

THE BOXGROVE BUGLE

THE MAGAZINE LINKING CHURCH AND PARISH

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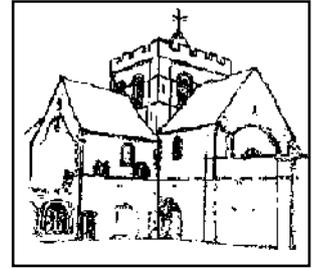
November 2020



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Who's Who in Boxgrove



VICAR OF BOXGROVE

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HON. TREASURER

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Mr Mark Peters - 07729 773277 - mark@petersposse.co.uk

WSCC MEMBER FOR CHICHESTER NORTH

Mr Jeremy Hunt - 0330 2224536

CDC MEMBER FOR BOXGROVE WARD & CHAIRMAN, BOXGROVE PARISH COUNCIL

Mr Henry Potter - 01243 527312

BOXGROVE C of E PRIMARY SCHOOL

Mrs Jacqui Dommett - 01243 773309 - head@boxgrove.w-sussex.sch.uk

BOXGROVE VILLAGE HALL Bookings & Enquiries

Pat Burton - 01243 788332

BOXGROVE VILLAGE STORES & CAFE

Open: **Mon-Fri** 7.30am-5.30pm; **Sat** 8.00am-5.00pm;
Sun 8.00am-2.00pm

Tel no: 01243 773201 - Boxgroveshop@gmail.com



From Father Ian

Well done to those who managed to attend the Annual Parochial Church Meeting. There were perfectly good reasons for not attending, given the pandemic, and I am sure that those who were there voted in ways that were for the good of our church family.

You will see, from the updated list of those elected and appointed, that we are well-set for the next months and beyond. Congratulations to all those who are serving us.

At the meeting I expressed thanks to many people, but I would like to shine a spotlight, here, on David Jones. Being a sole Churchwarden for a considerably-extended period of time was made, by David, to look easy. He was uncomplainingly present at events and services, and organised the 'front of house' with an easy and light touch. His wisdom was invaluable to me, and I admired his ability to cope with several things at the same time. Most happily, David will continue his work as a server, cleaner, etc.

I am delighted that Katie Kean and David Bannister have been appointed to succeed David, as Churchwardens. Because of the pandemic, authority to admit Churchwardens to Office has been given to Incumbents. I shall therefore carry out that task at the 11am mass on 25th October. Please hold Katie and David in your prayers.

Father Ian



RESULTS OF ELECTIONS **Parish of Boxgrove, Deanery of Chichester**

At the Annual Meeting of Parishioners and Annual Parochial Church Meeting of the above parish held on 18 October 2020

The following were elected as **Churchwardens**

Mr David Bannister

Mrs Katie Keane

The following were elected as **Lay Members of the Deanery Synod from 2020 to 2023**

Mr Christopher Beazley

Mr Timothy Pullan

One vacancy to be filled by the PCC

The following were elected as **Lay Members of the Parochial Church Council from 2020 to 2023**

Ms Margaret Higgins

Mrs Susan Holland (Electoral Roll Officer)

Ms Lara Moyler (Safeguarding Officer)

Mrs Mary Nagel (PCC Secretary)

CORONAVIRUS

There is a Solemn Mass on Sundays at 9.30am and at 11.00am. The format is identical for each, and the 11.00am service is live-streamed. On every other day, a Public Mass is said at 12 noon and is also live-streamed.

Please see our Facebook page for details, and to check in case there is any occasional change to the normal pattern.

The Priory will remain open for private prayer after Mass until about 5.00pm every day.

You are welcome to attend Mass. In order to preserve social distancing, seating has been carefully configured. From 23rd August we have been allowed to use small groups from the choir to provide live singing.

Please observe all hygiene notices, wear a face covering, and follow any further safety protocols that are published.

The Vicar may be contacted on
07758 281631

Fr Ian ~ 24/08/2020



Mass for Thursday in the seventh week of Easter (Lanfranc)



Mass for Wednesday in the seventh week of Easter (St Augustine)



Mass for Tuesday in the seventh week of Easter (Requiem for David Lloyd)

Don't forget: you can 'join in' the Mass every day from the Priory, 'live' or at a time which may be better for you. Visit the Parish [Facebook](#) page: you will find the most recent services at the top.

FAITH IN SUSSEX

The diocesan publication reaching church communities across Sussex

The diocesan magazine is now available to read online. You will find it packed as always with news, views, features, and pictures - sharing YOUR stories from around the diocese and the wider Church. Its pages aim to serve the goal of bringing us together as a diocesan family around a commitment to mission and growth. Faith in Sussex is available in print.

Not a subscriber? Order your copy now - email lisa.williamson@chichester.anglican.org

THE BUGLE

Articles on any aspect of Boxgrove news - village or Priory-based - are always most welcome. In normal circumstances the Boxgrove Bugle is distributed **free of charge** to each household within the parish and published on-line, as well as being sent further afield and being available in the Priory for visitors and non-residents of the parish. Its print run exceeds 700 copies per month. Currently, however, it is possible only to publish on the [Priory website](#).

Items to be considered for publication should be sent to the [Editor](#) at her new address:: editor.boxgrovebugle@gmail.com. Submission is requested by the **15th day of each month**, please, for publication on or around the last Sunday of each month. Alternatively, items clearly marked "**Boxgrove Bugle**" may be left in the Vicarage postbox.

DATES 2020

NB: There is no Bugle in January or August

Issue Month	Copy Deadline	Publication Date
December	15 November	29 November
February	15 January	31 January

BUGLE ARTICLES AND CONTENT

Please contact Tina Thurlow - editor.boxgrovebugle@gmail.com

BUGLE ADVERTISING

Please contact Tina Thurlow - editor.boxgrovebugle@gmail.com

ADVERTISING RATES 2020

Per 1/8 page £40.00 per annum £4 per month

Please make cheques payable to:

'Priory Church of St Mary & St Blaise'

Advertisements, flyers, etc are accepted in good faith, but no liability is accepted with regard to any services or goods offered howsoever arising. Nor should material not initiated by Boxgrove Priory be taken to imply endorsement or agreement with views expressed.



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Boxgrove Priory Parochial Church Council
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and may be read on-line in colour at
http://www.boxgrovepriory.co.uk/boxgrove_bugle.html

Why not add a link to your desktop?

BOXGROVE & HALNAKER TRAFFIC CALMING GROUP UPDATE

Boxgrove & Halnaker Traffic Calming Group
Boxgrove Parish Council - <https://www.boxgrovepc.org/>

The Boxgrove Community Highway Scheme implementation is progressing very well. The southern bike & pedestrian access has been completed, as has the crossing point at Priory Close. The parking bays outside the shop have had their final pointing done and are being regularly used. Des and John from Landbuild have completed the hard landscaping works at the Crouch Cross Lane roundabout and some of the signage has been installed. Additionally a new kerb has been installed along the front of Nightingale Cottage and the school. The final phases of their work are the crossing points at the Almshouses and at the North of the village. In early November The Street will be closed for five nights to complete the road surfacing works, lining and signage. Signs have been posted around the village giving more detail. So hopefully by early November the scheme should be completed, weather permitting!



The Halnaker Gates Installation has been delayed by COVID. The gates are fully assembled and ready for installation. Install was scheduled for September 17/18 but was cancelled by the contractor until a future date. We are now hoping the installation will take place on November 16th and 17th.



The Traffic Calming Group will be meeting with West Sussex Highways on November 5th to progress the design of the Halnaker Community Highway Scheme, paying particular attention to the Halnaker Windmill rest area.

BOXGROVE PARISH COUNCIL

Parish Council report - September



It was with some regret that I received an email from Lloyd Tooze recently, tendering his notice to resign as a member of the Parish Council. No reason was given but on behalf of everyone Lloyd was thanked for all he has contributed in the many years he has served on the Council - once, for some time, as Chairman.

The improvements to the safety of our community continue and once the paved area to the bus stop opposite the Almshouses is complete it is proposed to site a bench seat there for the benefit of waiting bus passengers. It will be the same as the bench provided at the southern bus stop and the funding for this is in reserve, being monies allocated but left over from the various Community Highways Safety Schemes being carried out.

The District Council have recently made a new Public Spaces Protection Order relating to Dog Control and Anti Social Behaviour. It particularly refers to dogs defecating in Public Spaces, and these spaces mean anywhere to which the Public have access, including private land if the public have access! It is a subject that I have referred to many times in the past, and I must say that generally we do not have too much fouling left behind in public spaces. Let's all hope this continues.

The District Council have also just published the results of the Member Consultation on the Housing and Economic (Employment) Land Availability Assessment, HELAA, and the results, after Council Members' input, are now available for Public Consultation. Full details can be found on the [DC's website](#). It does include some fairly large areas in our Parish suitable for achievable development, but probably over the next 50 to 75 years. Thankfully the two locations, identified loosely in the Boxgrove Neighbourhood Plan (surrounding The Folly in Tinwood Lane) are now discounted. The previous owner did propose these two sites for potential development but the new owner has assured me that he would never consider any development thereon. I also understand that he proposes to replace the two public footpath stiles into his property with traditional kissing gates.

I and a couple of other residents had the opportunity to meet a second PCSO who has been assigned to our Parish along with PCSO Jason Lemm. He is Reece Osborn, and is a new recruit - one of the new PCSOs promised by Katy Bourne, the Sussex Police and Crime Commissioner.

They will both be seen out and about in the Goodwood Ward, the electoral area which I represent as your District Councillor - which incidentally is the largest Ward in the District covering approximately 32 square miles and stretching from Upwaltham to Chilgrove and from Westhampnett to north of Singleton. They will be busy, particularly now that rural crime is very much on the increase.

We are still very fortunate to live in an area of few cases of the Corona Virus and I must assume this is because of the diligence of our residents in observing the guidance we are repeatedly bombarded with and we must be thankful. But if any one of you feels the need of help, please contact one of your Parish Councillors. We are here to help.

Henry Potter

Chairman of the Parish Council

THE OPTIMISTIC GARDENER

High Trees - No.38

Well-being through gardening

Frequently in this memorable year we have been told how good gardens are for our mental well-being. More people than ever have taken up growing their own vegetables and getting much pleasure from doing so. One of the old-hands in the Boxgrove choir has done exactly that and is now planning next year's sowings, having her glasshouse renovated and preserving her surplus crops.

Fortunately, for several years now I have not needed to go to the doctor's for anything other than the odd medication review or to book a flu jab. With interest I hear now that some doctors are prescribing gardening for various problems. A health minister, Jane Ellison, was keen to back this idea:

Gardening is profoundly good for you ... "[it] is a great way of keeping people active, of keeping them outside and keeping their sense of wellbeing very high," she said. "There are things we can do around physical activity in particular that bring immediate payback ... I'm trying to put this right across the agenda of dementia and cancer."



Since Lockdown many people have related how gardens have helped their mental well-being. But what is it about a garden and gardening that makes us feel good? I have always enjoyed being outside in a green space and now the boffins tell us that colours relate to our moods and that green can relieve stress and help heal. Theatres have 'green rooms' in which actors wait to go on the stage, calming their stage-fright. If you describe a business as being 'green' you imply that they are aware of environmental issues and are careful about sustainability. And of course we all love to see a green light at traffic lights!

/continued ...

So what is it that makes pulling up weeds, hacking down branches and nurturing seedlings such a good therapy?



Well it is a very good way to gain a feeling of success. When we have a damp day there is nothing more satisfying than a wander around the rolling acres with a garden fork and digging up the docks which seem to abound in certain areas of our garden. I remember reading an article by that loveable legend Geoff Hamilton in which he claimed to have nailed a dock root to his shed door and then after a couple of years replanted it and it still grew!

So all our dock roots either go on the bonfire or in the dustbin. And as you can see by my expression in this photo I may not always get the root out completely - but this time I did.

And why stop at perennial weeds? My nephew, Peter, has his own garden and I feel proud of inspiring in him a love of gardening - well at least the pride in a mattock well-wielded!

For those of you who have no love of gardening - firstly, what are you doing reading this article? And then - just consider the feeling of awe and wonder when a tiny speck of a seed first sends up its response to your TLC and puts forth its seed leaves. Maybe I'm just easily pleased but I never get over the excitement of seeing the magic of life.

Gardening gives you a sense of responsibility and puts you in control

OK - so we can't go to the pub or theatre and any music we participate in has to be either outdoors or in a group of six or fewer! But in our gardens we are the ones making the decisions. While we may not be able to have our lives in order at the moment we can have the satisfaction of being in the role of PM of the Green-fingered Party.

Gardening brings out creativity in many ways



I have never been particularly good in the area of the visual arts but I think everyone needs an outlet for their creativity and mine is given free-reign in the design of the garden. I love to think about the views seen from different parts of the garden and the variety we have with formal areas, borders, wild areas, the vegetable patch, pond and the working areas (hens, bees, compost heaps and greenhouses). But as well as this the garden provides the opportunity for creativity in the form of problem-solving.

We have a large wild-life pond at the bottom of the garden but a more formal water feature as part of the grandly named "terrace" which wraps around the house. The top pond has no fish in it and only whatever invertebrates turn up of their own accord. There are a few plants in it and so occasionally we need to empty the water out in order to clean the bottom. The pond



/continued ...



is at the top of a gentle slope so the water will run away but needs to be siphoned off away from the border just beneath it. Last time we did this Gerry's creativity was tapped and he clearly showed his devotion to the Heath Robinson School of Plumbing.

Gardening is a good way to exercise

Back, knees, core, biceps - all get a good workout when you engage in varied gardening activities.

Back - digging, lifting heavy pots and bags of compost, turning the compost heap!

Knees - weeding, planting and more weeding.

Biceps - using the long handled pruner, pushing the

wheel-barrow full of compost, emptying the trailer of horse manure after a trip to the stables.

Core - getting out of the sun lounger which you bought thinking they looked like a comfortable way to recover from all the exercise; then realising it wasn't such a good idea after all ...

... and more weeding.

Janet Reeves



The South Downs National Park Authority is seeking responses to a survey on dog walking behaviour from people who walk dogs in the South Downs National Park, including dog owners and those who walk dogs for others, such as dog walking professionals.

The National Park Authority is promoting a campaign ('[Take the Lead](#)') to encourage responsible dog walking and reduce the negative impact of certain dog walking behaviours on heathland and other habitats. This survey of dog walking behaviours is a follow-up to one undertaken in 2018 and will allow the Authority to assess how dog walking behaviours have changed over the lifetime of the campaign.

The survey will run until 13 November and may be found at <https://www.surveymonkey.co.uk/r/KYPV7YM>. For further details about their campaign, 'Take the Lead', visit the SDNP website at <https://www.southdowns.gov.uk/take-the-lead/>

BOXGROVE WI START ZOOMING



With great trepidation we learned how to Zoom. It didn't always go to plan: we experienced a voice with no picture ... and a picture with no sound ... but at least we found ways of communicating. We also sat outside shivering so we could meet outside, socially distanced, to discuss how we might try to keep our group together.

In September we were finally able to meet properly as a group. Father Ian kindly let us use the Priory Church and we had a lot of help from David Bannister to ensure we kept our distance, wore masks and sanitised everything so that both the WI and the Church were Covid secure. It was so good to see people we hadn't seen for months and exchange experiences. The next day The Rule of Six came into being, so that squashed any future meetings for the time being.

What to do? We are now meeting in small groups for tea and cake (well, we are the WI). The groups will change each month so we get a chance to see everyone. We're also exploring the idea of having our own newsletter and setting up some challenges to inspire members to try something different, get exercising, make something, paint something, get out with a camera and share our efforts with others. Times are difficult but we're not over and out yet!

Wendy Austin-Ward
Secretary, Boxgrove WI



Please support our advertisers where possible during the current crisis. They help us to provide a copy of the Bugle free, in normal circumstances, to every household in the parish.

BOXGROVE & TANGMERE JULIAN GROUP

The Group meets on the second Monday of each month at 3.15pm at The Priory Church of St Mary & St Blaise, Boxgrove. Notices confirming details of venues are placed on the church notice board (pending Government guidance re easing of Lockdown, Social Distancing and possible meeting venues).

If, due to uncertainty, we are unable to meet, perhaps you could use the time to read the Psalm. The theme for each monthly meeting is as follows:

9 Nov	Psalm 42, vv 1-7 'Why are you so full of heaviness my soul' (ASB)	Location to be advised - Boxgrove
14 Dec	Psalm 8, v 1 'O Lord our governor, how excellent is thy Name in all the world' (BCP)	Location to be advised - Boxgrove
11 Jan	Psalm 121, v 1-3 'I will lift up mine eyes unto the hills ...' (BCP)	Location to be advised - Boxgrove
8 Feb	Psalm 103, v 1-4 'Praise the Lord, O my soul' (BCP)	Location to be advised - Boxgrove
8 Mar	Psalm 40, v 1-4 'I waited patiently for the Lord' (BCP)	Location to be advised - Boxgrove
12 Apr	Psalm 95, v 1-7 'Come let us sing unto the Lord ...' (BCP)	Location to be advised - Boxgrove
10 May	Isaiah 40, v 31 (8 th century BCE) 'But they that wait upon the Lord shall renew their strength'	Location to be advised - Boxgrove
14 June	Psalm 150, v 1-6 'O praise the Lord in his Holiness' (BCP)	Location to be advised - Boxgrove

Trust, the Highest Prayer

Julian of Norwich ~ 'Enfolded in Love' series edited by Robert Llewelyn

The teacher was supervising an art class in a junior school. While walking around the classroom she stopped and looked down at the work of a small boy. She asked him, "What are you drawing, Richard?" The boy replied, "it's a picture of God, Miss". The teacher responded by saying, "but we don't know what God looks like". Quick as a flash the lad replied, "well you will in a minute!!!"



Everything's BIG in Texas!

A rancher was showing a visitor around his ranch when he mentioned proudly that you could drive a car for a whole day and not reach the boundary. The visitor nodded and said, "Yeah! I had a car like that once"!!!

with thanks to Henry Potter



Was your child born between 1 September 2016 and 31 August 2017?

If so they are eligible to start
school in September 2021.

Apply online!

It's simple, convenient
and timesaving. If your
application is received after
the deadline of Friday 15
January 2021 your chance
of securing a place at one of
your preference schools could
be seriously affected.

You can apply online from Monday
5 October 2020. If you would like
further advice or information contact:

03330 142 903

Free internet access to apply
online is available at all:

- West Sussex libraries
- Children and Family Centres



WS110/MJ 08.2020

Apply online at:
www.westsussex.gov.uk/admissions
Deadline: Friday 15 January 2021



How much of a premium do we pay to live in the South Downs National Park?

For those of us fortunate enough to live within the South Downs National Park, we are reminded every day of the reasons we chose to live here: stunning scenery, beautiful countryside on our doorstep and the comfort of knowing that this precious area is protected by its National Park status. But all this does come at a price premium: the cost of buying in the South Downs National Park is second only to the New Forest in a recent survey of average house prices in the UK's top national parks, but only by £1,756 which is a much closer price gap than it was five years ago.



You can now expect to pay an average of £423,982 for a home in the South Downs National Park; this is a hefty 83% higher than the UK average and is edging closer to the £426k average in the New Forest according to latest Land Registry figures. Can you believe that back in 1995 the average home in West Sussex would only set you back £65,002? What a difference 25 years makes!

However, even within the South Downs National Park there are still areas where you can pay a lot less than the current average price. Although apartments are few and far between, there are certainly smaller village houses available, which were formerly the homes of local tradespeople and farm workers.

In addition, if you head west towards the Hampshire borders and east towards Lewes, you can expect to find houses at more affordable prices. It tends to be in the valley villages around Goodwood and from Chilgrove up towards the Mardens and South Harting where the property prices are pushing up that average price to £424,000. Wherever your search within the South Downs National Park takes you, you can be sure of plenty of competition to live in such a unique environment.

Jennie Hancock
Jennie Hancock Property Acquisitions



This is Buddy. I bought him as a surprise present for my husband but it turns out he's allergic to dogs. So unfortunately I'm going to have to find a new home for him and I'm just wondering if anyone out there can help? His name is George, he's 6l, great at DIY, drives a nice car and plans wonderful holidays.



I'm not sure that this sign in a local travel agent's window says quite what they mean ...



Why don't you just go away?



Helping homeless people

St Joseph's, Hunston Road, Chichester, PO20 1NP
Tel: 01243 537934
Email: admin@stonepillow.org.uk
Website: <https://stonepillow.org.uk/>

During the COVID-19 pandemic, the demands on our frontline services grow and change daily. Due to having to cancel all fundraising events, closure of our retail outlets and reduced income, we are asking for your help now more than ever to enable us to continue responding to the challenges facing people who are homeless and rough sleeping.

We are working in partnership with other agencies across West Sussex to provide the following essential support for homeless and vulnerable people:

- ◇ *Safe, secure, high-quality accommodation*
- ◇ *Support with mental health, recovery and wellbeing*
- ◇ *Fresh food and essential provisions*
- ◇ *Keeping them safe and well during the COVID-19 pandemic*

#donatealittlemeansalot ~ <https://www.justgiving.com/stonepillow>

Stonepillow is the trading name of St Richard of Chichester Christian Care Association. A company with charitable status and limited by guarantee (Registered in England, no 2504171 and registered Charity no 1000830)

THE COVID CROSSWORD

Clues on P17: the answers are all to do with the current crisis.
There's no prize, I'm afraid - just a few minutes' distraction.

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Coup de grass ...?



Across

- 1 Denim cap (anag) [8]
4 ac & 21 dn The contagion we are facing at the moment [6,5]
6 If you think you may have caught the bug and need a test you must do this for one [3]
9 Bugs like this quite often come from this group of mammals [8]
10 This wad of absorbent material is used to apply cream or take a sample [4]
12 The NHS has a huge one to cope with the number of patients [4]
14 We had one of these which lasted from mid-March until late June [8]
17 We're all in this like this! [8]
18 ac & 8 dn If you have been in contact with an infected person you must do this [4,7]
22 If you are ill, everyone tells you to get this soon [4]
23 You must do this to your hands when you enter the Priory [8]
24 This crisis is by no means 'much ... about nothing' [3]
26 You must wash your hands so you don't do this to others [6]
27 We must all play our part to help do this to the spread [4,4]

Down

- 1 All health workers should use this when dealing with patients [1,1,1]
2 ... and we should all keep our this from others [8]
3 The name given to 4 ac & 21 dn [5]
4 Do 23 ac and they'll be scrupulously this [5]
5 Let's hope we never have a of this and have to go through it again [6]
7 We must all wear this in shops and on public transport [4]
8 See 18 ac
11 Synonym for 'spell' when referring to sickness [4]
13 If you 23 ac and 4 dn your hands really will be this! [7]
15 The doom-laden warning may be 'The end is', but let's hope it doesn't come to that! [4]
16 What vulnerable people did during lockdown [8]
18 See 23 ac and 4 & 13 dn: ... and this is one of the things you could use! [4]
19 It's over the Channel - though it's no petit mal there either [6]
20 During lockdown we could not pay one of these [5]
21 See 4 ac
25 Where you would throw a used 10 ac [3]



*I'm giving up drinking until this is over.
Sorry - punctuation error.
I'm giving up. Drinking until this is over.*

ST WILFRID'S HOSPICE

Walton Lane, Bosham, PO18 8QB

Tel 01243 775302 www.stwh.co.uk



Help your local hospice – donate your time

Why not join our charity shop as a volunteer sales assistant: you'll warmly welcome customers to the shop and help them find hidden treasures! Building confidence, improving well-being, making new friends, having fun and giving back to your local community is what volunteering is all about - so why not give it a go?

Your local hospice St Wilfrid's continues to support its community with end of life care through the coronavirus pandemic. Our charity shops and donation centres have implemented new floor layouts, appropriate signage, hand sanitising and appropriate PPE to help keep everyone safe. Pop into your local charity shop or contact the voluntary services team on 01243 755815 volunteers.office@stwh.co.uk to find out more.



St Wilfrid's are launching a series of podcasts and videos to help those at home receive tips and techniques on managing the symptoms associated with **breathing difficulties**. Combat anxiety and take control of your breathing at stwh.co.uk/

breathewell. A few episodes will be available at release with more to follow over subsequent weeks. Full series DVD/CD copies can also be requested at LivingWellDayServices@stwh.co.uk.



Christmas Cards

We now have a wide selection of **Christmas cards** available to purchase in all our shops and through our [eBay shop](#).



Light up a Life 2020

This December, St Wilfrid's invite you to remember loved ones with us at our traditional **annual remembrance event** held on Sunday 6th December at 6pm. This year a service will be hosted on [Facebook@stwilfridschichester](https://www.facebook.com/stwilfridschichester) via YouTube.



Winter Raffle

You can play our winter raffle at just £1 per ticket and win up to £1000 with lots of other prizes available too, you can buy your tickets stwh.co.uk/support-us/2020-winter-raffle.

THIS MONTH'S RECIPE

with many thanks to Sally Bosson



Vietnamese Caramelised Pork Bowls

1 ½ tbsp cooking oil - vegetable, sunflower, peanut
½ onion, finely diced, approx 1/2 cup
2 tsp ginger grated or minced
2 garlic cloves minced or 2tsp paste
1 'birds-eye' or Thai *chilli - deseeded and finely chopped
500g minced pork (other meat can be used)
5 tbsp brown sugar
2 tbsp fish sauce

*NB - these are HOT so use the ones you like!

Serve with

Cooked rice or Vermicelli noodles (low carb option: try cauliflower rice)
1 sliced red chilli, 1 spring onion sliced to decorate
Tomato, cucumber, carrot, Asian slaw - optional

Instructions

Heat the oil in a large skillet over high heat
Add the onion, ginger, garlic and chilli and cook for 2 minutes
Add the pork mince and cook for 2 minutes or so until white all over, breaking up the meat with a wooden spoon.
Add the sugar and fish sauce. Stir, then leave to cook without touching until all the juices cook out and the pork starts to caramelize - about 2 minutes. Then stir and leave again, without stirring, for around 30 seconds to get more caramelisation. Repeat twice more until caramelised to your taste.
Serve!

Takes about 20 minutes from start to finish and works really well in a cast iron pan.



Major Mick's Tintanic 100 mile Challenge

"I am a retired army major having served in the British Army (The Royal Scots Dragoon Guards) for 35 years. To celebrate my birthday (I am 80 this month) I have built a rowing boat (named Tintanic) which I constructed from two sheets of corrugated Iron during lockdown. I will be rowing my boat down the Chichester canal from Hunston to Chichester Basin and back twice a week till I have completed 100 miles in aid of our local St Wilfrid's Hospice that has done such wonderful work over the years in our community. They are desperately in need of funds and my hope is that I can raise £1,000 for this very special place that has served and continues to serve us all in the Chichester Area."



To read more about Major Mick's Challenge, please visit his page on the JustGiving website: <https://www.justgiving.com/fundraising/majormicktintanic100challenge>



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*Some people won't admit to having any faults.
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