

Cuckfield Life

Inc. Brook St., Ansty, Staplefield & Bolnore Village

Local village talk,
by the village

Issue #55 : May 2017

Free



Walking Race photo round-up

page 24

New art shop opens

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Making bees count

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EDITORIAL

By David Tingley, Editor

I do hope you managed to get out to the Cuckoo Fayre, which took place on 1st May. Unfortunately our copy date didn't allow for us to feature a write-up in this month's magazine – but rest assured we'll cover the traditional Fayre in some depth in our June issue.

Another popular event which is still to come is the **Staplefield Village Fete and Car Show** – which takes place on the next Bank Holiday in May. See more information on **page 5**.

I am delighted to see a couple of new ideas in the village and featured in this issue for you. On **page 9** there is some detail of a forthcoming **Cuckfield Arts Festival** and, on **page 20**, a Bookfest is in the planning stages – so we look forward to hearing more about both events over the coming months.

On **page 30** a family who live in Bolnore Village is keen to sing the praises of a Cuckfield-based charity that has supported their daughter who suffers from Cerebral Palsy. It's great to hear about local charities, but even more so when we can understand in a real way the difference they make.

There is the regular Bolnore news featured on **page 33** – which showcases the football squad very much at the top of its game.

On **page 35 Claire Cooper** chats to **Wendy Rowark** about her new art shop, which has recently opened on Cuckfield High Street. It's lovely to hear about how a business like this ends up opening here.

Sebastian Candellon brings us an oyster recipe on **page 38** and **Fiona Evans** shares some interiors tips on **page 40**.

Get to the back if you fancy one of **Andrew Reid's** Sudoku puzzles – although this month's is a tough one!

Enjoy the month and the read – and keep in touch.

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We love to hear from groups, organisations and individuals about what's happening locally. Include a photo if you can. Email your stories to editor@cuckfieldlife.co.uk

Rugby Club secures new sponsor

Members of Haywards Heath Rugby Club are looking forward to a bright future after securing a new three year sponsorship deal.

Leading land acquisition and property development company Fairfax has agreed a three-year commercial relationship with the club, which is based at Whiteman's Green, to become Main Club Sponsor from 1st July.

The news comes almost a year after Fairfax made a significant contribution towards the building of the Chisholm Stoneley 3G all weather pitch at Warden Park.

The new deal includes the Fairfax logo on the front of the Heath 1st XV shirts and shorts from the beginning of next season and joint branding of all Club digital and printed publications.

This development comes at an exciting time for Heath with the Club having just secured its third consecutive promotion and the appointment of Matt Hawkes as lead

coach of the 1st XV from next season - a combination that demonstrates the ambition of Heath to continue to develop as the leading rugby club in Mid Sussex.

Commenting on the arrangement, Phil Herbert, Interim Commercial Director at HHRFC, said: "It is great news for the long-term future of the Club that a reputable company such as Fairfax - with a local Mid Sussex base and significant corporate credentials - has committed to a three year deal with Heath Rugby Club. We look forward to developing a strong working relationship with the team at Fairfax over the coming months."

Jon Ball, Managing Director of Fairfax, grew up locally and is well known to a number of past and present Heath players. He adds: "I am a big rugby fan and am excited that Fairfax Properties has secured this sponsorship opportunity with a Club such as Heath that is the epitome of grass roots community rugby. We are looking forward to watching Heath 1st XV compete in London 2 South East next season and working with the Heath Board to help the Club achieve its ambitions on and off the pitch."

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When? Friday: 6:15 - 7:15pm

Activities

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Staplefield Fete coming up

One of the best and most traditional village fetes in Sussex looks set to attract crowds once again this Bank Holiday Monday, 29th May.

The Staplefield Village Fete and Car Show is a village tradition dating back to at least the early 1920s. "Many people return to our event year after year, whatever the weather," said organiser Maggs Chamberlain. "Last year one of our Grand Draw winners said she always attended the Fete with her mother when she was five, she now lives away but comes back every year."

The aim of the event, which runs from 12 noon to 4pm, is to provide a fun day out for all the family and raise money for St Mark's Church, St Mark's School and Staplefield Village Hall, all vital for maintaining village social life. "Among our many attractions this year are Maypole Dancing, a Fun Dog Show courtesy of Raising Hopes Dog Behaviour and Training organisation, photo opportunities with Ghost Busters, Marky Wild's Punch and Judy show, fairground rides, bouncy slide and face painting," said Maggs. "We also have our very own Elvis (aka 'Philvis'), while the highly acclaimed Perdido Players will be providing music."

Running alongside the fete is the Car Show which includes unusual exhibits and a range of classic cars. Food and drink on offer will include Pavilion teas and cakes, pulled pork, BBQ, Pimms, Prosecco and strawberries.

"We are really hoping for some warm sunshine this year but whatever the weather we're sure you'll have a great day out," said Maggs. "Many local businesses support us by generously providing Grand Draw prizes and taking stalls on the day and we would be pleased to hear from anyone who would like to contribute, take a pitch or exhibit a vehicle."

For more information contact Maggie Chamberlain: maggs49@btinternet.com, 01444 484825, or Tracey Millis: tracey@xtannersmead.fsnet.co.uk, 07538952835.

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Land of hope and glory! Village to welcome Elgar

A leading Brighton Choir are heading to Cuckfield to put on a free concert featuring the music of Edward Elgar and Henry Purcell.

The Brighton Chamber Choir will sing choral evensong at Holy Trinity Church on Sunday 21st May at 6pm. The canticles will be Stanford in A and the anthem Bainton's uplifting "And I saw a New Heaven".

After the service, refreshments will be served in the church and the choir will then perform a short concert. The programme will include Elgar part songs and English church music by Thomas Weelkes and Purcell. Admission is free.

Founded in 1990, the Brighton Chamber Choir

performs a diverse range of choral music from plainsong to contemporary composers. Highlights have included performances of the Bach B Minor Mass and Christmas Oratorio with London's Linden Baroque Orchestra in celebration of the choir's 20th and 25th anniversaries.

Jane Money, a professional singer and singing teacher, is the Choir's director. She has been based in Sussex since singing with Glyndebourne in the 1990s.

The choir is a registered charity and comprises around 40 singers. Membership is by audition and further details can be found on the website www.brightonchamberchoir.org

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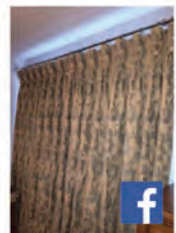
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Cuckfield all set to hit the right notes

CUCKFIELD ARTS FESTIVAL

By Kate Fleming

Cuckfield has always had the potential for an arts festival simmering away and at long last it is being realised. The basic ingredients for success are already here - a beautiful church, a picturesque historic village situated in an arts-laden county, home to a wealth of artists. Why hasn't it happened before we cry in amazement? Well now it is. Cuckfield Arts Festival has been created and will start on 24th June and run for two weeks.

This year the focus will be on music, but, as the naming of the festival indicates, other art forms could feature as the event grows. Music, however, is an ideal starting point, as the village is becoming known for musical activities, which are increasing in popularity and commanding a serious place in the life of the village.

The Singing Allsorts, our own Cuckfield all-female choir, celebrates its tenth anniversary this year. The choir has gone from strength to strength under the talented baton of Jane Haughton, singing for our community its varied repertoire of African, Gospel, Classical, Broadway and Folk music. Over the last decade the Summer Charity Concert has raised £10,000 for local and international charities and this year's event has been incorporated into the festival in Holy Trinity Church on 6th July.

The unique sound of Ensemble Reza will start the festival. These virtuoso musicians got together so players could enjoy performing music closer to home in Sussex and the South-East. When these highly respected professional players with leading orchestras get together to play the performances are breathtaking.

If hot passion, danger, intensity and dance gets your juices flowing, then Friday 7th July lunchtime will fulfil your needs when Tango44 performs Tanguero Passion. Get ready to be swept off your feet and relive the early days of tango and the richness this embodies.

Welcome visitors from Leicester are Kingfisher Chorale which will be performing on Saturday 1st July. This leading chamber choir has a remarkable reputation. It has received critical acclaim for its work across a wide repertoire, spanning Medieval music to commissions and

world premieres. The title of the concert in Cuckfield Art Festival is taken from the opening lines of Shakespeare's Twelfth Night, 'If music be the food of love', which offers them a wide range from which to choose across the centuries, from Palestrina through Vaughan Williams and Holst to 'Let's fall in Love'. I guarantee you will cry out at the end, 'Play on, give me excess of it' (Twelfth Night Act 1 Sc1), and they will be duty-bound to sing an encore.

On Sunday 2nd July Holy Trinity Church Festival Evensong will be held for the community to enjoy the high standard of choral music, inspired by our gifted new organist Richard Jenkinson. The choir are busy working on the service which will include the Magnificat and Nunc Dimittas, both sung to the music of Stanford in C.

There is a great opportunity for our children to experience wonderful music played by talented professionals but also for our young musicians to perform, by busking at Cuckfield Local Market on Saturday 8th July. While you are buying your bread, cheese and vegetables, you can listen to the singers and instrumentalists of tomorrow and join them in their dreams of fame.

The Cuckoo Choir is made up of singers over pensionable age who gather on Fridays. Also led by the charismatic Jane Haughton, they will bring the festival to a close with a Summer Concert at the Baptist Church on 8th July. Free tickets will be available from the Candy Store in the High Street, with tea and cake included. Donations will be given to the Ghanaian charity, the Lovey Foundation. This choir epitomises the joy of singing and illustrates the benefits and comradeship that music generates throughout this festival.

Preparation for the festival is underway, rehearsals have begun, posters with all the details will appear around the village soon, so dear Cuckfieldians now it is up to you to support the events and make this a success so that next year it will happen again, and again, and again.....

As Martin Luther King said: "As long as we live there is never enough singing."



Holy Trinity Church Cuckfield, West Sussex RH17 5JZ Tel: 01444 456461
Vicar: Rev Michael Maine More information: www.holytrinitycuckfield.org

'Not another one? Honestly, I can't stand this.'

Dear Friends,



...yes, the splendid words of Brenda from Bristol upon hearing news of the General Election. I must say that when I heard her utter these sentiments I thought of my late mother who would have said much the same, with a similar accent!

Pragmatically, however, we are fortunate to live in a democracy – a country which many in the world regard as the mother of parliaments. This rests on the premise that the people of our nation – the polis – are the creators of their own communal destiny through parliamentary democracy for the good of all. One has only to look at the despotic regimes around the world or where the sense of communal belonging has died and where chaos and darkness reign – North Korea, Syria, Somalia, Venezuela, Yemen – you will be able to add to the list.

There will be much to weigh up in the mind before we place the X in the box on the day, and it is to be hoped that the campaign will focus on the common good on which our democracy rests. I firmly believe that our politicians are all people who desire this (even when their ideas greatly differ), and I hope that this will temper what is said. When this is not the case then democracy itself is diminished.

Easter rejoices in the Resurrection of Jesus Christ – the momentous event which caused the transformation of his followers. Indeed, their lives became signs of resurrection, and, like them, all Christians are called to serve and love others in his name. Sometimes this is done at great cost in different parts of the world, yet are powerful signs of community achieved through thinking of 'the other' rather than 'self'.

As we approach the General Election, perhaps the greatest gift we could offer one another is (in the words of Jonathan Sacks) 'to rediscover the idea of the common good and work together to build a home'.

With all best wishes,
Michael (Vicar)

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Balloon pilot becomes a record holder

Hot air balloonist Deborah Day is on cloud nine after floating into the Guinness Book of Records earlier this month.

Deborah, who owns Hairworks in the High Street, was one of a group of 82 pilots who successfully crossed the channel from Kent to France earlier this month, breaking the previous world record of 49.

Award winning pilot Deborah was one of the handful of female pilots invited to take part in the event.

"We had been on standby since 1st March waiting for suitable weather conditions – a north westerly wind with a taster and speeds higher up, which would take the balloons the shortest route over the Channel," said Deborah.

"After several false starts on the morning of 1st April, the event was rescheduled for the following week."

Pilots, their crews and 82 balloons arrived at Lydden motor racing circuit in Kent, five miles north of Dover, at 4.30am on 7th April.

"Following a pilot safety briefing, the balloons were inflated and took to the air. The balloons then quickly spread out with varying degrees of different heights and the majority flying over Dover harbour and castle," said Deborah, whose crew included partner Mike Scholes.

"We then flew out over the water, where the busy shipping lane with several cargo vessels made for some



wonderful photo opportunities."

She added that the flight took 2 hours 20 minutes, with the majority of balloons landing in and around Calais in winds of 7-12kts.

The event was widely covered by local, national and worldwide media, with Deborah's distinctive balloon, which can often be seen taking off from Lindfield Common, prominent in many press photographs.

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Writing a life story

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Many of us regret not knowing more about our parents and grandparents. Photographs are fine while they're still around to explain who's who, but will a dusty album mean anything to future generations?

Writing your life story can help your children or grandchildren to learn more about you. You might not have been famous, adventurous or influential but your family and friends will find your story as interesting as any celebrity autobiography.

A life story book can be an overview of your life, or a snapshot of a particular time, for example childhood, hobby or career. It can heal past wounds, deal with unfinished business or even reveal family secrets.

If you fancy having a go yourself, you could start by writing a memoir, which doesn't have to include every detail of your life in chronological order - it's a story from a life, so focus on key events, such as a career or relationship. If you're tackling a longer life story, select up to 20 key life events and think about how you can link them to create a narrative.

Before you start to write, do plenty of research. You might think you remember everything that's happened, but look back through old diaries and photographs, listen to music, or visit an old house or school to trigger memories. Decide on the structure and create summaries for each chapter before you start to write. Dialogue and vivid description are great, however, don't get bogged down in unnecessary detail that slows down the narrative.

And remember that a life story isn't just about you, it's about other people, so talk to parents, siblings and other key people for their take on events.

However, penning and publishing a book can be daunting, so, if you need help, a life story writing service like Memory Lane Books can help.

During a series of personal visits, an interviewer

will chat about your life to gather life stories and recollections before shaping them into a narrative.

Grace Parker had been telling her two grandchildren about travelling to New Zealand as one of the Ten Pound Poms when she realised her story might soon be forgotten.

"It was such an important time of my life but I never really talk about it," says Grace. "I wanted to write it down so that my great-grandchildren could find out about what I did - after all, I might not be around to tell them."

Grace started writing her life story but found the project daunting - arthritis in her hands didn't help either - so she turned to Memory Lane Books for help. The one-to-one chats helped her remember and record the details of the trip and other important times in her life.

Using a professional life story service, your words will be edited, written and proof read - you'll get to check and approve the story as you go through the process. After choosing up to 50 photographs, the finished 150-page book will be typeset, designed and printed, forming your personal history into a professional book.

"I've been showing it to all my friends and some of them have found out things about me that we've never spoken about," says Grace, who's given copies of her book to her children and grandchildren, while another one has pride of place on her bookshelf. "I sometimes get it out and read a bit," she admits. "It's wonderful to reminisce and a real talking point when friends visit."

She adds: "I know that my family have now got a permanent record of my life, and hope my book will become a family heirloom."

If you'd like to embark on a once-in-a-lifetime project, please contact Helen Gregory on 077997 64414 or email helen@memorylanebooks.co.uk to discuss how we can bring your life to life.

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Joseph comes to town

By Hilary Turner-King

If you were one of the lucky people to be in Holy Trinity Church on Saturday 1st April, I think you will agree you were treated to an incredible performance of Joseph and the Amazing Technicolor Dreamcoat, from the children of the church youth group Sunday's Cool. Superlatives abounded after the show: 'stunning', 'so professional', 'fantastic', 'unbelievable', 'what superb performances!' The standing ovation was well deserved.

The cast had been rehearsing in earnest since January. There were a lot of laughs learning the dance routines and songs, as well as great fun sloshing paint around at the scenery making day where palm trees, Pharaoh's throne and seven foot high pyramids were created!

The story of Joseph is one that firmly resonates with today's world, with themes of bullying, domestic violence, slavery, famine and taking refuge in foreign lands. But above all it is a story of love and reconciliation; a story of forgiveness. It gives us a lot to think about.

The lyrics of Tim Rice and the melodies of Andrew Lloyd Webber mean we continue to ponder these issues as we hum the tunes long after the show.

Many congratulations to all our young people who gave so much pleasure to a packed church. A staggering £877 was given in donations. The children decided that the money raised would go to the East Africa Famine Appeal.



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Neil Jenkins free concert

International Tenor Neil Jenkins will give a free lunchtime concert recital in Cuckfield on Friday 2nd June.

The event at Holy Trinity Church will see Neil giving a talk and singing some of the songs that John Beard premiered during his career.

John Beard was England's first great tenor, who created all the oratorio roles that Handel wrote for the tenor voice.

Neil has recently been giving this talk 'Where'er you walk' - the story of Handel's favourite tenor: John Beard and singing songs accompanied by Gary Branch at the Handel House Museum in London. Residents are encouraged to join this special concert, and enjoy free soup from 12.30pm and music at 1pm.

Spruce up your garden and support St Catherine's Hospice

Gardeners looking for inspiration to make their gardens glorious this summer should head to Cuckfield Park on Thursday 18th May.

That's the day Cuckfield will be transformed into a 'Mini-Chelsea' with the arrival of the Garden Fair, organised by the New Horizons Appeal, in aid of St Catherine's Hospice.

The annual event brings together established traders selling specialist plants, gardening products and locally-produced food. It offers the opportunity to stroll the exclusive grounds of Cuckfield Park and discover the latest trends and colours the professional gardeners will be using this year.

Since 1989 the New Horizons Appeal has raised more than £2 million for St Catherine's with the support of local people who attend their events, which also include a lunch club, charity golf day and Autumn Gift Fair.

Advance tickets for the special bubbly breakfast and stall preview, from 9am, are £12.50. General entry is £5 per person, with the Fair open from 10.30am to 3.30pm.

For more details and bubbly breakfast tickets, visit www.stch.org.uk/newhorizons, contact Suzanne Connor, New Horizons Appeal Co-ordinator on 01293 447367 or email newhorizons@stch.org.uk.



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Girls ride for funds

Fundraising friends Megan TRM and Alice McDonald have been pedalling the streets of Mid Sussex in a bid to raise funds for their individual charities.

The girls, who both live in the village and attend Warden Park Academy, joined the hundreds of cyclists taking part in this year's Haywards Heath Bike Ride, which saw fundraisers of all ages take to their bikes to tackle one of two routes.

"We thought the Bike Ride would be a good idea as it would give us a goal to motivate us, keep us fit and would be a fun thing to do," explained Alice.

Megan, who was taking part in the bike ride for the second time, added: "I really enjoyed it this year as Alice and I had been training quite hard, so were able to comfortably complete the longer 12.5 mile distance."

Megan, 14, a senior prefect, is among a team of Warden Park students who will be travelling to Peru next year as part of a charity project supporting local communities, and needs to raise at least £4,000 to fund this 'once in a lifetime' opportunity.

Sponsorship from family and friends and donations of £100 from Cuckfield Pet and Garden store and £50 from H J Stoner jewellers in Burgess Hill have boosted Megan's fund by around £400.

Megan added that the cycle challenge will also count as the physical activity element for her bronze Duke of Edinburgh award.

Head girl Alice, 15, was taking part in the bike ride for the first time and was raising money for the schools leadership fund. "The leadership team is made up of the head boy and girl, deputies and senior prefects who took up their roles after Easter," said Alice. "We are currently deciding which charities we want to support." Alice was sponsored by family and friends and has raised £50.

The girls continued their fundraising efforts by selling cakes from their stall at the Cuckoo Fayre, while Megan's mum Wendy, a cabin crew trainer, gave demonstrations of basic life saving skills and techniques in return for donations.

Megan and Alice are also planning a quiz night later in the year and aim to carry on cycling, entering the Burgess Hill cycle ride in the summer.



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A book festival for Cuckfield

By Sheila Mortimer

Cuckfield's first book festival, Cuckfield Bookfest, is taking place over the weekend of 6th-8th October and the organisers (Sheila Chasser, Sue Laing, Angela Magness and Sheila Mortimer) have been busy over the past months, assembling an impressive programme that will include many different events - and there will be something for everyone.

The weekend will kick off on Friday 6th October with supper at Ockenden Manor when Maurice Saatchi will be guest of honour. During the evening there will be an interlude of readings by two well known actors.

The Bookfest starts in earnest on Saturday 7th October. Most of the sessions will take place in the Queen's Hall. We have gathered together a varied cast of remarkable authors covering military history, biography, social history, politics, fiction and much more. There will also be two workshops, one on writing a memoir and another on how to get published.

For the children, we are collaborating with Cuckfield Museum to present a dinosaur workshop where a writer of popular children's books on dinosaurs will use the resource of the museum to create a lively and fascinating session. Two local children's authors will also be entertaining small people with storytelling sessions.

Books signed by the featured authors will be available for purchase. Tea, coffee, cakes and wine will be on offer, so it will be a weekend of conviviality and literary treats for all book lovers.

We are very excited at the prospect of bringing a stimulating and enlightening book festival to Cuckfield. We will be launching the complete programme in July when full details of the festival will be unveiled. There's bound to be at least one session to interest you, so do keep the weekend free. Details of prices and tickets for the Ockenden Manor supper and the literary events will be included in the programme.



Whodunnit premiere!

When Cuckfield resident and Dramatic Society member Paul Ruse suggested to his friend, local writer Richard Willis, that they create a play together, it was just the start of an ongoing collaboration.

Deciding to write a chilling murder whodunnit, the pair soon found themselves plotting a naughty comedy instead! Their original and riotous one-act play, *Bridge to Farce*, was subsequently born.

It played to great acclaim at CDS's 2015 February Frolics, the theme of which was 'clubs'. The pair were soon being asked to pen 'what happens next' in their frantic, madcap story. After many and varied iterations, the fate of their characters, old and new, was decided. And the story, already fast-paced, is now even racier!

The synopsis: Politically ambitious Margaret and long-suffering husband Norman are expecting a new couple into their *Bridge* circle. When wife-swapping beginners Barry & Angie arrive by mistake, both couples spend an alarming evening at cross-purposes! Meanwhile, *Bridge*-playing Edward and Charlotte (Margaret and Norman's intended guests) enjoy a party with George and Zoe (Barry and Angie's intended hosts)! When the party is in full 'swing', all are caught in compromising situations as *Bridge* turns to *Farce*.

After the CDS committee selected '*Bridge to Farce*' as its Spring 2017 play, the director (Sophie Bradshaw) and producer (Emma Gosling) were appointed and rehearsals have been in full 'swing' ever since.

"Basically, we wanted to see how far we could take things with these wonderful characters," said Paul. The pair met over twenty years ago, when they both worked at the satellite giant. "From our days together at Sky TV we've always shared a sense of the ridiculous, and so we've just transferred this to the stage – where anything is possible! And the chance to premiere the full play in Cuckfield itself was too good to miss."

CDS Chairman Peter Bowman agrees: "It is a fantastic opportunity for CDS to be offered this brand new script written by such a talented local writing duo. I was privileged to be in the original one-act play which had our audiences crying with laughter and if rehearsals are anything to go by the full play is going to be a smash hit.

It's hilarious. I don't think we'll be the last to perform this gem of a play but we will always be the first."

Don't miss the opportunity to be at the 'world premiere' on 31st May. The play runs for four nights from Wednesday 31st May to Saturday 3rd June. Doors open at 7.30pm, curtain up at 8pm.

Tickets are available at Wealden Stores and Marcus Grimes in the village, and online via Ticketsource, email the box office at boxoffice@cdsweb.co.uk or call the box office on 01444 848156. Full details are also available on the club's website.

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Tips to balance your blood sugars

Former Warden Park student Emily Wysock-Wright is on a mission. She wants to help people reach their health goals and help whole families understand the benefits of good nutrition. Here she explains how balanced blood sugar levels can get you feeling your best this summer...

By Emily Wysock-Wright, nutritionist

Imagine this...

You've just woken up. You feel full of energy. Your mind is clear, and throughout the day your energy is good and you're mentally sharp. You feel on top of your life. But that's just the inside story. You look great, your weight is where you want it to be. You're well toned and your skin has a healthy glow. People often comment on how well you are looking. You feel young, both physically and mentally.



This is not only how you could be, this is how you should be.

So ask yourself this, how do you feel if you have to go four to five hours without eating? My guess is, you're irritable, tired and on the lookout for something sweet to fill the void.

Did you know, a quarter of all people and nine out of ten people with weight problems have difficulty keeping their blood sugar level balanced?

Unfortunately, in today's western diet we consume way too many of the wrong carbohydrates, resulting in too much glucose in the blood. This leaves the excess being stored directly on your thighs – or more simply as fat. Furthermore, your body is now craving even more food to meet its energy requirements.

So I guess the big question is, what can you do about it?

Why not try sticking to these three commitments over the next two weeks and see what a difference it makes...

1. Eat whole foods, which are high in soluble fibre (grains, legumes, fruit & vegetables, flaxseeds) – these are less likely to cause spikes in your blood sugars, PLUS they will keep you fuller for longer
2. Eat regularly, at least every three hours – Try three meals and two snacks throughout the day, to avoid drops in blood sugar and your craving those sweet foods for your pick-me-up!
3. Ensure you eat a protein with every meal – this will slow down the release of sugars from your carbohydrates and help you gain control over your blood sugar levels

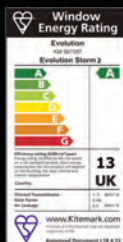
So I am guessing you have now convinced yourself that it is time to make some changes and balance your blood sugars, am I right? Why don't you make this your priority, to get you healthy in time for summer?

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A gentle stroll!

CUCKFIELD WALKING RACE

Cuckfield residents could be seen pacing the village streets on Easter Monday, enjoying the chance to burn off a few chocolate calories and perhaps return home with a trophy!

By Kate Fleming

The traditional Independent State of Cuckfield's Easter Monday Walking Race attracted around 30 entrants this year, who embarked on a slightly different route.

Instead of starting and finishing at the Recreation Ground, the walkers left the Rugby Club at Whiteman's Green and returned there after circumnavigating the village.

This unique event has been taking place for the last 90 years and participants say it doesn't appear to get any easier!

This year a chilly wind accompanied the walkers, many joined by their dogs, with bright sunshine helping to encourage and sustain.

The rules see the walkers leaving at different times, adhering to a handicap system which is only understood by the chosen few, presumably also steeped in history and village culture!

While the walkers were pacing around the village, children chased around the rugby field searching for the silver coloured tickets which would reward them with an Easter Egg.

After about an hour the first walkers arrived back to an enthusiastic welcome from family and friends who had gathered to support and cheer them over the finishing line and the prospect of winning a trophy or achieving a personal best.

This year Jane Swain kept the family reputation high by winning both the Ladies Challenge Cup for the first female walker to finish, and the Bowring Cup for the fastest time of 57 minutes and 12 seconds.



However, tradition states that entrants can only win one trophy, so the Ladies Challenge Cup went to Leanne Knapman with Jane choosing to keep the Bowring Cup.

Jane also came second in the veteran category, beaten by Charles Dunnett who claimed the Frank Woods Trophy.

The first man over the finishing line was James Mark but the fastest man was Gary Atkinson in an amazing 51 minutes!

In accordance with tradition, entrants representing the village pubs, clubs and societies walked in teams, with the White Harte winning the Ladies Cup and The Wheatsheaf men taking their trophy back to Broad Street.

The organisers are delighted that the event continues to thrive and are confident that it will flourish in its new venue and mark the end of the Easter weekend in the village for many years to come.



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Everyone should have a safe place to call home

By Hilary Turner-King

The focus of Christian Aid Week (14th-20th May) this year will be supporting refugees. As you read this, 65 million people across the world have fled their homes because of disasters and conflict. It is a humanitarian tragedy of our time. We, who have so much to be grateful for living in the peace and beauty of Cuckfield, can, thankfully, only begin to imagine the desperation faced by so many families around the world. When the Christian Aid red envelope is delivered through your door, please help give these people some hope of a better future.

Last year Cuckfield responded very generously to the work of Christian Aid, raising £2,624 in Christian Aid Week. Thank you in anticipation of your concern and generosity again this year.

Choir sings at Garden Party

The Cuckoo Choir – based in Cuckfield – will be entertaining the guests at a charity fundraiser next month.

The Garden Party takes place at Pangdean Farm, Pyecombe (BN45 7FJ) on Thursday

1st June from 4-7pm. The organisers hope to raise plenty of money for Malagiri School in Nepal, which they have been supporting since the earthquake in 2015. Jill Munday explained: "Come and find out about the newly rebuilt school and raise more money for the children and their families. We hope it will be a gloriously sunny day!"

Cuckfield resident Kate Fleming is also involved with the school and is planning to visit in October to help deliver some training to the staff.

In addition to the music from the choir, the Garden Party will include a jewellery sale, garden games and a raffle.



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100 miles for Angus

By Claire Cooper

A young cancer survivor is aiming to cycle 100 miles in memory of his friend Angus Rowland, from Staplefield, who lost his battle with leukaemia in 2011.

Joe Smale, and his dad Tim will be joining Angus's parents, Elizabeth Mailey and Jonathan Rowland, on the starting line at Ride London 2017 in July.

"Joe and Angus became firm friends after meeting at the Teenage Cancer Unit at University College Hospital London where they were having similar treatment prior to lifesaving bone marrow transplants in 2011," said Angus's mum Elizabeth. "They enjoyed music and shared a hope that they would recover and both went to hospital school even when they were feeling awful.

"They were both scheduled to have bone marrow transplants in the same week but Angus's cancer was too aggressive to go ahead."

Joe, who had survived leukaemia twice before, was treated successfully but unfortunately Angus's leukaemia was resistant to treatment and he didn't make it.

Joe has continued to recover and is keen to raise money for research into the cancer which he has battled for most of his life and which claimed the life of one of his closest friends.

"Bloodwise is the named charity for Ride London on 29th-30th July, so we have entered 'Team Angus' to cycle the 100 mile route," Elizabeth explained.

"We are all currently training hard as the prospect of being on the start line is quite a scary one!"

Following Angus's death, Elizabeth and Jonathan set up the Angus Rowland ForgetMeNot Fund to raise money for Bloodwise and have collected more than £170,000.

"More people die from blood cancer than breast cancer and prostate cancer, and Joe has spent over half his life being treated for leukaemia," said Elizabeth, who is also organising a fifth annual Angus Rowland ForgetMeNot run/walk on Sunday 1st October.

Last year more than 250 people joined the walk which starts and finishes at Staplefield Village Hall.

Over the years the walks, which now include runners too, have raised an amazing £28K. "The run/walk is open to all comers and there will be choice of two local routes, a 6½ mile walk on muddy rural footpaths or a 1 mile walk mainly on roads," said Elizabeth. Registration will start at Staplefield village hall at 9am for walkers and 10am for runners. Participants can register on the day or in advance.

"We want to help raise money to research cures to help beat blood cancers forever. This really is possible, but we need to fund more research," she added.

"Over the years many friends and family have already donated and supported our cause, so we are trying to get as many people as possible to donate just £2 (less than the cost of a cup of coffee)."

Donations can be made via the Just Giving page, www.justgiving.com/fundraising/RideLondon17TeamAngus or by texting ANGU96 2 to 70070.

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'They saved us'

How Dame Vera's charity helped a Sussex family after shock diagnosis

A couple whose baby daughter was diagnosed with cerebral palsy have spoken about their difficult journey and of the invaluable support they received from a Cuckfield based charity.

Stacey and Lee Jones, from Bolnore Village, have spoken up about their experience in a bid to help other parents facing the same daunting news, while raising awareness of the group that supported them so much.

Dame Vera Lynn Children's Charity provided a lifeline for Stacey and Lee at a time when they were in despair about their daughter Eliza's shock diagnosis and struggling to know where to go for help.

"I can hand on heart say that if we hadn't gone to the Charity, I think I would have had a breakdown as I just couldn't process what had happened," said Stacey.

"My husband and I, who communicate really well, just couldn't discuss it. It felt like if we did it would mean it was actually happening, this thing we couldn't fix.

"Dame Vera Lynn Children's Charity saved us. It gave me the comfort of not feeling alone, armed me with knowledge and helped me understand it wasn't my fault and life does go on."

The couple's journey started in December 2013 when Eliza was seven months old. Stacey knew something was wrong with her daughter as she hadn't reached certain milestones, such as holding her head up, sitting without support and rolling over.

It would take another five months, however, for her to be diagnosed with cerebral palsy, which came as a complete shock to the family.

Stacey recalled: "The day we got Eliza's diagnosis will always be the day life as we knew it changed. Lee went blank, I asked a thousand questions but he just sat there.

"We went into that room believing something was wrong, but something that could be fixed. It took ages to sink in. Life seemed unfair, pointless, sad. Googling was a minefield. Nothing seemed to guide, help or comfort us."

It was luck that brought the family to the Charity. While attending an NHS physio appointment Stacey started talking to another mum in the waiting room. Describing how she 'felt lost' the other mum recommended the Charity to Stacey.

Immediately after that physio session Stacey contacted the Charity and within weeks Eliza was taking part in its early intervention sessions.

Dame Vera Lynn Children's Charity uses conductive education – a progressive approach to physiotherapy, teaching and learning that aims to give youngsters aged five and under with cerebral palsy and other motor



learning difficulties better control over their movements and posture.

Eliza soon started to benefit from the sessions and Stacey says her daughter, now three, has learnt to be more independent while meeting other children with cerebral palsy, helping her understand she is not alone.

Stacey added: "The team that work there are amazing. They see the beauty of the children and teach them things without them realising they are learning."

Pilar Cloud, Executive Manager of the Charity, said: "Eliza is just one of hundreds of children we have helped throughout the South East, and having recently moved to a new, bigger centre in Cuckfield we are determined to support even more.

"We aim to show children everything they can do, giving them the skills, strength and self-confidence to make early achievements and a foundation from which they can develop further in later life.

"It is wonderful to see the progress our youngsters make and to hear from parents like Stacey and Lee about how much we have helped. Our message to all families is simply that we are here

for them."

Families do not need a formal diagnosis before using the Charity's services, and it is urging parents like Lee and Stacey who may be in need of help, support or advice to get in touch.

For more information about its services call 01444 473274, email info@dvfcc.org.uk or visit www.dvfcc.org.uk. Early intervention sessions are held on Mondays and Fridays alongside monthly coffee mornings and talks.

The Charity is holding a drop-in coffee morning for families on Thursday 8th June from 10am to 11.30am with the sensory bus at its centre in Cuckfield. For further information about the Charity or if you know of anyone who could benefit from its services, contact Glenys Creese on 01444 473274 or email: glenys.creese@dvfcc.org.uk. Visit the website www.dvfcc.org.uk



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these chemicals can have on your body, linking them as the cause for many disorders such as reproductive issues, mental health issues and even cancer. The skin is the largest organ of the body, so anything we put on our bodies we are effectively putting in our bodies as it absorbs its properties.

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Scout Group gets funding from the Co-Op

By Marco van Dijk

As chairman of Bolnore Village Scout group I am very pleased to say our group has been granted a space in the Co-op Local Community fund until 7th October.

This funding comes from local Co-op members where the Co-op donates 1% of everything their members spend on Co-op branded products and services to a local cause they choose.

To kickstart this funding the Co-op has pledged £780 to three local causes for which they are raising funds in the next six months. These funds were raised by the 5p bag charge.

Bolnore Village Scout group hopes to raise in the region of £1500. With these funds we will be able to pay for and fill our recently completed storage shelves (which were partly funded through a grant from Haywards Heath Town Council) with our own camping equipment

like pots, pans, stoves, benches and tables.

I would like to ask everybody to select our Scout Group as your local cause. If you are not a member yet, joining costs just £1. When you buy selected products and services from Co-op Group businesses the Co-op will put 5% of what you spend into your Co-op membership account and 1% of everything you spend will be donated to our Scout Group.

Joining is easy. Just go to www.coop.co.uk/membership or you can ask in store.

We are extremely happy and grateful to have been chosen for this funding and will make sure these funds will be spent in such a way that we can enhance the experience for our local children attending our Scout group. Thank you for your support.

Bolnore Cup Win

AFC Bolnore is making waves in the local football scene as it recently secured another great title following its Division 7 win.

The team made it to the Tester Cup Final held at Leylands Park in Burgess Hill last month.

The match, against Stones II, was a well fought battle but Bolnore was the deserving winner, especially after being only 3:2 up with 30 seconds to go. In the last stages the lads got that extra bit of clearance to end on Stones II 2:5 AFC Bolnore. The scorers on the day were Elsey (3) and Stimson (2).

Congratulations to the team.



Photo: Greg Roberts

Disco raises £500 for Preschool

An event organised by Bolnore resident Elaine Goodwin and Esther Featherstone has raised £500 for the Bolnore Village Preschool. The disco for grown-ups was held last month and was a great success. "The dance floor was busy all night, and towards the end all tables had been abandoned and everyone was dancing," Elaine commented.

Plans have already been made for a repeat of the event later in the year – so watch this space!

With this excellent contribution, and over £300 from the recent Easter Egg hunt, it brings the total raised for the preschool to £2000. Holly Armstrong of the preschool commented: "That is a colossal amount of money to the preschool and we will now prioritise resourcing the outside area to maximise the fun and learning opportunities. Thank you all."





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Artologie opens doors

By Claire Cooper

After a period of sympathetic restoration by owner Wendy Rowark, No 18 Cuckfield High Street will soon be opening its doors again when it launches as Artologie, an exciting new studio, shop, gallery and exhibition space.

Artologie has been created to celebrate talented artists and skilled makers (many of them local) by exhibiting and retailing their work.

Wendy is also planning to run workshops and host events at the shop and hopes that Artologie will become a creative hub in the village, encouraging those with any kind of interest in art to enjoy the space and be inspired!

The shop, on the corner of Ockenden Lane, was most recently run as a spa.

"But when we started working on the shop I could see that underneath the spa fittings were the remains of a beautiful Victorian butcher's shop with tiled interior," said Wendy, who has spent many months painstakingly renovating the tiles, floor and woodwork. Even the metal rails where the butcher would hang meat have been restored.

"I fell in love with the possibility of creating a studio space but not only that, of reviving the historical interest in this wonderful corner shop and allowing it to take a new direction," said Wendy. "It fits in with my artisan ethos and I have been determined to repair and restore as much as I could while designing the space around my new business.

"I am a maker and I love discovering new art techniques and was able to employ some of these generational skills to strip back and revive the dark wood which reflects the light of the lovely shop windows which had been partially covered for years.

"My brother-in-law and I have also chiseled back by hand the over tiled and concreted floor to finally reveal the original quarry tiles."

"I have had lots of people popping in who remember No 18 as a butcher's when they were younger and are thrilled to see the tiled walls again."

Wendy also believes the building may once have been a photographic and decorator's shop.

"I fell in love with the possibility of creating a studio space but not only that, of reviving the historical interest in this wonderful corner shop and allowing it to take a new direction..."

"My great grandfather had a builders merchants, plumbing and decorators shop many years ago and specialised in paint effects, so that's another coincidence!" said Wendy, who has had a career in art and design from designing cards and wrapping paper to furnishings, wallpaper and commissioned mural painting.

As well as creating her own work in her studio at the back of the shop, Wendy is inviting local artists to show and sell their work in the gallery.

"I would like to provide a space that celebrates art, artists and makers," she said. "There will be handmade silver jewellery, paintings and prints as well as leather notebooks, handmade paper sketchbooks, cards and some art materials.

"It's a long term project, but there are future possibilities for hosting solo exhibitions or workshops within the space. It is exciting. I am passionate about quality and skilled artisans, and am often pursuing, developing and researching new techniques and skills.

"I want No 18 to be a fixed focal point that can retail, exhibit and teach whilst celebrating the history of the shop's interior too.

If you are an artist interested in having your work at Artologie please pop in or send photographic submissions to Wendy Rowark: studio@artologie.co.uk

KENSINGTON (OLYMPIA)

All aboard for Fraser's epic journey

By Simon Yeend

You wouldn't expect a teenager to willingly get up at 3am in the Easter Holidays and spend the next 21 hours visiting all 270 stations on the London Underground to raise money for charity, but Fraser Hay did exactly that.

The Warden Park pupil is fascinated by the Tube and completed his marathon journey last month, raising £230 for the Kent, Surrey and Sussex Air Ambulance Trust.

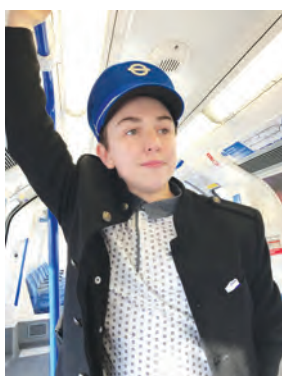
It was a day that took months of planning - but it was a labour of love for 13-year-old Fraser, such is his passion for London's transport network.

"I've had a fascination with the Underground since I was a little kid," he said. "I love the history of it and learning facts about it. I even own a London Underground hat, which was used by drivers and guards just a few years ago.

"For this day out, I bought an app that tells you where to sit on each train, so you are at the nearest doors to the exits and to change lines. I planned the entire route and found out where all the toilets are on the network, as well as the quickest places to dash out to get food. I also took the rush hour into account, so made sure we were on the outskirts of London and that way we didn't have to travel on really crowded trains.

"On the day itself, I got up at 3am to make a packed lunch, and to check my cameras were charged and that I had everything planned. My dad and two younger step-brothers came along with me and we caught the first train from Haywards Heath to London at 4.23am. My dad tells me we got home at midnight, but I'd passed out by then."

His first station was Kensington Olympia and his last Great Portland Street, on a journey that took him



to every Underground station and covered more than 400km - the distance from Cuckfield to Manchester.

"The highlight was when the driver let me stand in the cab with him," said Fraser. "His door was open and when I told him what I was doing, he let me ride at the front from Uxbridge to Acton Town on the Piccadilly Line."

So did the network behave itself on Fraser's big day? "We didn't miss a single train that I planned to catch, but on the Piccadilly Line the train in front of ours went through a red signal so we were stuck at Rayners Lane for half an hour. We were only three hours into our journey and starting to get a bit worried but our fears soon faded once we were moving again.

"When we got to the final station I felt extremely tired. I also felt proud and accomplished."

Fraser's family and friends generously sponsored him for Warden Park's designated school charity. When asked about that charity, Fraser showed he has the makings of a future politician. "I was delighted to help because I like how the Air Ambulance save lives. But it's quite disgusting that it's not funded by the NHS."



Let's make Cuckfield bee-riliant for bees

Nature lovers are being urged by environmentalists, bee scientists and wildlife gardening experts to create pollinator-friendly gardens, schools and neighbourhoods, as part of this year's Great British Bee Count.

Now in its fourth year, the Great British Bee Count, from 19th May to 30th June, invites members of the public to download a fun, free app to identify bees and learn how to create bee friendly habitats. They are also encouraged to report bee sightings which will be mapped on www.greatbritishbeecount.co.uk and shared on the National Biodiversity Network.

Last year more than fifteen thousand people took part in the Great British Bee Count, organised by Friends of the Earth, with support from Buglife and sponsored by Waitrose.

Friends of the Earth chief executive Craig Bennett said: "Bees are crucial pollinators for our fields, gardens and countryside. We can all help these under threat pollinators with a few simple tips for creating bee friendly gardens, schools and other open spaces. By taking part in this year's Great British Bee Count with our fun, free app, you can you can find out more about these fascinating and valuable insects."

Bee expert Professor Dave Goulson from the University of Sussex added: "Our wonderful wild British bees are under threat. But the good news is that everyone can help. Plant some bee friendly flowers or herbs in your garden, in a pot on your balcony or in a window box, or persuade your school to create a bee friendly space – then sit back and enjoy the sight and sound of lovely buzzing bees. Cutting out pesticide sprays will help the bees, and the birds and butterflies too."



Local nature photographer Peter Lovett has helpfully supplied images of two varieties of bee which can be spotted in the village.

Tiny black bodied bees with orange legs can be seen on spring flowers (shown here on rosemary).



Look out now for tiny black bodied bees with orange legs on spring flowers – here on rosemary. These are female Hairy-footed flower bees.



The male bees fly fast and seemingly erratically. They are buff coloured with really long hairs on their legs and feet. A male Hairy-footed flower bee photographed by Peter Lovett in Cuckfield.

Hairy-footed flower bees are buff coloured with really long hairs on their legs and feet and often nest in walls and chimney stacks. The male bees fly fast and erratically.

More pictures can be seen on Peter's blog at www.sussexrambler.blogspot.com

Photos: www.sussexrambler.blogspot.com

Grilled Parmesan Oysters

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By Sebastian Candelon

Sebastian Candelon has owned the well-established Fresh Fish Shop on Commercial Square, Haywards Heath for nearly ten years now. His passion for food and seafood can be seen with his broad selection of quality fish in the shop and also his carefully selected and locally sourced range of products to complement fish. His recipes are mainly inspired by the cooking demonstrations held at the shop regularly.

Try this tasty oyster recipe, where Sebastian shows you how simple it can be to enjoy beautiful food...



Ingredients

25 oysters shucked
175ml double cream
25g salted butter
Grated dried garlic
Ground black pepper
25g grated parmesan
Lemon wedges optional
Finely cut chives

Method

Preheat your grill to high. Pour away half the juice from the oysters, in shell place them on a baking tray or the rack of the grill. Spoon about half a teaspoon of the cream over each oyster and season with black pepper and dried garlic to taste. Sprinkle the cheese and finish with a drizzle of melted butter. Grill for 1 minute until golden brown and finish with some finely chopped chives. Eat them straight away and enjoy with or without a lemon wedge for a bit of zing.

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Flooring Ideas

DESIGN AT HOME

By **Fiona Evans**, interior designer

Planning a refurb? It goes without saying that comfort and style are not limited to soft furnishings, décor and lighting, as flooring is an important factor in the finished interior. Comfort aside, flooring needs to be practical, good-looking, durable, easy to manage and overall complete the look contributing to the final 'wow factor'. Start by deciding what you want from your chosen flooring in a particular interior. Do you want it to zone an area such as dining/play area within a larger space? Help increase insulation? Unify interiors so that they flow into one another? Add style or cosiness? Or some or all of the above? Here are some ideas:

There are many surfaces to choose from and wooden planks are a popular choice, providing a beautiful finish within their spectrum of warm tones and grain patterns. Selections include oaks of many kinds and colours.

In an older house a beautiful wooden floor might lurk beneath a carpet just waiting to be sanded, polished, stained or painted to reveal its antique charm. That includes trendy parquet flooring in Edwardian houses and, in good condition, the geometric patterns add another dimension to the interior. Parquet flooring dates back to the late 1600s in Versailles, France when triangular, square and lozenge shapes were glued to

concrete creating wonderful patterns by skilled people. The most popular design today is the herringbone pattern, and modern examples can be laid and fixed by tongue and groove or a click system. Designs are not limited to natural wood colours as there are companies that will provide a template for you to create a parquet floor in a colourful pattern. They will then paint the wooden blocks in your pattern and colour/s. An exciting and 'out there' design choice.

Alternatively the 'fake' wooden flooring route includes good quality luxury vinyls which have a tough durable finish and are fabricated in flexible planks which look like the real thing to flow seamlessly through the home. It's all a matter of choice and style to create a unique interior.

Large floor tiles in stone, such as limestone or marble can unify a modern interior with the tiles running slickly from area to area or room to room. Small floor tiles will generate more of a texture than a pattern which can make the space look smaller. Top quality vinyls will also give you great choices in stone effects.

Durable woollen carpets with loop or cut piles create fabulous textures, including some that look knitted or sculpted, and carpet with a decent underlay will add to cosiness and insulation. Beautiful hand knotted rugs in silk or wool from countries such as Turkey or India are painstakingly made in neutral tones or fantastic colours. How about going bespoke with rugs designed to match your décor, space and furnishings?

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King of the Hills

By Ken Gregory

Over the past 20 years we have played on numerous golf courses in the South-East and one of my favourites is Singing Hills, where we held our April event.

The Rose and Crown, Cuckfield, sponsored the day and it was fitting that the landlord Mark Dennis joined us.

Singing Hills, near Albourne, is in a wonderful setting with the South Downs as a backdrop and has three loops of nine holes, The Lake, The River and The Valley.

It is a relatively new course, celebrating its 25th anniversary this year, and with its spectacular water holes it has been designed to challenge golfers of all abilities.

Fifteen of us took on that challenge, playing the Lake and River courses, and were once again blessed with dry weather and great playing conditions.

It turned out to be my day. I returned with a score of 41pts, my best of the year, narrowly beating Tony Bean by a point, with Pat Gallagher third with 38pts. The longest drive was won by Pat and nearest the pin in three shots was Mike Harkess.

Photo (right): Mark Dennis with Ken Gregory



Cats Protection celebrates 90 years of helping cats with fun and games

Cats Protection's National Cat Centre will be celebrating the charity's 90th birthday with an afternoon of fun and games on Sunday 14th May.

The centre, in Lewes Road, Chelwood Gate, will be welcoming visitors from 12-4pm for a great line-up of family activities with stalls, a tombola, raffle, and children's activities including face painting and a lucky dip.

Staff at the centre are also hoping the charity's 90th birthday may inspire potential cat owners to adopt one of the feline OAPs currently in the care of the centre.

Since it was formed in 1927 by a small group of cat lovers, Cats Protection has grown into one of the UK's most well-known voluntary organisations. With over 250 volunteer-run branches and 32 centres across the nation, the charity helps around 200,000 cats every year.

The charity moved its national head office to the National Cat Centre in Chelwood Gate in 2004. As well as the largest cat adoption centre in the UK and the charity's administrative hub, the site is also home to a popular Visitor Centre with café, children's play area and nature trail.

Deputy Manager of the National Cat Adoption Centre Tania Marsh said: "We're really proud of Cats Protection's



history of helping cats in need, so we wanted to throw a party to celebrate our 90th birthday.

"We've always had such a lot of support from local people since we opened our head office and National Cat Adoption Centre in Chelwood Gate, so we're hoping to see a lot of familiar faces. It would also be great to welcome back anyone who has adopted a cat from us in the past to help us celebrate."



New Secret Structures exhibition open

Just up the road, at Wakehurst Place, there's a new exhibition which opened its doors for the first time last month.

Held in the Millennium Seed Bank Atrium space, this fascinating and original exhibition provides a glimpse into the hidden world of plants and fungi - enabling visitors not only to marvel at them but to learn from them and to understand the need to protect them.

It includes an interactive digital table, which invites users to peel back the layers of well-known objects when you see them from the outside, but the CT scan gives the viewer an unprecedented view to the inner workings of plants - something very few people have ever seen. Scanned objects include a Brazil nut, a piece of oak and an orchid.

One of the stand-out items on display is a totally excavated oak tree, revealing its complex root system usually hidden deep underground. This tree was kindly given to Wakehurst by East Malling Research Station and was featured in the BBC4 documentary 'Oak Tree: Nature's Greatest Survivor'.

There is also a stunning installation by Artist in Residence Perdita Sinclair, who explores the dynamics of seed dispersal in the form of a beautiful light sculpture.

The Secret Structures exhibition will be on display for 12 months at Wakehurst Place, as part of the normal entry fee.



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Learning from nature

VILLAGE GREEN

By Margaret J Tyzack More, Cuckfield Local

'Rough winds do shake the darling buds of May...' and that's not all the rough winds of fortune are shaking right now. Our Wise Islands (Wales Ireland Scotland England) have been shaken to the core by events at home and abroad, as we all know. Nature's wild winds shake shriveling leaves to the ground to become the nourishing leaf mould for new growth, a medium for new seedlings to put down roots and thrive.

This draws me to the concept of rewilding. 'Oh yes. Wolves in the New Forest.' Not exactly! More about learning from nature then doing it her way. The hand of man has affected everything in our countryside. Only the most inaccessible places where sheep cannot reach remain truly wild, wilderness. We have seen the terrible floods causing untold damage, hardship and trauma where the upstream areas of rivers have been cleared for sheep to graze or grouse to live. Very pretty for tourists admiring the view but forcing water to flow straight off the hills swelling the rivers to flood downstream. Rewilding by planting these areas with the appropriate trees and allowing nature to do what she does best by absorbing most of the rain into the earth could go a long way to solving the flood problem and increase biodiversity in all its aspects.

Rewilding can be seen on the Knepp Castle estate only a few miles to the west of Cuckfield. The Knepp Wildland Project is now in Year 10 and going strong – www.knepp.co.uk 'where natural processes predominate and long term financial stability is achieved outside of a conventional agricultural framework'. There is so much to learn here. I have promised myself to take one of their safaris this summer but am spoilt for choice. A half day to see the extraordinary wild life? Dawn to hear the dawn chorus, see the beauty of a fresh, new day? Dusk for bats and the free roaming animals? Have a look at www.kneppsafaris.co.uk. An exciting adventure for all the family? No bears or wolves here though! We could make wilderness in our gardens too, supporting bees, bugs, butterflies and birds. A few wild flower seeds scattered or a new shrub – a patch of autumn sedums beloved by bees would do it. Grow Wild is the UK's biggest ever wild flower campaign. The Cuckfield Local wild flower bed in the Recreation Ground has been cleared and new seeds sown, so watch what this summer brings.

Could we rewild ourselves too? Could we allow the winds rocking the world to shake our views and perceptions into re-examining deeply what we each dream of for the WISE islands, our home? In which box will I put that kiss, X, of preference, affecting our potential and possibilities?

Potential for good produce and happy chat at the next Cuckfield Local Food market at The Talbot from 9.30am to 12.30pm on Saturday 10th June.



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Swimming since 1977

DOLPHIN LADIES

By Claire Cooper

They say life begins at 40 but the Dolphin Ladies Swimming Club has been enhancing lives since the first swimmers took to the water back in 1977.

The club, which celebrated its milestone birthday last month, has enriched the lives of hundreds of swimmers over the years, from those facing up to a fear of water and learning to swim, to others wanting to brush up on their technique and even begin competing.

To mark this historic event, present and past members, including many from Cuckfield, got together to celebrate at the Dolphin Leisure Centre, where the club held its very first session 40 years ago,

A cake, made by teacher Margaret Carter, was cut by Wendy Dumbleton, one of the longest serving members. Wendy joined the club 35 years ago with the intention of improving her technique but ended up becoming a teacher and has taught swimmers for 31 years.

"I'd been swimming for around four years when I was told I'd make a good teacher and invited to train," Wendy recalled. "It was difficult to say no but I'm so glad I agreed!"

After cutting the cake, Wendy spoke on behalf of

members: "We all joined the club because we want to be healthy, have fun, learn something, improve our strokes and makes lots of friends," she said.

"And it's all down to one fantastic lady, Jeanne Izod, who had a little seed of an idea 40 years ago."

She added that Jeanne, the club's founder, died last year aged 91. "She was a terrific advert for swimming and we are proud to carry on the tradition in her name," said Wendy.

The swimmers also marked the occasion by completing 40 swimming challenges.

There was also a chance for teachers to catch up with former swimmers and an opportunity to reminisce, over a cup of coffee and slice of cake, as event organiser Stephanie Wilson had put together an exhibition covering the history of the club.

The Dolphin Ladies Swimming Club runs weekly term time sessions at the Dolphin Leisure Centre on Tuesday mornings and at Ardingly College on Friday mornings.

New members are always welcome. For more information contact Margaret Carter by email: dolphinladies@gmail.com.

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Sudoku #11

Courtesy of <http://andrews-sudoku.blogspot.co.uk>

Find the solution to #11 in next month's magazine

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

#10 Solution

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

50th Ardingly Show celebrates in style

The South of England Show reaches its 50th birthday this year and is inviting everyone to join the celebrations at Ardingly on 8th, 9th and 10th June.

For three days the South of England Agricultural Society will throw the spotlight on the charity's achievements over the past 50 years, since it was established in 1967, with stunning displays of the best of British agriculture, equestrianism, countryside learning, horticulture and forestry; as well as great music, delicious food and drink and superb shopping.

Take a ride in the 'Ardingly Eye', a spectacular 32 metre high giant wheel, and get a unique bird's eye view of the entire 150-

acre showground which will be alive with hundreds of competitions and entertainment for all ages.

Hundreds of students from schools and colleges from across the region will be taking part in competitions, exhibits and demonstrations, including the prestigious Young Craftsman of the Year exhibition. A wild flower meadow has also been planted to mark the 50th

anniversary, and a permanent record of the Society's achievements will be unveiled in the Norfolk Pavilion.

The National Farmers Union will be exploring how farming has changed over the last 50 years as well as what the future holds and, in the main ring, visitors will be treated to a special display of farm machinery led by Society mascot 'Bill the Tractor' - the first tractor that was purchased 50 years ago and still in use today on the showground.

Entertainment includes The Devil's Horsemen, Britain's top equestrian stunt and trick team, performing breathtaking displays to music, dressed as Cossacks. More than 1,500 horses and ponies will take part in the equestrian

showcase in dozens of classes from impressive heavy horse turnouts to spectacular showjumping.

There's also music, crafts, shopping and one of the most impressive food halls in the South East featuring local and regional foods.

For advance ticket discounts visit www.seas.org.uk



What's on this month

AT QUEEN'S HALL

Monday

- 9.30am **Pilates** (intermediate)
10.30am **Pilates** (beginners)
1.30pm **Dance Classes for Children**
7.30pm **Dog Training** (ring craft)

Tuesday

- 9.15am **Pre-School Football**
9.30am **Music Class for Children**
1.30pm **Yoga**
3.45pm **Dance Classes for Children**
7.30pm **Dog Training** (obedience)

Wednesday

- 9.30am **Music Class for Children**
10am **Stroke Support Activities**
12.30pm **Zumba Dance Class**
1.30pm **Line Dancing Class**
4pm **Dance Classes for Children**
8pm **Ballroom Dance Club**

Thursday

- 9am **Balance Class for Children**
7.30pm **Wedding Dance Class**
7.30pm **Yoga**

Friday

- 9.30am **Music Class for Children**
7pm **Evening Flower Club** (2nd Friday/month)
7.30pm **Historic Vehicle Trust** (1st Friday/month)

Changes may occur to the above details. Please note contact details for all regular classes/activities are available on the Notice Board at the Queen's Hall.

May

- 12th **Cuckfield Evening Flower Club** – 7.30pm
Talk and Dahlia flower sale (£4 tickets)
- 31st- **'Bridge to Farce'** – 7.30pm
3rd Cuckfield Dramatic Club presents this world premiere! Tickets from Wealden Stores, Marcus Grimes or email boxoffice@cdsweb.co.uk

AND ELSEWHERE

May

- 13th **A United Kingdom** Film Show – 6pm
Ashenground Community Centre
(Tickets 01444 447050)
- 17th **Mid-Sussex Decorative & Fine Arts Society** –
10.45am
Clair Hall. 'The Miseroni Family, Lapidary Artists of Milan & Prague' lecture by Anne Haworth
(Non members welcome: £7 on the door)
- 19th-21st
The Attic Art Club Original Art Fair –
The Village Hall, Ditchling
- 29th **Staplefield Village Fair and Car Show** – 12noon-
4pm
Highlights include: Maypole Dancing, Fun Dog Show photo opportunities with Ghost Busters, Marky Wild's Punch and Judy show, fairground rides, bouncy slide and face painting (contact Maggie Chamberlain: maggs49@btinternet.com or 01444 484825)
- 29th **Lindfield Village Run** – 10.30/10.45am
Hickmans Lane Playing Fields, Lindfield
Registration/Check-in from 9am. 5k and 10k cross country runs (www.kingedwardhall.org.uk)

June

- 2nd **Lunchtime Recital Concert** – 1pm
Holy Trinity Church. International tenor Neil Jenkins will be giving a talk and singing some of the songs that John Beard premiered during his career. Soup served from 12.30.
- 6th **Lindfield Afternoon WI** – 2.15pm
King Edward Hall, Lindfield
- 8th- **South of England Show**
- 10th Ardingly Show Ground
- 10th **Cuckfield Local Food Market** – 9.30am-12.30pm
Next to The Talbot
- 17th **Sussex Chorus** – 7pm
St Bartholomew's Church, Brighton. Performing Mendelssohn – ELIJAH (Tickets: £20 and £15 available from: Sussex Chorus 01444 412579 or Carousel Music 01444 417654) Supporting St Peter & St James Hospice

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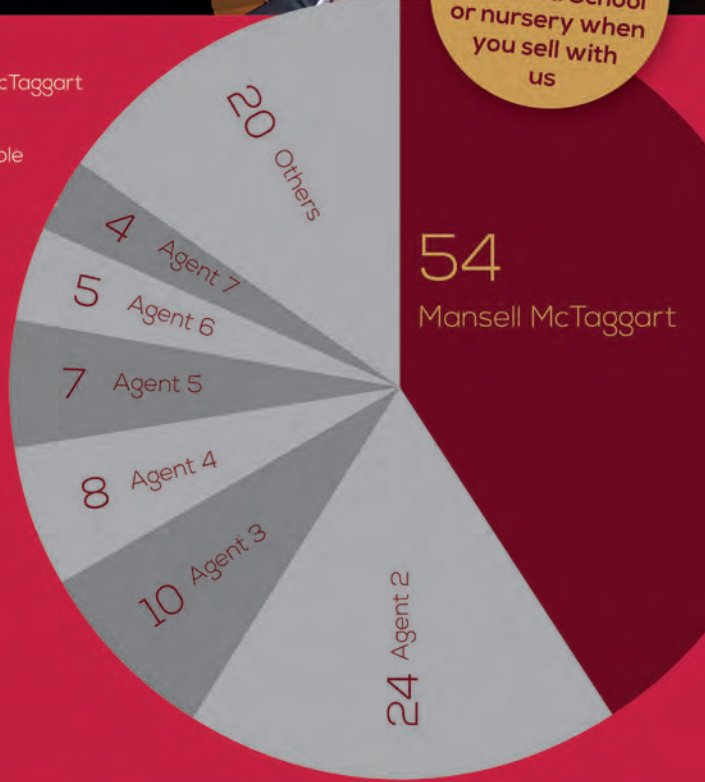
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*Source: rightmove.co.uk, all residential sales agreed in RH17_5 in the year to 28 Feb 2017



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