

Cuckfield *Life*

Inc. Brook St, Ansty & Staplefield

Local village talk,
by the village

Issue #4 : Feb/Mar 2013

Free

A tribute to Katie Stewart

page 8

Local artist's busy 'retirement'

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The lowdown on ladies cricket in Ansty

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By David Tingley, Editor

It seems that life in Cuckfield is now picking speed up after the lull from the Christmas break.

As ever, we love to hear about what **local people and businesses** are up to, and this month is no exception.

David and Caroline from **Flâneur** were keen to explain to the village what's going on with their building work. Get the news overleaf on **page 4**.

Many will be pleased to note that the **Cuckfield Museum** is reopening its doors again with some amazing exhibits. See **page 5** for details of 'The Light & Day' and the wartime display entitled 'Bowell Brothers in Arms'.

It's also a pleasure to highlight achievements and a number of local mums have certainly done that by starting a **ladies cricket club** in Ansty. Rather than closing the junior team when the girls became too old the ladies took action! Read the full story on **page 7**. They would like a local business to sponsor this season's kit so do get in touch if you know someone who can help.

We couldn't let a month go by without mention of popular Cuckfield resident **Katie Stewart**. I know a lot of folk have been touched by what she's taught over the years. Certainly the world of social media has been bustling with tributes. I am very grateful to **Stephen Cockburn** for writing the article on **page 8** after playing his part at Katie's funeral service last month.

On **page 12** we tell the incredibly diverse story of **Don Cranefield**. You can read how his life has taken many twists and turns but he has always enjoyed his love of painting - which he continues to display and sell to this day.

Do keep your comments and ideas coming in to Claire and I. If you have a burning issue to discuss or share with the village we'd love to hear it.

Finally I'd like to thank **Jack Armstrong** for his cookery contributions over the last few months. He's hanging up his writing pen for now, so any offers of a **regular food writer** would be gratefully received.

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We'd 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

Flâneur starts building project

A local deli and coffee shop has begun work on expanding its premises on the High Street with a view to changing its offer to include evening opening.

Café Flâneur, run by David and Caroline Bailey Hawes, is part of the overall Flâneur shop which houses and offers an emporium of unique furniture pieces from Europe alongside gifts and silk flowers.

"The idea," David explains, "is to bring the shop, deli and café together under one roof. Once completed, by opening up a previously used doorway, customers will be able to easily walk through to the new spacious café and restaurant."

The new restaurant, which will be built on the existing terrace, is expected to seat around 25 diners and will leave the former deli area to become a kitchen to service the new facility. The new building will feature a full folding glass frontage which will open out during the summer months. Building work has started and is expected to be completed by June. The café and deli remains open and now sits at the back of the shop.

Orchestra play Holy Trinity

Celebrating its 20th anniversary this year, the Sussex Symphony Orchestra is making the most of the restored and reordered Holy Trinity Church in Cuckfield. Following a sell-out gala concert back in September to celebrate the completion of the reordering project, 2013 heralds a series of events at the Church.

Coming up first at 7.30pm on Saturday 16th February is a unique chance to hear the woodwind section of the Orchestra – with no strings attached! The event is a joint fundraiser for the Orchestra and the Church. There follows a series of six Friday lunchtime concerts between March and November, an educational music event later in the year and the full chamber orchestra reappearing for a major concert on Saturday 14th September.

Commenting on these plans, Orchestra Chairman Hannah Carter says: "The orchestra members are thrilled to have a base in the excellent facilities now at Holy Trinity and it fulfils our plans to serve a wider Sussex audience than we have been able to do in Brighton."

Concert tickets are available from the Wealden Stores, Pepperbox or from the SSO online box office www.ssomusic.co.uk.

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In with the old and new

Curators from Cuckfield Museum have been busy searching the storerooms and dusting down some hidden treasures to go on display ready for the re-opening on Saturday 16th February.

"The Light of Day: Treasures Old and New From Our Storeroom" is the theme of the main display. Items not normally seen by the public will be on show alongside some new acquisitions which may be used in specific displays later in the year.

Visitors may be surprised to see anything from an 1810 anti-Napoleon jug to a 1930s lace bridal veil, a local Home Guard (empty!) bomb box to an 1886 hare's head trophy and even a Union Workhouse man's bedpan! Most of the objects have been donated over the years, some have been bought by the Museum and may be newly acquired, but they all have one thing in common - a Cuckfield connection.

The story of two Cuckfield brothers, who both fought in the First World War, is the theme of the museum's wartime display "Bowell Brothers in Arms". The younger brother, Norman, joined the Royal Sussex Regiment and survived. He brought back a German helmet as a memento of his time on the Western Front.

Norman's older brother Cecil had been a clerk on the railway before also joining the Royal Sussex Regiment. He was wounded at Hill 60 in Flanders in 1915, and then in June 1916, at the age of 21, volunteered for service in the Royal Engineers Mesopotamian Expeditionary Force when the British were fighting the Turks with the help



of Arab nationalists. Sadly, he died from heat stroke on July 22nd 1917 and is buried in Baghdad (North Gate) War Cemetery. Cecil's nephew, Tony Bowell, has lent the museum his uncle's diary which has been transcribed. It records Cecil's impressions of the journey out to the Middle East and the day to day trials of Army life in the most difficult circumstances.

For more details about the museum visit the website www.cuckfieldmuseum.org.



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Here come the girls

ANSTY CRICKET CLUB

When the girls from Ansty Cricket Club became too old play to play in a junior team, it left the club with a dilemma – where could they find enough players to form a ladies team?

Fortunately the answer was standing on the sidelines! A group of dedicated mums, who have attended hundreds of training sessions and matches supporting their daughters, decided to step forward and save the day.

“At first we were playing for fun and filling the gap while new players were found,” said one of the mums, Sarah Western, “but we got really into it, and actually found we were quite good too, so we have now joined the team permanently.”

Members of the ladies’ team are now busy training for their first full summer season and are hoping to attract a sponsor to meet the cost of a new kit. “It would be lovely if we could start the season well clothed,” said Sarah, adding that the cost would be around £500.

The future of the team already looks promising with former Sussex youth players among the squad.

“Our girls and women’s teams include seven members who currently play for Sussex Youth, along with three past players,” said Sarah, “so they bring along valuable experience to our training sessions.”

“Members of the teams range from 14 years to 50-ish all working together to create a successful partnership,” said Sarah. “We are always on the lookout for new players, preferably with some previous experience of the game, to supplement our merry crew!

“Win, lose or draw, all players are given a chance to develop in the game and walk away from the match having had fun, often heading to the nearest pub to refresh their taste buds after the game!”

She added that they would be particularly pleased to recruit members in their twenties and thirties to fill in the age gap between the mums and daughters!

The team trains on Saturday mornings throughout the year working hard to develop skills and team play.

For more information about joining or sponsoring the team, contact Dave Burt on 07837 106918 or email daveburt@anstyladiescc.co.uk

Katie Stewart: Putting the colour into food writing



By Stephen Cockburn

Katie Stewart, the well known cookery journalist and author who had lived in Cuckfield for the last 45 years, has died after a short illness. She was 78. Although Scottish and very proud of it, she was born in 1935 at Sidcup in Kent. During the War her doctor father took his family back to Aberdeen for the duration but returned to Kent where she grew up, a country girl with her own ponies, and went to Blackheath High School.

After training at Aberdeen's School of Domestic Science and the Westminster Hotel School in London she landed the job of nanny to a wealthy French family in Paris, where she also gained a Diploma from the Cordon Bleu School. In 1957 she sailed across the Atlantic to another job in the test kitchens of the Nestle Company at White Plains, New York. Two years later she returned to London and was offered a job as a food writer with The Daily Mirror.

In 1963 she became Cookery Editor of Woman's Magazine and when that closed in 1966 was appointed Cookery Editor of Woman's Journal. She stayed for 32 years. Concurrently she wrote for The Times, which had noticed her pioneering use of colour pictures and invited her to publish pages of recipes and write a Saturday column. She became a household name during the twelve years she did that, from 1966 to 1978, and wrote The Times Cookery Book, perhaps the most treasured of her ten published volumes. Latterly she wrote for BBC Homes and Antiques Magazine, on the strength of which she was awarded 'Cookery Journalist of the Year' in 2001 by the Guild of Food Writers. Following this, she was honoured in 2008 by the same Guild's 'Lifetime Achievement Award'.

Not afraid to be seen at work, Katie made several series of television programmes for Grampian Television in the 1970s and she was always willing to put on a

demonstration for any Charity or good cause.

She married in 1961, gave birth to Andrew in 1964 and moved to Fathings in Broad Street, Cuckfield after the marriage was dissolved in 1968. She employed a Belgian lady housekeeper, wrote tirelessly on a manual typewriter, often well into the night, and set off to London early most mornings. All her recipes were practised frequently before being published, so she was confident that, by following her instructions carefully, every reader could achieve the same delicious result. The consumption of cooked cakes and biscuits was a particular treat for Andrew and his school friends but he alone allowed to scrape out the bowl in which the mixture had been prepared!

Katie became very popular in Cuckfield. She was immensely kind to all who asked for advice or help – her fish kettle was out on loan regularly. Most Cuckfield Societies or Associations received her stalwart support – especially when catering was required for a public celebration, jubilee, major anniversary or just an annual event.

In 2001 her supporters raised more money than anybody else to ensure her election as Mayor of the Independent State of Cuckfield. The election is openly corrupt, votes are one penny each, and the largest sum contributed – it's all for Charity – buys its candidate the Mayoralty for the year. As The Times wrote:- 'In a handsome red-velvet mayoral gown, she made a striking contribution to local affairs. These functions she performed with grace and friendliness.'

She was a great Cuckfield character, modest in everything and kind to everyone. She will be much missed in the community she graced for almost half a century.

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Making a space unique

DESIGN AT HOME

By Fiona Evans, Limited Editions

It would be great to have a fresh new look for 2013 but how do you give your space additional 'wow' factor by making it unique? It's tempting to go with the flow and follow trends in design magazines yet wouldn't it be exciting to be a bit different? Adding something that reflects your personality or displays your interests, a real statement to you or your family would be a great way to go. Perhaps a bespoke piece of furniture (old or new) designed to be unusual, upholstered in jazzy fabric with a striking finish might be what you're looking for or more simply a cushion or two made by you or a friend to reflect your personality using your own design.

If you have high ceilings or awkward shaped rooms you may want to have bespoke furnishings made to fit those difficult dimensions and angles and in so doing also introduce unique design elements. A cheaper option would be to use free standing pieces bought from second-hand shops decorated in your own style by painting or attaching new handles etc. Having something handmade either by you or a craftsman will provide a unique focal point.

If you have children a lovely way to be different is to use the art they generate by framing it or using it as a design base. Children are artists; their lovely naive creations make great designs which can be transformed into a wealth of accessories. Depending on how creative you are the designs can be transferred on to cushions, place mats, picture frames; the list is endless by using the many craft accessories on the market. It's the finishing touches that say it all and don't have to be expensive especially if you make them yourself. Be different if you feel able. Add touches to bought accessories to make them your own.

A piece of craft made by a local craftsmen or maybe a special piece brought back from a holiday can give an interior personality by its simplicity, complexity or reflection of its origin. It can generate a unique finish to the interior and a talking point whether it's a painting, a piece of sculpture, an unusual chair or eye catching rug.

Ceilings also play a part in making an interior unique by the light fittings you choose and how you place them. Lighting transforms a space, the way you light your home for tasks or mood can also be a feature itself. A fabulous chandelier, panels of coloured LEDs lighting up a corner or adding a swathe of light beneath kitchen units or even a lamp with an unusual stand will all go towards creating a unique space.

Don't forget the floor. A bespoke rug tailored to your living space as a one off design is a more expensive option but an eye catching piece of art that one no-one else will have. More simply a painted wooden or concrete floor with a less expensive rug can be the answer and still be pretty unique.

It's good to be different and fun to see the results.

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Mayoral duties...

FROM THE MAYOR'S TABLE

By Lindy Elphick

In last month's column I appealed for candidates to come forward for this year's Mayoral elections in October and I promised to elaborate on what being Mayor entails – so here goes with the official duties:-

Election Night – The 2012 election was held in a pub instead of the Queen's Hall. It was very successful, so we intend to hold it in a different village pub over the next few years. Funds raised over the year are drip-fed into the candidate 'pots' and count as votes. The more money you raise the more votes you acquire! At 11pm the voting stops, the money is counted and the new Mayor is announced.

ISOC Village Procession – Everyone meets at Warden Park Academy and, after the judging of floats, the procession starts its journey around the village. The Mayor travels in a wonderful vintage Rolls Royce, waving to the people lining the route. Once you reach the Talbot you are given the keys of Old Cuckfield Town and keep celebrating with your favourite tipple!

Holy Trinity Church – The next morning you don your robes again and attend Holy Trinity Church along with the other committee members. 'Nick the Vic' asked me to step forward and we had a chat about the election in front of the congregation.

ISOC committee meetings – which you attend for the year. As Mayor, some of the funds raised at the election are set aside for your own preference as to where they are allocated within the village.

Remembrance Sunday – This was a huge honour for me and one that I will always treasure. You do not wear your robes, just the chain of office. You take part in the service held at the war memorial in the churchyard and lay a wreath on behalf of ISOC.

Senior Citizens Christmas Lunch – After meeting and greeting all the guests you sit down and enjoy a lovely lunch with some very interesting local residents.

Christmas Street Festival – Be in attendance – either at the ISOC stall or on walkabout, selling a few ISOC passports along the way.

Easter Walking Races – Easter Monday in the Recreational ground – start proceedings and hand out the medals to all the winners.

Cuckoo Fayre – Recreational Ground – Driven into the ground and officially open the event.

Election Night (2014) – Token re-stand. As outgoing Mayor it is traditional to stand again but your role is to hand over the robes to the next Mayor of Cuckfield.

In addition to these, there are some non-official duties which you can experience. They include lighting the Cuckfield Bonfire, welcoming cars during the Vintage Car Rally, blowing the whistle to start the annual Boxing Day football match on the Rec – plus anything else anyone may ask you to or invite you to open!

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Sailor – Minister – Artist

VILLAGE PEOPLE

By Claire Cooper

When Don Cranefield moved to Cuckfield at the age of 82 he was looking forward to a quiet life.

He could certainly never have guessed that he would soon become one of Cuckfield's best known residents, and not just in the village but across the world!

Don's paintings of the village have been snapped up by both residents and visitors alike and now hang on walls as far away as Australia and the USA. At a time when most people would be happy to slow down, Don is busy taking commissions, perfecting new painting styles and producing prints of his most popular scenes.

"I came here to retire but I've never been busier," said Don, who paints from a studio at his home in Chatfield Road. "It's quite astonishing! When I came to Cuckfield I thought my painting days were coming to a close but this has given me a new lease of life!"

Don explained how his passion for painting began.

"I've always painted ever since I was a child," he said.

"One of my earliest recollections was painting Eskimos at primary school and my painting being pinned to the wall!"

After leaving school Don was conscripted into the

war-time Royal Navy. Initially he served as a seaman on Russian Convoys, for which decades later he received the Arctic Emblem. Subsequently, as Sub Lt. RNVR serving in Coastal Forces, he was awarded Mention in Despatches with the 'oak leaf' insignia for 'courage and devotion to duty in hazardous and important operations'. Satisfied with his awards, Don assumed this was the end of his war-time story but a further twist came last year when the Government announced that the survivors of the Russian Convoys deserved to be awarded medals 60 years after the event!

After leaving the Navy Don enrolled at theological college, training to become a Baptist minister. Don served as a Minister in the London area for 40 years, his last pastorate being in Bromley. "I was painting all the time, mainly in connection with my church work and selling my pictures for the Baptist Missionary Society. When I retired I found I had more opportunities and time to paint, so joined the Bromley Arts Society," said Don, who went on to become the Society's Vice-Chairman.





Don and his wife moved to Cuckfield in 2005, buying the house next door to his daughter Gwen and it wasn't long before he was picking up the paint brushes again to capture the charm of the picturesque village.

Unaware that he had cornered a market untapped by other artists, Don was pleasantly surprised when renowned local artist David Holden agreed to exhibit his work in his gallery in the village high street. "When he began exhibiting and selling my paintings I soon became aware that there weren't any other artists painting pictures of the village," said Don.

When the Gallery closed, Don was offered the chance to display his work on the walls of Reeves Pantry. "The owner at that time, Marjorie, told me that although my paintings were popular they were all originals and people couldn't always afford to buy them," said Don. "She suggested that I had some prints made."

Don got in touch with former contacts in Bromley and before long the first prints went on sale. The rest, as they say, is history!

The prints turned out to be extremely popular, not just with people living in the village but also with those visiting and looking for a special memento.

"My pictures of Holy Trinity Church are popular with couples getting married here," said Don, "and I've heard that my work now hangs in homes all over the world, including Australia and America."

In 2008 a signed print of Don's painting of the Lychgate at Holy Trinity was presented to the Mayor of Cuckfield's twin town in Germany, to commemorate the 10th anniversary of the twinning. "That painting now hangs in the Mayor's Parlour in Karlstadt," said Don.

The popularity of the prints also resulted in more village shops wanting to stock Don's work and outlets now include Reeves Pantry, Sussex Craft Gallery and The PepperBox.

Don has also expanded his collection and, in addition to traditional views of the Church and High Street, he

has a range of panoramic scenes which capture historic village houses in a unique way.

His method of 'straightening' the roads but keeping the properties in perfect proportion means Don can produce images of village streets that can never be seen by the naked eye.

"These paintings are attracting a lot of favourable comments," said Don, who was particularly pleased when a roofer, who has repaired most of the properties in one picture, agreed the proportions were perfect!

Don is also kept busy with a steady stream of commissions. They range from still life, land and seascapes, botanical and floral studies, portraits of people and animals, and even a reproduction of his painting of the veteran car run passing through the village. "One driver asked me to reproduce the picture, but featuring his car!"

Animal portraits are particularly rewarding. "I've painted dogs, cats, horses, even rabbits," said Don. "When I start off with a canvas and a photograph and produce something that has got depth, a luminous quality and actually 'comes alive', it's really quite magical."

Exploring the 'luminous' quality of painting has also led to Don developing 'glographics' – a unique series of abstract paintings which appear to glow.

Working in both oil and watercolour, Don never tires of painting and every picture presents a new challenge.

"What keeps me going really boils down to four things," he explained. "Inspiration – when I capture something in my mind that I really must paint; Perspiration - the real hard work involved; Satisfaction – when I have finished a painting; Appreciation – other people liking my work and best of all when they want to buy it!"

Don says it's impossible to pick out any of his paintings as his favourite. "My favourite tends to be whatever I'm working on at the time," he said. "I get absorbed in every picture and I love them all – they give me such joy."



Acupuncture - an holistic way to health

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Incorporating Traditional Chinese Medicine with Five Element and Stems and Branches theory into her acupuncture treatments, Lesley has been particularly recommended by others for her reassuring, calm manner and her professionalism – especially when dealing with nervous clients or those with special needs.

Lesley has experience in using acupuncture to treat many conditions, but she has a special interest in pain management, panic/anxiety, fertility and facial revitalisation acupuncture.

Appointments are available from 8am to 8pm Monday to Saturday at The Clinic at Borde Hill and home visits can be arranged. For new patients a free 15 min phone consultation is offered. Please call 07808 248772 or email lesley@reedacupuncture.co.uk.



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For enquiries and booking contact:

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Nikki Gower: 01444 454 684

nikkigower@hotmail.co.uk





Planning ahead

OPEN FOR BUSINESS

With Christmas now a fading memory and the snow thawed, thoughts for many are turning to their homes and in particular to providing that extra space to accommodate growing family needs.

Jonathan Sewell-Rutter, chartered architect and director at Dwell Architecture & Design, a local practice which specialises in residential and sustainable architecture, offers his advice to those contemplating a building project this year.

Seek professional support

It won't come as a surprise that he wholeheartedly recommends appointing an architect to help with your project. Often seen as an unnecessary expense when working on domestic projects, an architect can find innovative ways of unlocking space you didn't realise you had.

Rather than just preparing drawings, a good architect can oversee the whole project for you, and the support and advice provided can save you time and money in the long run and add value to your home.

It's important to find someone whose work you like, but their approach and the working relationship is fundamental as you'll be working closely together for some time.

Do your homework

A good design brief is critical to delivering a great project. Thinking about the issues you have with the current space will help an architect fully understand your needs and define the most appropriate solution. The team at Dwell works hard to get to know their clients really well; understanding how they like to live now, what they aspire to and how family plans may develop allows an element of future-proofing.

Creating a scrapbook of magazine cuttings gives a useful insight into your own tastes and perhaps what you are hoping to achieve through the project.

Allow enough time

Getting it right on paper first is one of Dwell's core

principles. Allowing sufficient time to prepare, review, discuss and amend the design in the early stages will avoid hassle and delays later. It's much easier and more cost effective to move a wall on paper than it is when it's built!

Some parts of the process have finite timescales. Even a simple application to the Local Authority for planning consent will usually take around eight weeks to be decided. Many internal alterations and some extension projects are deemed 'permitted development' and don't need a formal approval before starting work on site, so you may find that the project can move faster than you imagined.

Select a good builder

Your architect will be able to suggest contractors who are well suited to your project. Carrying out a competitive tender using detailed drawings and a specification or schedule of works will give you directly comparable prices for the work. Although decisions are sometimes made on price alone, Dwell ensures that clients meet each tenderer, as the 'soft issues' can be just as influential.

Enjoy the process

Working on your own home can be frustrating, often with a level of discomfort, dust, noise and builders to tolerate. However, with the right professional support it can be an efficient and ultimately rewarding process.

Why not call Jonathan to arrange to discuss your project in your home? Telephone 01444 831800.

www.dwellarchitecture.com

Do you train hard or smart?

By Lyndon Littlefair, Corrective & Performance Exercise Specialist based at The Cuckfield Golf Centre.

Do you approach each of your workouts knowing what you are aiming to get out of it? Or do you finish each workout with every part of your body in pain? And not the right sort of pain.

A lot of people simply repeat the same workout over and over again, doing the same thing they were doing this time last year or the year before. These are the same people who constantly complain about overuse injuries and repetitive strain. There is an attitude of no pain, no gain. There is also another saying, 'no pain, no brain'.

There is a right sort of pain that you will get from exercise and your workouts. However, if your joints are the areas that are complaining, then you need to re-assess exactly what you are doing.

If, when you are exercising, you are getting painful joints then you are probably doing something wrong. Think about the risk versus benefit. Is the benefit received from the exercise worth wearing out your joints and causing you that much pain and potential long-term damage?

If we look at the other side of the coin, by training smart you will continually improve your strength, performance and always progress, moving closer towards your goals. The targeted muscles may be sore, but not the joints or the completely wrong muscles or other areas of the body. You are modifying and adapting your exercise programme as you get stronger, fitter or lose more weight.

To train smart you need to analyse which muscles and movement patterns need to improve and in what manner. This could be an improvement in flexibility, stability, strength or power. Everyone is different and is working towards different end goals. You need to analyse what movements are required for your specific sport or activity, look at where you are at in comparison to these ideal movement patterns and see where you need to improve to improve your performance. When I say performance, this can be in a sporting activity or picking up a young child or lifting something up in the back garden. Every activity has a specific movement pattern. It is a matter of looking at it and determining how to improve it.

With all exercise you must first determine where it is that you want to go. You wouldn't get in your car and drive somewhere without knowing where you are going to. Well, maybe sometimes! You need to always train with the end goal in mind. If today's workout is not going to help you to move closer to that goal, then change the workout. If you are not progressing, or if your workout is causing you pain, then you need to rethink your plan of attack. As Einstein once said "Insanity is doing the same thing over and over again and expecting a different result".

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What's in a burger?

ON YOUR TABLE

Beef and horseradish burgers

- 500g good quality minced beef
- 1 tblsp mustard
- 3 tblsp cream of horseradish sauce
- 1 tsp ground black pepper
- Salt

Mix together all the above ingredients, except the salt. Once it is well combined, divide the mince into 6 balls and form into burgers. Place in the fridge for an hour.

To cook, heat a griddle pan with a little oil until just smoking, lightly season the burgers with salt and carefully place the burgers down. Do not touch them for 4 minutes – this will prevent the burgers falling apart. Now flip the burgers and cook for a further 5 minutes.

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With the recent revelation of horsemeat finding its way into burgers along with a range of additives and preservatives there's never been a better time to make your own.

By making your own burger not only do you know exactly what's gone into it, you can also have fun adding your own ingredients and creating your own unique flavours.

We asked our trainee chef Jack Armstrong to get us started with a few of his favourites...

Bacon, onion, mushroom and cheese burgers

500g good quality minced beef
1 tbsp English mustard
1 red onion finely chopped
2 rashers of smoked bacon finely diced
10 button mushrooms washed and finely sliced
Worcestershire sauce
Ground black pepper
Salt
Jalsburg cheese

Fry the onion until soft and add the bacon until cooked. Melt some butter and fry the mushrooms and, when almost cooked, add a good splash of Worcestershire sauce and remove from the heat.

Now mix together all the ingredients (except the salt) and form and cook the burgers (as described above) until they have been flipped the first time. Once flipped place the cheese on top and finish cooking.

Pork burgers

500g pork mince
3 tbsp English mustard
Freshly ground black pepper
Large pinch of salt
8 large eggs
8 English muffins
8 Slices of Swiss cheese

These burgers are perfect for a weekend breakfast.

Mix together the pork mince, English mustard, salt and as much ground pepper as desired! Divide into 8 portions and flatten into burgers.

Heat a pan to a high heat and fry for 6 minutes then flip and cook for a further 8 minutes. These will be very juicy when cooked so are best dried off on kitchen paper.

Whilst the burgers are cooking, fry the eggs, slice the muffins in half and toast. Once the burgers are cooked, place on the muffin, add a fried egg, a slice of cheese and serve with plenty of tomato ketchup.



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Local builder not afraid of 'tricky' projects

Most builders are competent to take a wall out and support it with a steel beam, however when it comes to more complicated structural alterations that's where one Cuckfield firm excel.

One such example, recently carried out by Helme & Hallett on this house in the Lucastes area of Haywards Heath, involved taking the whole corner of the house away, supporting a chimney and two floors above over a suspended ground floor that could not take the weight of propping whilst the heavy steelwork was carefully inserted.

The company directly employ the craftsmen who have an intuitive feeling for older properties. "It's certainly our speciality," said Greg Fenn, Contracts Manager. "Plus our clients are always able to pick up the phone at any time in the day and talk to Doug Clifford in the office." Helme & Hallett MD, Stephen Helme, revels in complicated works involving older properties and said: "This is the first time at contract planning stage that we have decided the complexity of the temporary works required advice from a structural engineer, so we took further professional advice prior to proceeding.

"We enjoy a great reputation in the area, with clients returning again and again. They know they can trust that the job will be done correctly and completed to their satisfaction by our craftsmen."

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VILLAGE GREEN

by Helly Eaton, Cuckfield Local

Let's be positive. With spring a mere whisper away, it's time to think about growth and future prosperity. No, not the economic kind – this is the grow-it-yourself (GIY) vegetable variety. You can't beat the magic of picking your own produce and nothing, but nothing, tastes as good as fresh-picked veg. Consider how it will also save you money and help the environment (growing local produce uses no 'food miles'), and you'll see it's a win win situation in every way.

If you already have a suitable garden or allotment, you're a step ahead. But if you need more space to grow, how about getting involved in our community garden and allotments at Warden Park? Set up and organised by Cuckfield Local volunteers together with the school, it's a great place that offers everyone a chance to get growing with like-hearted people happy to help and chat over tips and ideas.

If you'd like your own space there are some allotment-sized plots currently available, or if you prefer you could join in the community space with others. It's a beautiful spot with a pond, fruit trees, community composting and the opportunity to help school kids and others if you choose. To find out more, email Max Rickard at maximrickard@f2s.com or phone him on 01444 459895.

For more inspiration and practical help, don't miss the Seeds Swap at March's market (9th March, Talbot courtyard, 10am–1pm). Come to the Cuckfield Local stall and you'll be able to exchange seeds (or just make a small donation) and take home favourite or unusual varieties of veggies and wild flowers to get you started.

The monthly market continues to burst with buzz and enthusiasm. Run by Cuckfield Local volunteers, it's been staunchly supporting local farmers and producers over the last couple of years, providing a wide choice of local foods while promoting the benefits of food metres instead of food miles. It's another win win situation.

We also hope our new Waste Watch project I mentioned in the last issue of Cuckfield Life will soon start 'growing' with your help. We're rethinking rubbish and what we're actually able to recycle in our blue bins. Plastic waste and litter are a particular concern – our blue bin collector Viridor only recycles bottle-shaped plastics at their Ford recycling plant. That leaves literally thousands of other plastic items such as yogurt pots, margarine tubs etc having to go in our black bins and not being recycled.

We hope we can all try reducing our plastic waste wherever possible, and reuse and recycle as much as we can. All ideas welcome.

We're now collecting plastic milk bottle lids (you can bring them to the Cuckfield Local stall at the market each month) to be recycled by a company on the south coast. Who knows, if we work together we might even make this another win win situation...

More info? Please email cuckfieldlocal@gmail.com



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What's on this month

AT THE QUEEN'S HALL

- 26th Feb **Cuckfield Museum talk** "The Tale of the Gamekeeper's Daughter" 2.30pm
Joy Madgwick tells us a tale of a girl born on the Nymans estate, in service at Holmsted and marrying into a well-known family in Cuckfield
- 8th Mar **Vintage Fair** - all day
- 9th Mar **Jumble sale** (morning) run by Cuckfield Playgroup
- 15th Mar **NSPCC Quiz night**
Cuckfield branch of the NSPCC will be holding their very popular annual quiz at 7.30pm.
Hot supper and delicious desserts included.
Teams of 6.
- 22nd Mar **Craft Fair** (morning)

Calling all runners

Marathon season is coming up! If you, or someone you know from the village, are planning on taking part in any of the marathons either in London or locally, we would love to hear from you.

We would like to feature some of our local runners in forthcoming issues, so that we can hear their stories and help them raise lots of money for their chosen charities.

Please do get in touch either by email on editor@cuckfieldlife.co.uk or call David on 01444 884115.

New Vintage Emporium

Cuckfield is to get its own vintage fair run by one of the top 3 organisers in the country.

Starting on 8th March, Darcy Shepherd plans to run the event monthly from its home at Queen's Hall. "The events is aimed at love of the vintage lifestyle as well as those who appreciate pretty vintage finds and modern country style value," she commented.

AND ELSEWHERE

- 16th Feb **Sussex Symphony Orchestra** Wind Concert at Holy Trinity Church, 7.30pm. Tickets available from Wealden Stores, Pepperbox, online from www.ssomusic.co.uk.
- 23rd Feb **Mid Sussex Ramblers** Horsted Keynes vintage train ride and linear walk. Meet 10.45am at Horsted Keynes Bluebell Railway Station. 7 miles. Contact 831098
- 24th Feb **VIVACE! Afternoon Concert** in Holy Trinity Church. Vivace will perform an exciting mix of live music from Baroque to Rock. Tickets available from Pepperbox and Wealden Stores. Time: 2:30pm
- 27th Feb **Ansty Garden Club talk** by Lorna Beaumont, RSPB. 7.45pm – Birds in your Garden, Ansty Village Hall, Deaks Lane, Ansty
- 1st Mar **Sussex Mineral and Lapidary Society Illustrated talk** by Jolyon Ralph on 'Minerals of Morocco'. 7.30 for 8pm at Redwood Centre, Clair Hall, Haywards Heath.
- 2nd Mar **Sussex Chorus Opening Concert for The Burgess Hill Fairtrade Festival** – Come and Sing Haydn: 'Nelson' Mass. St Andrew's Church, Cants Lane, Burgess Hill. 7.30pm
www.burgesshillfreedomfestival.com
- 15th Mar **Sussex Mineral and Lapidary Society & British Micromount Society study evening**
Minerals through the Microscope – seen as never before! 7.30 for 8pm at Redwood Centre, Clair Hall, Haywards Heath. www.smls.org.uk
- 17th Mar **Mobile Waste Collection**
In Broad Street Car Park - save yourself that trip to the tip



March Food Market Sat 9th 10am-1pm

Talbot Courtyard

Seedy March! Come and swap your spare seeds and plants at the Cuckfield Local stall

For market updates follow us on Twitter @Cuckfield Local

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