos, I'm afraid to say, tend to get a bit grainy and lacking in detail in winter light especially in churches!

So...get snapping in good time for the November deadline of Friday 16.

Chris Partridge



Towards Bosham

CHICHESTER CATHEDRAL

Sunday Services

8.00am Holy Communion; 10.00am Choral Matins; 11.00am Sung Eucharist
Services are held daily and all are welcome – see www.chichestercathedral.org.uk for details.

Lunchtime Concerts - Tuesdays at 1.10pm

Tuesday 6	David Alexander, <i>piano</i>	Debussy: La Cathédrale Engloutie; Schumann: Fantasie in C, Op. 17
Tuesday 13	Peter Gould, <i>organ</i>	Percy Fletcher: Festival Toccata; Bach: Wachtet Auf ruft uns die Stimme; Vierne: Carillon de Westminster; Haydn <i>arr Gould</i> : Two Derbyshire Marches; Alfred Hollins: Berceuse; Henri Mulet: Tu es Petra
Tuesday 20	Meritus Collective Piano Trio	Felix Mendelssohn: Piano trio No. 2 in C minor; Fanny Mendelssohn: Piano Trio in D minor and Piano Trio No. 2 in C minor

Evening Concerts

The centenary of the end of the First World War will be marked by several evening concerts in the Cathedral.

The Chichester Singers will perform Ron Corp's *And all the Trumpets Sounded* and Brahms' *Requiem* in a concert on Saturday November 3 entitled 'Lest we forget'.

Tickets are available from chichestersingers.co.uk or in person from the Box Office at The Novium.

The University of Chichester presents on Saturday November 10 an Armistice Centenary Commemoration and Reconciliation Concert with Portsmouth High School for Girls, Oakwood School, University of Portsmouth Choir, University of Chichester Symphonic Choir and Chamber Choir.

The programme comprises Laura Rossi's *Voices of Remembrance* and Karl Jenkins' *The Armed Man*. More details and how to buy tickets from chi.ac.uk/departments-music/box-office.

Bernstein at the Cathedral

November 24 marks the start of a series of events to celebrate the centennial of the birth of the composer Leonard Bernstein, with a concert featuring the famous Chichester Psalms, commissioned by the Dean, Walter Hussey and first performed in Bernstein's presence, at the Cathedral on 31st July 1965.

Marin Alsop will conduct the Bournemouth Symphony Orchestra with the mezzo soprano Michelle de Young and the choirs of Chichester, Winchester and Salisbury in a programme featuring Bernstein's *Symphony No. 1 'Jeremiah'*, Bach's *Three Motets* and, of course, Bernstein's *Chichester Psalms*.

Alsop writes: "Bernstein was a thinker, teacher, author, television star, provocateur, humanitarian, and he was my hero. As with all true mentors, Bernstein taught me more than a craft. He showed me - and the world - the enormous power of music and how important it is to share it with as much of humanity as is possible. He showed us that classical music is a powerful force that can transform lives as well as inspire and move people, and he lived by those principles."

The concert starts at 7.30pm.

Tickets are available online from bsolive.com/event/14113/bernstein-in-chichester.



*Bernstein and Dean Hussey
outside Chichester Deanery*

APULDRAM AROUND

Harvest Festival

The harvest was celebrated at a joint parishes service at Apuldrum on 30th September when we were joined by the congregation from Fishbourne. The church was decorated in autumn colours and offerings of fruit and vegetables were piled up. These were donated to Donnington House and dried goods and tins were passed on to the food bank.

Festival of Flowers 2019

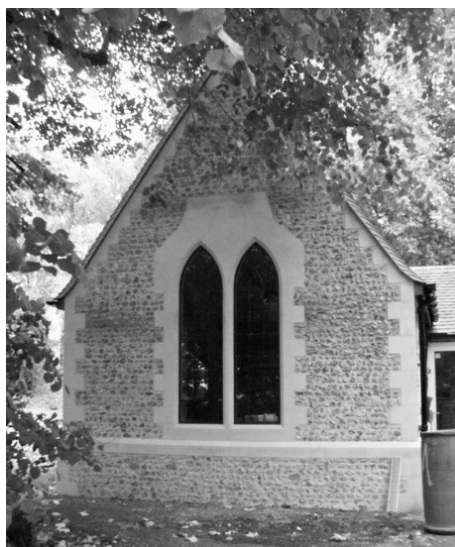
It was announced at the Harvest Festival that both parishes are to join to stage a major fund raising event. The Festival, titled "All the world's a stage," will be held in both churches on 20, 21 and 22 September 2019 and Kate Mosse has very kindly agreed to be the Patron. The theme is based on the theatre: plays, opera, musicals, revues, children's theatre and more. There will be about 20 designs inside and outside each church with a total of 38 to 40 designs. The designers, Jose Pound and Tessa Cox, have already been working on the design for several weeks.

Laying up of Boats Service

The traditional service will take place on Sunday 18th November at 11.00 to tie in with Dell Quay Sailing Club's special Sunday Lunch. This is a joint service for the sailing, boat-building, fishing and boating communities of Dell Quay, Apuldrum and Fishbourne to mark the time when traditionally boats were hauled out of the water and made safe and secure for the winter. The church will be decorated with nautical paraphernalia. All are welcome, sailors or not, to come along and join in singing the seafaring hymns.

Sing and Give

The Songs of Praise and Gift Day service at St Mary's on Sunday 4 November at 4.30pm. Choose your favourite hymn for our guest organist, the Very Revd Nicholas Frayling, to play.



Church Extension nears completion

The new building is expected to be complete as we go to press. At the time of writing landscaping is moving forward with the parking area and the path to the meeting room gravelled and most of the building equipment removed. However...due to the breakdown of a key machine at the joinery, the manufacture of the internal windows is well behind schedule (these windows fit inside the external ones which

marry in with the church windows but don't have the benefit of double glazing). This is holding up the plasterers who are unable to complete their work, which in turn is preventing the carpenters from hanging the internal doors – in fact, delays in all areas.

Hilary Caine



Harvest Festival Celebration

The church was filled with the fruits of the earth for this year's Harvest Festival as the flower arranging team scored another great display.



Can you see the cheeky mouse helping himself to the bread on the left?



Googly-eyed potatoes and farmer gnomes

Everyone helped at the service



The bring and share lunch

IT help needed

Do you have IT skills? Or a willingness to learn?

Would you like to be part of a successful project raising much needed funds for the church and the local community?

The Fishbourne Loves Books organising committee are looking for someone to help with the maintenance of their website and the online booking system.

All offers of help welcome – from silver surfers to those seeking voluntary work for their Duke of Edinburgh award.

Please contact Gillian Ellis (774520; mail@gillianellis.co.uk) for further information

Big Nige is Back

Singer and entertainer Big Nige returns to St Peter's Place at 8pm on 17th November with his irrepressible blend of music and humour - all to raise money for a community defibrillator. Tickets cost £10 and are available from Falcon Fabrics and the rector.

Let's Learn Together

An invitation to explore some Christian themes on 3rd Sunday evenings of the month.

On Sunday 18th November at :30 - 6:00pm at St Peter's Place we will study "Learning about prayer from Martha"

There will be an interval for tea and coffee midway. We hope these evenings will be interactive and informative. Please invite your friends - all are very welcome.

An Advent-ure for all the Family

To mark the first Sunday in Advent, an entertainment will be held in St Peter's Place featuring fun in the snow, traditional cream teas, festive teas, and musical entertainment.

There will also be a hamper raffle - we need donations for the prizes and help creating the hampers will be greatly appreciated. Please leave dry Christmas goods, bottles, etc in our box at the back of the Church, and contributions of cake for the teas will also be very welcome.

The event takes place on Sunday 2nd December from 3pm until 5pm

Any queries please contact Jennie on 532642 or jennifer_christie_uk@hotmail.com.

Fishbourne Gardeners' Club

Our October meeting was great. We welcomed back Chris Bird, a very good speaker who is always interesting. His subject was 'Heritage Apples' and well he brought with him lots and lots of wonderful tasty heritage apples for us to cut up and try. Many different sorts - from apples with a soft, to a crispy texture and from a sweet, to a sharp taste; learning about the apples as you taste them was an enjoyable and fascinating way to spend an evening.

At our next meeting on November 7th Jonathan Rogers, who is a new speaker to us, will give a talk on the subject of 'Viticulture/wine growing'.

By all accounts this guarantees us a very informative and another pleasurable evening.

Meetings are held the first Wednesday in each month at St. Peter's Place. Meetings start at 7.30pm and finish at around 9.30pm with an interval of about 15 minutes during which time refreshments are available and a raffle is held. Fishbourne Gardeners' Club welcomes new members whether or not they are Fishbourne Residents and no matter what their gardening skills. For details email ab.m.dennett@btinternet.com or ring 790353.

AnnetteBell Dennett



Chris Bird and his apples

Fishbourne Evening WI

Dr Maureen Wright came along to give us her talk "100 Years of the Vote". We have all heard of the Suffragette Movement but this had its origins in the non violent Suffragist Movement, which was founded by Elizabeth Wolstenholme originally as the Manchester Committee for the



Elizabeth Wolstenholme

Enfranchisement of Women in 1866. The Women's Franchise League was created by the suffragette Emmeline Pankhurst together with her husband Richard in 1889, fourteen years before the creation of the Women's Social and Political Union in 1903.

Wolstenholme, a friend and colleague of Emmeline Pankhurst, was invited onto the executive committee of the WSPU. She resigned from the WSPU in 1913 when its violent activities threatened human life. The Women's Institute Movement was founded at this key time for women.

In 1915 the war had begun to break down many of the social barriers that had existed before, and women were being forced to take a more active role in the community as the men were away in the armed services.

At the same time the women's suffrage movement had been making people re-evaluate their position in society. Many of the women involved in setting up the National Federation of Women's Institutes had been active in the women's suffrage movement. They saw in the WIs a way of educating and encouraging women to take an active role in public life.

Lady Denman, the first National Chairman, had been a member of the Women's Liberal Federation and had been an active supporter of the non violent suffragists.

Dr Barbara Thompson also joined us for a stimulating discussion of modern feminism.

We meet on the 4th Wednesday of the month at St Peter's Place for a 7.30 pm start. New Members are always welcome so why not pop along? Our contact details are tel 01243 780310 or email fishboureneevewi@outlook.com.

Pam McTurk

PARISH PEOPLE

Vanessa O'Donnell

Where were you born? Canterbury. I was brought up in the nearby village of Blean, and went to Sunday School at the parish church of St. Cosmus & St. Damian, the scene of several family events, including my marriage to David.

When did you arrive in the area? 15 years ago, having lived in various places. I met David (originally from Durham) on a Cruise Ship whilst working in Fitness and Training, and this eventually brought me to Chichester to work at Cannons, now the Nuffield Health Fitness & Wellbeing Centre. I was deputy General Manager, training to be Manager, but with the birth of Devon (now 11) I realised that I didn't need that responsibility and took the role of the administration manager, looking after the payroll, HR (Human Relations) along with banking, and accounts instead.

Did you always have a career in mind? No. I always enjoyed Art and took a pre-Foundation course at College also taking Fashion Design and Textiles. I didn't enjoy my first job at the House of Fraser headquarters in London where I felt the atmosphere to be superficial. My passion was fitness so I took qualifications in Health & Fitness, Exercise to Music (aerobics), Personal Training, Yoga etc. I even took a course in massage but have never used it.

What do you like about Fishbourne Church? It's so welcoming. Having drifted away from the church as a teenager, though enjoying visiting churches and cathedrals when away, I found it difficult to bring the children when they were young. (Ethan is now 9 and Ava 7). I was nervous about going into an unknown church, but Moira made it so much easier for us.

Is there anyone you are especially grateful to? My family of course but especially my parents.

Although they continue to live in Blean, they have always come to help with the children and enjoy spending time with us.

Something that has moved you? At the Leavers' Assembly at Fishbourne School, Devon sung a song from 'The Greatest Showman' called 'A Million Dreams' with his class. Then I heard Ava sing it again the same afternoon with her class – it was wonderful and filled me with happy tears. Devon is now in Year 7 at Bishop Luffa, but I still have Ethan and Ava at Fishbourne.

What quality do you most value in another person? Honesty.

What kind of behaviour do you find most difficult to tolerate? Intolerance - people who are judgemental without full knowledge of a situation.

Any particular quality you would like to have? I would like to be more self-assured in situations that I'm not familiar with.

Favourite part of the Bible? I've always enjoyed reading the more dramatic stories from the Old Testament to the children, but I don't have a favourite.

Favourite hymns? Lively ones like Lord of the Dance and One More Step Along the Road I go, which we had at our wedding, as well as Shine, Jesus, Shine.

A moment when you felt the presence of God - I was 4 months pregnant with Devon. It was raining and I was driving along a very wet A285, with which I wasn't too familiar, to work in New Malden. I recall a car overtaking so I wasn't driving fast, but, as I approached a narrow bridge just before Petworth, to avoid a head-on crash. I jammed on the brakes and swerved. My car went off the road and landed upside down in the stagnant part of the river before it goes through the mill. I opened my eyes before I hit the water and could see the windscreen shattered so I closed them quickly as I thought the glass was flying towards me. I must have released my seat belt but didn't remember doing it. After thrashing around to find a way to get out I began to relax and accept the situation. My life really did flash before me and then I remember thinking it will be okay. I thought my time was up and was about to take a breath in but then my arm suddenly felt different and I



just went in the direction it took me. Then I was out and was standing on the bottom of the car. I didn't realise the car was upside down. It really did seem like someone was pulling me by the arm! There was no one else with me, as I surfaced I saw that people who'd seen the accident were approaching, but no-one had reached me yet. Luckily, they had a long ladder and helped me to get out. I felt very grateful to be alive and thought that someone must have been looking after me and my baby.

A small achievement that you are glad about? When taking time off whilst working on a cruise ship I found my way around Barcelona and visited Gaudi's La Sagrada Familia which, years before, my parents had failed to find.

What life experiences have been most special for you? Travelling, especially when David and I went to India, which we loved. We would certainly like to do more. Having my children too, it's an overwhelming experience when you see your baby for the first time. Ethan and Ava were borne at home in our lounge.

Are you disciplined, or do you prevaricate? Disciplined. I can happily only eat half a chocolate bar. What gives you pleasure? Running, gardening, and I would like more time to be creative, for example, painting.

Have you learned any new skills lately? Yes, I now work as a lab. technician at Bishop Luffa. I'm learning more about Biology and how to concoct solutions and get experiments prepared for practical lessons.

Do you believe religion and politics should be kept separate? Yes. I wish various religions were more accepting of the others. Those who clearly are not, bring trouble. e.g. ISIS and the Taliban. We need to be safe though I'm not sure about interfering in wars etc. The problems are about power and not the values I see in the church.

A problem you have overcome? When I was at College I developed an eating disorder. It came about because I wasn't happy about the hygiene of fellow students sharing the flat, I didn't like cooking in the kitchen so I ate lots of fruit and raw vegetables thinking they are good for me the issue was about health rather than wanting to look slim. I ended up eating so little that I felt full too quickly, I wasn't deliberately cutting down. Thanks to counselling, I stopped looking at food labels and starting going to the Baker's for a currant bun a day, and gradually got better. I still eat healthily but am happy to eat fish and chips once in a while. I think it's all about balance and enjoying what you eat.

Any advice for an 18 year old? Stop worrying about trying to fit in and how you think you appear to others. Simply don't worry. Social media can be dangerous with snapshots encouraging everyone to conform. You should be comfortable to be who you are.

What gives you hope for the future? Our three children. I'm sure they will manage to make a difference in life and leave their mark.

Something you're looking forward to? The children are looking forward to Christmas which we really enjoy too. After a cruise from Miami this year where we showed the children all kinds of creatures in the Florida Everglades and in the other places we visited, we would all like to go camping in France next summer. It will be a good contrast and we'll definitely have a good holiday.

Sue Harrison

LOCAL CHARITIES

Sleeping for the homeless

Over 120 people took part in Stonepillow's Big Sleep Out in October, next to the Cathedral. The event kicked off with a carnival-style samba band, followed by a BBQ, shelter building competition, cathedral service and live music. Participants then settled down to sleep out to raise funds for the charity. The event does not aim to replicate homelessness, but serves to raise awareness in the local community and give a small insight into the harsh realities of sleeping rough. Many local youth and church groups took part, including the winners of the shelter competition, Immanuel Church Deeper Group, followed in close second by Bosham Youth Group.



LOOKING AT SUSSEX CHURCHES

St Mary Magdalen, Madehurst

Despite dating back to the twelfth century, Madehurst church looks overwhelmingly Victorian having been almost completely rebuilt in 1863 by Sir Thomas Jackson. His name has come up on this page before, for his work here led to other commissions to restore churches in the area including Binsted, Slindon and Burpham.

The original church comprised a simple nave and chancel, to which a sturdy flint-faced tower was added in the 13th century. From the road, it seems much as it did when built, except for the end of the north aisle and the windows in the tower, all by Jackson.



The west door opens into a chamber in the tower leading to the original west door of the church, a plain round-headed arch that is one of the few remnants of the original building.

Enter the church itself and you suddenly move forward 800 years. Jackson was not a slavish imitator of medieval styles but an advocate of the Arts and Crafts movement and a friend of Norman Shaw. He is mainly known for his work on university buildings in Oxford, including the famous 'Bridge of Sighs'.

At Madehurst, Jackson raised the nave roof by several feet and inserted a boldly-carved pair of

arches in the north wall to create the aisle. The chancel was extended by eight feet and the arch replaced with a much more elaborate one with attached marble columns.

Perhaps the most characteristic change is the east window, a very Jackson-esque concoction of roundels within roundels. Originally they were filled with stained glass by Burne-Jones but it was blown out by a doodlebug in 1944.

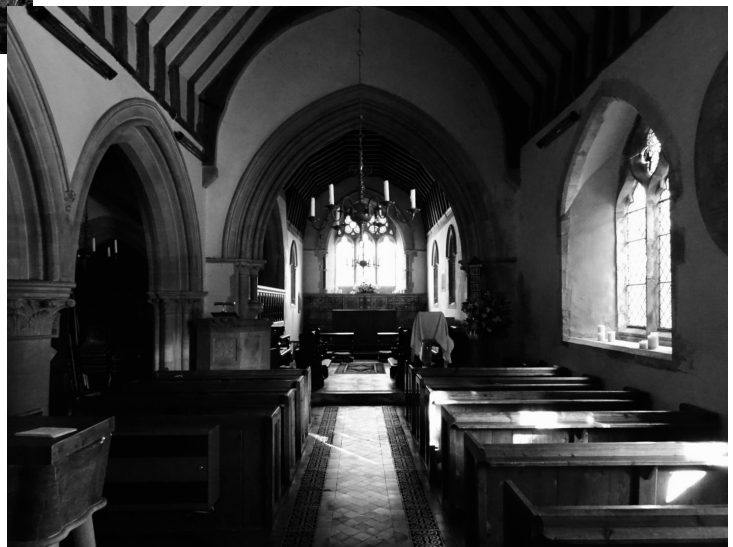


The Victorian atmosphere is topped off by a robust pulpit in stone and a red marble font supported on peculiar inward-leaning pillars.

Several earlier monuments were re-erected in the restored church, including one to a much-loved negro servant called Roque Ferdinand who was brought from the Leeward Islands aged just 15 in the 1730s by the owner of the nearby Dale House. He lived there until his death aged 67. Another memorial is to James Montagu, who commanded HMS Montague at the battle of the Glorious First of

June, 1794. It is a plain tablet, a strong contrast to his monument in Westminster Abbey - a massive statue of him being crowned by the Spirit of Victory, flanked by lions. An astonishingly lavish memorial to a man who was, despite his virtues, a rather minor naval hero.

Chris Partridge



FROM YOUR PARISH COUNCIL



Village Survey 2018

Thank you to all those of you who have already sent in your responses.

You've got until 31st October - so you may just have time if you meant to fill yours in before it slipped to the back of your mind. There is a lot of strong feeling in the community and we want to be able use this as evidence in our battle to prepare a revised Neighbourhood Plan that reflects the wishes of the community as we counter the huge demands for further building in Fishbourne.

Thank you too to all the organisations that willingly agreed to help by hosting collection points for your completed surveys – The Fishbourne Centre, Fishbourne Parish Church, Fishbourne Primary School, Fishbourne Pre-School, The Bull's Head, The Woolpack, Hilliers Nursery and The Roman Palace Café.

The real campaign will start once the District Council publish their consultation document on their Preferred Allocations. That's expected in mid-late November.

Like to get more involved in the fight to save Fishbourne? There are three ways you can do this.

1. JOIN the Fishbourne Neighbourhood Plan Review Group (Just send contact details, preferably email, to Lucy in the Parish Office at parishclerk@fishbourne-pc.gov.uk.)
2. CONSIDER standing for election as a Parish Councillor in the May 2019 Elections. Lucy and I would be happy to hear from you.
3. SEND in your response to the Preferred Allocations consultation document (due late November).

Geoff Hand

CHICHESTER DISTRICT COUNCIL

Reducing single use plastics in Chichester

People will be able to fill up with water for free thanks to a public water fountain which has been installed at Chichester District Council's offices. The council has installed the fountain as part of an action plan to reduce single use plastics.

The fountain has been installed close to the reception area in East Pallant House. It is part of the national REFILL scheme which enables people to refill their water bottles for free at REFILL stations across the country. People can easily find REFILL stations using their smartphone by downloading the app from www.refill.org.uk

The impact of single use plastics on the environment is an area of growing public concern, particularly when they are found washed up on beaches or in the sea. The council's plan to reduce the use of single use plastics aims to address these concerns by committing to phasing out single use plastics from council premises, raising awareness and continuing to support locally led community anti-pollution groups working towards making Chichester District and its coastline a single use plastics free area.

As part of the plan, businesses in the district will be encouraged to reduce their use of single use plastics and recycle using the council's Business Waste and Recycling Service. The council will also be working with the Chichester Business Improvement District (BID) to support their ambition to make Chichester plastic free.

The council will be working with West Sussex County Council to motivate young people and their families to reduce plastic usage and increase recycling. This will be done through our ongoing schools education programme, in association with the West Sussex Waste Partnership. This scheme provides educational resources to primary schools to enable children to explore plastics and recycling and learn how plastic pollution can be prevented.

"Our plan to reduce single use plastics includes a wide range of initiatives, many of which are already well underway," says Councillor John Connor, Cabinet Member for Environment Services at Chichester District Council.

MAGGIE'S RECIPES

Jacket Potatoes stuffed with cheese, apple and tuna

A delicious light lunch or supper, warming and satisfying. A wonderful standby especially at holiday time or when unexpected guests turn up.

Serves two.



Ingredients

2 large potatoes

1 small onion

50g (2oz) cottage cheese, drained

50g (2oz) cheddar cheese

1 medium red eating apple, cored and diced

Lemon juice

90g (3.5oz) canned tuna in brine, drained

Sprigs of fresh mint, chopped

Salt and hot paprika

Method

Scrub the potatoes well and scribe round the long circumference. Place in an oven at 180C/350F or gas mark 4 until soft to touch and set aside.

Cook the onion in a small covered dish, stirring once (note - the microwave gives excellent results quickly).

Beat the cottage cheese into the onion.

Toss the apple in a little lemon juice, add the cheddar cheese and cottage cheese mixture, taste and season with salt and paprika.

Cut the potatoes through across the widest point and add the flaked tuna with the mint to a roughly scooped potato centre. Using a grill, glaze until nicely coloured. A little more cheddar cheese can be added to the top if liked. Serve immediately.

Cook's tip. If the potato is fairly large, cut in halves crosswise - children and adults with small appetites love them.

Maggie Borsberry

FISHBOURNE BOOKWORMS REVIEW

The President's Hat

by Antoine Laurain

A whimsical book about "dressing to Impress" with a whiff of Harry Potter about it. I thought it was very French - their love of seafood, wine and perfume was evident.

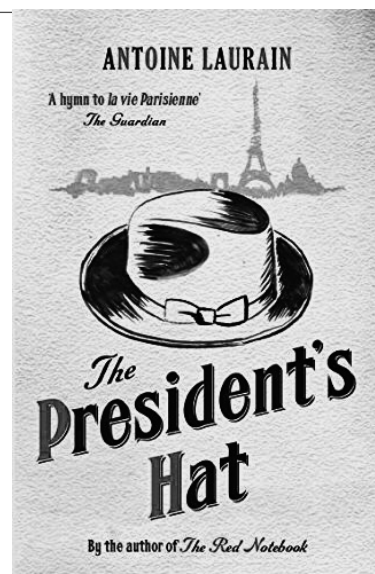
I found this a light and easy read - it didn't particularly grip me and I thought the characters were all pretty much cliches - the mistress and her married lover, the low achieving office worker, the failing writer etc.

I thought the 1980's setting worked well and it was a nice trip down memory lane. Although my knowledge of French politics is basic it seems Mr Mitterand was an icon at the time. I wonder what he would have thought about Mr Macron today. I gather Mr Mitterand had to

battle shyness when he was young - the question is did the hat change him or did he change the hat?

The author is a writer of film scripts and this explains the construction of the book, with its scene changes and short chapters and time shifts. I smiled when I read that Antoine Laurain says his book has been "constructed as carefully and painstakingly as a Rolls Royce engine" - has he been wearing that hat too?

Pam McTurk



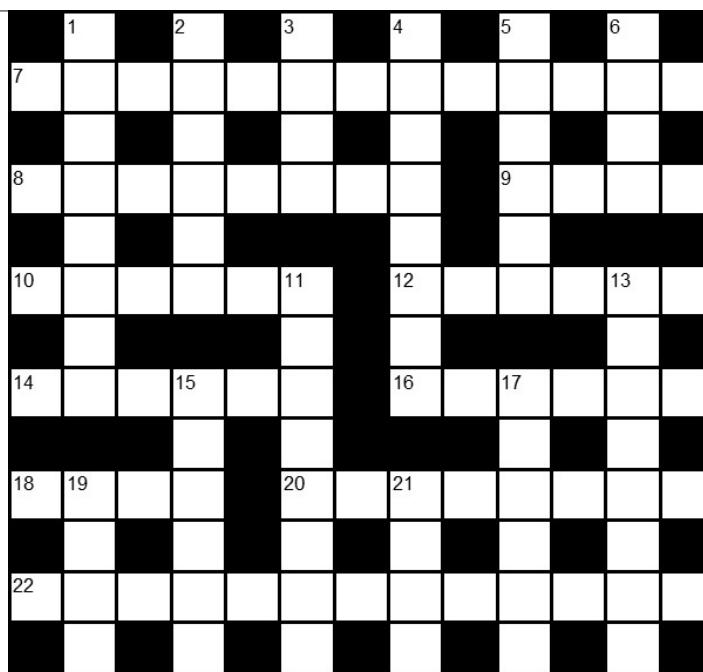
CROSSWORD

ACROSS

- 7 Shown at end of motor race (9,4)
 8 Box or case, usually of metal (8)
 9 Hebrew prophet (4)
 10 Buffoon (6)
 12 Weirdly (6)
 14 Threefold (6)
 16 Something unusual (6)
 18 Tramp (4)
 20 Erudition (8)
 22 Bellringer (13)

DOWN

- 1 Songbird (8)
 2 Quick or casual look (6)
 3 Open watercourse (4)
 4 Exclamation of approval (4,4)
 5 Matter (6)
 6 Gambling card game (4)
 11 White table wine (8)
 13 Stringed instrument player (8)
 15 Punctual (6)



- 17 Deny (6)
 19 Muscat and _____, sultanate (4)
 21 Accomplished (4)

Very many thanks to Graham Maker for composing this crossword specially for this magazine. The solution is on page 13.

WHAT'S ON IN NOVEMBER

If you are organizing an event, please contact Iain Harrison, 4 Beaver Close, even if you have already submitted details to the Magazine Editor. Telephone 784983, or e-mail: iainsue@beaverclose.co.uk

When	Where	Who	What
Thursday 1 9:45 to 10:30	The Fishbourne Centre car park	WSCC	Mobile Library.
Tuesday 6 10:00 to 12:00	The Fishbourne Centre	Fishbourne Companions	Speaker from the British Legion.
Wednesday 7 14:45 to 16:00	Fishbourne Roman Palace	S.A.S.	Toys and Games. (a 'Living Well with Dementia' event).
Wednesday 7 19:00 for 19:30	St. Peter's Place	Fishbourne Gardeners' Club	Jonathan Rogers – Viticulture/wine growing"
Sunday 11 12:30	St. Peter's Place	Fishbourne Church	Bring & Share lunch. (after the Remembrance Day service).
Monday 12 19:30 for 20:00	3 Halfrey Road	Fishbourne Church	Fishbourne Bookworms – A book recently read.
Tuesday 13 10:00 to 12:00	The Fishbourne Centre	Fishbourne Companions	Social and games, followed by a trip to Roundstone for lunch and the garden centre.
Tuesday 13 14:00 to 16:00	The Fishbourne Centre	Fishbourne W.I. Science Group	Yvonne Price – "The Scent of History".

Wednesday 14 14:00	"Cheriton", Creek End	Fishbourne Church	House Group - 776692 for information.
Thursday 15 9:45 to 10:30	The Fishbourne Centre car park	WSCC	Mobile Library.
Thursday 15 13:00 to 15:15	The Fishbourne Centre	Fishbourne W.I.	Maggie Borsberry – Demonstration: "One Pot Cooking for One or for the Family".
Sunday 18 16:30 to 18:00	St. Peter's Place	Fishbourne Church	Lets Learn Together – "Learning about Prayer from Martha"
Tuesday 20 10:00 to 12:00	The Fishbourne Centre	Fishbourne Companions	Social with games/quiz/bingo, followed by lunch at the Centre.
Tuesday 20 19:30	The Fishbourne Centre	Fishbourne Parish Council	Council Meeting Fishbourne residents welcome.
Wednesday 21 14:00	"Cheriton", Creek End	Fishbourne Church	House Group - 776692 for information.
Tuesday 27 10:00 to 12:00	The Fishbourne Centre	Fishbourne Companions	Pre-School and Keep Fit.
Tuesday 27 10:00 to 12:15	St. Peter's Place	Quiet Garden Movement	Chris Bemrose.
Wednesday 28 14:00	"Cheriton", Creek End	Fishbourne Church	House Group - 776692 for information.
Wednesday 28 19:30	St. Peter's Place	Fishbourne Evening W.I.	Barbara Bartlett – "Chinese Freshwater Pearls".
Thursday 29 9:45 to 10:30	The Fishbourne Centre car park	WSCC	Mobile Library.

In addition to the events shown above at the Fishbourne Centre, there is a large number of regular events and classes including: Swing dance (Monday evenings); Jiveeasy (Wednesday evenings); Fishbourne Romans Football (Saturday 9:00); Folk Dance; Beekeeping; Tai Chi; Qi Gong; Ballet Classes; Adult Dance; Baby Ballet; Mini Movers; Drama Classes; Baby Sensory Development Classes; "Skylarks" after schools club; Child Development Classes; Chess Club; Art Classes; Rugby Tots; Table Tennis; Zumba dance; Pilates; Back Fitness Classes; and sports clubs (Tennis; Netball; Croquet; Bowls; Cricket).
For details please visit the Fishbourne Centre website at www.fishbournecentre.org.uk

SUDOKU

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CROSSWORD SOLUTION

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