

Cuckfield Life

Inc. Brook St, Ansty & Staplefield

Local village talk,
by the village

Issue #29 : MarApr '15

Free

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By David Tingley, Editor

In this month's magazine let us start with something new.

The **Cuckfield Museum** has recently reopened after its winter break, and its sparkling new display is that of the landmark **Horsgate House**. Read a little about what you can expect to see on **page 28** but, more importantly, do make time to go over to the exhibition above the Queen's Hall.

Also new to Cuckfield is **Rev Michael Maine**, the new vicar at Holy Trinity Cuckfield. Kate Fleming caught up with the Cornishman to ask about his new role in West Sussex. Read the full story on **page 14**.

It's always of interest when new businesses move in to the village, and so on **page 6** we introduce you to Tom Bottomley who opened a new flooring shop on the High Street last month.

On **page 20** we are very pleased to celebrate with Ansty teenager **Jasmine Mamooany** as she's having a great season in her Cross Country career.

Of course we have regular features too: Simon Dennis' **recipe** on **page 26**; Margaret Tyzack More's **environmental column** on **page 21**; the **Mayor's contribution** on **page 24** and Fiona Evans keeps us up to date with **contemporary design** on **page 29**.

On **page 9** you can read all about the annual **Katie Stewart Memorial Cup Golf Day**, which takes place in May and is organised by Katie's son Andrew Leask, David Hope and Kate Horne. If you want to know how to get your hands on a genuine Katie Stewart flour shaker, you had better turn to the page now!

I was very pleased to have been invited along to the **Royal British Legion Women's Section** special celebrations for its **70th Anniversary** last month. There I found a room packed with dedicated individuals, who all turned out to celebrate the success of not only fellow members who received awards, but the whole Sussex group too. Read all about all on **page 12** of this magazine.

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Cuckfield Life Published by Kipper



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Cottage Homes seek new clerk

A charitable trust in Cuckfield is appealing to local residents for a new trustee to join the board.

Cuckfield Cottage Homes Trust (CCHT) is a charity established by the daughter of a former vicar of the village back in 1881 and it seeks to provide accommodation for people in need – as it owns properties in the churchyard of Holy Trinity Church.

The six almshouses are managed by six trustees on the board of the charity and they are seeking a new clerk to join them. Rod Montague, one of the existing trustees, explained: "Duties will comprise taking minutes at the three board meetings per annum, dealing with correspondence and some administration, together with general liaison with the residents of the units as required." The post is voluntary.

Anyone interested in applying for the role, or for more information, contact Rod on concurrrow@btinternet.com or write to CCHT c/o The Church Office, Church Street, Cuckfield RH17 5LB.

Could you make a difference in Cuckfield?

Elections for Cuckfield Parish Council will be held on Thursday 7th May - would you be willing to stand as a councillor and contribute to the well-being of Cuckfield? New people are sought with an interest in the community willing to take on the role of a parish councillor. If you are over 21 and live or work in the Parish, you are eligible to stand.

Some things the Parish Council is currently responsible for are the Queen's Hall, the cemetery and, more recently, Cuckfield Youth Centre, as well as minor highway maintenance and commenting on planning applications. The Parish Council acts as the voice of the community, representing local views to the County and District Councils – and can make a difference!

For more information, please contact the Parish Clerk on 01444 451610. The nomination period will run from 30th March until 9th April. Nomination Papers are available from the Clerk's office in the Queen's Hall or direct from Mid Sussex District Council website <http://bit.ly/1GigKps>

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Flooring shop moves to Cuckfield

Balcombe Flooring opened its new shop on the High Street last month. Business owner Tom Bottomley acquired the new shop back in November last year and has moved the business from a small retail unit in Balcombe.

"We love being in Cuckfield," Tom said. "It's a busy high street and we've already had lots of enquires since we opened our doors. We hope to bring our regular clients into the village to shop locally and benefit all the other businesses in the high street."

Tom started a business 12 years ago before taking a break to go travelling with wife Caroline who has recently joined the company and can be found helping out in the

shop. More recently, Tom had the shop in Balcombe for five years before looking for somewhere with more space. "Here we have been able to add a rug display stand and build a custom made display to show off our fantastic range of carpets - neither of which we had space for in our previous shop," Tom explained

As well as carpets and rugs they also supply hardwood flooring and vinyl tiles, all of which can be installed by their team of five fitters.

Balcombe Flooring is open 9am-5pm Monday-Friday with the exception of Wednesday when the shop closes at 1pm and Saturdays 10am – 2pm.

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If you are researching your family history you need look no further than your local library to get you started.

Sources of information on families in Sussex, the British Isles and the world from the late Middle Ages to the 21st century are available via West Sussex Libraries.

Worthing Library offers the largest collection of resources, ranging from books and CD-Roms to microfiche/film. The other large town libraries have general information as well as material relating to their own area. Contact your nearest library to find out more.

You can also access some family history and other related websites, including the Dictionary of National Biography, Times Digital Archive from 1785 and Who Was Who, using E Information: the online Reference Library, either in libraries or from your home via the website, see <http://bit.ly/1BSnUTN>.

Ancestry.com is available at Crawley, East Grinstead, Horsham and Worthing via the chargeable People's Network computer service, and for those who would like some help a research service is offered.

For more details contact Sue McMahon or Sarah Godfrey at Worthing Library on 01903 704824 or by email: worthing.reference.library@westsussex.gov.uk

Libraries make business start-up a little easier

West Sussex Libraries' Business Information Service has helped hundreds of people on the business start-up journey.

If you have you been thinking about starting your own business but are unsure how to go about it get in touch to find out more about COBRA, an online tool packed with information to guide you through the maze of starting a new business. COBRA contains Business Opportunity Profile (BOP) factsheets on nearly 600 types of business, covering everything from setting up an accountancy practice to becoming a yoga instructor. Perhaps a slower pace of life running a snail farm might suit or for the experienced bakers out there setting up as a speciality cake maker might appeal.

COBRA is available in Crawley, Horsham, Worthing and Chichester libraries via the People's Network computers. These can be accessed on an ad hoc basis for 75p for 15 minutes, up to £5 for 2 hours. For more information contact Judy Stokes, the Business Information Officer, by phone on 0330 222 4744, by email at bis@westsussex.gov.uk

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Katie Stewart Charity Golf Day

Forget the Ryder Cup, there's only one trophy worth winning this spring – the Katie Stewart flour shaker!

This unique award will be presented to the winners of this year's Katie Stewart Charity Golf Day – an event organised to commemorate the life of Cuckfield's famous cookery writer and to raise money for charity.

The competition, at Brighton & Hove Golf Club on 3rd May, follows the success of last year's event which raised £1,500 for the charity The Kids Cookery School.

This year the organisers, Kate Horne, David Hope and Andrew Leask, hope to raise even more and are inviting local golfers to get involved and join in the fun.

Andrew, Katie's son, explained how the competition evolved. "Mum was a great supporter of The Kids Cookery School and when she died we suggested that, instead of flowers, donations could be made to the charity.

"We collected more than £6,000, which was fantastic. It's such a great charity that we decided we'd like to carry on supporting them."

Andrew got together with friends and fellow golfers Kate and David who came up with the idea of a Katie Stewart Charity Golf Day.

"We aimed to raise around £600 but the final figure was £1,500, which was fantastic," said Kate. "But, more importantly, everyone commented on how much they had enjoyed being part of such a lovely community event. This inspired us to organise a second bigger event this year."

"We already have a few teams signed up, including last year's winners from Marcus Grimes, but are hoping that many more local golfers will join us this year," Kate added.

"It doesn't matter whether you're a regular golfer or a novice. Last year we had a range of abilities but the overriding memory was what a wonderful fun day everyone had."

This year's competition will see 12 teams all hoping to snatch victory and take home the Katie Stewart flour shaker (as used by Katie in her Cuckfield kitchen). But

there are also other trophies to be won including the engraved wooden spoon (which also belonged to Katie) for the losing team. Individual competitions include the longest drive, 'orange ball' and 'beat the pro' on Par 3.

"Mum was a great supporter of The Kids Cookery School ... It's such a great charity that we decided we'd like to carry on supporting them."

Following the golf in Brighton, the event moves back to Cuckfield with a Sunday roast and a charity raffle and auction at The Talbot. "We already have some great auction lots and prizes, including donations from other celebrity chefs, but would be delighted to hear from anyone who would like to offer us a prize or service," said Kate. She added that the auction will be run by Marcus Grimes.

All money raised from the event will go to The Kids Cookery School. Based in London, the charity aims to give children 'a unique and fun cooking experience in order to help them make informed choices about food and an understanding around health and diet'.

Focusing on the social, educational and health benefits of learning to cook, the charity has already worked with more than 40,000 children and young people, including many with severe physical and learning disabilities or behavioural problems.

Tickets for the Katie Stewart Charity Golf Day cost £50 and include a bacon roll and coffee on arrival at Brighton & Hove Golf Club, round of golf and dinner at the Talbot.

Golfers are welcome to bring a partner or guest in the evening for £20.

Each team has four players, and golfers wishing to enter as individuals or pairs will be slotted into teams.

To find out more, enter or donate a prize please email Kate at: katejhorne@hotmail.co.uk



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www.haywardsheathmusicsociety.org.uk

70th anniversary celebration



Members of Royal British Legion Women's Sections from all over Mid Sussex gathered at The Old School last month to celebrate the 70th anniversary of the Cuckfield Branch.

Guests included Denise Carr, County Chairman, Mary Reed, County Treasurer, and members of the Women's Sections from East Grinstead, Horsted Keynes, Lindfield, Lowfield Heath, Burgess Hill and Clayton and Keymer.

The group enjoyed tea and cake, and several members were presented with branch and county certificates of appreciation. All those who attended the celebrations received a commemorative bookmark.

The guests also enjoyed hearing Cuckfield member Evelyn Stenning give her account of the history and achievements of the branch over the last 70 years. Many thanks to Evelyn for providing us with information for the following account.

Cuckfield Royal British Legion Women's Section started on 5th February 1945 when 21 ladies attended an inaugural, meeting at the Congregational Church Hall. By the time of the first meeting on 23rd February, 62 people had paid their subscriptions. Sadly all the founder members have since died, leaving the longest standing member as Tina Owen, vice-president, who joined in 1948.

The first Branch Standard was donated by Mrs Mowatt-Giles in memory of her husband and to thank the Royal British Legion members for their support. The Standard was dedicated on 3rd June 1945, when Standard bearer Mrs Humphrey escorted Mrs Howard and Mrs Mckenna, were joined by 18 other Branch Standard and representatives from 21 branches, to march from the Queen's Hall to the church.

By the end of the first year the branch had more than 200 members.

Meetings, held on the 4th Friday of each month, have been held in various village locations including the Congregational Hall, WI room in Ockenden Lane and the parish room/church hall until 1994.

When the old school became vacant, following the building of the new primary school in Glebe Road, the branch moved its meetings to the new community hall.

The past 70 years have brought many changes.

In the early days many of the members were younger women, some widows, and the branch's Lend a Hand committee played a major role in supporting those in need.

Family activities were also organised and children over 5 and under 15 were taken on outings to the seaside in the summer and pantomimes in the winter. Mothers were allowed to bring their children to some meetings and new babies were given 2/6d saving stamps.

Over the years members have attended the National and County Conferences and area events, including one at Hever Castle. They also attended a service in St Paul's Cathedral to mark the 75th anniversary of the Royal British Legion and have visited the Richmond Poppy Factory, the Royal Mail at Crawley, enjoyed various boat trips and taken part in the Festival of Remembrance events at the Royal Albert Hall.

To celebrate the branch's 60th year, members received a new standard which was dedicated in memory of Margot Dixon who had been president for many years. The old standard is on display in Holy Trinity Church.

Over the years members have organised dozens of fund-raising events, including running stalls at the Cuckoo Fair and craft markets, jumble sales, garden parties at the Old Vicarage, a baby show and coffee mornings. They have raised funds for the National Benevolent Fund, Head Office General Fund and National special events, Purse Presentations, 2p Mile Challenge and the County Fund. They also hold a raffle at each monthly meeting.

Other events organised and enjoyed by members have included whist drives, special raffles, card selling, coffee mornings and bridge. Every year members decorate a tree for the Holy Trinity Christmas Tree Festival.

They have also have knitted socks, gloves and sleeveless pullovers with free air force wool for the RAF.

The annual Poppy Appeal has always been well supported by the Cuckfield branch and in 1983 six members received poppy brooches for selling poppies for 18 years. In recent years other members have received certificates of appreciation.

Today the branch has 38 members aged from 70 to over 100.



Above left to right: Mrs Tina Owens (longest serving member), Mrs Denise Carr (County Chairman), Mrs Mary Reed (County Treasurer), Mrs Peg Swain (cutting the cake) and Miss Evelyn Stenning (Chairman/Secretary).

Opposite page left to right: Mrs Mary Watts, Mrs Rosemary Carter, Mrs Peg Swain, Mrs Denise Carr, Miss Evelyn Stenning, Mrs Tina Owens with Mrs Eleanor Gibson seated in front.



April Food Market

Sat 11th Talbot Courtyard

9:30 am-12:30 pm



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Welcome to Cuckfield

by Kate Fleming

On 26th February Rev Michael Maine was collated at Holy Trinity Church. That doesn't mean that he was placed in order as the sheets of a book for binding, but that he, officially, became Vicar of Cuckfield.

The church was packed with parishioners past, present and possibly future who had come to welcome Michael Maine and to participate in the ancient and yet strangely significant ceremony which admitted him to the 'Cure of Souls' in this parish. The bells rang, the choir sang, the ritual was rich and appropriate, and we applauded the induction of our new vicar.

After having been without an incumbent for nearly a year, this was surely a time for village celebrations.

Michael Maine is a Cornishman by birth but now truly embedded in the heart of West, East and now Mid Sussex. He is a musician, singer and organist, indeed known in The Netherlands as The Singing Organist, a teacher and comparatively recently an ordained priest. After a successful, albeit unexpected ministry at St Mary the Virgin, Willingdon, he has left the seaside and travelled North across the Downs to become part of our community, take responsibility for our beautiful re-ordered church and be there to guide us along the rocky path of 21st century societal change.

Michael Maine 'fills the room'. He is tall and broad but also possesses that unusual personality trait that makes you feel that you have known him forever, not exactly *déjà vu* but wavering around that sensation. He has a great sense of humour, laughs with genuine verve and appreciates innuendoes, jokes and anecdotes. As a child of the manse I do know the importance of this quality in a vocation where sorrow and joy ride precariously in parallel and the ability to embrace both, often simultaneously, is essential.

He is looking forward to life in Cuckfield and continuing his work here in the village. Fully aware of the dilemmas and controversy that afflict the Church of England, indeed all religions, at this turbulent and often

terrifying time, he remains confident in his belief, faith and commitment to Christianity. This is what propels his ministry and enables him to undertake the political, spiritual and emotional challenges that we all encounter on a daily basis. While respecting and valuing traditions and rituals of the church, part of his theological training was at the College of the Resurrection in Mirfield, West Yorkshire, attached to a monastic community noted for its social conscience, particularly in the extraordinary impact it had against apartheid in South Africa. His contact with the community made him keen to acknowledge cultural change and the spectacular way in which lifestyles have altered over the last decades, increasing the speed, stress and structure of our lives, especially for the younger generation.

He knows, however, that human beings are still in need of what the church, at its best, can provide.

Michael Maine is on a journey, along with the rest of us. Sometimes the road is smooth and at other times difficult, full of potholes, twists and turns, and hard to manoeuvre. He believes he can enrich our life journeys and build bridges from the church to the community. Bridges, of course, travel in two directions also providing a route from the community to the Church.

As a teacher for many years he is well aware of the need to motivate and engage.

'You can take a horse to water but you can't make it drink' the old adage tells us. But that is exactly what the good teacher has to do – 'make it drink' – everyday in classrooms throughout the world, and this is also what the church has to do today.

Rev Michael Maine knows this and will strive to make the work and life of Holy Trinity Church an integral part of village life.

Watch out for him, with or without Archie his labradoodle. You will see him in the High Street, in the shops, up the Rec and, when you do, offer a smile, bid him good day or stop for a chat.

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Elaine Baker

VILLAGE PEOPLE

An ancient Chinese art dating back to the Tang Dynasty is alive and well in the heart of Cuckfield village!

Working from home, porcelain painter Elaine spends hours meticulously working on each piece and producing antiques of the future.

She's passionate about her work, is keen to encourage others to have a go, and would love to share her talent at a village Art Trail/Open House event.

By Claire Cooper

Elaine's love of porcelain painting started 25 years ago when she signed up for a china painting evening class at Oathall Community College in Haywards Heath. "I was given a tile and a brush and I was hooked!" she says.

Elaine carried on for three terms before the teacher decided to leave. "I knew then that I would have to buy my own kiln or give up altogether," she recalled.

Elaine started working on the dining room table at home. "My children got very used to coming home from school and being told to keep away from the table and not to touch anything!"

She then progressed to her garden 'sheddio', "it's more than just a shed, but not quite a studio!"

Elaine was delighted to discover a porcelain painting club in Crawley with members from all over the South East. "At that time there were around 50 of us," said Elaine. "Now there are only 9, but 2 of us live in Cuckfield!"

To paint on porcelain Elaine uses powder pigments mixed to a consistency similar to oil paints that can be painted onto a shiny surface. When heated, at about 800 degrees, the colour sinks into the glaze and by the time it has cooled is totally permanent.

"You can also mix the paints as ink and draw fine outlines with a mapping pen, fire, then build up the layers of the design," said Elaine. "But the real beauty is that if you make a mistake, you can just wipe it off and start

again. The paint doesn't sink through the glaze until it is fired."

"I like to mix lavender or clove oil in with the paint. It helps the paint stick to the china but also provides instant aromatherapy while I work!"

Sometimes Elaine uses pure gold. "It is mixed with oil, and when the piece is fired, the oil burns away and the gold is left. But at £40 for 5 grams I only use it on very special pieces."

Each piece is fired for 4.5 hours and takes a further 12 hours to cool down.

"I've been very lucky so far as I haven't had many breakages. But you never know until you open the kiln in the morning."

Elaine explained the difference between porcelain and bone china. "Porcelain was originally made by the Chinese to a 'secret recipe,'" she said. "It is rumoured that Marco Polo may have been the first to bring a Chinese porcelain vase to Italy in 1295AD."

In the early 1500s, trade was established with the far East, porcelain became a valued symbol of luxury and wealth and Europeans began to try to discover the secret.

"By the late 1800s the cost of porcelain production was so high that it was only for royalty and nobility".

"When the British tried to discover the secret of porcelain, they added animal bone to the mix – that was



the beginning of bone china." Most British painters prefer to paint on bone china because it has a wonderful high gloss to the glaze.

Unfortunately most of the big names such as Royal Dalton, Wedgwood and Royal Worcester factories have either closed or moved to the Far East. Such as shame to lose our traditional industries.

Elaine gets her basic supplies directly from small manufacturers in Stoke, but also looks out for unusual pieces in local shops. "I look for interesting shapes that lend themselves to a certain design" she said. "When I choose a piece I often know exactly what I'm going to put on it.

"But it has to be new, I don't buy from second hand or charity shops as the glaze may be damaged. If moisture has seeped through the glaze then the piece will break or go black when it's fired."

Elaine doesn't have a particular style and likes to experiment and try new designs. "Most of my inspiration comes from nature! Trees, leaves, plants, birds and butterflies are particular favourites.

"Most people associate flowers with porcelain decoration, particularly roses, but unless you are an extremely talented artist, roses are tricky" she said.

Although china is popular and plentiful, nowadays genuine hand painted items are very rare. "99/9% of what you think is hand painted is actually done by transfer," said Elaine. The design is still created by an artist but then made into a transfer.

"In one day you could transfer 50 or 60 mugs in one firing. A single hand painted mug would take all day – both have been designed by artists."

Many traditional crafts are now coming back into fashion as people seek bespoke pieces for themselves and for gifts. Elaine takes commissions and has produced original pieces for weddings and anniversaries, birthdays and christenings.

"I did a very special 40th wedding anniversary plate for a sporty couple where I was asked to include netball, golf, cricket, the number 40 and their names!" she said.

"I don't do portraits but I have painted plenty of

animals. I like quirky things, such as the koi carp plate I designed for a customer."

Elaine loves to pass on her skills to others, and travels all over the country teaching other china painters. "I've been up to Glasgow and down to Southampton as well as Stockport and Essex," said Elaine. "I take designs with me that I think other painters will find challenging."

Later this year she will be attending a course with a theme of 'architecture and clock movement'. "It's a four day course taken by an American painter. On day five I will be demonstrating banding (using a turntable to create symmetrical edges and patterns). I will need to come up with something challenging as there will be at least another 10 experienced teachers attending. Scary!!

"In the past classes were quite formal with everyone painting the same thing in the same way, but I like to encourage painters to develop their own style so we end up with several different interpretations of one subject. I think it makes lessons more informal and relaxing. Life can be so stressful and down time must be enjoyable.

"I wouldn't like my experienced students leaving a lesson having created exactly the same thing!"

Elaine runs six week courses for those wanting to learn the traditional skill but also one-off workshops. "We use transfers for this as everyone is capable of cutting out a shape! If you can use a pair of scissors then you can do it!

"The workshops have become a popular girls' night out, with wine and nibbles served. We tend to decorate plates, coasters and table mats with very simple designs," said Elaine.

Elaine is keen to share her hobby with the community in Cuckfield. "I already go along to the craft markets, and give talks to various groups but I would love to be part of a community Art Trail/Open House event," she said. "There are so many talented people in Cuckfield I'm sure we can organise something really special."

Elaine would love to hear from any fellow artists who would be interested in taking part in an Art Trail event.

She can be contacted at e.baker320@btinternet.com

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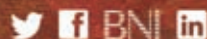


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Jasmine runs for Sussex in the Inter County Cross Country Championships

Jasmine Mamoany, in Year 8 at Warden Park, has had a great cross country season so far. She came first in the Mid Sussex Cross Country and 21st in the Sussex Schools Cross Country Championship. This fantastic achievement earned her a place to represent Sussex in the Inter County Cross Country Championship in Reigate. Jasmine, also a member of Haywards Heath Harriers, was very proud to to run for Sussex recently at Reigate. The ground and weather conditions were cold, wet and very muddy! Jasmine ran a great race coming in with a time of 13.54 (distance 3.2km) and her position was 97th. Although she was not in the top placings, the competition was very hard and she was up against a lot of Year 9 runners. Hopefully Jasmine will qualify for next year's event and she will have gained good experience from this year, and she really enjoyed the run! The Sussex team came in sixth place.



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Big Haywards Heath Bluebell Walk

If you love strolling through spring flowers and would like to raise money for assistance dog charity Canine Partners, then the Big Haywards Heath Bluebell Walk on Sunday 5th April at 12pm is for you.

Julie Brewer, organiser of the walk, said: "I have witnessed first-hand how amazing these highly skilled dogs become through expert training.

"Canine Partners assistance dogs make a huge difference to the everyday lives of people with disabilities. Many of these special dogs are truly life savers, physically and emotionally."

Canine Partners provides specially trained assistance dogs to help people with disabilities, such as opening and closing doors, undressing, pressing buttons, retrieving items, unloading washing machines, taking card and cash from ATMs and other everyday tasks that disabled people find difficult, painful or impossible to do for themselves.

Canine Partners CEO Andy Cook, added: "The Big Bluebell Walk is a family fun event and we would like as many people as possible to join us on our spring scenic walk - and you are more than welcome to bring your dog along too.

"We do not receive any government funding and rely solely on donations, so the money you raise will help create more canine partnerships, transforming the lives of disabled people.

"This year is a particularly special one for us at Canine Partners as we are celebrating our 25th anniversary, so come along and walk your support for the Charity."

The fundraising event is part of the Charity's national Big Bluebell Dog Walk Campaign, which has raised more than £150,000 in the past 11 years.

All funds raised from the walk will help the Charity to train more assistance dogs and transform the lives of people with disabilities, including wounded servicemen and women in conjunction with Help for Heroes.

It is £5 for adults to take part and children under 16 go free.

To register or find out more information, please visit caninepartners.org.uk/bigbluebellwalks, call 01730 716013 or emailhollyb@caninepartners.org.uk.

Our vital soil

VILLAGE GREEN

By Margaret Tyzack More, Cuckfield Local

How quickly time flies! Here we are already at the spring equinox. The sun completes the first half of its journey north on 21st March calling us to 'scatter the good seed on the land'.

Take note of the word 'land' - the good earth husbanded by farmers in all cultures. The saying goes: 'The answer lies in the soil' and we in Cuckfield Local are following this theme throughout the year. As 2015 is International Year of Soils we are rolling out a programme under the banner From the Ground Up. The growth of artificial pesticides and fertilisers based on fossil fuels and genetically modified plants have been giving rise, together with pollution of water and air, to widespread ill health. To detail the damage caused by neonicotinoid systemic pesticides, nitrate run off into the oceans through the rivers and streams and so on would take far more time than I have here.

However, the good news is that organic farming is growing and research now shows that smaller farms using natural farming methods perfected by years of experience of local climate and soils can produce a higher yield of crops per acre than industrial agriculture. Small farmers know the value of the land they farm, so honour the soil and work it accordingly no matter where in the world.

Cuckfield Thinks Global, Acts Local is on all our plastic-free shopping bags. From the Ground Up aims to promote awareness of how vital soil quality is to all that draws its life-giving nutrients. Starting with soil we shall follow the chain of biodiversity dependant on it, including ourselves. How can we in Cuckfield plant our gardens and allotments bearing this in mind? This is an exciting project for us and a great adventure so please share your stories, ideas, experiences and thoughts with us to make it as wide-ranging as we can. After all, we are 'Cuckfield Nature Village' which was inspired by Sussex Wildlife Trust's Nature Street project. You can share by registering at www.cuckfieldlocal.wordpress.com or follow us on Facebook and Twitter (@_Cuckfield Local). Or chat to us at the next Market. We would love to meet you.

With the elections not so very far away there is a challenge for those who care to take it up. The Wildlife Trusts are asking all prospective parliamentary candidates to support legislation for a Nature and Wellbeing Act. Our natural environment is important in its own right but also underpins our economy, health and well-being. Find out more at www.wildlifetrusts.org/NWA. Can you bring this to the attention of any candidate that you might meet? Might you take up pen or send an email to those who wish to represent us in Parliament to say that Nature and Wellbeing is an Act that we ask them to support?

The next Cuckfield Local Food Market is on Saturday 11th April at The Talbot 9.30am-12.30pm.

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Theatrical siblings

By Claire Cooper

If you're a regular at the Perrymount Players Youth Theatre, then you'll probably recognise these three faces! Cuckfield siblings Imogen, Findlay and Iona Anderson have been cast in the youth productions for the past 6 years, playing a wide range of roles from a raven to a rabbit! They are currently busy rehearsing for their next production, *Treasure Island*, which takes place later this month.

The three joined the group following a recommendation from a friend at Holy Trinity Church. "We went along to see a production and joined straight away," said Imogen.

They were soon cast in *American Day* – a collection of poems, readings, songs and sketches with a USA theme, with Imogen, who was only 7, reading a poem she had written herself.

Next was *Animal Farm*, with Findlay playing Moses the Raven and Imogen a piglet, while Iona played 'chicken 2'!

One of their most memorable productions was *Canterbury Tales* when Imogen was one of the narrators. "I really enjoyed this show as we travelled around the building telling the stories," said Imogen.

For Findlay, a particular favourite was playing Ratty in *The Wind in the Willows* last year, with Imogen as the jailer's daughter and a rabbit and Iona taking on several roles including the Washerwoman.

The siblings agree that joining the theatre group has been hugely beneficial. "When I joined I wasn't confident at all," said Findlay. "I was a very poor speaker but now I've learnt to calm down, settle and speak."

Fellow members have also become good friends. "We're like a little drama family," said Imogen, who is now pursuing acting at school, recently appearing in *Guys and Dolls*.

"Joining the group has widened our social circles and taught us so much," said Iona. "It's wonderful to be part of a team and Isobel, who runs the group, is brilliant! She makes sure everyone develops at their own pace and her attention to detail is amazing!"

This year's production of *Treasure Island* sees Iona playing Black Dog along with other buccaneers. "I have to die several times," she said. Findlay is Squire Trelawney. "He's a big character – it's great to play a role with such authority," he said. Imogen plays Captain Smollett.

"*Treasure Island* was the group's first production in 2003 so it's particularly special," said Iona. "Audiences can expect lots of excitement and interaction." She added that rehearsals have included a special stage fighting workshop.

The show runs from 19th-21st March at the Wesley Hall in Perrymount Road. For tickets, costing £5 and £7, telephone the box office on 01444 414502.



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Lorry trouble

FROM THE MAYOR'S TABLE

By Rob Helliwell

Last month, if you remember, I was trying to get you to support all the local businesses and this continues to be high on the Mayoral wish list for 2015. My March plea is focused not only on the High Street but Broad Street and London Lane as well, but this time I am coming from a different perspective. I am concerned about the amount of traffic that goes up and down, through and round, mostly far too fast, and not stopping to shop, order or keep an appointment. Without wishing to sound dramatic, the speed issue is a tragedy waiting to happen. If a child runs out on to the road or an elderly person crosses slowlyfor the Formula Ones speeding towards whatever destination is so important..... Screeeeeeech – sadly too late!

The immediate anxiety, however, is the number of lorries that pound through the village, empty and full, loud and heavy, and always in a hurry. According to one of my customers at 'The Wheatsheaf' twelve yellow lorries trundled, pounded and bumped down Broad Street, round the roundabout and up the High Street over a period of ten minutes. One has to wonder how this is affecting the road surface and the pavements, already in a bit of a plight, because these are often used as the route used to squeeze through narrow gaps with as much room in which to manoeuvre a piece of paper. What effect is this having on the foundations, not to mention the Victorian drains, of the historic buildings, some Grade II listed, which contribute so gracefully and generously to the charm and uniqueness of Cuckfield village?

At the moment I don't know where they come from or where they go to. Could any one enlighten me please?

The High Street has its own parking dilemmas, mostly generated by the fact that houses built in earlier centuries didn't include garages in their planning. Thus parking places are prize possessions that have to be bartered, waited for and valued. Hoards of lorries exacerbate this known and understood problem, creating a sense of confusion, fear and anger among not only the residents but also visitors to our village.

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Frank Stirner: obituary

Cuckfield villagers, former parish councillors and members of the Royal British Legion were among those saddened to hear of the sudden death of Frank Stirner last month.

Frank, 86, a former Cuckfield Parish Council chairman, died in hospital in Brighton after collapsing at home.

His life, his achievements and the memories of his family and friends were captured in a touching eulogy, read by his son-in-law Guy Wilson, at the funeral service. Guy spoke of Frank's greatest traits – his sense of duty and loyalty, whether to family and friends, Queen and country or the institutions to which he belonged.

Here we tell some of his story, taken from the eulogy.

Frank was born in 1928 in Westminster Bridge Road in London. Along with older brother Alan, the two were a 'pair of rascals', joining forces to tough it out against the inevitable bullies.

The outbreak of war saw the brothers evacuated to Shaftesbury in the Dorset countryside – a world away from London, where they were introduced to farm animals – 'strange creatures', Frank recalled.

Frank passed his 11 Plus and joined Shaftesbury School, getting a good education and joining the football, rugby and cricket teams. This is where his fondness for sport and sense of fair play and loyalty were nurtured.

Towards the end of the war, aged just 17, Frank joined up with the Indian Army, not in an exotic location such as Bombay or Dehli but in Caterham, where all the regimented discipline of army life was instilled in him.

Frank also had spells with the Rifle Brigade in Winchester and Germany, where he remained until he was demobbed in 1948.

Kitted out in his civvy street uniform of sports coat, flannels and trilby hat, Frank went along to the UK headquarters of NCR in London's Marylebone Road, telling them he was: 'just the fellow they would like to employ'!

NCR was charmed by him and he remained with them for 40 years, retiring in 1988.

His marriage to Angela in 1981 brought two families together- Frank's two daughters and son, and Angela's four daughters.

The pair set up home at Tylers Green in a large Turner-style house with an equally large garden. Frank hated gardening but used the land to build an aviary stocked with exotic birds. Family recall they were 'the most cosseted birds you could imagine, being looked after and manicured – you could scarcely say that of the lawns!'

After retirement Frank wasted no time in getting involved in Cuckfield village life.

Encouraged by his friend Cyril Carter, he was elected to the Parish Council, becoming chairman from 1993 to 1998. His proudest achievement as chairman was overseeing the acquisition of the Queen's Hall by the Parish Council.

A devoted and doting grandfather, Frank also became a governor at Holy Trinity School.

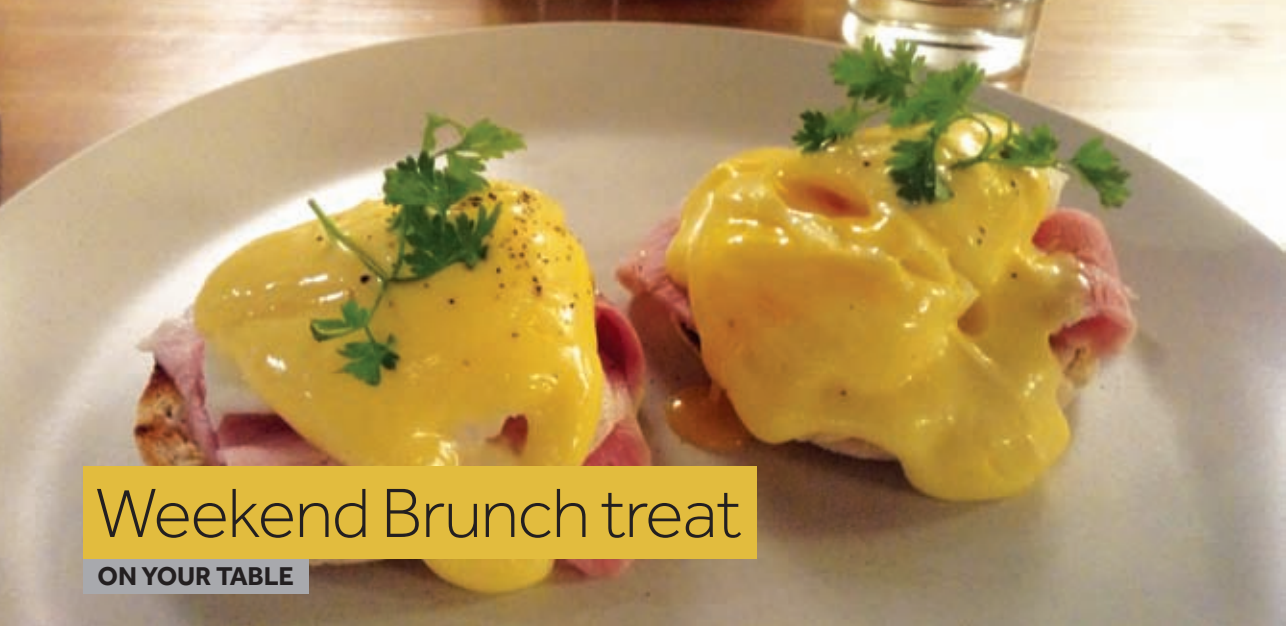
Frank was later approached to join the Royal British Legion, eventually becoming chairman. He enjoyed reminiscing about the days of National Service and assisting Angela who was responsible for distribution of the Remembrance Day poppies in Haywards Heath.

In June 2006, Frank and Angela decided to downsize, moving to a bungalow in Hatchgate Lane with a smaller garden, which was soon attracting birds thanks to Frank's meticulous feeding regime!

Frank was a devoted Brighton & Hove Albion supporter and 'nothing lifted his spirits more than a Seagulls win and a glass or two of Chardonnay'.

Family members said Frank would have been humbled at the number of people who attended his funeral at Surrey and Sussex Crematorium, and pleased to see them raise a glass of Chardonnay in his memory.





Weekend Brunch treat

ON YOUR TABLE

Eggs Benedict

Serves 2 people

Ingredients

- 2 English muffins
- 4 slices ham each slice 1/8" thick
- 4 large eggs
- 3 tablespoons butter - unsalted
- 1 large egg yolk
- 1 pinch lemon zest

- 1 sprig fresh marjoram or sage
- 2 tablespoons boiling water
- 1 teaspoon lemon juice
- salt to taste

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By Simon Dennis, head chef at The Rose & Crown

One of the most popular dishes we serve at Sunday Brunch is eggs benedict and here is how to make it. If this looks tricky you can always save the trouble and visit us!



Method

1. Split the English muffins in half. Toast until lightly browned.
2. Fry the ham until browned but not tough or chewy
3. Start the Hollandaise sauce as soon as you start poaching the eggs. Setup a double boiler by finding a heatproof bowl that sits on the rim of a pot, then add 1/2" of water to the pot before covering it with the bowl. The bottom of the bowl should not be touching the water.
4. Add the egg yolk and butter into the bowl and turn on the heat to medium. Whisk together until there are no lumps and the mixture is smooth.
5. Add the lemon zest, marjoram and salt and then slowly add the boiling water while whisking constantly (it may be helpful to have someone pour the water for you). Continue whisking until the mixture is thick and creamy (about the consistency of thin gravy) or if you have an instant read thermometer it should read 160 degrees F (71 C). Do not overcook it or it will get lumpy.
6. Use a towel or oven mitt to remove the bowl from the pot, then whisk in the lemon juice. Taste and adjust seasonings to taste. The Hollandaise Sauce needs to be used immediately or it will clump. If you need to hold it, you can periodically warm it in the double boiler while whisking to maintain a constant temperature between 150 and 160 degrees F.
7. To assemble your Eggs Benedict, put the toasted English Muffins on plates, top with a slice of ham, top with a poached egg, then finish with a generous blanket of Hollandaise Sauce. Garnish with paprika and serve immediately



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Horsgate 150 years on: the house that time forgot

CUCKFIELD MUSEUM

Since Horsgate in Hanlye Lane, Cuckfield, was built in Gothic style for Richard Bevan in 1865, the house has been an opulent family home, a WWII billet for Canadian troops and, between 1946 and 1966, run by East Sussex County Council as Horsgate Nursery, caring for children up to the age of five who were awaiting adoption or whose families were in difficult circumstances. The nursery received great support from the local community and is fondly remembered by the nurses who worked there.

Horsgate was converted into council-owned flats and bedsits in the 1980s. Although the last residents left many years ago, the house still stands empty and boarded up against vandalism. The once beautiful parkland is now rough grazing for horses but the expansive view to the South Downs is largely unchanged and a reminder of why Richard Bevan chose this site 150 years ago.

Little remains as evidence of its former glory but, despite currently facing a very uncertain future, it is still a handsome house with some interesting architectural details. Pictures of these, and previously unseen photos of the house in its heyday, accompany the Museum's new main display, which will be in place until June 2015.

Horsgate's salvation may now lie with the Building Heroes enterprise which operates from the adjoining ex-Court Meadow School (once Horsgate land) and which is hoping to acquire the house in order to renovate it for residential accommodation.



Radiator appeal

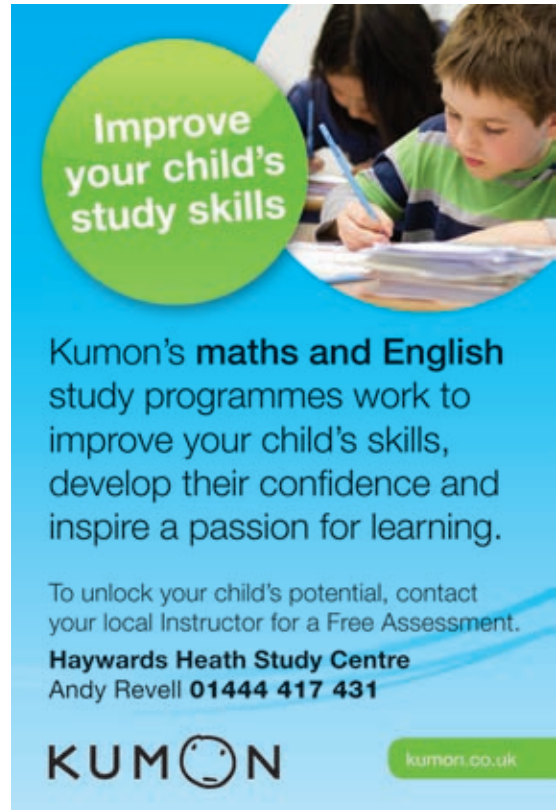
DESIGN AT HOME

By Fiona Evans, Limited Editions

Keeping warm and snug in winter can sometimes mean compromising on style if an unattractive radiator is occupying valuable wall space. Cold winter months inspire cosy interiors but gone are the days when a roaring fire would provide a focal point with the family gathered round the flames (nursing their chilblains as the rest of the house would be freezing cold). A glowing log fire or log burner nowadays is secondary only to a central heating system which springs into action in the autumn with the first chill in the air, its string of radiators gurgling heat obligingly throughout the home. Radiators don't have to be boring and unattractive as there are some amazing designs out there to complement any interior, built in a fantastic range of metals e.g cast iron, aluminium or stainless steel and befitting many styles. From standing ornate Victorian to sleek aluminium panels or how about a vertical curvy stainless steel to add character to your wall and keep you warm?

If an ugly old fashioned radiator is dominating a wall or removing the wow factor from an otherwise delightful interior, the easiest and cheapest remedy to hide it is to paint it the same colour as the wall behind by using a paint suitable for metal. Leaving it painted shiny white will only make the offending radiator a feature, especially against a dark background or bold colour. If painting it isn't the solution and nor is replacing it with a snazzy new model, then how about going down the radiator cabinet route? They are available in so many styles, some elegant, some quirky and others downright ingenious with ideas for every room. There are options on grilles; different patterns, mdf or metal. Children are not left out and have their fair share of styles such as butterflies, stars or bespoke designs to add style to their bedrooms. All this said, how do you know that the chosen cabinet won't increase heat loss from the radiator? Read www.diydoctor.org.uk for advice on measuring up to ensure heat loss can be kept down to less than 10%. The website also states that the grilles top and bottom ensure air circulation with cold air entering the bottom grille and warm air leaving through the top. Ensuring that the cabinet is the right size, allowing the air to circulate, is also a must.

An added bonus to hiding that ugly radiator inside a cabinet is the shelf it provides for displaying photos etc (anything that could melt, such as candles is not a good idea). Storage can be taken one or two steps further by the clever addition of shelves above the cabinet so for example a bookcase could be fitted to the top. Bespoke seating above a radiator cabinet, such as a window seat, would look great, especially with a metal grill fitted to the cabinet for example, or shelves either side, if space allows, to really enhance the amount of storage in the home.



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What's on this month

AT QUEEN'S HALL

AND ELSEWHERE

Regular weekly classes (many are drop-in classes):

Monday

- 9.30am **Fluid Physio (Pilates)**
11am **Weigh In – Work Out**
7.30pm **Haywards Heath & District Canine Society – Dog Training**

Tuesday

- 9am **Tiny Soccerstars** for 18 months to 5 years
9.30am **Tinkerbells** - music classes for children
3pm **Codanza**
6.30pm **Haywards Heath & District Canine Society**
7pm **Pilates**

Wednesday

- 9.30am **Tinkerbells**
10am **Stroke Communications Group**
12.30pm **Zumba Dance Fitness®** (Live Wire)
1.30pm **Modern Line Dancing**
4pm **Codanza**
8pm **Best of Ballroom Cuckfield Dance Club**

Thursday

- 9am **Tumbletots**
9.30am **Tinkerbells**
10am **Pilates**
7.30pm **Social Ballroom and Latin American Dance**

Friday

- 7.30pm **Evening Flower Club**
(second Friday of the month)
7.30pm **Historic Vehicles Preservation Trust** – first Friday in the month October to May each year

There is now a list of regular activities and classes on the Notice Board that includes contact details.

March

- 19th **Cuckfield Museum talk** – Council Chamber, 8pm. 'Museum Musings' by Helen Poole, Museum Curator and Historian
20th **Cuckfield Craft & Produce Market**
9am–12.30pm (1st one after their winter break)

April

- 24th **Cuckfield Craft & Produce Market**
9am–12.30pm

March

- 17th **Cuckfield Evening WI** – The Old School 8pm. 'Introduction to Tai Chi' by Patricia Smith
18th **Mid-Sussex Decorative and Fine Arts Society Lecture** – Clair Hall, Haywards Heath 10.15 for 10.45am. 'Sir Edwin Lutyens – the Architect with a Twinkle in his Eye' by Lt. Col. Dick Bolton (www.mid-sussexdfas.org.uk)
19th–21st **Perrymount Players Youth Theatre**: Treasure Island – Wesley Hall, Perrymount Road. Tickets £5 and £7 (01444 414502)
21st **Circular ramble in and around Cuckfield** – Broad Street car park 10.30am. Classic Cuckfield walk TQ 304246, 5 miles (Paula 07919 198047)
21st **Sussex Chorus: French Sacred Music** – All Saints Church, Hove 7.30pm. Duruflé – Requiem, Gounod – Messe Solennelle de Sainte Cecile, Dupré – Cortege et Litanie, Widor – Toccata. Tickets: £15, concessions £12, students and u16s £5 (www.sussexchorus.org or 01444 412579)
29th **Ardingly Choral Society With Mid-Sussex Sinfonia: Palm Sunday** – Ardingly College Chapel 7.30 pm. Dvorak – Stabat Mater. Tickets £14 (concessions £12.00) from Michael Kershaw 01825 791241 or Carousel Music
25th **Royal British Legion Women's Section** – The Old School 2.30pm. 'Recycling' by Joy Dyson

April

- 5th **Canine Partners Bluebell Walk** – Ab Fab Dogs Day Care, Paul's Lane, Slugwash Lane, Haywards Heath 12pm
7th **NHS Retirement Fellowship** – Franklands Village Hall, Haywards Heath 10.15am. 'Fraud' by David Porter
11th **Cuckfield Local Food Market** – The Talbot 9:30am–12:30pm
11th **Vivace Choir Charity Concert** – St. Mary's Church, The Causeway, Horsham 7.30pm. In aid of Cuckfield Stroke Communication Group and Horsham Parkinson's UK branch. Tickets £10 (01403 266173 or vivacehorsham@gmail.com)
15th **Mid-Sussex Decorative and Fine Arts Society Lecture** – Clair Hall, Haywards Heath 10.15 for 10.45am. 'The Corkscrew: A Thing of Beauty' by John Ericson (www.mid-sussexdfas.org.uk)
25th **Spring Craft Fair** – The Old School 10–2.30pm. Free admission

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