

Sudoku No 7

- For beginners, put each of the numbers 1-9 in each row, column and 3x3 box.
- Look for a square that has all the other numbers except one in its row, column or 3x3 square – that's the number!
- Every time you enter a number, see what effect it's had on other squares.
- Don't guess!

Answer in the next edition

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

Solution to Sudoku No 6

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

The church is conscious that many people do not have internet access and, for this reason, the Sunday Service, Songs of Praise and another broadcast are being offered on DVDs each week. If you would like to receive a copy, contact Richard on 07771 914277.

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You can find out more about Selsey Community Forum at: www.selseycommunityforum.uk,

Lending Library

A Selsey Covid-19 Mutual Aid Lending Library has been set up in accommodation provided by Selsey Town Council. The library is stocked with books, DVDs and jigsaw puzzles which are all quarantined and sterilised before being lent out. All items are delivered and collected by using the Buddy System. If you would like a loan, or to know more, please ring Chris on 07979 224829 or Louise on 07984 573744.

Scam Corner

You're sitting at home when the doorbell rings. The man says he's from the Water Company and they're concerned because there's been a big increase in your water usage. Before they send you a large bill, they need to make sure you haven't got a leak. 'OK', you say, and the man goes off to look around. Before long, he's back to tell you that there is a leak, but it's under the concrete floor in your downstairs cloak room. No problem, though, because the Water Company can install a new pipe round the outside of the house. They won't need to dig a big trench because they've got a clever machine. The bad news is they will charge £1,000. Don't worry, though, because the man knows someone who'll only charge £850 – for cash. 'OK', you say and another man arrives, digs a couple of small holes, drinks several cups of tea and then tells you he's finished and you won't have any more trouble now. The only thing is - there never was a leak in the first place – you have just been scammed!

East Beach Church

If you have access to the internet, you might wish to know that East Beach Church streams services or other items of interest at 10am and 7pm each day on YouTube; search for East Beach Church Selsey.

The government is now allowing churches to be open for private prayer. East Beach Church will be open on Monday, Tuesday, Thursday and Friday from 1-4pm. Please wash your hands as you enter and respect social-distancing while you are there. All welcome.

Senior Selsey News

- in partnership with the wider Manhood Peninsula

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Selsey Covid-19 Mutual Aid

Although the current lockdown is slowly easing, the Selsey Covid-19 Mutual Aid project continues to help with some of the many problems created by lockdown. However, the project is expected to run only until the end of July. The food delivery service is already being withdrawn, while care is being taken to ensure that nobody is disadvantaged by this change.

One service that will be retained is the Buddy System which has been hugely successful in supporting those who have been in need. Work is ongoing to shape the Buddy System for the future. Other support provided during lockdown, such as the Lending Library will also continue on into the future.

However, in the meantime, Selsey Covid-19 Mutual Aid project is still operating - if you live in Selsey and have any problems arising from the current lockdown, you can contact the Selsey Care Shop at 121 High Street, Monday to Friday 9am-4pm, Saturday 9am-1pm, telephone 01243 201616. The Care Shop hopes to resume many of its currently postponed activities as soon as government guidelines permit.

A Buddy's View

The Buddy System has not only benefitted those in need - the following was received from one of over 150 wonderful volunteer Buddies:

"I've loved being a volunteer for you. Lockdown unfortunately has been sad for many. For me however it has been the best thing I've done in years. Thank you for letting me be a part of it. I will be around to help in whatever way I can in the future. I think you've all done a fantastic job through this coronavirus pandemic and I know I don't have a piece of cake and gifts to pass to you but my absolute gratitude and congratulations on what you've achieved. You are amazing. Selsey is a wonderful community and you've just brought us closer. So thanks again and let's hope we will just be a little kinder to one another going forward."



Thank You

We would like to thank all those who have contributed to keeping Selsey safe over recent months.

For all who have obeyed the rules; for all our wonderful community groups who have looked after their members; for our businesses with deliveries and takeaways; for our care homes and agencies for their courageous service; for our medical practice; for partnerships of charity, commercial and statutory sectors that have achieved so much together; for friendship phone calls and neighbourly chats; for carers; for kind shoppers and buddy support; for food supplies; for treats to lift the spirits; for support in tough times; for puzzles, books, DVDs and other things to occupy our time; for the ring of the phone; for papers and magazines to read; for property given for activities; for PPE equipment made; for money given and for so much more.

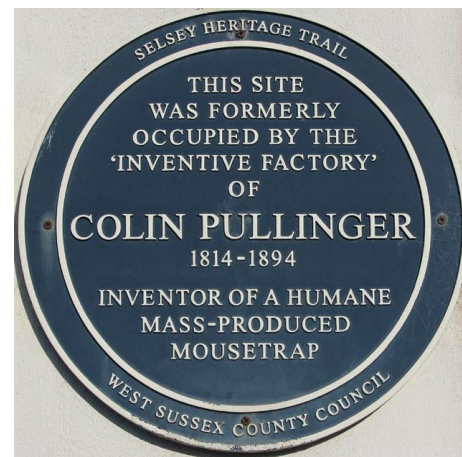
Colin Pullinger – Mousetrap Man of Selsey

You probably know that Colin Pullinger lived in Selsey and that, today, there is a 'Blue Plaque' commemorating the fact. Colin was a man of many parts: among other things, his trade card claimed him to be a builder, baker, undertaker, fisherman, farmer, mender of glass, cooper, clock-cleaner, collector of taxes, accountant, teacher of navigation and repairer of umbrellas, not to mention Clerk to the Selsey Police and Clerk to the Selsey Sparrow Club. He was born in 1814 in Ivy Lodge (now Ivy Cottage, next to the Town Hall). To add to all the claims on his trade card, Colin eventually inherited his father's house and carpentry business and, about 1860, he earned his place in history by inventing a mousetrap.



Colin's idea was a mousetrap that would catch mouse after mouse and stay ready all the time. He came up with the Pullinger Perpetual Mousetrap – the heart of the device was a see-saw in the middle. The mouse comes along, sees and smells the bait and steps through the entrance onto a beam. Its weight makes the see-saw descend and there is no way back. At the same time, the trap is set for the next mouse.

Colin Pullinger's mousetrap was incredibly successful. His advertising claim was that he had caught 28 mice in one trap in a single night, and that in 9 months, a farmer had caught nearly 1,000 mice with one trap. We don't know if these claims are true, but we do know that in the 1861 Census he described his son Charles as a 'mousetrap-maker', and he employed up to 40 people – the biggest employer in Selsey. They had horse-powered circular saws and drills and could make a mousetrap in four and a half minutes – 960 a week. By 1885 they had sold two million traps at half a crown (12p) and the company went on making mousetraps until 1920. Colin Pullinger clearly did his bit to put Selsey on the map!



There's Nothing the Matter With Me!

There's nothing the matter with me,
I'm just as healthy as can be.
I have arthritis in both knees,
and when I talk, I talk with a wheeze.
My pulse is weak, my blood is thin,
but I'm awfully well for the shape I'm in.

All my teeth have had to come out,
and my diet I hate to think about.
I'm overweight and I can't get thin,
but I'm awfully well for the shape I'm in.

Summer Afternoon's Tea

Over the 18th and 19th June, a surprise cream tea was delivered to 108 unpaid carers and their loved ones in Selsey. Doorstep conversations were held and there was much smiling and delighted thanks.

Arch supports I need for my feet,
or I wouldn't be able to go out in the street.
Sleep is denied me night after night,
but every morning I find I'm alright.
My memory's failing, my head's in a spin,
but I'm awfully well for the shape I'm in.

The moral of this as the tale unfolds,
is that for you and me, who are growing old,
it is better to say "I'm fine" with a grin,
than to let people know the shape we are in.

After the Lockdown

Life will be different after the lockdown but the partnerships of the last three months will stay with us. Neighbourliness will continue and care and concern for each other will grow. So much good is possible.

Our Amazing Brains

You might not know that, of the ninety-two naturally-occurring elements, the human body contains around sixty of them. Apart from Hydrogen, every other element in our bodies was made in stars that, long ago, exploded and disgorged all the matter from which we are made – we are the stuff of stars!

Over a very long period of time, some of that material gathered together to form our solar system. Somehow, on planet Earth, different elements came together in such a way that they were able to self-replicate. It is thought that the circumstances that led to the formation of life on Earth happened only once in over four thousand million years, which suggests that it might be a very rare occurrence.

From that beginning of life on planet Earth, eventually there arose the human brain. As far as we know, our brains are the most complex device in the universe. A piece of brain tissue the size of a grain of sand consists of over a thousand million components, of ten thousand different types, all communicating with each other. In every way that they have been tested, our brains are far superior to our most powerful computers. Their storage capacity is virtually unlimited and the latest research shows that one person's memory capacity is about the same as that needed for the entire internet. Our brain's speed is around thirty times faster than any computer. This amazing device is self-replicated from a bunch of material made in the the heart of long-dead stars – makes you wonder what life is all about.

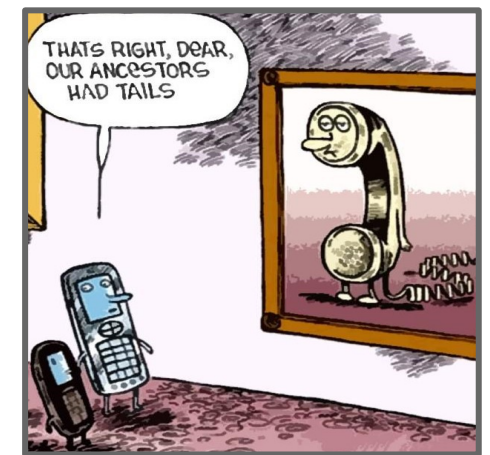


Thank You Grandma

A traditional view of human evolution suggests that the brave male hunter, together with his companions and armed only with bows, arrows and spears, stalked and killed large animals that would feed his whole tribe in the days to come. This view might be somewhat outdated. Research into modern hunter-gatherers (believe it or nor, there are some left in the world!) shows that the success rate for male hunters is remarkably poor – somewhere around 3 to 4 per cent of hunts result in the capture of a large animal. Clearly, if this modern experience reflects that of earlier times, then people depending on meat to survive would surely starve – particularly at a time when any fresh meat would putrify almost before you got it home!

So, how did we manage to survive? The same research discovered that women were providing the majority of food. Mothers with one child gathered the most food, but only until they had a second child; after that, it was grandma who took over the role of main provider of food. There is also modern evidence that hunter-gatherer grandmothers spent a large amount of time caring for their grandchildren; this greatly increased the children's chance of survival until an age when they could breed. This means that grandmas have almost certainly been more important than men in ensuing mankind's survival. So it appears that we probably have to thank grandmothers for the success of the human species – thank you Grandma!

At my age, I don't want to eat healthy foods – I need all the preservatives I can get!



Life Upon Life

Our bodies are home to around 50 trillion tiny beings - in terms of cells, we are only about 10% human! The bacteria, fungi and viruses that inhabit 'Planet You' are found on skin, between teeth, in stomachs and just about everywhere. From top to toe, they form entire ecosystems that keep their world (in other words, us) healthy, or make it terribly sick. We act as hosts to a vast array of other life forms, and yet we're hardly even aware of the fact.