

Lindfield *Life*

*Local village talk,
by the village*

February 2010 Issue #11

FREE!



Meet the Lindfield Life team p.8

V is for Valentine p.14

Your pictures of the big freeze p.6

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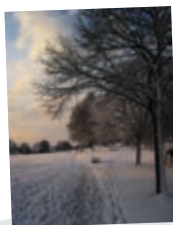


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CARING HOMES 

Lindfield Life



📷 Cover image by John Barling.
The snow-covered common.
Got a great cover picture? See website
for details: www.lindfieldlife.co.uk

AS I WRITE the thick layer of snow that fell a week ago is still covering the ground. It has been a difficult time for many but a big thank you has to go to all those who got into work and kept the High Street, and other village shops, open. It has also been a great community building time, with many people helping out neighbours, clearing paths and sharing resources. Despite the severe weather conditions many of our readers have been out and about with their cameras and captured some of the recent snow scenes. For those who feel that they have been stuck indoors for what seems like weeks, here is your chance to see what you have missed - a record of the 'big freeze' in Lindfield. The village does look beautiful in the snow but the magic is fading and I'm longing for some warmer days and the early signs of spring. I'm hoping that by the time you read this edition the common will be green again!

February brings with it Valentine's Day and Beth Barling delves into the history books to discover when it all started and how it is celebrated around the globe. There are loads of places to eat out in the village, so why not celebrate with a loved one at one of our local pubs or restaurants?

Our Village People feature this month meets the award winning children's author, Jill Lewis. She is testimony to the old adage 'if at first you don't succeed, try, try and try again' and is passionate about getting children interested in books and reading. She shares with us a few tips on getting published, as well as her top tips for helping children to read. And to prove that her latest book is a hit, we let our three young daughters have their say on it in our book review section.

And finally we introduce you to ourselves and some of the local business owners who take time out to write their monthly columns. So grab yourself a drink, make yourself comfortable and enjoy Lindfield Life!

Emma Tingley, Editor

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Planting "trees for shade"

by Jane Donald

THIS IS THE name given to a grant scheme organised by West Sussex County Council (WSCC) to encourage the planting of more trees.

Lindfield tree wardens saw an opportunity to use this system to pay for extra trees at Lindfield Primary School, around the playing field.

Bob White, the head teacher, was very supportive and we met regularly to talk over problems and ideas. This process took a year, liaising with organisations about boundaries and ownership, and especially seeking advice from Julie Bolton who represents tree wardens on WSCC. By the way, we were awarded the grant!

Finally the planting of six new trees was planned for Thursday 3rd December at 3pm. This date was chosen because it was during National Tree Week.

The weather leading up to the day could not have been worse, with rain pouring from the skies, seemingly incessantly, for several weeks.



It left the playing field in a squelchy mess and we were worried that the new trees might drown. As it happened, the conditions for digging, once below the surface, were fine.

We wanted to involve the parents and children, so Bob advertised the event in the school newsletter a couple of times. One of our latest tree warden recruits, and a parent at the school, created a great eye-catching poster.

At the allotted time we gathered, donned welly boots and old coats, hats and gloves.

Eventually we had: five tree wardens, three school teachers, two parish reps, one school governor and a partridge in a pear tree!

We were joined by a lovely group of parents, grandparents, school children and siblings. And guess what? The skies cleared and a watery sun shone down.

We divided into 6 teams and moved to the appropriate planting sites. The adults broke the sod then the children dived in with spades of all shapes and sizes. Eventually the adults had to wrest control otherwise we would have been camping out and working under floodlight!

A strict planting regime had to be followed, with compost, stakes, mulch mats and bark chippings. But all went well, and we finally had 6 new trees proudly standing in their new homes. We just hope that they will be happy, and, like children, grow tall and strong, providing shade for young pupils during the hot summer months.

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THE RECENT SNOW provided an ideal training ground for Mike Scholes in preparation for his North Pole challenge.

Dyddiad Am Eich Dyddiador



THE BRIGHTON WELSH Male Voice Choir, under the baton of Iris Warren, returns to Lindfield for a St David's Day Celebration in aid of St Peter and St James Hospice. This is the third visit to the village from the choir, who performed to sell out audiences in 2006 and 2008. The programme promises some evocative Welsh anthems as well as more modern pieces and the choir will be joined by talented young harpist Heather Wrighton, also making a return visit for St David's Day.

This time the concert is kindly hosted by Tiger Arts at All Saints Church Lindfield on Saturday 27th February at 7.30pm with all proceeds to St Peter and St James Hospice. Tickets are £10 (£8 concessions) from the All Saints church office (Tel: 01444 482405) or The Bookstop or Mrs Kane on 01444 414664. Light refreshments will be provided in the interval. The hospice relies heavily on private donations, so please do support the concert.

Gardeners 'Question Time'!

HERE'S WHAT'S ON in February, hosted by Lindfield Horticultural Society...

Saturday 6 February - Coffee Morning and Plant Sale 10.00 - 12.00 in the King Edward Hall. All welcome.

Wednesday 13 February - Lindfield's answer to Gardeners Question Time!

Secrets of Gardening and Showing. Come and hear from local experts how to grow and show. A Panel consisting of Richard Hilson (Show Superintendent), Robert Tunks (Floral Art Judge and demonstrator) and Noreen Smith (Sundries Centre Manager and organic gardener) will answer questions from the audience. Questions can be submitted on paper at the meeting on 13 January or at the Coffee Morning on 6 February.

In the King Edward Hall at 8pm. All welcome.

Supertonic play Lindfield

'SUPERTONICS WIND Ensemble' will perform a concert at All Saints Church on Wednesday 10th February at 1.00pm, courtesy of Tiger Arts.

Light lunches served in the Tiger Lounge from 12.15 pm

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Whiter than white: a photographer's paradise!

THE RECENT DELUGES of snow in the village have brought out the photographers in their droves. This is just a part of their collective Lindfield Photo Diary.



Clive Smith



Paul Drodman



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David Tingley



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Meet the team...

WE ARE OFTEN asked by our readers who we are and about the people who write the monthly columns in Lindfield Life, so we thought it was probably about time that I introduced you to our regular columnists. We are grateful to all those who contribute to the magazine, including Caroline Young, our food writer and the huge number of people who have written articles or provided us with information for features.



Emma Tingley

As the editor of Lindfield Life my role is to bring together the content of the magazine. As a relative newcomer to the world of writing, I have enjoyed the challenge of researching, sourcing and writing features. My favourite feature is Village People. I love getting out and meeting people and count it a privilege to spend time with some amazing people, many of whom are truly inspirational. It has also been great getting to know many more of you from groups in and around the village. We have such an incredible range of groups and activities available for all ages, right here on our doorstep. There really is something for everyone.



When I'm not working on Lindfield Life, I work part-time as a Speech and Language Therapist at The National Centre for Young People with Epilepsy in Surrey in a specialist assessment and rehabilitation unit and I'm mum to our three daughters.

David Tingley

David is, first and foremost, husband to the editor and is probably more responsible than anyone for Lindfield Life's birth in this world; that's right, it was his crazy idea! He sells advertising in the magazine but is also our designer, in charge of page layout on a monthly basis.



For David's "proper" job he runs a graphic design consultancy based in Haywards Heath called Kipper. He has worked in design for over 12 years, and can usually be found measuring up buildings for graphics within interior spaces or guessing the font on restaurant menus!

He is the Dad of three, and master of none! He has lived in the village since he was three years old, drives a Smart car, has a motorbike licence and is the proud owner of the 'Gavin & Stacey' box set.

Gabrielle Hall

Gabrielle is the owner of 'Heart and Soul' which operates two shops on the High Street in Lindfield and a website (www.heartandsoulgifts.co.uk). One shop sells a fabulous collection of greetings cards and special gifts and the other specialises in clothes and gifts for children. With a background in fashion and textiles, she has a keen interest in art and design and has held a variety of positions within retail. Having grown up in Lindfield she knows the area and local community very well. She enjoys living and working in the village and is an active supporter of many local organisations.



Gabrielle enjoys all aspects of her business, particularly those that engage her creative skills. With a keen eye for detail, she is completely dedicated to sourcing unusual and inspiring gift ideas and likes to promote a relaxed and friendly shopping environment within both of her shops.

Her other interests include healing and complementary therapies and Gabrielle is a Reiki Practitioner and Reiki Master Teacher.



Get in touch >>

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Jacqui Smith

Jacqui Smith is one half of husband and wife interior design team HomeSmiths. They live in Lindfield with their two sons Cameron (8) and Piers (5). David has a background in furniture making and a flair for getting the most out of spaces and Jacqui's strength is her eye for colour and finishing touches. Their clients benefit from the dual approach on projects and the fact that between them they can be consulted on all aspects of interior design from curtains and blinds through to bathroom and kitchen design or renovating a listed building. They started their business as bespoke furniture makers yet, as more and more clients asked them to advise on colour schemes, soft furnishings and get involved in project management, HomeSmiths morphed into an interior design business. Jacqui also works with property developers, designing and installing show homes.



Christian Bates

Lindfield resident Christian Bates has been an osteopath and naturopath for 13 years, studying at the British College of Naturopathy & Osteopathy, where he returned to teach soon after qualifying. Since graduating he has studied advanced cranial osteopathy for the treatment of children and other modalities to give the best holistic approach he can. For example, he uses an electro-dermal screening device called the Avatar to highlight areas of weakness in the body which can be targeted with diet, supplements and osteopathic treatment. Christian set up The Perrymount Clinic 18 months ago which has flourished. It has 10 core natural health therapies available, together with a beauty therapist, all under one roof. Recently The Perrymount competed against 20 other companies and won the Bright FM "Best New Business Award 2009".



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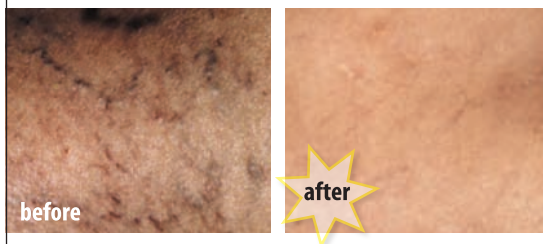
By Jacqui Smith, interior designer

Sweet dreams

BEDROOMS ARE probably my most favourite design project. I think my love of them stems from the fact that the brief is invariably "create us something calming" and so the design process is then in turn quite cathartic - soothing colour palates, luxurious soft furnishings and restful lighting schemes. Unlike reception areas where most of us take the safe option in terms of décor, the bedroom is a space where we are free to express our personality and create a peaceful, restful haven. Calming colours, well thought out lighting, a good quality bed and bed linen, together with minimal clutter, are key to achieving an oasis of comfort and calm.

With the luxury of choice when it comes to bed position, I would usually recommend having the bed on the wall facing you as you enter the room, unless of course you are blessed with a stunning view in which case the bed would be best placed to maximize your enjoyment of the outlook. Symmetry works as long as it does not look contrived or renders the layout impractical. If you can place your bed with room for matching bedside tables and lamps either side then great but if not then aim to have the bed head as central on a wall as possible. If floor space is tight you can always fit a small shelf and reading light either side of the headboard. Whether or not you are a fan of Feng Shui, a clutter free room has to be more conducive to deep slumber so adequate storage is a must; piles of clothes or a laptop and paperwork are unlikely to lead to a restful night. Fitted wardrobes make the most of available space, solving the problem of uneven walls and tricky angles and, as any estate agent will confirm, add value to your house. Wherever possible it's worth going for floor to ceiling wardrobes so even the hard to reach places can be turned into useful storage. If space allows, then include a small chair in the room. Picking up a beautifully shaped chair from a flea market and having it re-upholstered in a gorgeous fabric is a great way of adding something special to the room. Bedroom lighting needs to create the right mood for dressing, reading and winding down for sleep. Consider the amount of natural light that you want in your room and plan your window treatment accordingly. Beautifully interlined curtains in a sumptuous cream silk may look fabulous but may seem less beautiful in the height of summer when the first morning light comes flooding through. Keeping walls in restful shades and any pattern, understated, will make for a more soporific scheme. Colours behave quite differently in varying lights, so it's always worth painting up sheets of lining paper with your chosen shades and living with them for a few days in day light and artificial light before taking the plunge. Finally - invest in the best bed you can justify and heaps of crisp cotton bed linen. Sleep well!

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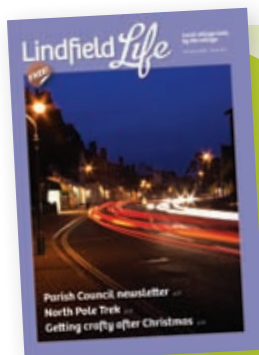
By Christian Bates

Look after your digestion



THERE IS A PHRASE “you are what you eat”. This is true to a degree but more accurately it should be “you are what you eat, digest and absorb”. These last two points are all about looking after your intestines. More specifically, digestion occurs in the stomach and the absorption is done in the small bowels. So how can it go wrong? If you don’t digest your food then you cannot liberate from it the nutrients it can provide you. This opens the doors to all sorts of health issues, as without amino acids, fats, carbohydrates, vitamins and minerals your body will be starved of the building blocks it uses to grow and repair itself with.

Problems with digestion usually manifest as bloating, burping/wind, acid reflux and indigestion. Naturopaths use supplements and remedies to be taken with meals to improve digestion, not suppress it. The small intestines are responsible for filtering this nicely digested food, allowing the nutrients into our blood and keeping the “bad stuff” out to be excreted. The baddies include parasites, fungus / candida, viruses, bacteria etc. Again, a plethora of health issues occur if the mucous lining of the small intestine is damaged as it will allow these bugs to either get into the blood stream or to grow out of control in the intestines. Common symptoms would that would be experienced now would be constipation, diarrhoea, food sensitivities or intolerances. Also common, but less known as bowel-related issues, can be symptoms such as joint aches and pains and immune system problems as the undigested food particles and other “baddies” mentioned get into the blood stream and our body naturally launches an immune system attack on them. The early naturopathic texts all mention that the bowel should be addressed first in any health problems. I have seen this to be true in more cases than not.



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V is for Valentine



By Beth Barling

AS WE NEAR the end of what has been a long and cold winter in Sussex this year, the fourteenth of February may shine for some like a beacon of warm light at an otherwise relatively colourless and subdued time of year, marked perhaps by a bright bouquet of flowers or a lovingly cooked candlelit dinner. For others it may prompt a quick visit to the petrol station in the hope of buying a last minute card to avoid the wrath of a disappointed partner! And for others yet it may be just another date in the calendar.

Traditionally of course the date is known as Saint Valentine's Day, a day on which loving partners express their love for each other through the giving of cards, flowers, chocolates or other more meaningful gifts.

The exact origins of Valentine's Day are unclear. Historical references point to two early Christian martyrs named Valentine honoured on that date. The first, Valentine of Rome, was killed in AD 269, and the second, Valentine of Terni, killed in AD 197. Both were buried in different locations on the Via Flaminia in Rome. A third Valentine, who was killed in Africa, was also recognised as a martyr on that date, although little else is known about him.

It is said that it was the Christian church that decided to promote the 14th of February as a feast day celebrating the martyred saints in an attempt to replace the Pagan celebrations of Lupercalia, a fertility festival observed in ancient Rome between the 13th-15th February. The festival of Lupercalia was abolished by Pope Gelasius I in AD 498; he instead established a new festival celebrating those "whose names are justly revered among men, but whose acts are known only to God."

Although the earliest references to the feast day of Saint Valentine being linked with romance came in the fourteenth century, there was no obvious clue that the romantic connection had anything to do with the original Saint Valentines.

For whatever reason – perhaps in an attempt to retain some of the ideas behind the ancient fertility festivals? – several attempts were made over the years to forge a connection between Saint Valentine and romantic love. In 1260 Saint Valentine was portrayed in *Legenda Aurea* (or *The Golden Legend*), a late Medieval 'bestseller', as a Christian priest persecuted by Roman Emperor Claudius II. Valentine was said to have been executed for refusing to convert to Roman paganism. Before his execution, he is said to have miraculously healed the jailer's blind daughter. This story was later embellished to have Valentine executed for having committed the crime of performing marriage ceremonies for young men – an act forbidden by Roman Emperor Claudius II, who believed that married men did not make good soldiers. Before he was executed, Valentine was said to have written a letter to the jailer's daughter – with whom he was said to have fallen in love – a letter which closed with the words "From your Valentine".

And so the tradition (or perhaps legend) of Valentine's Day was carried forward over the centuries. One of the earliest references to the day in English literature was made by Geoffrey Chaucer in 1382. Elsewhere in Europe, a "High Court of Love" was established in Paris on Valentine's Day in



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1400. This court dealt with love contracts, betrayals and violence against women. Judges were selected by women on the basis of poetry reading. The earliest surviving Valentine's poem was written by Charles, Duke of Orleans, to his wife while he was held in the Tower of London following his capture at the Battle of Agincourt in 1415. A later fictional reference can be found in Shakespeare's Hamlet (1600-1601), as mentioned by Ophelia.

In the late 1700s and early 1800s the writing of poems and giving of cards as expressions of love increased in popularity. The arrival in 1840 of the Uniform Penny Post and the first postage stamp, the Penny Black, made it all the easier to send cards, with the sending of anonymous cards also easier to achieve!

The earliest mass-produced cards were made with real lace and ribbons, followed later by paper lace. The idea was taken to the United States in 1847 by Esther Howland of Worcester, Massachusetts. In 2008 the U.S. Greeting Card Association estimated that approximately 109 million Valentine's cards would be sent, making it the second largest card-sending holiday after Christmas.

Today Valentine's Day is largely a secular Western tradition. Any connections between the modern view of Valentine's Day and the Church ended in 1969 when the Roman Catholic Church chose to remove the feast day from the Calendar of Saints because "Though the memorial of Saint Valentine is ancient... apart from his name, nothing is known of [him] except that he was buried on the Via Flaminia on Feb 14."

The day continues to be celebrated around the world, albeit in many different shapes and forms. In countries such as Finland and Estonia the day has taken on a broader meaning and is known as "Friend's Day".

In Slovenia, Valentine's Day marks the day when spring begins and the first work in the vineyards and fields commences.

Many South American countries celebrate the Dia del amor y la amistad, or "love and friendship day".

In Asia, Valentine's Day is now celebrated widely in Singapore, China and South Korea. In 1960 in Japan, a confectionary company began a

tradition which sees women giving chocolate to men, in particular female office workers giving chocolates to their male colleagues. The better the quality of the chocolate, the more highly regarded you are! Either in an attempt to promote equality (or more likely promote chocolate sales!) the Japanese National Confectionary Industry Association created a day a month later when men are expected to return the favour.

Cards remain the most popular way to mark Valentine's Day. Commercialism has certainly made its mark on Valentine's Day, with retailers encouraging us to buy elaborate cards, flowers, confectionary and expensive gifts. Last year Barclaycard reported a 168% increase in flower sales and a 67% uplift in jewellery sales. Spending in restaurants was slightly lower than in previous years with only a 20% increase in sales compared to the previous week. But although flashing the cash can often impress, don't forget that the most heartfelt expressions of love needn't cost the earth - a romantic poem will do!

However you choose to spend the 14th let us all take the opportunity to remember with fondness those we've loved and lost, cherish those we hold dear to us today, and - with a little excitement and mystery thrown in! - look forward in anticipation to that special person some of us have yet to meet!



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At work in the village

OPEN FOR BUSINESS

By Gabrielle Hall

AS I WRITE, Lindfield is experiencing a heavy fall of snow and the scene looks much like one from a pretty picture postcard. It seems there is little I can do but wrap up warm, embrace the cold, crisp air, go in search of inspiration and savour a delicious mug of hot chocolate. Well someone has to do it! Today is a 'Watson's day', as it has become affectionately known in my house and, fortunately for me, that happens to be one of my favourite destinations on the High Street.



Owned by the partnership of Paul Vallis and Paula Schofield, Watson's Brasserie first opened its doors in August 2008 and since then has become a great place for both visitors and locals to meet. It offers everything from a business breakfast, brunch, lunch and afternoon tea to a full dinner menu each evening. The atmosphere is warm and friendly, the food tasty and enough to satisfy any size of appetite and everything is reasonably priced, which means it's tempting to make it a regular treat!

Hospitality is clearly an area they both enjoy. Paula, who is the cook, worked in corporate and event hospitality for a number of years and Paul, who looks after 'front of house', has held a variety of management positions,

although these seem a long way from his original choice of career. Having trained at the Royal Academy of Music, he was a percussionist with the Royal Philharmonic Orchestra, the Birmingham Royal Ballet, the Bournemouth Orchestra and the Welsh National Opera over a period of twenty years.

The couple first met 'next door' when Paul managed the Bent Arms for a brief spell back in 2002. From there he took on the popular 'Weir' in Walton-on-Thames before being reunited with Paula again in a move to Frant near Tunbridge Wells where they ran the Abergavenny Arms. The latter proved to be a good stepping stone between "working for others" and "running the show", as Paula described. It certainly prepared them for a return to Paula's home village, Lindfield, which came with its own set of challenges. Patience and determination were certainly required, especially since it took over a year just to get full planning consent on the building.

The brasserie is now open from Tuesday to Sunday and offers a variety of dishes which are freshly prepared, with produce being sourced locally wherever possible. Cheese comes from the High Weald Dairy, fruit and vegetables from Paul's greengrocer, fish from Sebastian in Haywards Heath and meat is sourced from farms across Sussex. The Sunday lunchtime carvery at £8.50 per head is especially popular, as is the steak night each Friday when two can enjoy steak with a bottle of house wine for just £24.95. Bookings are essential!

As a bit of a tea addict, I was really impressed with the range of 'tea pig' teas and teapots which you can buy to take home. There is also a stunning collection of prints by Iain Scott, a well known nature photographer and conservationist who runs the charity 'Wildlife for all' (www.wildlifeforall.org) where Paula volunteers during her spare time. Iain's book "Wonders of Nature" is available to read and will certainly be one for my coffee table.

Opening times for Watson's Brasserie are Tuesday - Friday 8am-11pm, 10am-11pm each Saturday and 10am-6pm each Sunday. I hope you have a 'Watson's day' very soon!

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Village people



By Emma Tingley

A GRUMPY KING, an unfinished story, a school project, a coconut, parallel lives and a passion for rhyme. Welcome to the magical world of children's literature. A place where not only children but grown-ups, too, can escape and become part of a storybook world, bordered only by the extent of their imagination.

I had heard rumour of an award-winning children's author living in Lindfield but, since getting my hands on a copy of Jill Lewis's latest book, I had been desperate to meet her. I love children's books. As a mum of three we read a lot of them in our house. Even as tiny babies, I read to my girls each day and there was nothing better than snuggling up on the sofa together after lunch to read a book – or, more likely than not, a small pile of them. I was really thrilled when Jill agreed to meet me, although I was even more intrigued when she asked me if I'd like to meet the other half of Jill Lewis too. Yes, that's right, Jill Lewis is in fact not one but two people! And so I am delighted to be able to introduce you to both Jill Walkinton and Alison Lewis and tell you their story – an award-winning combination.

Jill and Alison first met when they were 18 years old but, as happens in life, lost touch with each other. Then,



Alison Lewis (left) and Jill Walkinton

about 18 years ago, they met again. In sharing their stories they quickly realised that they had been living practically parallel lives. Both had left the nursing profession to become primary school teachers, they'd both married and had two children each – a son and a daughter. They both shared a passion for helping children who were reluctant or struggling readers and had developed reading programmes for them. Their friendship was re-ignited and it was during dinner one evening that Alison's husband threw in a comment about them doing something together. And that was the catalyst for getting them started.

Their first project was a series of four books for Dorling Kindersley but sadly they were never published, a pilot children's TV show for Yorkshire Television followed based on their methods to teach reading. They wrote 52 episodes and produced the pilot show, in which they themselves appeared. They even got consumer feedback, but then quite suddenly and unexpectedly their funder died and the show did not get aired. They did not let that stop them and despite living 45 miles apart, the duo found that they enjoyed writing together and it became a bit of an escape from their busy lives bringing up small children and working as teachers.

"We snatched time here and there, getting together when we could, trying out ideas and rhymes on the phone," recalls Jill.

"For people who want to write, we are the 'never give up crew' – try, try and try again!" says Alison. It has not been an easy ride for the pair of authors but they feel that they are moving from famine to feast at long last.

After many years of writing together, their first book was finally published in 2005. 'Mum in a Million' is a funny and reassuring picture storybook for parents and children to share, particularly for pre-school children who are

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anxious about leaving their mums. “We celebrated with tea in Liberty’s!” laughed the pair, remembering their first success. Then in 2008 came their second title ‘Coconut Jack’, a rhyming text that appeals to young readers and a story that all parents will relate to – the school homework that requires something to be made! “It is based on observations of how we were as parents,” admits Alison.

But it is their most recent book that has become the award-winner. ‘Don’t Read This Book!’ published by Egmont and illustrated by Deborah Allwright is bursting with energy. “It has the feel of a school play, with everyone rushing around and characters doubling up,” describes Jill. Along with the inventively written text, the book is brought to life with Deborah’s illustrations. It is the tale of a lost royal story that is not yet finished and the king is rather impatient. As the reader you observe the search for the story and the characters but you too are kept under the watchful eye of the king, and he’s not too happy about being followed. The text engages with the reader, as well as telling the story, and is rather cleverly done. “The team at Egmont brought amazing skill and talent to the project, and it was a big project!” says Alison, “We imagined it in pictures and although it started out as something completely different from how it is now, the designers and Deborah just understood exactly what we wanted and took it to another level.” It has been awarded the Hampshire Illustrated Book Award, a Bronze Practical Pre-School Award and was shortlisted for the British Design and Production Awards 2009. It has also been long listed for the 2010 Kate Greenaway Award for Deborah’s illustrations which have added another dimension to the text.

“I don’t know how we write together but I know it works,” says Alison, “We can’t imagine working independently. We keep each other buoyant.” I am amazed at how they do it too. They are an inspirational pair. Jill still thoroughly enjoys working part-time at Burgess Hill School for Girls, where she is the Special Educational Needs Coordinator, and Alison works with her husband in their theatre production company in London. They spend their ‘together times’ brainstorming ideas and discussing things. Between times they put their thoughts into emails. “We are most productive when we are busiest,” says Jill. “We always put our friendship first. It’s such fun writing together, but it’s also now getting serious and we want to protect our friendship too.” With three books published and three currently in production, the pressure is off at the moment and the pair are spending time playing around with ideas. They both clearly love language – even as we sit together in Jill’s kitchen, they are bouncing around ideas, playing with words and rhymes. But where did this love come from? “We both have such strong memories of our parents reading to us as children, and us in turn reading to our own children. As children we read Enid Blyton books, particularly the Faraway Tree stories, and Milly Molly

Mandy books. We are both passionate about getting children reading.”

And their advice to others who are keen to be published? Don’t give up! If you believe in an idea, stick at it. Try out your ideas on children who you know and keep an eye on what is happening out there (a good excuse to visit bookshops regularly!). And for parents wanting to encourage their young readers? Always read to your children and don’t stop when they can read themselves. Make language fun – play games with words and sounds, make reading a fun part of everyday tasks (make a shopping list, read a recipe.) Remember that all experts were beginners once and always focus on the positives. Your children need to see you read too, so put your feet up with a good book or the newspaper!

“We can’t believe what we have achieved, we pinch ourselves daily! It is such a thrill to go into a bookshop and see our book on the shelf. And when the assistant isn’t looking, we sometimes move it to a more prominent position too!” Jill and Alison really are inspirational characters to be around and a great role-model for all those mums out there who are juggling work and family. So watch out for the sequel to ‘Don’t Read This Book’ and other titles on their way from our award-winning author, Jill Lewis.

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BOOK REVIEWS

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Hoot

by Carl Hiaasen

Conor Dumbrell (age 11)

AMAZING, GROSS, QUIRKY, wacky, original, absolutely hilarious are just some words I could use to describe this book.

It is about Roy, who has just moved to Coconut Cove, Florida and is being bullied, a police officer trying to get a promotion, a couple of secondary school pupils, a really greedy property developer and some Florida burrowing owls. When I read it I laughed out loud because the property developer shoots his own toilet and Roy's headmistress has a single greasy hair on her top lip! As the book carries on you see how Roy makes friends and how they save the owls from being buried alive, and how difficult it is to be a police officer. This book has a Newbery Honor and is written by a brilliant American author. I would recommend this book to years 11+ as it is quite long but is well worth the time.



Don't Read This Book

by Jill Lewis

Ella Tingley (age 5)



IT IS ABOUT a storywriter and a king and they make up a story at the end. The storywriter lost her notes (I think she's a girl). Some were torn and she lost the other ones. The king was very sad and grumpy and very, very, very cross. They rode on horses to look for the notes. She finds the notes in a tree and a giant finds some too. I love the page with lots of different colours – the king is very angry. The storywriter is my favourite person in the book because she talks so calmly. On one page a pea was flying through the air out of a pod, I love this page. I will read it a thousand more times even though the king says 'Don't read this book!'.

"It's amazing how they do the pictures and on the front cover it looks like the page is really torn. They do the writing bigger when they are shouting. It is amazing how they draw the mouth as if they're really shouting. It looks like they are still making the book. I give it 10/10." Georgie (age 6)

"I like it" Jess (age 3)

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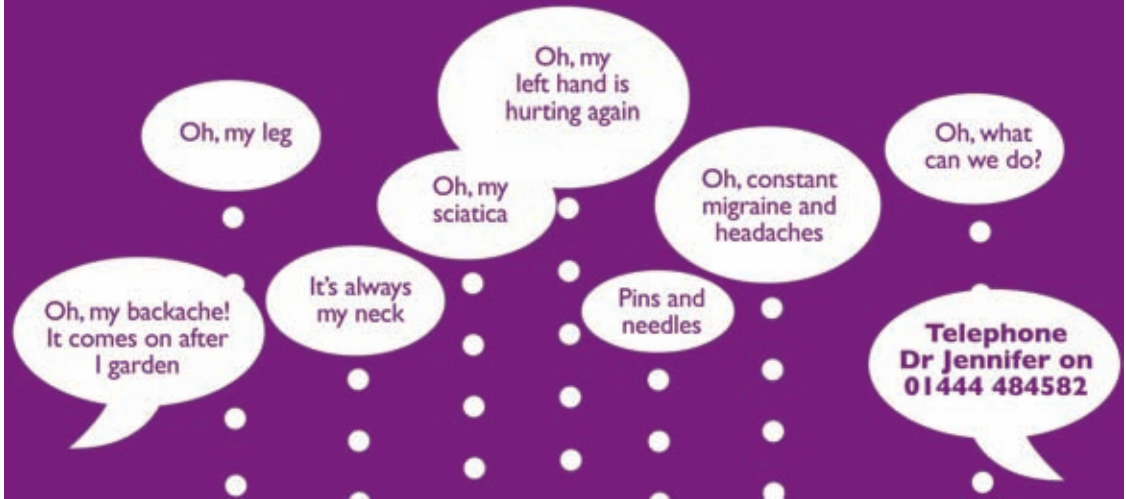


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Simply Good Food...

By Caroline Young

THE DARK DAYS of February seem a good time to sing the praises of the humble main crop potato. Potatoes have been the staple food for man in many parts of the world for nearly three thousand years. Not surprising really, being easy to grow, simple to store, inexpensive and incredibly versatile in cooking. Roast, fried, baked, mashed, in soups, casseroles - I have even tasted a soft, fudgy chocolate cake made with them.

Store potatoes in the dark, a cardboard box covered with newspaper is fine. Always tip them out of supermarket plastic bags as they will sweat and quickly spoil.

Never bake jacket potatoes wrapped in foil - they steam. Even one cooked in the microwave is better for being lightly rubbed with oil then rolled in salt before cooking. Don't forget to prick the skins with a fork to prevent bursting. To speed up cooking in conventional ovens, push a metal skewer through the centre.

As a change from roast potatoes, scrub, dry and cut potatoes in half horizontally. Score the cut surface into diamonds, brush with oil or garlic butter and bake cut-side upwards until a rich golden brown. Alternatively cut them into long wedges, brush with oil, sprinkle with paprika and bake.

For Poor Man's Moussaka, make up your favourite Bolognese sauce. Parboil thinly sliced potatoes, drain thoroughly then layer with the sauce in a baking dish. Top with a cheese sauce (or just grated cheese) and bake at 180° until a rich golden brown.



Potatoes au Gratin

Serves 1-2

Peel and thinly slice 1 large baking potato. Add to a pan of lightly salted boiling water and gently cook until tender - about 3 min. Drain well. Grate 115g Gruyere or Gouda cheese. Heat 150ml single cream (or milk) with 1 crushed garlic clove until just bubbling around the edges. Add the potatoes and gently stir to combine. Spoon half into a buttered shallow baking dish, sprinkle with half the cheese, top with the rest of the potatoes and cream then remaining cheese. Bake 190° for about 25 min or until richly browned. This makes a generous main dish for 1 person or, for 2 servings, serve with slices of ham or grilled gammon rashers.

Potato, Bacon and Cheese Bake

Serves 2

Cut 2 large baking potatoes into ½in dice. Tip into a pan of salted water, bring just to the boil, cook gently for a couple of minutes then drain thoroughly. Thinly slice 1 large onion and chop 4 rashers of back bacon. Using a large fry pan, add 1tbs oil, the onion and bacon and cook over low heat until soft. Add the potatoes, seasoning and a pinch of chopped sage. Cover and cook over low heat for about 15 minutes. Carefully stir in 115g diced cheese, Cheshire or Double Gloucester are particularly good, and continue to cook for a few minutes longer. If wished, slip under a hot grill to brown the top. Serve and eat piping hot. (not suitable for freezing, halve ingredients for 1)



Next time you find you have cooked too much mashed potato, use it to make a delicious quick loaf of bread. Freshly baked it goes well with a bowl of soup or thinly sliced for sandwiches. Next day cut into thick slices, lightly toast and top with poached eggs.

Potato Bread

Preheat the oven to 230°. Grease and line a 900ml loaf tin. Sift 225g strong white flour, 2tsp baking powder and a good pinch of salt into a bowl. Add 175g mashed potato and rub in until evenly combined. Stir in 1tbs oil and 200ml water (this will be quite a wet dough). Tip into the loaf tin, and sprinkle with coarse salt or paprika. Bake for 25 min or until golden brown. Turn out on to a cooling rack.

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Arts Festival news

WITH THE NEW Year comes a new venture for Lindfield. The first Lindfield Arts Festival is due to take place on the weekend of 14-16 May 2010 and things are really starting to get exciting! Artists, bands, theatre groups, restaurants, businesses and many more are booking a space and venue to be part of this fantastic contemporary festival.

Leesa Le May, Festival Organiser, comments "in January we are looking for all those who want to be involved to register as soon as possible. Space is limited and we have an extensive programme to manage".

Festival Co-Organiser Claire Fuller goes on to explain "some artists have booked whole houses within the village as their venue to display, and other solo musicians are playing at individual restaurants for the evening. We would like to have more of these bookings over the whole weekend".

Debbie Smith from the Jewellery Workshop comments "really looking forward to being involved in the LAF 2010 and having the opportunity to open my workshop for everyone to come in, have a look or have a go at making a piece of jewellery!"

We have opera singers to graffiti artists, poets to theatre groups, video artists to storytellers and rock bands to jazz Bach. We are looking for more dancers from street dance, salsa, ballroom to world dance, so if you're out there looking to perform, give us a call.

Many of the local schools have entered the sculpture trials and fashion show competitions, with many of the primary schools having booked our music co-ordinator, Professional Opera singer Gillian Webster, for the inter-school choir performance.

If you would like to join us and be part of the Festival call for an information pack on 07739288730 or click on www.lindfieldartsfestival.com



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Please mention Lindfield Life when contacting Tony Dawson

What's on at King Edward Hall

- 4th Country Market
(Sheila Hobbs 483396)
- 7th Ruwach Christian Church –
Morning and Evening Services
(Ruth Hollis 459025)
- 10th Lindfield Horticultural Society – Guest Speaker
(Mrs Alison Elliott 483039)
- 11th Country Market
(Sheila Hobbs 483396)

King Edward Hall Film Show Evening
"Sherlock Holmes" 12A
(Gillian Alderman 483181)
- 12th Charity Concert
Performance by the Fretful Federation Mandolin
Orchestra (David Barwell 412704)
- 14th Central Sussex Cage Bird Association – Bird Sale
(Vicky Dunster 242244)
- 18th Country Market followed by AGM
(Sheila Hobbs 483396)
- 21st Ruwach Christian Church –
Morning and Evening Services
(Ruth Hollis 459025)
- 25th Country Market
(Sheila Hobbs 483396)

Mid Sussex Conservative Association
An evening with Nicolas Soames
(Lalaine Jones 452590)
- 27th Lindfield Dramatic Club – Table Top Sale
(Rex Cooper 831512)


Lindfield & District Folk Dance Club
Barn Dance with Fish n Chip Supper
(Mrs Malins 484224)
- 28th Ruwach Christian Church –
Morning and Evening Services
(Ruth Hollis 459025)

Please refer to the King Edward Hall notice board for additional information regarding the above events.

If you would like to hire the King Edward Hall please contact the Bookings Secretary for further information on telephone number 01444 483266 or by e-mail on bookings@kingedwardhall.org.uk

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