

Cuckfield Life

Inc. Brook St, Ansty, Staplefield & Bolnore Village

Local village talk,
by the village

Issue #61 : Nov 2017

Free

Meet your new Mayor

page 38

Bolnore Cubs Box Cart race

page 22

Village People: Angus Ogg

page 26



Including...

Bolnore
VILLAGE

3 PAGE SECTION



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EDITORIAL

By David Tingley, Editor

Well, dear readers, we're nearly there, but not quite! This November issue represents the brief breathing space between you and Christmas – take it in while you can!

In this bumper issue we are pleased to mention Christmas on a number of occasions. **Late Night Shopping** on the High Street on 22nd November (**page 5**), a candlelight concert on 25th November (**page 8**), the **Cuckfield Local Christmas market** on 9th December (**page 11**) and the Street Festival on 8th December (**page 14**) – also the opening of the **Christmas Tree Festival!**

On **page 6** however, we look backwards at last month's mayoral race and we corporately doff our caps to **Evelyn Stenning** – who won the corrupt process (in a wonderful, charity fundraising kind of way!) and put on the robes. The full write-up with photos is there – well done to everyone who took part in the campaigns and the following day's procession.

On **page 20** we have news specifically from Bolnore Village, as we look forward to a new working relationship with that strong community just down the road. Thanks to **Chris Belton** and to **Gemma Coombes** for that formal introduction and plan for the way forward.

I am delighted to feature Ansty resident **Angus Ogg** in our Village People feature. Simon was pleased to spend time with Angus and was greatly inspired by his story, which we've shared on **page 26**.

Pages 30 and **31** feature a couple of reports from the recent **Bookfest** – which was very well received by all accounts. We've got a couple of book reviews on **pages 34** and **35**. And, on **page 36**, **Andrew Symonds** sadly sings the final song for the **Cuckfield European Association!**

There are loads of ways to get involved with our humble magazine; cover photos, send in a story or take a snap of yourself while you're on holiday, to name just three! We love to hear from readers, so keep the contributions and community connections rolling in. Thank you.

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Cuckfield Life

The Barn, Hurstwood Grange,
Hurstwood Lane, RH17 7QX

Telephone 01444 884115
www.cuckfieldlife.co.uk

Editor: David Tingley
Assistant: Simon Yeend
<editor@cuckfieldlife.co.uk>

Advertising: Emily Billson
<ads@cuckfieldlife.co.uk>

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David Tingley
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the winter sun

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NEWS

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

Santa gets to Old School

The Old School in Cuckfield will be holding its annual Christmas Craft and Gift Fair on Saturday 18th November between 10am and 2.30pm.

With more than 40 stalls selling handmade handbags, scarves, jewellery, candles, greetings cards, Christmas decorations, home ware, photo prints, books and lots more gift ideas.

Father Christmas will be attending with a small gift for every child.

The Old School manager, Peter Groves, said: "Home-made soup, cakes, tea and coffee will be available at very reasonable prices. Why not call in for coffee or lunch and the solution to your annual problem of what to get your Auntie Ada?"

Netball champs victory

Cuckfield's Warden Park Academy has added to its roll call of sporting champions after its Under 12 team triumphed in its first Mid Sussex Netball Tournament last month.

Despite losing their skipper, Faye, to injury midway through the tournament the girls rallied to take the title.

They beat Burgess Hill Academy 5-1, Sackville 4-0, Imberhorne 4-1, Tanbridge House 9-0 and St Paul's 5-0.





December Food Market

Sat 9th 09:30 - 12:30
Cuckfield High Street



Cuckfield Local would like to wish all of their customers and stallholders a very happy Christmas!

For market updates follow us on Twitter [@Cuckfield Local](https://twitter.com/CuckfieldLocal) www.cuckfieldlocal.wordpress.com

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Late Night Shopping on 22nd November

Cuckfield traders are thrilled to announce a special evening of shopping in the village to be held on Wednesday 22nd November.

Many of the village shops will be open until late as part of The Boutique Village – a local traders' initiative. This shopping experience will include bubbly and nibbles in many stores on the High Street and, of course, a great selection of gift ideas and things to buy for Christmas.

Nicky Willis, from Willis & Co, commented: "It provides a relaxed and atmospheric way to shop for gorgeous gifts, interior furnishings, lighting, clothes, candy, hairstylists, smellies, Christmas wreaths, flowers and more. All of us look forward to welcoming late night shoppers at the special event.

Participating shops include:

Artologie	Neilson
Balcombe Flooring	Nicky C
Cuckfield Bathrooms	Ockenden Manor
Cuckfield Candy Store & More	Oliver Cunningham
Edit secondhand	Penfolds Saddlery
Ensor Interior Design	Pepperbox
Hairworks	Tigers to Lilies
Jojo Boutique	Tom's Food
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Photo: Jack Rees



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In with the new

ISOC MAYOR'S ELECTION



By Kate Fleming and Kate Horne

The Election Weekend dawned with the promise of plenty of fun and plenty of foul weather. Cuckfield being Cuckfield, the show was determined to go on!

The Rose and Crown hosted the Mayor's Election Night with a lively gathering of old and new village people all keen to support this year's candidates.

The tension was acute as the running totals were written on a whiteboard on the wall and two diligent ladies, Helen and Liz, had the task of counting the cash. At five to eleven no more updates are posted and that's when the money pours in, leaving the watching public in doubt as to who will be the eventual winner.

Evelyn Stenning led from the front, and despite a valiant effort from Leanne Knapman, held on for the victory.

Evelyn, a true Cuckfieldian and a retired midwife, having raised in excess of £8,000, donned the robes to become the new Mayor, with Leanne Knapman, also born and raised in Cuckfield, in second place with a total of more than £4,700. How privileged are we to have two such amazing women living in our village.

In spite of the ominous weather forecast, 15 floats made up the procession on Saturday afternoon to welcome the new mayor to her office. The float

competition was won by The Singing Allsorts who had taken the 50th anniversary of The Beatles Sgt Pepper's Lonely Hearts Club Band as their theme by depicting the famous cover with more than 'a little help from their friends'. The Preschool Playgroup was second and the Cuckfield Scouts received the third prize. The BPM Zombie Dancers were awarded the special entry prize for their fabulous costumes and make-up as they danced their way around the village and provided us with a special preview to Halloween.

Mayor Stenning appeared totally at home in Mike Smith's Maserati as it glided gracefully down the High Street and gently placed her at The Talbot, where Daryll Radwell, the manager at the pub, ceremoniously handed over the keys of Cuckfield and a glass of richly deserved wine. Evelyn then thanked her fundraisers and emphasised the importance of community organisations and the need to sustain the strength and distinct nature of village life. This was also reflected in the church service at Holy Trinity Church on Sunday 22nd October which celebrated the combination of church and community life.

The Independent State of Cuckfield would like to thank everyone who took part, volunteered or raised money over the weekend.



LEANNE	EVELYN	MARK	PAUL	DARIL
471205	848446	2350	2413	100
2nd	1st	5th	4th	6th





Photo: Alison Willows

A candlelit concert not to be missed this month

Ensemble Reza's Candlelit Concert at Holy Trinity Church, Cuckfield on Saturday 25th November from 7pm promises to be very special this year. With a Church bathed in the warm glow of candlelight, a glass of mulled wine and a fantastic programme of music performed by virtuoso musicians, this will be the perfect way to start the festive season.

The programme includes the beautifully lyrical Rimsky-Korsakov Sextet, which is an unknown Russian gem in the sextet repertoire, coupled with the fun and graceful Britten Three Divertimenti for String Quartet and Mozart's popular String Quintet.

Ensemble Reza concerts are always very inspiring with

a friendly and relaxed atmosphere and beautiful music performed at the highest quality. Founded in 2013 by close friends based in Sussex, the group aims to take chamber music of the highest quality to audiences in cities, towns and villages. Members for this concert include Cuckfield's Andrew Thurgood (violins), Lucy Jeal, Anna Cooper, Matthew Quenby (violas), Sarah Carvalho-Dubost and Pavlos Carvalho (cellos).

Tickets for this concert cost: £13 for adults and £3 for under 18s and are available from Pepperbox in the village or Carousel Music in Haywards Heath and online at: www.ensemblereza.com








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Queen's Hall, High St, Cuckfield
.....

Monday 11 December 9.30am

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.....

Wed 13 December 10.00am

Plumpton Village Church Hall

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Decorated wreaths from £35 will also be available to buy from Cuckfield Local market at The Talbot courtyard on Saturday 9 December. Pre-orders also welcomed.

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Your market: A thriving community event

By Maxim Rickard

How time flies! This November sees the Cuckfield Local Food Market enter its 9th year. In its time it has attracted some 30,000 visitors to our Talbot Inn courtyard home.

The inspiration for the market came from the Cuckfield Local group – the issue of ‘food miles’ was very much in mind, plus a desire to raise awareness of the high quality and rich diversity of food producers in the region.

No easy task for the group of volunteers who plan the event and put it all together, come rain or shine, on the second Saturday morning of every month.

If you haven’t yet been to see us, we can promise a warm welcome and a fantastic array of food choices – from local cheeses, freshly baked artisan bread and pastries, cakes, poultry, game and fresh fish, jams and chutneys, pies and savouries and fruit and vegetables to name but a few.

Our stallholders change from month to month but most are regulars: old friends who enjoy the communal atmosphere and a love of good food. There are guest stallholders too, so you may find fresh flowers, locally pressed olive oils or a local charity also on the bill.

We are indebted to our enthusiastic stallholders and helpers – a huge thanks to all – and we are always interested in new stallholders, or indeed volunteers who can spare half an hour to help set up or down.

So, a friendly, well-supported, not-for-profit community event – a place to meet, chat, sample food excellence from regional producers, enjoy a quick coffee in the Talbot perhaps – and entirely volunteer run. Why not make it a regular fixture in your diary?

Cuckfield Local Food Market meets every second Saturday each month (not January) in the Talbot Inn Courtyard 9.30am-12.30pm. The next market will be a special Christmas Food Market on Saturday 9th December.



Find out more about Cuckfield Local on our website (<https://cuckfieldlocal.wordpress.com>) or by following us on Facebook and Twitter.



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Neck pain Q & A

OPEN FOR BUSINESS

Christmas is fast approaching, so this month Olly Peck and Alex Page from Burgess Hill Physiotherapy are taking a look at neck pain and consider how it might be affected by the tech that is likely to find its way under our trees, and discover what can be done about it.

How common is neck pain?

Neck pain is a common complaint affecting one in five UK adults. Although there are many factors that can cause it, it is apparent our modern lifestyles play an increasingly prominent role in its development.

It is not coincidence that as smart phones and tablets have become commonplace, over the past five years neck pain has moved to sixth place on the World Health Organisation's Global Burden of Disease.

Why do I experience neck pain?

The stresses of modern day living mean we spend much more of our time sitting with slouched, head down postures. As a population we are less active than we should be, and very few achieve the minimum amount of exercise recommended by the Department of Health.

We are increasingly seeing people suffering with neck pain who you would least expect to see, such as younger adults and children. This is partly due to increasing use of screen based technology and reduced levels of physical activity.

Why does it keep coming back?

Research suggests people who spend a large proportion of their day at a screen are twice as likely to experience neck pain. While most neck pain will only last a few weeks, over half of people affected will continue to experience pain a year after it started. Repeated flare-ups are an indication that the underlying factors that contribute to a person's pain have not been addressed.

Should I be concerned?

Neck pain is common and rarely a cause for concern. Symptoms requiring urgent medical attention include numbness between the legs, loss of bladder or bowel control, and incoordination or weakness in the arms or legs. In the absence of these signs, arm symptoms or weakness, MRI scans are rarely needed as they are unlikely to change your diagnosis or influence how pain is treated.

There is a commonly held belief that issues such as neck pain are due to the misalignment of joints, that can be 'corrected' with treatments such as manipulations. We know that this is in fact not true, and high quality MRI studies have shown that these treatments do not alter the position of a joint.

What can I do about it?

Hands-on treatments used by physiotherapists are effective at relieving pain and help facilitate a return to normal activity. However, to reduce the risk of recurrent pain it is essential to address the factors that led to the pain in the first place.

To effectively manage neck pain it is important people are guided how to help themselves, have their concerns addressed and advised exercises that relate to the way in which that person uses their body in day to day life. This means treatment is tailored to their needs, and is what we strive to achieve at Burgess Hill Physiotherapy.

One of the most successful public health campaigns to date has been the simple notion of brushing our teeth twice daily to prevent cavities. By taking regular breaks away from the screen, modifying the way we sit and undertaking simple postural exercises throughout the day, it is possible to reduce the risk of neck pain.

For effective management, there is truth in the old adage that prevention is better than a cure. Rather than trying to address symptoms once they have started, we should all look to take simple steps on a daily basis that reduce our risk of neck pain but are not too time intensive to fit in.

Therefore, rather than waiting for a New Year's resolution, maybe now is the time you should take action. To find out how Burgess Hill Physiotherapy can help you, call us today on 01444 616919 or book online via our website www.burgesshillphysio.co.uk. Our clinic is open from early until late six days a week, with a choice of male and female clinicians.

"Alex and Olly's advice and education has helped me to effectively self-manage my long-term neck pain and headaches, as well as help settle my occasional flare-ups of pain." Sandra, Cuckfield

Burgess Hill Physiotherapy is giving away...

We're giving away a set of Beats X wireless headphones worth £129.99 to one lucky customer! To be in with a chance of winning, book and attend an appointment between the 15th November and 21st December. For every attended appointment, you will receive one entry into the Christmas Prize Draw.



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Time to get in the Christmas spirit



Cuckfield Christmas Street Festival is a popular event in the village that attracts hundreds of visitors each year who enjoy the true spirit of Christmas, coming together and having fun.

The event on Friday 8th December, starting at 6pm, is organised by Cuckfield Parish Council for the community and coincides with the opening of Holy Trinity's Christmas Tree Festival. Cuckfield High Street will be closed to traffic for the event and will be managed by marshalls, the event finishes at 8pm and the road reopens at 8.30pm.

The High Street is lined with stalls, shops are open and festive music from Mid Downs Radio fills the air. There will be street entertainment and carols sung by Cuckfield Baptist Church. Evolution Brass Band kick off proceedings with Christmas cheer followed by the opening address of our newly-elected Mayor, Evelyn Stenning. The craft fair will be located in the Old School next to Holy Trinity Church.

This is also a time for our children to join in and there will be a fancy dress competition. Father Christmas will be there, in his grotto, near the Talbot.



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Glow Wild winter lantern festival at Wakehurst

The ever popular Glow Wild winter lantern festival sees the nocturnal landscape of Wakehurst Place come alive with thousands of glowing paper lanterns, lighting up the botanic gardens and the Elizabethan mansion, as it returns later this month.

Now in its fourth year, Glow Wild is still full of surprises. As you wind your way along the trail you will be greeted by a sea of gently floating lanterns on the Mansion Pond, each containing a thought or wish written by local schoolchildren, who were asked to reflect on the passing year.

Weaving along the path you will discover a river of fire - a continuous stream of lights cascading downwards towards Black Pond - filling the water with glittering light.

A galaxy of stars will hang from the large oaks in the Pinetum and The Walled Garden will be decorated with hurricane lanterns and filled with the scent of burning frankincense.

Shadowy silhouettes will adorn the Elizabethan mansion ensuring it not only looks magical but also still retains its historical beauty.

Children will love becoming part of a living trail by



carrying their own lanterns. They will also adore the animal shaped lanterns that depict the creatures that make Wakehurst their home.

Afterwards, toasting marshmallows over giant fire bowls and enjoying hot chocolate and mulled wine is what everyone loves to do. And, you can enjoy all this while marvelling at the UK's tallest living Christmas tree - adorned with lights. These will be turned on at 4.15pm on Thursday 30th November and will then be on from 3.15pm daily during the Glow Wild lantern festival.

Glow Wild is open on Thursdays, Fridays, Saturdays and Sundays from the end of November until 17th December. Bookings should be made through Wakehurst Place directly.

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HOW DO YOU EXPLAIN YOUR

Christmas?

CHRISTMAS IS OFTEN A TIME OF GREAT JOY WITH FAMILY AND FRIENDS, YET IT'S TAINTED WITH THE REMINDERS OF SUFFERING AND LOSS.

WHY DOES SUFFERING FEEL SO WRONG WHEN OUR CULTURE SAYS IT'S JUST PART OF LIFE? WHY DO WE YEARN TO LIVE IN A WORLD WHERE JOY LASTS FOREVER?

HOW DO YOU EXPLAIN THAT?

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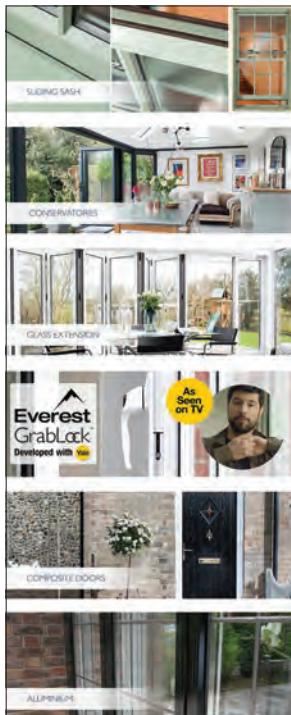


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Tree Festival opens

For the 15th year running, decorators are preparing clever ideas for their trees as final preparations are put into place for the Cuckfield Christmas Tree Festival to be held in Holy Trinity Church on Friday 8th December between 11.30am and 7.30pm, Saturday 9th December between 11.30am and 6.30pm and Sunday 10th December between 11.30am and 5pm, closing with an informal carol service at 6pm.

Throughout its history, one of the main sponsors of the event has been local funeral directors, P & S Gallagher which has offices in Haywards Heath, Burgess Hill and Brighton. Company founders Pat and Sandy Gallagher lived in Cuckfield for many years and have augmented the festival with lights in the yew tree between the church and The Old School and, more recently, have picked up the bill for the Festival's programme.

Enthusiasm for the event has been passed on to their son Matthew, who now works in the business and said: "We are delighted to continue supporting the Festival. From supporting Jean (Sedgley) at the outset, we've watched it grow into the hugely popular event it is today." He added: "It gives us pleasure to help bring Christmas joy to the area."



This year the festival will raise money for the church and Chailey Heritage Foundation which is planning a new therapy centre at its site on the A272. Holy Trinity Church will be filled with approximately 75 full size decorated trees. Local musicians will perform throughout the weekend and a timetable for this can be found online at www.cuckfieldctf.org.uk nearer the time. A dedicated team of volunteers will provide refreshments in The Old School for most of the time the church is open.

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Quiz Night

At The Woodside, Bolnore Village's community bar, on the Tim Farmer Rec, Middle Village.

All welcome, ONLY £2 per person, teams from 2 - 6 players

1st Prize: 3 bottles of wine (or anything to equivalent value) from our lovely bar selection. Could even be your last round of the night!

2nd Prize: choice of a box of chocolates to share or a voucher to spend behind the bar to the value of £10

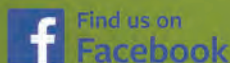
Last place: Wooden spoon goes into a draw at the end of the year for a special prize chosen by the bar staff to suit the year's quizzes.

25th November, 8pm - FRIGHT NIGHT QUIZ

16th December, 8pm - CHRISTMAS QUIZ

Our fun quiz master always includes popular rounds for all levels, such as linkies, 'in a tweet', music rounds and more.

To join us and reserve a table email: events@bolnore.org.uk or just turn up on the night.



Woodside, 120 Middle Village,
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www.bolnorewoodside.org.uk





Halloween Disco a sell-out

The Woodside was once again sold out for its annual Halloween Disco. There were great costumes worn by children and a number of adults couldn't resist digging out the face paint and grisly clothes. There was good music, fun games and new dances to learn, all provided by Kirsty from JoJo's Discos.

The staff at the Woodside would like to thank everyone who helped organise it, everyone who attended and those who helped on the day and clearing up.



News from school...

This year's school Christmas Fair is on Saturday 2nd December. As last year Cuckfield Life will be sponsoring the Santa's Grotto.

Friends of Bolnore Village Primary School (FBVPS) are looking for parent volunteers to help on the day.

"We understand that parents want to experience the fair with their children, so we are not asking you to volunteer for the duration of the Fair (although if you want to we won't turn you away!) but if you can spare an hour or so please let us know."

The Fair opens at midday, so slots will be: 11:45 - 1pm, 1pm - 2pm, 2pm - 3pm and 3pm - 4pm to help tidy away.

Roles include helping on a games stall or the tombola, wrapping presents in the secret present room and face painting. Email: friendsofbvps@gmail.com if you can help out at all.

The Reception classes raised almost £250 from their cake sale last month.

School disco makes £500

Friends Elaine Goodwin and Esther Featherstone recently organised their second school disco for parents and grown-ups in Bolnore!

It took place last month at The Woodside and raised £500 for Bolnore Village Primary School. Local DJ Emma Warner got the party started as nearly 70 ravers enjoyed the evening's loud entertainment and dancing.

Elaine commented: "We all had a great time, and I'm really happy we were able to raise the money for the school. We would like to say a big thank you to everyone who came, especially to Karen Burnett and Katie Baldwin who helped us set up and clear up."



Trick or Treat

Halloween Night in Bolnore proved to be as popular as ever this year. Hundreds of children wearing spooky costumes visited dozens of houses for Trick or Treating.

Many owners went to extraordinary lengths to decorate their houses and also with their own fancy dress costumes – including one who dressed as a vampire complete with coffin in his front garden. One resident said that they had given away a tooth-busting 5kg of sweets throughout the evening!



Bolnore Village Scout Group Update

Second Beaver Camp

It was a slightly wetter Beaver Camp the first weekend of October at Broadstone Warren than the inaugural July 2016 camp. Nevertheless, the Beavers all threw themselves in wholeheartedly to the camp and activities.

This year's camp saw the Beavers go-karting, navigating their way around the low ropes, scaling the transverse wall in between running for cover and grabbing much-needed waterproofs. The activities were followed by huge quantities of bangers, mash and beans, a camp fire sing-song, and toasted marshmallows of course.

Sunday started with copious amounts of scrambled egg, sausage and bacon. The Beavers then focused on knot work, pot holing and archery before the camp came to a close at teatime.

Cub Box Cart Race

We turned up at Goodwood motor circuit at 8.30am. We set up our 'pit' area (a gazebo). At 9am Karts were inspected to make sure they were up to code and safe and the teams were allowed to walk the course to get used to it.

Races started at 10am and we won three of ours, which seeing as it was new to us we thought was good going. We didn't win any trophies but they all came away with medals and the atmosphere was amazing. You felt it get really intense in the finals.

A big thank you to Stephen Bell at 5th Chichester Scout Group and his amazing team for organising the event and for all their hard work and effort.

Hopefully next year we will have a second kart built by ourselves. In addition, the cub pack is also hoping to hold its own box kart friendly race in April next year, open to all Scout groups, so more info on that as soon as we have it.

If you are interested in your child joining our group or would like to help out as an adult volunteer, please contact Nigel Flude, GSL on GSL@bolnorescouts.org.uk



Rubbish - where does it all end up?

If you are interested in knowing what happens to all the rubbish from the black bins collected from West Sussex, the Bolnore Village Community Interest Company (BVCIC) is arranging a visit to the West Sussex County Council plant at Warnham (near Horsham).

Tours start at 10am or 2pm every weekday. The BVCIC needs a minimum of 10 people and the visit lasts approximately two hours. There will be a general presentation followed by a site tour. Car sharing is an option from the Village Square. The dates are to be arranged once it's known how many people are interested.

Contact: chris@bolnore.org.uk for more details.

Where have the hedges all gone?

Many parts of the village are looking barren this autumn, like Belvedere Walk, above.

But that is no bad thing as the management company has removed viburnum tinus hedges infected with vine weevil. New, healthy hedges will be planted to replace them.



Tattoo parlour to open

It's coming, it's not, it is. Tattoo Studio, Tattoo-FX is, after all, coming to Bolnore.

After sorting out some technical issues with the lease of the former chemists in the Village Square, the award-winning Tattoo-FX is moving from Burgess Hill to Bolnore.

Owner Neil Bass said: "After some to-ing and

fro-ing with landlords, we managed to sort out all the stuff in the lease and we have keys and a new home in Bolnore Village!

"We haven't got a new phone number yet, so bear with us; we have only got the keys, and a bunch of work needs doing, so it may be a few weeks yet, but we are on the final stretch and giving it our all."



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Know your history and bag a pressie!

A new illustrated book, *Old Cuckfield*, is now available from Cuckfield Museum. The book records the history of Cuckfield from its earliest days, and its development from Ansty in the south to Brook Street in the north over the past century.

Among the fifty-plus photos, there are several which have not been seen before and have been resourced from the archives of Cuckfield Museum and also personal photos provided by Cuckfield residents.

Author, David Jamieson, is closely associated with the work of the Museum and was given special assistance by Richard Constable and Andy Revell. Long-term residents of Cuckfield provided valuable memories and reminiscences.

Although the centre of Cuckfield is easily recognisable, the changes in shop and business frontages provide many interesting aspects of the village's history. Characters such as Samuel Willett, the singing baker, and lost landmarks such as the windmill at Beech Farm and the swimming pool are illustrated. Sporting activities, inns, schools and the church are featured to show the community in action.



The book, priced at £10, can be obtained at the Museum in the Queen's Hall.

The museum also has another interesting item for sale which would make perfect Christmas presents for anyone who loves Cuckfield.

The Cuckfield tea towel, artwork by Peggy Alves, price £7. Witty, beautifully designed and you learn something new about the village every time you dry a teacup!



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Win tickets to Holiday on Ice!

READER COMPETITION

Holiday on Ice will be returning to The Brighton Centre in January with new spectacular production – TIME – and we have a family ticket to give away to one lucky Cuckfield Life reader.

Directed and choreographed by David Liu, who is renowned for his innovative and exciting choreography, TIME will open at The Brighton Centre on Friday 5th January and run until Sunday 14th January 2018.

Celebrating 'the best and most memorable times of our lives', the show is described as a photo album filled with 'snapshots' of memories we all share in common - falling in love, a first kiss, dancing 'til dawn, a memorable night on the town, a great vacation, a thrilling adventure and everyone's wish to slow down time as it goes by too fast!

To win a family ticket (for four) to the opening night, Friday 5th January, just email your name and phone number to competition@cuckfieldlife.co.uk. Entries must be received by 28th November 2017 and the winner will be selected at random and notified by email after this date.

Tickets for Holiday on Ice: TIME at The Brighton Centre are on sale now and are available from www.brightoncentre.co.uk or by contacting the box office on 0844 847 1538. Family and group discounts available.



TERMS & CONDITIONS

Tickets are valid to see Holiday on Ice: TIME at The Brighton Centre on Friday 5th January 2018 at 8pm only. Family ticket can be used by any combination of a total of 4 adults and children. At least one adult must be present. No purchase necessary. Tickets are non-exchangeable. Closing date for entries is 28th November 2017, entries received after this date will not be counted. Winners will be required to collect their tickets from box office on the night of the show. Any travel and accommodation will not be included in the prize.

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Mountain Man

VILLAGE PEOPLE



By Simon Yeend

Angus Ogg knew he was in trouble when heavy snow and thick cloud brought visibility down to less than two metres, his snow poles broke and he got frostbite in his right hand.

Ansty resident Angus was an agonising 60 metres from the summit of Aconcagua in Argentina – which, at 6,961 metres, is the highest mountain in the Americas as well as the Southern and Western Hemispheres – when the storm hit.

"The top was so close, I could see it, we had clear skies and then in an instant the cloud came in and it started snowing," he said. "The conditions were shocking. I'm not joking when I say me and my guide couldn't see more than two metres. There was no point in getting to the top for the view because there wasn't a view.

"It had been windy all the way up and so cold. We'd spent the night before at 5,900m. An unbelievably uncomfortable night. I was sharing a tent with a guy from Sheffield and it was pitched on a 45 degree slope. I was on the bottom and he was kind of on top of me.

"But that was only half the problem. Outside the wind was blowing at a constant 90km/h, with gusts above that.

"So when our Norwegian leader – tough as nails, climbed Everest twice – called out at 4am that we were going up, I really didn't feel like it. But I got my stuff on, got out of the tent and started to climb. And the sun came out, clear skies. We got all the way to 6,800m and it was clear, but very windy. Then 100m higher the storm hit us.

"I knew where the summit was and it wasn't a particularly difficult scramble, I'd watched it on YouTube

hundreds of times. No one else had been up since it snowed, so we had to create a fresh path. I sank up to my knees with every step – I had crampons on but no snow shoes – it was a slog just to walk. So I said to my guide, I'm turning around. He was disappointed and said 'It's just there.'

"I said, 'I know, I don't feel comfortable, it's snowing and the wind is hacking me off.' So we turned back. Twenty metres down I thought, bugger it, I want to do it. We turned back up, got back to where we were, went a little higher and thought, 'no it's the right decision to go down.'

"We got down to 6600m, a place called the Cave and rested. The conditions were appalling. I said to the guide, 'We need to keep going down'. And he said, 'I can't. I don't know the way, the conditions are too bad.' He'd been to the top 19 times, but he'd never seen it so bad, everything was whited out, there were no features he could fix on to get his bearings. We agreed to stay.

"Eventually, three Germans with two guides came down and their guides seemed to think they knew the way. We were just groping our way down the mountain, I had no snow poles and I fell over a couple of times and started to lag behind. I had first degree frostbite with big blisters on my fingers. I got back to the tent at 7pm, 15 hours after I left it and having thought I was going to die."

The ordeal did two things for Angus, who was born in Cuckfield and who has lived in Ansty for the past 15 years with wife Julie, a childminder, and where their three daughters, who all went to school at Warden Park, grew up. Firstly, it cemented his love of the high mountains that had begun ten years ago when he climbed Mt



Kilimanjaro. And secondly, it 'gave him the bug' to climb to a height of 7,000m.

His first attempt at that, on the most famous mountain of all – Everest, failed two years ago at 6,700m, when, having promised Julie he wouldn't take any unnecessary risks, he quite wisely decided not to try to scale a 300m sheer cliff of ice.

So this year was his chance – Muztagh Ata mountain in western China – one of the 'easiest' mountains of more than 7,000m to climb. As added incentive, Angus decided to do the climb to help raise money for Sumner Malik – one of triplets and a pupil at Warden Park School – who has been diagnosed with a Diffuse Intrinsic Pontine Glioma (DIPG), an extremely rare, terminal, paediatric form of brain tumour. Funds are being raised to give Sumner treatment that is not available on the NHS.

Training for the expedition saw Angus fill a rucksack each weekend with dumb-bells, water and bags of coins, to take it up to 23kg. That would be hard to carry from the sofa to the front door. Angus lugged it across the South Downs in eight-hour stints covering up to 25 miles, with faithful dog Poppy by his side.

The trip to China began at the end of July with a flight to Moscow, then another to Kyrgyzstan. He arrived safely. His luggage did not.

That would have spelled the end of his conquest but fortunately it arrived on the following day's flight from Moscow.

"I told the man at the airport who handed me my missing rucksack that I loved him and hugged him, I couldn't help it. He said something to the tune of 'Steady on Tiger'."

From there it was a two-day drive to Western China and another seven hours to the base of the mountain itself.

The following day Angus's group of five, along with a guide, hiked up to base camp at 4,200m. They then spent the next 16 days going up, coming down in order to acclimatise and to ward off the dreaded altitude sickness as well as carry up all the tents and equipment.

"If we'd been there a couple of weeks earlier we would have had perfect conditions – dry, very little wind, solid frozen snow on the higher slopes," said Angus, who when he's not climbing mountains works for a New Zealand insurance company in London.

"The higher we went the more difficult it became. There was a large group of Chinese climbers on the mountain. Two of them died from altitude sickness and the rest of their group went down.

"That left our group of six and a handful of other climbers. We met up with another couple, a Catalan guy and a French woman. She got snowblind and could hardly see, her eyes were so puffed up. She was determined to carry on but we had to send her back down.

"One by one, the rest of our group gave up. One guy was missing his young child, too much. Another guy got bad vertigo, where he couldn't even stand up. After a few more days there was only me and the guide, Tom, left.

With a high point for the trip of 5,900m in the bag, and after a rest day at base camp to build up their energy, Angus and Tom headed back up the mountain for the final assault, to try to reach the long-held goal of 7,000m.

"We made it to High Camp One at 5,700m and, feeling really good, we stopped for the night," he said. "The wind started blowing and I hardly slept at all. You could hear the snow tip-tapping on the tent. We woke to six inches of fresh snow. We'd asked for a porter to come up with another tent for us to carry up to Camp 2 (6,200m) but the porter refused to come because it was snowing so heavily."

Angus faced the dilemma that strikes all mountaineers at some stage. Go up, sit tight or go down?

They decided to go up. It took them more than an hour just to ascend 50m, on what had previously proved to be an easy slope, and both Angus and his young guide knew the game was up.

"The snow was just too difficult to walk in, even with snow shoes," said Angus. "I really thought we'd make it this year, but in the end the only safe option was to abandon the climb."

Having virtually slid all the way down to base camp, they had a couple of days to relax, get their 'stuff' in order and play endless games of backgammon before heading back to civilisation.

His efforts were not in vain. Angus raised £1,600 for Sumner. Sumner's justgiving page can be found at: www.sunshine4sumner.com





A jazz-themed evening

By Peter Holloway

In October, Cuckfield Baptist Church made its first foray into the world of jazz! The event was a high-quality mixture of different types of jazz music performed by professional musicians, with a narrative woven between the set pieces explaining the intertwining stories of early jazz music and the Bible's themes of slavery and freedom.

From the outset the theme was obvious, starting with the song Go Down Moses, which showed the affinity that early African slaves had with the Bible's story of the Exodus - Israel's escape from slavery in Egypt to freedom in the Promised Land. Songs such as Nobody Knows the Trouble I'm in echoed the desperate plight of those who were enslaved - there was a real sense of helplessness. And yet there was always hope. The song Precious Lord, take my Hand revealed the focus of their hope, the Jesus of the Bible. And here is where jazz and the church meet - with a hope of something better. For the slaves it was initially the immediate hope of freedom from enslavement in this life. For the Christian it is hope of forgiveness - to be set free from sin, and it is the hope of a new life enjoying that freedom with the one who has saved us. Another highlight was the performance of Amazing Grace - a video of which can be found via the church's Facebook page.

It was clear that the musicians felt the message as their own, and they played from the heart. The songs were familiar, and yet original in arrangement and, as with all good Jazz, full of spine tingling improvisation; it was a joy to listen to professional musicians doing what they love, and doing it with passion. The ensemble consisted of keyboards, bass, drums, trumpet and saxophone overlaid with wonderful vocals. The interplay between saxophone and trumpet was spellbinding. The vocals brought an added dimension both in power and in meaning. The result was enthralling, and if you were able to tear your gaze from the musicians to watch the audience, you would have seen that they were captivated by the music and the message.

And so, while remembering the roots of jazz in the appalling history of the African slave trade, the event looked forward with hope to the promise in the Bible

of a new beginning. From a cover of Fly Away by Sister Rosetta Tharpe, we heard that hope expressed:

*Well, just a few more weary days and then,
I'll fly away.
To a land where joy shall never end,
I'll fly away.*

The evening was, all in all, the best of music with the best of intentions, and all who came left having been thoroughly entertained, educated, and encouraged to learn more of the story that is the roots of jazz and the message of the Bible that it contains.



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A first successful chapter over

CUCKFIELD BOOK FESTIVAL

None of us can remember who thought of it first but we all know that once the plan took hold, there was no stopping us. As organisers, we four – Sheila Chasser, Sue Laing, Angela Magness, and Sheila Mortimer – realised quite quickly that the idea of bringing a book festival to Cuckfield was a real possibility. And when we received generous financial support from local businesses and individual sponsors, we could start to plan.

The first essential was to book The Queen's Hall, then we had to begin to map out the timetable for the two days. We planned the opening supper for 60. How we underestimated the appetite of local people (and some from further afield) for an evening in such delightful surroundings as Ockenden Manor, with Lord Saatchi as guest of honour and Greta Scacchi and Geoffrey Streatfeild as star performers. It sold out very quickly and, in the end, 96 people sat down on the Friday for a literary supper with delicious food and wine, poetic interludes and Damian Barr providing a witty and engaging vote of thanks that delighted the guests.

Damian opened the proceedings on Saturday morning and his discussion with June Miles Kingston proved both moving and funny. There followed a plethora of talks, covering such diverse subjects as life in English country houses between the wars, the story of the notorious spy, Guy Burgess, an account of the Great Storm of 1987 and the worlds of Jane Austen and Charlotte Brontë. Elly Griffiths discussed crime writing and Saturday ended with a virtuoso session from Celia Imrie, surely one of our best-loved actors, talking about her books. She was spotted in the Rose and Crown afterwards, enjoying a well-earned drink before having supper locally and then spending a night at Ockenden Manor.

Sunday saw more people, who had obviously heard that Bookfest still had some treats in store, queuing up to buy tickets – a gripping account of the courage and innovation of the Long Range Desert Group opened the proceedings and Anthony Seldon then entertained his capacity audience, first as a moderator at a political

session with Harry Mount in which he fired questions at his listeners, then telling us all, encouraged by Julian Worricker, about Artificial Intelligence and how it will affect education. More delights with very different books about French women, one describing life in Paris during the Nazi occupation and the other about a self-taught girl who became one of France's outstanding painters. Andrew Crofts then ended the festival with a fascinating account of the art of ghostwriting.

On the Saturday, children had poured into the room upstairs at The Queen's Hall to hear all about dinosaurs and then on to the museum to explore more treasures. Sunday saw them being entertained by Sally Symes, a Cuckfield children's author, and Jill Lewis from Lindfield.

There were also two workshops for adults over the weekend; a renowned literary agent gave invaluable tips on how to get published and Damian Barr enlightened those wanting to write a memoir.

Waterstones provided a book stall and many queued up to have their copies signed.

Cuckfield's first book festival could not have taken place without incredible enthusiasm and support from so many people. Over the two days, visitors could buy scrumptious cakes, tea, coffee and wine from the refreshment counter, served by smiling volunteers bedecked in vibrant purple aprons; Paul Davey guided us through the mysteries of ticket selling online; the CDS whose knowledge of sound and lighting meant it was possible to hear and see the authors; and Louis Mackay whose strikingly effective logo won praise all round. Caroline Lillywhite whose mastery of social media enlightened us all, and over the weekend itself, so many people cheerfully helped to manage the queues, run round with microphones and welcome visitors. The museum's volunteer stewards were on duty for longer to keep the museum open and the parish council staff were unfailingly cheerful and helpful throughout. Thanks to everyone who helped to make it a weekend to remember.



Highlights of the weekend

By Simon Yeend

Five minutes in Elly Griffiths' company and it's easy to see why storytelling is in her blood.

The successful Brighton-based crime novelist delighted her large audience at Cuckfield Book Fest with a stream of amusing anecdotes.

My own favourite was one featuring Elly's book tour of America to promote her Ruth Galloway mystery series.

"In the audience was an elderly lady who looked like the grandma of *The Waltons*," revealed Elly. "She asked me when I was going to kill off one of the female characters in the books. I fudged it a little saying never say never and the lady nodded politely. Later when I was signing books I looked up to see her standing in the queue and she was doing that action of slitting a throat and whispering hoarsely 'Kill her, kill her'."

Elly Griffiths is actually the pen name of Domenica de Rosa, and her Italian ancestry also proved a rich seam to mine for fellow Brighton crime-writer Peter Guttridge, who had the job of teasing out the answers from Elly.

The room at The Queen's Hall was nearly full

for Elly's talk and she told Cuckfield Life she was delighted with the turnout. "I was wondering if I was going to be talking to Peter on our own, so it was great to see a good crowd. I'd give a big thumbs-up to how well the festival was organised, it was very slick."

Andrew Lownie, a leading non-fiction agent, kicked off his talk by asking his audience how many had written books. A dozen hands shot in the air. He asked how many of those had been published and most of the hands sheepishly went down again. And therein lies the problem facing most would-be authors as Andrew explained the pitfalls of finding a publisher.

His agency alone gets 20,000 submissions a year. And he takes on 12.

He read out an amusing list of proposals that he'd dismissed immediately, including: 'Puff, Puff, a Guide to Enjoying Marijuana' and '42 Rule Changes since Baseball Began in 1876'.

Andrew gave helpful advice on self-publishing, fiction vs non-fiction and using freelance editors to improve your book. He also stayed on to answer questions at the end of his workshop, so expect some Cuckfield residents to be plugging their new books in the not too distant future.



Jimmy bows out in style



By Ken Gregory

Our Captain Jimmy Stakim held his final society day at the Royal Ashdown Forest Golf Club in Forest Row last month.

Mike Harkess won his third society day with a score of 34 points. The longest drive was won by Steve Mabey and nearest the pin in three by Tony Bean.

As the last society day of our calendar, the yearly trophies were also presented. The Millennium Trophy (four best cards) to Tony Bean, the Alf Goodwin Shield (a points knockout) to Mike Harkess. The Par-three Trophy, for points accumulated over all par-three holes during the year went to me, and the Captain's Whim to John Winter.

The day ended with Jimmy thanking everyone for their support and handing over to me as next year's Captain.

'Amazing day' at charity walk

Walking to money for Dame Vera Lynn Children's Charity, 60 participants of all ages set off early on Saturday 16th September to trek 35km across the Sussex countryside from Arundel Castle to Devil's Dyke as part of the Staplefield-based charity's largest annual event: the A2B Walk.

The popular walk, now in its fifth year, began at 7.30am, after a moving speech from Elena Richmond who shared her story of how the charity has helped her daughter India – who has just started her first year at school, having run through the gates on the first day!

An impressive £7,952.16 was raised, with still more to come.

To find out more about the charity's events contact Marielle Birks on 01444 473274 or email: marielle.birks@dvfcc.org.uk


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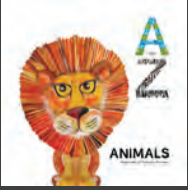




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A-Z Animals by Creative Florence

BOOK REVIEW

By Claire Nash

I purchased three copies of this book when I first came across it. I'm always on the lookout for fun, interesting and visually inspiring children's books, and when I saw A-Z Animals I wanted to take it home and share it with my children, stepchildren and their friends.

The illustrations are what captivated me – Flo's use of colour, texture and form make for truly wonderful characters which make children want to pick up their own paintbrush, as well as enjoy the book itself. My favourite character is Barrington the Bear!

My children love this book, and I would wholeheartedly recommend it for any child. It makes for a unique and inspiring stocking-filler at this time of year!

Ed: This book is by a Brighton-based artist who was seeking to create an inclusive alphabet book using the easy-to-read font Dyslexia. For more information or to buy a copy, contact her directly: creativeflorence@icloud.com

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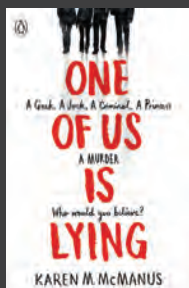


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One of us is lying by Karen M. McManus

BOOK REVIEW

By Ella Tingley, Year 8

'One of us is Lying' is one of the best murder mystery books I've ever read. It follows the lives of four ordinary teenagers who have been dragged into a world of stares and whispers when they're accused of a murder, committed in detention.

Simon, the unfortunate victim, was the creator of About That - a gossip app at Bayview High which spilt people's darkest secrets and made him unpopular with many students at the school.

Bronwyn - a star student - has a secret that could change her life completely; Nate is used to police investigations, having a drug-dealing business in his spare time; Prom Queen Addy is holding together her perfect life and Cooper, only known for his brilliant baseball, is hiding himself from his expectant father.

Between school, police investigations and deep secrets, the four murder suspects form unlikely friendships and a puzzle-solving team.

It is written from the points of view of all four suspects, which gave me an interesting perspective of the story. If I had to rate it, the book would achieve five out of five stars. I would recommend this book to anyone aged 11 and over - it is a brilliant read full of action and suspense. I couldn't put it down! The question that kept going round my head was - who killed him?

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Nov. 2017



CUCKFIELD EUROPEAN ASSOCIATION NEWSLETTER

The Final Curtain

During the last full weekend of September, a delegation of 24 members of the Cuckfield European Association (CEA) travelled to its twin town of Karlstadt on the banks of the river Main in northern Bavaria. The purpose of the visit was to conclude formally the twinning relationship, after its twenty years of existence. It was ending because recruiting new members has proved impossible. Sadly, the younger generations in Cuckfield seem unwilling to take up the challenge of reaching out to our European neighbours in this non-political way.

Our hosts were fully aware of all this but, despite it, laid on an intense, fascinating and generous three days of end to end interest, entertainment, good food, plus excellent local wine and beer.

In such a busy few days, it is best to give a sense of what was seen and done, rather than seeking to cover every incident or occasion, so this is what follows:-

- Many walks were taken, either along the ancient pathways of the Spaessart forest or up to the ruins of

the Prince Bishop's Castle on a bluff overlooking both the town and river. This particular walk continued through the woods of that same vast forest, to conclude with a delicious barbeque just outside a nearby village. Other walks included climbing the steep vine covered slopes above the river and sampling the abundant grapes.

- Karlstadt has an excellent museum in which, currently, there is an exhibition on Andreas Bodenstein, a son of the town, who had lived at the time of Martin Luther. Like him, he was one of those who had brought about the Reformation and thus is a major figure in German history.
- A visit to the town of Eisenach, some two hours north of Karlstadt, was notable because the Bach family made music there over several generations. Their musical heritage still continues too. Martin Luther was evoked once again because, in the amazing castle of Wartburg above the town which was also visited, he



had been hidden from his enemies while translating the Bible from Greek to vernacular German.

- Official dinners and speeches are often pompous affairs but Paul their mayor and Beatrix their Twinning chairman together with Andrew Symonds the CEA's own chairman spoke with great panache and much humour but also with great regret at the passing of the relationship. However, they all knew that, nevertheless, the many personal friendships established over the years would continue.

Was this then the last excursion of the CEA – its Final Curtain? It was for 2017 of course, but perhaps one day it will rise again? In an age of unthinking nationalism, some think this is vital.



Candy Hood and David Mortimer were this year's winners of the Boules Competition. The prize being some splendid champagne and an ornate cup won from our twin town of Aumale.



Cuckoo weathervane presented to Karlstadt, Mayor Paul Kruck and Beatrix Von Venrooy with Andrew Symonds.

Christmas Party!
Christmas party at the Old School on Saturday 16th December at 7.30pm. Finger buffet, cash bar, ticket price £18 per person and includes first drink. Tickets available from Wealden Stores from November. Silent Auction including some twinning memorabilia. Usual mixture of home talent and audience participation.





Your new mayor!

FROM THE MAYOR'S TABLE

By Evelyn Stenning

As this is my first contribution for the Cuckfield Life Mayor's column I thought I would just say a few words about myself.

I was born in Whitmans Green, Cuckfield during World War II and have lived there ever since. I went to Church of England Aided School, which is now the Old School, then Portslade Girls School for a Pre-Nursing Course. I completed my SRN training at Redhill County Hospital and my Midwifery Training at St Mary's Hospital/ City of Portsmouth, then came home. I was a Senior Midwife at Cuckfield Hospital and in 1991 moved to PRH Haywards Heath and retired in 1993.

I belong to many organisations in Cuckfield and meet some wonderful people when I am walking around the village. Please do say hello and introduce yourself if you see me.

I was delighted to be voted Mayor on Election Night in the Rose & Crown, but this would not have been achieved if I had not had some wonderful supporters. I'd like to thank Jenny Budd, Tina Heath, Doreen Gregory Jan Atkinson, Heather Gover and the staff at Wealden Stores. I thought at one stage during the evening that I was tying with Leanne, who has stood for mayor 13 times. Sorry, Leanne. Hopefully she will make it next year. Thanks should go to all the other candidates.

My fundraising events were attended by various people of all ages, and in the end I raised £8,484.46.

Thank you to everyone who donated money to me personally, in Wealden Stores, my fundraising events and in the bucket at the Rose & Crown on Election Night.

The Mayor's Procession on the Saturday was a great success, and I have to thank Mike Smith for a lovely ride in his Maserati. The weather stayed fine for most of the procession and the sun actually came out for the handing over of the keys at the Talbot.

I was welcomed at the Sunday service in Holy Trinity Church and by the time you read this I will have performed my first duty of lighting the Cuckfield Bonfire in Cuckfield Park, and there are other events I will be attending in November and December.

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*Claxton, G. and Lucas, B. 2015. *Educating Ruby*. Carmarthen, Wales: Crown Publishing.





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Former People

Dear Friends,

This month marks the centenary of the Bolshevik revolution in Russia in 1917 – an extraordinary moment when a small group of people subjugated a mighty power and held it in its grip until the collapse of Russian communism in the late 1980s. The Imperial Family met their doom in 1918, and over the space of the next few decades tens of millions of people died through terrible persecution, enforced pogroms and land reform exercises which wilfully destroyed people's lives. No one was beyond the reach of state power.

The title 'former people' was given by the Communist State to those who no longer fitted in. In December 1917 Lenin proposed registration for those belonging to 'landowners, capitalists, the rich classes, employees of banks, stock corporations, state and public institutions'. Systematically, millions of people faced life in the gulags or in intolerable conditions in state prisons where many met their deaths.

Any society starts to tread down a very dangerous path when some are seen as 'beyond the pale', or (even worse) as 'former people'. Our own nation has become home to many peoples over the centuries, particularly in the modern age – a melting pot where all should be valued for their contribution to wider society. This is not always easy. There will always be those from different communities who have problems with ethnicity, creed and colour – 'the other'. Our wider responsibility as a society is to encourage a breaking down of barriers and the building of a united future where community is recognised as an essential part of freedom.

With all best wishes,
Michael (Vicar)



Tariro

We are collecting small change for this Zimbabwean charity which helps orphans and poor children in four areas of Zimbabwe. If you want to be part of this, please take a 'Jackdaw jars 4 chickens' from the church porch. When the jar is full, return it to the Church Office in the Old School. The money is used to buy chickens which the young people raise and then sell to pay for their own education. An easy way to make a life changing difference to young disadvantaged people.

A few future dates for the diary:

Sunday 19th November: Service of Thanksgiving and Commemoration for the departed at 4pm (with excerpts from Faure's Requiem and followed by tea in the Old School)

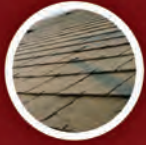
Friday 8th – Sunday 10th December: Christmas Tree Festival (Carols amongst the trees on Sunday at 6pm)

Sunday 17th December: Family Nativity at 9.45am, A Festival of Nine Lessons and Carols at 6pm

Thursday 21st December at 6pm: The Cuckfield Nativity with live sheep and donkeys

More next month!

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Birds to spot this month

By Peter Lovett

Holly and its berries have Christian symbolism at this time of year of course. Be quick though if you wish to make Christmas decorations with holly. Once you see wood pigeons descending on the trees you will need to cut some stems and store safely in a cold place for later use. Before the end of November last year, pigeons stripped my holly trees bare of berries!

November sees winter visitors from the arctic, Scandinavia and Northern Europe flocking to the UK. Sussex nature reserves and coasts are teeming with these visitors. To monitor their arrival see Sussex Ornithological Society's website at www.sos.org.uk

The last week of November 2016 saw blackbirds and song thrushes numbers double or triple in my garden. They may have come from The Netherlands and Belgium, whilst our summer residents have left for France. With garden ponds frozen they still found some accessible water at the edges.

On 27th November 2016, a redwing (also from the Thrush family along with blackbirds), visited my Cuckfield garden – the photo here shows him caught fleetingly in a hazel bush behind a rhododendron.



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Saving animals across the world

Geoffrey Dennis is a Cuckfield resident and Chief Executive of SPANA (Society for the Protection of Animals Abroad) and here tells us of some of the charity's work...

By Geoffrey Dennis

The first thing Abdelhak noticed about the foal was its beauty. The second thing he noticed was that it wasn't moving as it lay on the ground near a souk in Chemaia, western Morocco. Abdelhak, 12, thought the newborn foal was dead, but when he stepped closer he realised the animal was still breathing.

He gave the foal food and water and named him Mensi (which means 'forgotten'). The following day, Abdelhak took the foal to my charity's clinic – he knew about the work of our charity as he had visited the centre as part of his schooling.

The SPANA vets quickly discovered the problem – the foal had an hereditary abnormality, where its digestive system was blocked. Without instant surgery, the foal would die. The vets operated on the foal and then kept Mensi as an inpatient for a week. Mensi made a complete recovery and now helps the family earn money pulling a cart, which has allowed Abdelhak and his brother to go back to school.

This simple story is repeated so many times by SPANA throughout the world.

One serious issue that SPANA is working on across Africa involves an increasing demand from China for donkey skins to turn into a gelatinous substance called ejiao, used in Chinese traditional medicines and anti-wrinkle creams. The beauty products sell for up to £300 per kilo in China, but behind this lies a dark and violent story, with countless working donkeys stolen and killed.

SPANA is working hard with many governments, for example in Botswana, to stop this trade. We are also working with local communities to make sure that, firstly, they understand how cruel this is but, secondly, that selling a donkey for this trade will raise immediate cash, but then the owner has no future livelihood, increasing migration and the drift to urban areas.

I became CEO of SPANA after several years working for the International Red Cross. Part of the stimulation

to make this change was a serious drought situation I was working on in northern Africa.

I travelled at the time to Niger, a country of more than 17 million inhabitants who mostly live in rural areas; many communities therefore rely on working animals for their livelihoods. I was joined during my visit by a team from ITN News, and while we were reviewing our emergency operation targeted at water supply, feeding and medical assistance for the communities, nobody was doing anything to help the animals who were also suffering and dying as a result of the drought. Firstly, it was really disturbing that these innocent animals were suffering enormously, but secondly, after we had provided assistance to the communities, many people would have no future income as their working animals had died.

I am a firm believer that the vast majority of the world's population are not deliberately cruel to animals, so our charity:

- Provides free veterinary care and training of local vets
- Trains owners and the local community on how to better look after their animals – simple things like better harnesses
- Promotes humane treatment of animals and reduces preventable problems
- Educates children in schools to help them develop their understanding and increase their empathy and respect of animals
- Runs emergency feeding and water supply programmes for animals, for example, at present in Northern Kenya

Overall SPANA is a tremendous organisation with amazing staff working all hours to assist more than 200 million working animals in developing countries around the world – but also to help support the livelihoods of more than one billion people who rely totally on animals for their livelihoods. Last year we assisted over 335,000 working animals thanks to the kindness and generosity of people who believe, as we do, that a life of work shouldn't be a life of suffering.

To find out more about the work of SPANA see the website: www.spana.org

Holiday snaps

As ever, Cuckfield Life readers have taken their copy of the magazine away with them. Do send yours in to photos@cuckfieldlife.co.uk



Henry Clark in front of Malcolm Campbell's Bluebird car at Lakeland Motor Museum, Cumbria



Richard Sandys-Renton in Oradea, Romania

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A cosy Scandi space for winter

DESIGN AT HOME

By Fiona Evans, interior designer

Winter is approaching and what better than to create a space that is warm and snuggly for the short days and long dark nights.

Let's go Scandi style and create Hygge (Danish, pronounced 'hoo-ga') for an uncluttered lifestyle, encouraging cosiness and a sense of well-being while appreciating all the good simple things in life and abolishing stress. It's a popular trend, a state of mind, with many books having been written and published about the subject.

Here are some ideas if you would like to 'chill out' for winter by warming up your home to create a sanctuary by the addition of a little or a lot of Hygge.

As always the first task is to declutter, get rid of all those bits and pieces you don't want, like or need any more. The aim is to snuggle down into a softly textured interior with white or pale grey walls, an interior composed of simple clean lines in layered blacks, greys and whites. Perhaps a pop of bold colour here and there to add depth and focus. Introduce soft and gentle (begging to be stroked) throws, blankets and cushions in fake fur, sheepskin, cashmere or chunky knitted designs. Scrunch your toes into a deep pile woollen, shaggy or sheepskin rug to complete the textured look. If you are creative this is a great opportunity to make accessories for your interior, such as cushions in greys and whites, patterned or plain in linen, cotton, wool or cashmere. Knit using large needles to produce chunky knitted throws or blankets in a variety of stitches using wool or cotton. Adding craft is always such a great way to make an interior unique and to add your own style.

Embrace nature and include unpainted natural wood such as chairs, tables, floorboards or panelling in oak or walnut. The earthy warm wooden tones add to the neutral space, including the logs waiting to be tossed into a log burner or roaring open fire. Plants add tranquility and a back to nature look, their green foliage complementing wooden furnishings.

Layered lighting is, as ever, an important factor in creating any interior, breathing life and animation into an otherwise lifeless space. Layer using accent, task and ambient lighting. Accent lighting to enliven and enrich dull corners or emphasise artwork, task lighting next to sofas and on desks for reading or work and pendant lighting hung from the ceiling for ambience. Natural daylight is the most valuable form of lighting formed from the complete spectrum of colours to create white light which casts shadows throughout the day and contributes to a high sense of well-being. Make the most of daylight hours by reflecting the light on to large mirrors hung opposite windows. Candles generate a wonderful warm flickering glow, a gentle flattering light and a great cosy ambience for long, dark nights. Safely placed in groups or individually, there are many styles of lamp fittings and candles to choose from.

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Rumour may have reached you that Cuckfield i Wear is closing down! We are NOT, but, we are moving!

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We will keep you posted of a date for RE-LAUNCH with opening offers and possibly a celebrity as well!

May we take this opportunity of thanking all of you who have supported us and hopefully bear with us to continue that support. *Lin and Natalie*

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Welcome to the mad house

By Simon Yeend

Right, pay attention. Vanya is in love with Helena, the beautiful wife of Professor Serebryakov. Sonia, Vanya's niece and the professor's daughter is infatuated with Vanya's friend Dr Astrov. Helena does not love her husband but rebuffs Vanya's repeated attempts to break free and live with him. Dr Astrov is unaware that Sonia is in love with him and ignores her. Outside a storm is gathering, most of the men drink far too much and there is a loaded pistol in this claustrophobic country house. What could possibly go wrong?

Welcome to Chekhov's wonderful play, Uncle Vanya, which the Cuckfield Dramatic Society (CDS) performed for four nights last month at the Queen's Hall.

Director Emma Gosling put on a stirring, faithful production of the Russian 19th century classic.

Paul Davey brought along much needed humour to hypochondriac Vanya's role, with a mixture of sly grins and muttered asides delivered mostly downwards to his oversized tummy. Sharran Rigby-Smith, all coiffured-hair and magnificent gowns, bossed every scene oozing power with her beauty. Her dismissal of Vanya, majestic.

Estella Balicki had the tough task of making plain Sonia a dull and persistent nag, but pulled it off with style. Ken Collins brought the environmentally aware Dr Astrov to life with his passionate speeches about trees while sinking wine and ignoring the puppy-like infatuation of Sonia.

While Martin Sheldon played the grumpy old fraud of a professor, Serebrakov, with customary grouchiness and disdain for all those he considers beneath him – which is everybody.

It all made for a wonderful night of drama – albeit having to overcome the suffocating atmosphere in the house. The dramatic tension relies on the crippling boredom endured by all the characters.

CDS chairman Peter Bowman had reservations about putting on the play but said: "I realised scripts do not last 120 years if they are not good. Uncle Vanya is no exception. It is brilliantly written, amusing and proves that, despite my own initial ignorance and the passage of time, the plight of human relationships is forever new. This is a wonderful play."

And the views of the audience? "We were enthralled by a lively, engaging interpretation of this classic and learned loads," said one reviewer. "Thought-provoking and good! Well done!"

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

Find the solution to #17 in next month's magazine

#16 Solution

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

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



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What's on this month

ELSEWHERE

November

- 15th **Arts Society Lecture** – 10.45am
Clair Hall, Haywards Heath – Art Society Mid Sussex presents: 'How we got IKEA! Scandinavian design 1880-1960' a lecture by Dr Anne Anderson (Non-members welcome: £7)
- 22nd **Christmas Shopping Night** – until late
Many shops on the High Street will be open late on this evening including bubbly and nibbles! See page 5 for participating stores.
- 25th **Noisy Night** – 7pm
Laines Organic Farm, Newbury Lane, Cuckfield Vegan Food and Drinks and live music
- 25th **Candlelit Concert** – 7pm
Holy Trinity Church – Ensemble Reza's special Christmas concert (Tickets £13 from Pepperbox)

December

- 1st **Lunchtime concert** – 1pm
Holy Trinity Church. Meridian voices. Tea/coffee from 12.30pm
- 1st **Charity Christmas Fayre** – 10am-4pm
Cumnor House School, Danehill – in aid of Chailey Heritage
- 3rd **Santa's Fun Sunday** – 12.30-6pm
Hurstpierpoint High Street – Christmas fun and games for young and old alike
- 5th **Lindfield Afternoon WI** – 2.15pm
King Edward Hall – (la16wi@gmail.com or Jacquie 01444 454816)
- 8th **Christmas Street Festival** – 6pm
Cuckfield High Street – Closed to traffic. Stalls, a Brass Band, shopping, carols and Santa's Grotto at The Talbot
- 8th-10th **Christmas Tree Festival** – from 11.30am
Holy Trinity Church, Cuckfield – Over 75 decorated trees adorn the church. Entry for charity.
- 13th **Arts Society Lecture** – 10.45am
Clair Hall, Haywards Heath – Arts Society Mid Sussex present: 'We Three Kings: music, art, poetry and legends inspired by the Magi' a lecture by Peter Medhurst (Non-members welcome: £7)



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What's on this month

AT THE QUEEN'S HALL

Monday

- 9.30am **Pilates** (intermediate)
- 9.45am **Yoga Boutique** (Term time only)
- 11.15am **Yoga Boutique** (Term time only)
- 10.30am **Pilates** (beginners)
- 1.30pm **Dance Classes for Children**
- 7.30pm **Dog Training** (ring craft)

Tuesday

- 9.30am **Pre-school Football**
- 10.15am **Pre-school Singing**
- 1.30pm **Yoga**
- 3.45pm **Dance Classes for Children**
- 7.30pm **Dog Training** (obedience)

Wednesday

- 9.30am **Pre-school Singing**
- 10am **Stroke Support Activities**
- 12.30pm **Zumba Dance Class**
- 1.30pm **Line Dancing Class**
- 3.30pm **Dance Classes for Children**
- 7.30pm **Yoga**
- 7.45pm **Ballroom Dance Club**

Thursday

- 9.15am **Yoga**
- 4pm **Disability Fitness**
- 6pm **Dance Classes for Children**
- 7.30pm **Wedding Dance Class**

Friday

- 9.30am **Pre-school Singing**
- 7pm **Evening Flower Club** (2nd Friday/month)
- 7.30pm **Historic Vehicle Trust** (1st Friday/month)

Changes may occur to the above details, especially during the summer – when some events don't take place. Please note contact details for all regular classes/activities are available on the Notice Board at The Queen's Hall.

November

- 24th **Dracula or a pain in the neck!** – 7.30pm
Comedy show by Rain or Shine Theatre Company
This performance is suitable for families with children age 6/7 upwards - the first night of this tour got rave reviews with a standing ovation!
(Tickets £10/£6 01444 454276 or www.rainorshine.co.uk)

December

- 1st **ISOC Christmas Lunch**
for Cuckfield Senior Citizens
- 8th **Christmas Street Festival** – from 6pm
- 8th- **Christmas Cabaret** – doors 7.30pm
- 9th Cuckfield Dramatic Society show with pre-dinner meal served at 8pm (www.cdsweb.co.uk)

AT WOODSIDE

Monday

- 9.30am **Sing & Sign**
- 4.30pm **Hayley Beeson School of Dance**
- 7pm **DDMX Dance Fitness**
- 7pm **Yoga**
- 8pm **Kickboxing**

Tuesday

- 9.30am **Pilates**
- 5pm **Beavers/Cubs**
- 7pm **Pole Fit**
- 8.15pm **Salsa Group**

Wednesday

- 9am **Falcon Health Chiropractors**
- 9.45am **Yoga**
- 5pm **Hayley Beeson School of Dance**
- 7.15pm **Scouts**

Thursday

- 9.40am **Creation Station**
- 5pm **Beavers**
- 7pm **Bounce & Burn**

Friday

- 9.30am **Saplings**
- 9.30am **Stay and Play** (2nd Friday)
- 3.45pm **Happy Souls Yoga**
- 7pm **Woodies Bar** (subject to private hire)
- 7pm **Pole Fit**

Saturday

- 9am **Hayley Beeson School of Dance**
- 2pm **AFC Bolnore**
- 4pm **Post-football Bar** (matchdays)

Sunday

- 10.30am **Messy Church** (last Sunday/month)
- 4pm **Grace Church**
- 4pm **Woodside Netball Club**

Note: The Hub (out of school club) runs every weekday between 7.30-9am and 3.30-6.30pm. Bolnore Village Preschool is open every weekday starting at 9am (term time only).

November

- 25th **Quiz Night** – 8pm

December

- 10th **Community Christmas Carols** – time TBC
- 16th **Quiz Night** – 8pm
- 17th **Carols by Candlelight** – 4pm
Carols with a Christmas party for preschool to Year 2s)
- 24th **Children's Christingle Service** – 4pm

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C&G Plumbers	17
Chez Fleur (florist)	10
Cuckfield Interiors	11
Dave G (decorator)	9
D Brown (floor finisher)	35
Elite Choice Home Care	46
Ensor Interior Design	17
Everest Home Improvements	17
Ginkgo Garden Solutions	23
Gray Hooper Holt (solicitors)	43
G&S Roofing	14
Helme & Hallett (builders)	23
Lock Assist (locksmiths)	19
Mansell McTaggart (estate agents)	B
Norsat (TV, satellite)	34
PRB Accountants	18
P&S Gallagher (funeral directors)	24
Rohan Solicitors	2
Sow Sussex Garden Care	28
SPB Plumbing & Heating	45
Steve Farrell Bricklayer	48
Strategic Marcomms (websites)	25
Strawberry Finance	19
Sussex Vehicle Services	47
Sussex Wealth Management	5
Swan Press	19
Tara Fraser (mortgage adviser)	15
The IT Girl	35
The Kitchen People	42
Village Roof Repairs	4
White & Sons (roofing)	41

Retail

Cuckfield i Wear	46
JV Golf	13
Oakgates Christmas Tree Farm	41
South Downs Cellars	8

Out & About

Ardingly Choral Society	5
Cuckfield Baptist Church	16
Cuckfield Local Food Market	4
Kemp Thai	38
Rain or Shine Theatre Company	15
Spice Village	48
Tiger Arts	23

Education/Childcare

Gielgud Academy	33
Great Walstead School	39
Norto5 Kidz (daycare)	3
Stagecoach	38

Health/Lifestyle

Burgess Hill Physiotherapy	3, 12
Linear Fitness	29
Places for People	32
Talk for Change	9
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