

# Cuckfield Life

Inc. Brook St, Ansty & Staplefield

Local village talk,  
by the village

Issue #13 : Nov/Dec '13

Free



Christmas gifts from Cuckfield

**page 16**

Mike Schlup scoops Mayoral win

**page 10**

Rosie writes from the heart

**page 22**



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## EDITORIAL

By David Tingley, Editor

With **Christmas** getting ever closer we thought it would be a great time to highlight the wide range of **gift ideas** that are available to buy right here in Cuckfield.

Although most of us know the simplicity of buying online it is amazing just how much more fun can be had when **shopping for presents locally**. Some start with a shopping list of products and then go to the shops. How about turning it on its head, and looking at the products available and thinking who you could buy it for? I hope you will be surprised at the quality and variety of options available to you as you seek to '**click on Cuckfield for Christmas**'; a phrase coined by Jo Dennis of JoJo Boutique. See the gifts list on **page 16**.

Elsewhere in the village - the big news of last month was of course the race to be **Cuckfield's Mayor**. Huge congratulations to **Mike Schlup** for being elected in the country's most openly corrupt election! We welcome Mike as a regular columnist to our magazine on **page 12**, while on **page 10 Kate Fleming** gives us the low-down on the fantastic community weekend. The sun even came out to greet the gathered crowds at the ceremony outside The Talbot. We've captured some of the entries in the **procession** on the pages too.

On **page 22** I'm very pleased to be able to highlight the story of Cuckfield resident **Rosie Longhurst**, whose first novel is published this month. This labour of love has been a long term project for her, as she uses it to recall her memories of her homeland - the Seychelles.

Some of residents of the village will know some of the pain of bad weather after the power loss following last month's storm. **Neil Fairhall**, our local firefighter, gives us some tips on good preparations for driving in the winter on **page 24**, which will be useful for many of us. As I believe the Scouts say - be prepared!

As ever, **do keep in touch** and let us know your stories and thoughts to [editor@cuckfieldlife.co.uk](mailto:editor@cuckfieldlife.co.uk)

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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](mailto:editor@cuckfieldlife.co.uk)

## High Street closed for Christmas Festival

Cuckfield Christmas Shopping Evening is a fun family event held this year on Friday 6th December.

The High Street is closed to traffic from 5.30pm to allow the many stallholders to set their stalls ready for the evening to start at 6pm.

All the stalls are run by local organisations and charities who provide a wealth of gifts, many handmade, lots of food and drink, including sausages and burgers, and warming mulled wine for the adults!

Father Christmas will be in his grotto, plus many of the shops participate in the Window Display Competition which is judged by the Mayor and the winner announced during the evening. Some of the shops also keep their doors open and welcome visitors.

Entertainment for the evening includes rousing carol singing from the Baptist Church and Singing Allsorts, which we invite you all to join in, fabulous displays by our talented local Irish Dance Troupe and music for the evening provided by Mid Downs Hospital Radio.

So please do come along, bring your friends and family and join us to get the Christmas spirit going.



## Boutique Village Late Night Shopping

On Thursday 21st November Cuckfield Boutique Village will be opening late for its annual shopping event. With various events planned in every boutique this is an ideal opportunity to shop in the best independent boutiques in the area. Flaneur has jazz on the roof, with a BBQ outside, editsecondhand celebrates its 3rd birthday and all the other boutiques have something special planned.

# We've changed the date!



## December Food Market

### Sat 7<sup>th</sup> Talbot Courtyard

### 9:30 am-12:30pm

We have moved the market forward a week to coincide with the Christmas Tree Festival - come and visit us on your way to the Church to buy your local Christmas produce...



For market updates follow us on Twitter @Cuckfield Local

[www.cuckfieldlocal.wordpress.com](http://www.cuckfieldlocal.wordpress.com)



## Tree Festival opens

Plans are nearly complete for this year's Christmas Tree Festival at Holy Trinity Church from 6-8th December.

The festival will see the church transformed into a winter woodland with more than 80 Christmas trees decorated by local shops, businesses, clubs and societies.

Live music will be a feature throughout the Festival. Choirs, soloists, organists, pianists, and instrumentalists will play and sing for visitors. The festival will end with a carol service among the trees at 6pm, followed by mulled wine and mince pies in the Old School.

Now in its 10th year, the festival has raised more than £38,500 for charity. This year the event will be raising money for Action for Deafness and Holy Trinity Church.

The Festival is open on Friday from 11.30am until 7.30pm, Saturday from 11.30am until 6.30pm and Sunday 11.30am until 5.30pm, followed by a Carol Service at 6pm.

Admission is £4 and children under 16 are admitted free if accompanied by an adult.

## Warden Park open for festive food and drink

For a chance to make inroads into your Christmas shopping don't miss the Mid Sussex Festive Food and Drink Fair on 25th November from 10am to 4pm.

Organised by the Friends of Warden Park Academy the event features a fantastic selection of seasonal, local and international quality food and drink from handmade chocolates, sweets, preserves and pickles to award-winning wines and fruit juices.

There's also a range of handcrafted decorations, jewellery, gifts and cards, pamper products, silk gowns and scarves – it's the ideal opportunity to wrap up your Christmas shopping.

The fair also offers a chance to buy a wide selection of products from budding entrepreneurs from Warden Park Academy's Young Enterprise student stalls.

Enter the Grand Draw with prizes including free driving lessons, a digital camera, lunch at Ockenden Manor, a family ticket to the Bluebell Railway and food and shopping vouchers.

There will also be a Christmas café serving hot and cold food and drinks. For more information contact Gillian Green on 01444 233213.



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## New Target Range opens at golf club

Last month a new 6 bay driving range was officially opened at Cuckfield Golf Centre. The range replaces existing outdoor positions with a covered space and new targets marked out to aim for. Owner and golf professional Robert Dickman explained: "We are keen to make golfers' time on the driving range fun, so the introduction of new targets allows those practising to create a score."

Robert and Lucy Dickman have owned the golf course for 11 years and have had planning permission for the new driving range for over five years. "It's a joy to see it come to fruition after all this time," Robert continued. "I truly believe that all our golfers will love using this new facility."

The red ribbon at the new driving range was officially cut ceremonially by Ladies Vice Captain Hsien Power, Mens Captain Roger Huxford, Seniors Captain Gerry Reid, Professional coaches Nevil Perryman-Best and James Verrall and, last but not least, owner Robert Dickman.



## Star stays in village

Eddie Redmayne was recently spotted at local luxury hotel, Ockenden Manor Hotel & Spa. He was in the area to film scenes as Stephen Hawking in the upcoming film *Theory of Everything*, a biopic of the remarkable physicist which is set to be directed by Oscar-winning director James Marsh.

During his stay Mr Redmayne was in good company. Also spotted at the hotel were Charlie Cox, best known for his leading role in *Stardust*, and British actress Felicity Jones. Mr Redmayne stayed in one of the six suites in the contemporary spa, which opened in January 2012 in the Elizabethan manor's 19th century walled garden.

Ockenden Manor is surrounded by nine acres of peaceful gardens and parkland. The hotel's Michelin-starred restaurant menu uses the freshest ingredients, sourced locally in Sussex.

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## Local tourism boost

Cuckfield resident David Curtis-Brignell has been reappointed as Chairman of English Tourism Week, a VisitEngland initiative to raise the profile of the importance of tourism to the country.

The 'week', which starts on 29th March 2014, was launched at a special event in Bath where a large number of tourism officers from all over the country were gathered. There were over 400 events nationally during English Tourism Week 2013 and David anticipates an even greater number next year. He told Cuckfield Life: "Cuckfield has a lot to offer visitors and I would be delighted to see our local businesses involved in 2014. I would be very happy to meet anyone interested in taking the idea forward. It isn't only Ockenden Manor Hotel that benefits from tourism - a lot of local traders would see a reduction in revenues if Cuckfield was off the tourist trail. The Museum and Holy Trinity Church attract a large number and we should try to maximise the opportunities that there are. English Tourism Week provides a platform for all tourism businesses, large and small."



**Richard Harker @excelmate**

2 Nov

*Nice to have a real bonfire. At the Cuckfield fireworks display*

[pic.twitter.com/PQ3RaJLwjq](http://pic.twitter.com/PQ3RaJLwjq)



## The Jolly Tanners

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# Waste not, want not

## VILLAGE GREEN

by Helly Eaton

I reckon it's a bit early to talk about Christmas before December (and it's still October as I'm writing this), but bear with (that's if you watch Miranda)...

Packaging, that's the issue. And it's relevant now, before, during and way after the festive season. It's always relevant because it's a big problem.

Too much packaging, too much waste.

We're pretty good in Cuckfield at recycling and disposing of waste responsibly. But, like they often say in school, we 'could do better'. Christmas is the crux of mega buys and overpackaging. But let's not be killjoys. Gifts of time and lovely home-made goodies will always go down well.

In the meantime, here are five tips to reduce our regular packing habit. If you're already 'aware', pass them on to friends - we all need reminding from time to time:

1) Take your own containers to the local market for any produce you buy (next market is 7th December, 9.30-12.30) - reusing cartons and boxes is a whole lot better than using new ones every time.

2) Don't forget to take your own bags for shopping - it's often the unexpected buys that catch us out, so try to keep at least one bag in your pocket or handbag and some in the car for emergencies (great news below about the latest Cuckfield Local bags).

3) Drinking water is great but buying bottled water can be wasteful and polluting. Try safe, longer-lasting alternatives like H2Onya stainless steel bottles ([www.onyabags.co.uk](http://www.onyabags.co.uk)) or Ohyo collapsible pocket bottles from Nigel's Ecostore ([www.nigelsecostore.com](http://www.nigelsecostore.com)).

4) Fruits and veg are better bought loose than pre-packaged. As well as the market, Cuckfield is lucky to have Laines Organic Farm down past the church and other local produce outlets.

5) Plastic lids recycling - the Cuckfield Local stall at the market now collects all your plastic bottle tops (they don't go in the local council blue bin service as Viridor only recycles bottle-shaped plastics). If you take your plastic lids to the market every month, they'll be turned into something useful instead of going to landfill.

**BRAND NEW CUCKFIELD BAGS - AVAILABLE NOW!**

So many people loved the special Cuckfield jute and cotton shopping bags created as part of the Plastic Bag Free Cuckfield campaign, that more bags have been ordered. Beautifully designed in green this time, the latest bags are now available at the market and the Wealden Stores (cotton foldaway shopper £1, and jute big bag £2). Stylish and useful, they're super chic and cheap.

**CUCKFIELD NATURE VILLAGE** - Do you know anyone who has a passion for birds? If so Cuckfield Nature Village would love their help. The plan this winter is to make the village more friendly for our sadly declining swifts and house martins by creating nesting sites. More info at the market or email Margaret at [makaet@yahoo.co.uk](mailto:makaet@yahoo.co.uk)

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# Scout leader elected Mayor

THE INDEPENDENT STATE OF CUCKFIELD MAYOR'S ELECTION 2013

Last month the village came out in force to celebrate local charity and community spirit with the 2013 Mayoral Election. Mike Schlup emerged victorious after receiving a staggering votes total of more than one million. Mike's campaign strapline - Honesty, Integrity, Bribery – tells of the fun spirit of the tongue-in-cheek election process. Kate Fleming was amongst the celebrations....

**By Kate Fleming**

The Independent State of Cuckfield chose The Rose and Crown pub on Friday 18th October in which to start a weekend devoted to the election of their new mayor.

It was a busy, exciting evening, the pub bursting with supporters and friends of the aspiring mayors. Great hospitality from the host pub, lively music and an unexpected bagpiper delighting us with Amazing Grace and Scotland the Brave, all contributed to the charged atmosphere. Each contestant endeavoured to gain votes by sharing with the saloon audience the secrets of their respective, or disrespectful, fundraising campaigns. Sky diving, marathon rowing – machine not maritime – 15k run round the village dressed as superwoman. This unique tradition is both corrupt and highly strategic with all the candidates striving to put the most money 'in the pot' before the old school bell rings at 11 o'clock. After a close fought contest, Mike Schlup, the in-house contender, having raised a massive £10,000 won the coveted robes and was proclaimed mayor. With a degree of regret that her successful year was over the outgoing mayor Lindy Elphick handed over the scarlet robes, the chain and mace, the ceremonial staff of office and the idiosyncratic tricorne hat. Overall, with significant contributions from Mark Grant the Wheatsheaf candidate and Leanne Knapman from The White Hart, there will be over £19,000 to distribute to local charities and organisations.

A grey, damp Saturday morning greeted all those involved with the procession of floats gathering to celebrate the election of the new mayor Mike Schlup. However, miraculously and indeed appropriately, the rain ceased and the sun accompanied the nineteen floats and performers as they wove their way from Warden Park School, through the village and down the High Street to The Talbot. A large, enthusiastic crowd watched the procession, gathering 'en masse' in the centre of the High Street for the traditional handing over of the 'keys of Cuckfield' to the new mayor as he emerged from his vintage Rolls Royce. He welcomed his subjects to his year of office and raised a much deserved pint of beer to wish them well and confirm his loyalty and integrity to the community.



The procession, whether walking, cycling or driven, represented charities and organisations from Cuckfield.

Led by the Town Crier and the Burgess Hill Marching Youth Band the floats and groups turned into Ockenden Lane to circumnavigate the intricacies of the village streets in order to position them for the return journey. Holy Trinity Church was there, the Primary school PTA, Cuckoo's Playgroup and Cuckfield pre-school Play Group joined with the Singing Allsorts, our local choir, who sang their way along the route. Ansty residents were represented by the Village Hall Trust and the Children's Christmas Party Group, and boys and girls from Cosmos F.C in their distinctive black and yellow kit shook The Independent State of Cuckfield's pink buckets requesting contributions from the crowd. Prizes were awarded to the three most outstanding floats. Orchard house's lively swashbuckling pirate ship won first prize and, appropriately for the new mayor, the 1st Cuckfield Scouts, Cubs and Beavers were placed in a respectable second place for their activity-based float. Compasses, self-made Go Karts and a somewhat hazardous looking zip wire reminded us about the importance of challenging outdoor pursuits and working as a group for our children. Cuckfield pre-school Playgroup, sustaining the pirate theme, enchanted us and won third prize. BPM (Beats Per Minute) the Cuckfield based children's street dance group earned themselves the Special Prize having danced their way round the village as part of the procession. They then proceeded, all eighty of them, to entertain the crowds with an energetic performance outside The Talbot, alongside and in harmony with the magic and fun of Brillo the clown.

A great Cuckfield community weekend concluded on Sunday morning with a service at Holy Trinity Church to celebrate and value village life. Representatives from all areas of the community joined The Independent State of Cuckfield's new mayor as part of the congregation in gratitude for Cuckfield. As we become increasingly aware of the weakening of social bonds, and our culture breeds isolation, weekends such as this embrace the demands and challenges of the 21st century.

Perhaps its success, both financially and socially, is indicative of the human need to gather, co-operate and consolidate our fragile communities.





# Yes! We did it!

FROM THE MAYOR'S TABLE



by Mike Schlup

Hurray! All the fundraising work through the summer finally paid off on election night.

This year's count took place at the Rose & Crown and many thanks to the Kemps for hosting and laying on the grub. There was a fantastic turnout from around the village including the noisy supporters for Mark Grant, Leanne Knapman and myself. It was a fun but nerve-racking few hours as we approached the final tally at 11pm, and the ISOC counters did a great job of keeping everyone in the dark until the last minute. Between Mark, Leanne and myself we raised a record total of over £19,000 which will be distributed over the coming months to worthy causes throughout the Parish. Many thanks to everyone in and around Cuckfield who supported the candidates and also to all the local businesses who were extremely generous with their sponsorship and donations.

The following morning, with a slightly dull head, I donned my new robes and took part in the Mayor's procession. With 19 floats this was one of the biggest events in recent years and the crowds turned out in force, bringing with them some timely sunshine. It was fantastic to see so many people celebrating all that is good in our village (or should I say town?).

As I write I am preparing for my personal mayoral highlight, lighting the Cuckfield Bonfire. This has been a lifelong ambition, although the slightly flammable mayoral robes do concern me slightly. The next major event is the ISOC Christmas Dinner on Friday 6th December. There is an open invitation to anyone 65 years or older to come and enjoy some great food and a little tippie plus entertainment (including yours truly on the accordion). Best wishes and I look forward to keeping you up to date with all the latest Mayoral news.

## Open up the world of ceramics, porcelain and glass

By Caroline Young

If you are interested in porcelain, ceramics and glass, not actually making it but learning about it from very well qualified lecturers, perhaps you would like to know more about the Haywards Heath Ceramics Group. We meet on the second Thursday of each month at Clair Hall. The speakers are all well known in their field and many appear regularly in the Antiques Roadshow programmes.

On Thursday 28th November we have our next Discovery Day at the United Services Club. Our speaker will be Will Farmer, of the Antiques Roadshow, his subject "Art Deco – The Age of Elegance". Tickets are £28 including coffee and lunch.

Guests are very welcome, please call the Membership Secretary on 483372. Tickets £10. Or take look at our website [www.hhcg.org.uk/wordpress](http://www.hhcg.org.uk/wordpress) for details of our Discovery Days, past and future speakers and other events.

## Are you over 65 and a resident of Cuckfield?

If yes, you are invited to a Christmas Party and home-cooked lunch by The Independent State of Cuckfield.

The annual event takes place on 6th December. If you wish to take advantage of this amazing offer, or know someone who know would, please contact Sarah 01444457475 or email [sarahgg@sky.com](mailto:sarahgg@sky.com)

## Art auction triumph

Vicar, musician and amateur painter Nick Wetherall teamed up with local artist Eileen Knight to exhibit 34 of their watercolours in October. As versatile as Nick, the nave of Holy Trinity Church was cleared of its chairs to make a large and welcoming exhibition space for the event. The paintings were available to bid upon in a silent auction which added real excitement to the occasion. All but one of the paintings were sold and the funds raised – entirely gifted to the church – were a stunning £13,000.

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# Christmas Tree Festival

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# The church isn't closing!



'For Sale' signs have been erected outside Cuckfield Baptist Church but this is not because the church is closing but planning to expand!

There has been a Baptist Chapel in Cuckfield since 1772 but although the Chapel was expanded in the 1960s it is now too small and does not meet their future needs. David Sprouse, the pastor of the church, explains; "If you have been inside our church building on Polestub Lane you will know that it is long and narrow! This means that not only are there times when we don't have sufficient space for our Sunday morning congregation but even when we do it feels quite squashed. Although it has served the church well for many generations the building places many limitations on us and our only other meeting room is a second hand portacabin which is well past its use-by date! We are excited by the prospect of new premises which will help us further serve the village as we continue to serve God as a church."

The church has already been granted full planning permission to rebuild in their car park at the end of Polestub Lane. Integral to the realisation of these plans is their ability to sell the chapel, for which they have already been granted separate planning permission for

conversion into a 4 bedroom house. Until they agree to sell, however, it is very much business as usual on the site and this includes Coffee at the Chapel a popular 'drop in' for all ages on Friday mornings. For years this has run from May to September but is now also running on the last Friday of the month through the winter from 10am to 12noon. If the sale goes ahead and rebuilding work commences the church will be meeting in temporary accommodation in the village, details of which will be made known in due course.

We are used to seeing churches closing down and it is interesting that the Baptists appear to be bucking the trend. We asked David about this. "Actually it isn't only the Baptists! Many churches in Mid Sussex have been recently expanding their premises and others have plans to do so. For our all supposed self-sufficiency these days, our biggest need is always for God. Churches which continue to show the relevance of the unchanged message of the Bible by communicating God's invitation to hear him, know him and to be in his loving family will continue to grow. For all our advances in science and technology we can never outgrow our need of the God who made us to be in relationship with him!"

## MID SUSSEX FESTIVE FOOD, DRINK & GIFT FAIR 2013



**SATURDAY 23<sup>RD</sup> NOVEMBER 2013**

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# Christmas Gift Challenge

CUCKFIELD SHOPPING



## Compiled by David Tingley

As Christmas is nearly upon us many of us are beginning to try and work out what presents we could get for loved ones.

Here we are highlighting a selection of gifts that can be bought from right here on the High Street. There is a fabulous selection of shops in the village with many of them stocking products that are unusual, or truly unique in some cases.

The temptation to buy at the click of a button is strong for many of us. However, if you can, do try and spend a morning on the High Street first. To have so many retail options on the doorstep is a real pleasure, not to mention the easier parking and abundance of establishments to refresh you as you take a breather. Tea and cake breaks are essential for any shopping expedition!

What features over the next few pages is a tiny selection of what can be found when looking closer to home for that special present. I hope it provides an inspiration and encouragement for you to shop locally.



*Cosy up at Christmas with the Perfect Gift from JoJo's*



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9am - 11.15am

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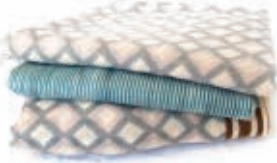
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# Rosie Longhurst

## VILLAGE PEOPLE

### By David Tingley

All sorts of books are written for all sorts of reasons. Rosie Longhurst (pictured) has been writing for sixteen years in order to keep alive the memories of her much-loved homeland; the Seychelles.

Rosie, who lives and works in Cuckfield as the estate manager at a retirement development, was born on the northern coast of Mahe Island in the picturesque seaside village of Beau-Vallon. As part of a large family in a small community Rosie knew something of growing up where "you couldn't get away with much"! Everyone knew everyone else and there was a strict sense of church community with both Catholic and Anglican believers in the village.

When she left school Rosie trained and worked as a nurse, working in the local hospital. She also had a long career in the hotel industry and ran her own ladies-wear business.

However, she moved to the UK in 1995 and found that she missed the Seychelles very much, and not just for the climate and sandy beaches! As a therapeutic method to help her get over her homesickness, Rosie began researching the history of the islands and writing about it in her own time.

Through her research she discovered so much about the republic's past that she couldn't stop writing more and more about it. She read not only historical accounts but also personal stories of what life was like in the Seychelles many years before she'd known life there. It was with this knowledge that she began to compile ideas for a novel about seven years ago. While her husband,



Stan Longhurst, was out on Sunday afternoons playing golf, she could easily spend four or five hours focused on her writing. Which is exactly what she did.

'Echoes from the Oasis' is Rosie's first novel but, such is the unusual subject matter, that a US publisher, Raider, soon offered her a contract.

The story features the lead character, Anna Savy, growing up on the islands and opens on her 16th birthday in 1912. Over one hundred years earlier the Franco-British war raged as two empires sought to take control of the international trade route. What was left was an emerging small nation being forged from its French descendants, African slave roots and the new British rulers. But life was a struggle for many and Anna, a young nurse, experiences the joys and pains of the people at the time. None more so than the arrival of the First World War and the devastating consequences that would have on Anna's young life.

The book also touches on the sensitive issues of the changing roles of women in those days, the conflict of the British and Irish working together in the hospital and, of course, forbidden love for the 18 year old.

"I've had a ball writing it," Rosie explains. "The historical aspects of the island are fascinating and so I would go off and investigate it, and then work it into the storyline." One such concept was the vital interpreter roles that Seychellois men undertook in Europe during WWI.

Above all though, the book is an extraordinary way for one woman to not lose touch with 'home'. Rosie dedicates the book, which was published last month, to her parents. A website, [www.seychelles-author-in-cuckfield.com](http://www.seychelles-author-in-cuckfield.com), has ongoing news about this story and the sequel to come. 'Echoes from the Oasis' is penned under her maiden name A.R. Tirant and is available from Waterstones in Haywards Heath as well as other book retailers. Twenty percent of profits from the sale of the novel is to be donated to charities in UK and Seychelles.

# Lighting in the home

## DESIGN AT HOME

### By Fiona Evans, Limited Editions

Let there be light, lots of it, preferably natural light entering the home and bathing it in welcome sunshine! When sunshine isn't available we have to choose alternative options which can sometimes feel like a bit of a challenge such as: Which fittings would look best? Which areas should be lit? Which low energy bulbs should I use?

Wherever possible it's a good idea to introduce as much light as possible through large windows, glazed doors and roof lights, blotting out glare with a blind or sheer voile.

When daylight fades and we have to turn to electric lighting, it can be used to maximum effect by breaking the space into zones – general, task and accent. General lighting ideally replaces the missing daylight by thoughtful use of pendant lighting attached to the ceiling, by choosing one or more fittings which complement the décor and add to the character of the space. Task lighting is directed towards a desk or any area of close work, typically using an anglepoise or desk lamp. Accent lighting is used to add ambience or drama by highlighting corners or interesting features in the space such as paintings, photos or unusual objects. Lighting behind objects in a display cabinet can add wow factor or a row of bulbs above a bathroom mirror. The most flattering of all lighting is candlelight, used to great effect at dinner parties and used in conjunction with fairy lights for parties. Downlighters typically used in kitchens and bathrooms will cast pools of light onto the floor or where directed. For a smoother effect, wall washers create an even light.

Now that the traditional incandescent light bulb is being phased out, we choose from the low energy selection. There are compact fluorescent lamps (CFL) which have evolved from ceiling hung fluorescent strips. These are less depressing than their strip light ancestors, don't flicker and come in a variety of shapes and sizes suitable for pendant light fittings, table lamps, wall lights etc. According to 'Which' they will save you £7 a year per lamp in energy costs but on the down side take a while to reach their maximum glow and most can't be used with dimmer switches. LEDs are the lamps of the moment and the future, although the initial outlay is a bit more they are very energy efficient and again according to 'Which' will save you £7.50 a year per lamp. They are instantly bright, very durable and should last for years. They can also be used in strips very creatively around the home, producing bands of brightly coloured light.

Low energy bulbs are measured in lumens as a unit of brightness, rather than in watts - a unit of power. A low energy lamp of approximately 800 lumens will be as bright as a traditional 60 watt bulb. Another useful fact is that the colour of the light is measured in the temperature Kelvin (K) scale so that a low energy bulb of 2700K generates a yellowish glow ('warm white') whereas a lamp with a 3500K value would have a bluer light.

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## Not forgetting £100k

The third Angus Rowland ForgetMeNot Walk was held last month. Staplefield Village Hall opened its doors at 9am to welcome more than 400 walkers and their dogs who turned up to walk on a beautiful sunny morning. There were two routes to choose from, a 1 mile route around Staplefield Village and a 6.5 mile route on public footpaths starting and finishing at the Village Hall. This year we were also joined by 10 people who ran the 6.5 mile route. There were 2 refreshment stops along the 6.5 mile route where the walkers and runners were treated to cold drinks, homemade cakes and sausage rolls. The participants then finished the walk at the village hall with more wonderful homemade cakes on offer.

The day was made even more special by the news that the money raised at the walk has taken the Angus Rowland ForgetMeNot Fund over the £100,000 target set by his family since its inception just 2 years ago.

Angus's father, Jonathan Rowland, said: "It was great to see so many people here, especially the number of teenagers, who turned up to walk, making it a wonderful day with lots of happy faces and special memories. Angus's friends were all here to join us in an inspiring, poignant and emotional walk. They have been a great comfort to us over the last two years since losing Angus. We were also joined on the walk today by the parents of Adam Green and Digby Davidson, both local teenagers who also lost their lives to cancer."

Elizabeth, Angus's mother, said: "We would like to thank everyone who has helped us with the walk by baking cakes, making drinks, marshalling the road and signing the routes."

Their fundraising page can be viewed at [www.justgiving.com/Angus-Mailey-Rowland](http://www.justgiving.com/Angus-Mailey-Rowland)

The day was organised by Angus's father Jonathan, mother Elizabeth and brother Edward, who have set up the Angus Rowland ForgetMeNot Fund to raise money to fund research into teenage leukaemia following the death of Angus Rowland in May 2011. Their progress can be viewed on Facebook at [www.facebook.com/AngusRowlandFMNFund](http://www.facebook.com/AngusRowlandFMNFund)

## Prepare for winter

### TO THE RESCUE

by Neil Fairhall, Firefighter

As it gets colder get your vehicle winter-ready with a maintenance check-up. Don't wait for winter to have your battery, belts, hoses, radiator, oil, lights, brakes, tyres, exhaust system, heater/defroster, wipers and ignition system checked.

Keep your fuel tank sufficiently full – at least half a tank is recommended. Also make sure you have sufficient windscreen washer fluid in the reservoir that is rated a minimum of -40°C temperature range. Keep an extra jug in the vehicle.

In more extreme conditions clear snow and ice from the roof, bonnet, trunk and all windows, lights and mirrors. After starting your vehicle, wait for the fog to clear from the interior of the windows so you will have good visibility all around.

It's a good idea to keep a winter survival kit in your vehicle. Having essential supplies can provide some comfort and safety for you and your passengers should you become stranded. Items could include an ice scraper, shovel, sand or other traction aid, tow rope or chain, torch and batteries and a blanket.

When driving in snow a road may be hard-packed and slippery as ice. It can also be rutted and full of hard tracks and gullies. Or it can be smooth and soft. Wet snow can make for slushy roads. Heavy slush can build up in the wheel wells of your vehicle and can affect your ability to steer. Remember, look far ahead as you drive so you can recognize hazards and have plenty of time to respond. Adjust your driving to the road and weather conditions. Slow down to avoid sudden turns of the steering wheel and sudden braking and accelerating, which could cause a skid. Extra caution should be exercised when driving in these road conditions.

Be aware of the dangers of ice on the road. Care should be taken when approaching shaded areas, bridges and overpasses, as these sections of road freeze much sooner in cold weather and stay frozen long after the sun has risen. Watch out for frost and areas of the road that appear black and shiny, as they can cause your vehicle to suddenly lose traction. Slow down, keep your foot off the brake and be ready to shift to neutral or step on the clutch as your vehicle crosses these areas.

On snowy, wet and slushy roads, large lorries and buses can blow moisture onto your windshield, leading to a sudden loss of visibility. Always drive defensively and leave enough space to avoid snow spray.

It is critical for drivers to see and be seen in low light conditions and when blowing snow and white-outs impair visibility. Whenever visibility is poor, turn on the vehicle's full lighting system.

I hope these few tips will help to keep the drivers of Cuckfield safer when travelling this winter time.

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### **CUCKFIELD Offers invited region £429,950**

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## FOR SALE



### **CUCKFIELD £249,950**

Victorian 2 bedroom semi detached house at the end of a quiet cul de sac requiring some updating but offering a substantial traditionally constructed house that has had a replacement tiled roof, uPVC double glazed windows, modern wiring and gas fired central heating. The accommodation in brief comprises hall, sitting room with open fireplace and bay window, dining room also with fireplace, extended kitchen area and ground floor bathroom. Upstairs there are 2 double bedrooms. Outside the rear gardens face south west and have been used for growing vegetables. There is a large garden shed. Potential to extend subject to consents.

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# Winter Warmer

ON YOUR TABLE

## Vegetable Crumble

Choose the vegetables that you like for this dish...

### Ingredients:

1 small onion  
1 small carrot,  
½ swede, parsnip or turnip  
1 small sweet potato  
2 sticks of celery  
1 small potato  
1 tablespoons olive oil  
Knob of butter  
¼ green cabbage  
½ leek  
½ courgette

A small handful of frozen peas  
3 cauliflower + 3 broccoli florets  
3 mushrooms  
1 heaped tablespoons plain flour  
300ml hot stock (use 1 stock cube or  
1 teaspoon bouillon powder)  
65g cooked ham or bacon (optional)  
2 tablespoons plain yoghurt or crème fraiche  
½ tablespoon chopped parsley  
Salt and pepper

### Crumble mix:

90g oats  
25g grated cheese  
½ tablespoon each of:  
– pumpkin seeds  
– sesame seeds  
– sunflower seeds  
25g melted butter

# Come and meet with God

Whether it is your first time in a while...or ever...all welcome!

Sunday Mornings @ Cuckfield Baptist Church from 10.30am

See story on page 15



We run a Sunday School for under 11's during the service and refreshments are served after the meeting.

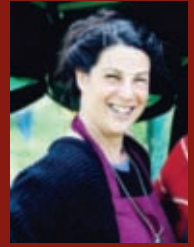
Our All Age Service is on the last Sunday of the month.

Polestub Lane, Cuckfield, RH17 5GP [www.cuckfieldbaptistchurch.co.uk](http://www.cuckfieldbaptistchurch.co.uk) 01444 473531



By Caroline Whiteman

The clocks have gone back and the nights draw in... The time has come in the culinary calendar for warming flavours and comforting dinners. Simple food with hearty textures are the order of the day (or night). This month's recipes are a couple of personal favourites embracing seasonal root vegetable and the colour and spice needed to brighten up the darkest of winter evenings. Most of the ingredients for the crumble can be bought at the wonderful Laines Farm shop, well worth a visit for the very definition of local food (or buy them at the next Cuckfield Local Market – Sat 7th December). Both of these dishes freeze perfectly, so any leftovers can be labelled up and stowed in the freezer for those times when you desire home cooked food but lack the time to prepare it.



**Method:**

1. Prepare all the root vegetables by washing, peeling and cutting them into 1-2 cm chunks.
2. Heat the oil and butter in a large pan. Add the onion and other root vegetables, stir and fry over low heat for a few minutes. Wash and chop up the cabbage, leek, courgette, cauliflower and mushrooms. Then add them to the pan with the peas, and stir for another few minutes.
3. Stir in the flour so that all the vegetables are coated.
4. Pour in the hot stock, stir well and bring up to the boil. The vegetables will now have a thick sauce around them. Add a little more hot water if necessary. Lower the heat, cover the pan and simmer until all the vegetables are cooked – approx 20 minutes.
5. Chop up the ham/bacon and stir into the pan with the yoghurt or crème fraîche and parsley. Taste and adjust seasoning if necessary.
6. Set the oven to gas 6/200°C/400°F. Mix all the dry ingredients together in a bowl for the crumble. Stir in the melted butter.
7. Put the vegetables into a suitable shallow oven dish (e.g. a roasting tin or pyrex dish) and cover with the crumble mixture.
8. Bake in the oven for 20 minutes or until the top is slightly browned.

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- Who was the Astronomer Royal in 1720?
- Do you have a current bus timetable?

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If you need our help or would like to arrange a talk to your group, or perhaps even a visit to one of the larger libraries, please contact Tim Stanton [tim.stanton@westsussex.gov.uk](mailto:tim.stanton@westsussex.gov.uk) or 01293 651744.

If you prefer, use our online enquiry service at: <http://bit.ly/HgTSOo>



## Photos needed

We are always after great photos of this pretty village for our front cover. What's more we will send you a £20 M&S voucher if yours gets used as a cover shot. Send your high resolution portrait images in to [photos@cuckfieldlife.co.uk](mailto:photos@cuckfieldlife.co.uk)

## Lighting up the country's tallest Christmas tree



Get into the festive spirit as the lights are illuminated on England's largest Christmas tree – a towering 118ft giant redwood at Wakehurst Place in Ardingly.

The tree will be lit up at a special ceremony at 4.30pm on Sunday 1st December.

As part of the countdown to the switch-on, a choir will be singing near the tree, there will be children's activities and an opportunity to enjoy festive food and drink. Christmas trees will be on sale and the Visitor Centre will be open for relaxed Christmas shopping, with a wide range of gift ideas.

Once lit up it can be seen for miles around and is the centrepiece of Christmas festivities at the Wakehurst estate. Following the switch-on ceremony the tree will be lit daily from 3.30pm until 5th January.

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# Win FREE tickets for Christmas Show



Prepare yourself for a party as the legendary That'll Be The Day, the nation's longest running rock 'n' roll variety show, returns by popular demand with a brand new Christmas production on Sunday 8th December 7.30pm at The Triangle, Burgess Hill.

This hugely entertaining rock 'n' roll spectacular features a fantastic line up of knock-out hits from the 1950s, 60s and 70s.

A fresh and astonishingly versatile programme of music mixed with loads of new zany comedy routines to produce a show with a real feel-good party atmosphere. Britain's touring rock 'n' roll comedy phenomenon produces an annual special festive mix of pop hits, saucy comedy and a mini-panto. Tickets cost £22 and are available from [www.itsmagic.org.uk](http://www.itsmagic.org.uk) or 01444 800045.

However, one lucky reader can win a pair of FREE tickets to the show by simply emailing their name, address and phone number to [competition@cuckfieldlife.co.uk](mailto:competition@cuckfieldlife.co.uk) before 28th November. One name will be selected at random.

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# What's on this month

## AT QUEEN'S HALL

### November

- 21st **Council meeting:** Queen's Hall Committee 8pm
- 22nd **Ladies Evening fundraiser** in aid of HemiHelp  
Manicures, reflexology, massages, arts & crafts plus lots of Christmas present ideas from stalls.  
7pm - Tickets just £5 from Sussex Crafts, includes a complimentary glass of wine  
More info call: 07775 932823
- 23rd **Cuckfield Vintage Emporium**  
An unrivalled selection of vintage homeware, gardenalia, designer labels, country antiques and beautiful handcrafted gifts from Sussex's most original and creative stallholders. Entrance £1. Free tea or coffee when you buy any cake or snack. Free prize draw. Doors open 11am 'til 4pm.
- 25th **Council Meetings:**  
Planning Committee 7.30pm  
Finance Committee 8.15pm

### December

- 12th **Council meetings:**  
Planning Committee 7.30pm  
Full Council Meeting 8.15pm
- 13th **'Crisnel and Petal' Cuckfield Evening Flower club**  
Flower arranging demonstration by Pat Macdonald. Meetings are at 7.30 for 7.45pm  
New members and visitors always welcome
- 19th **Rain or Shine Theatre Company**  
perform 'The Snow Queen'  
More info: [www.rainorshine.co.uk](http://www.rainorshine.co.uk)



## AND ELSEWHERE

1st Nov - 18th Dec

### Cards for Good Causes

Haywards Heath Library  
10am-4pm (closed Sundays)  
Christmas Cards, calendars, wrapping paper and gifts for sale from approximately 30 charities

### November

- 21st **Boutique Village Late Night Shopping**  
A number of shops opens late on the High Street with jazz and outside BBQ
- 23rd **Annual Festive Food and Drink Fair**  
(and grand raffle) by Friends of Warden Park  
Info from Gillian Green 01444 233213
- 27th **Ansty Garden Club**  
AGM and Demo on Christmas Decorations
- 29th **Nigel Bagge & Eddie Armer** playing at Beer Festival at The Jolly Tanners – 9pm
- 30th **Brian Paige** playing at Beer Festival at The Jolly Tanners – 9pm
- 30th **Ensemble Reza**, Holy Trinity Church  
7.30pm. Come and join us for a fantastic evening of music. Tickets available from Wealden Stores and Pepperbox, and Carousel Music in Haywards Heath. Adults: £15, £12, U18 £5

### December

- 6th **Cuckfield Christmas Shopping Evening**  
Local organisations stalls, Father Christmas in his grotto and entertainment throughout the evening. High Street closed from 5.30pm  
Fun starts at 6pm
- 6-8th **Cuckfield Christmas Tree Festival**  
at Holy Trinity Church. Entry £4, kids free.  
Fri: 11.30am - 7.30pm  
Sat: 11.30am - 6.30pm  
Sun: 11.30am - 5.30pm
- 7th **Family Christmas Concert by Sussex Chorus**  
3pm The Kings Church, Burgess Hill RH15 9LR  
Christmas programme including carols  
Tickets £12, students & children under 16 £3  
Available from [www.sussexchorus.org](http://www.sussexchorus.org)
- 8th **Christmas Tree Festival Carol Service**  
6pm Holy Trinity Church
- 8th **That'll be the Day Christmas Show**  
7.30pm – The Triangle, Burgess Hill  
[www.itsmagic.org.uk](http://www.itsmagic.org.uk)

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Sarah Breeze (architect) .....	27
Tom Seymour (IT support) .....	28
Paul Masson Funerals .....	29
Drayton Plumbing & Heating.....	31
KPS (logs).....	B

## Retail

Cuckfield Local Market .....	4
JoJo Boutique .....	16
Chez Fleur (flowers) .....	16
Cuckfield i Wear .....	18
Cuckfield Vintage Emporium .....	19
Cuckfield Pet & Country Store .....	19

## Out & About

The Chequers Slaugham .....	2
The Jolly Tanners .....	7
Christmas Tree Festival.....	14
Mid Sussex Food & Drink Fair .....	15
Metrobus .....	21
Cuckfield Baptist Church.....	26
Mr Clive Travel.....	28

## Education/Childcare

Norto5 Kidz (child care) .....	3
Tavistock & Summerhill School.....	13
Gielgud Academy.....	20

## Health/Lifestyle

Jan O'Boyle (yoga) .....	3
Ockenden Manor Hotel & Spa.....	17
All Ears Hearing Centre.....	23
Crofton's Foot Clinic.....	27

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