

Lindfield Life

*Local village talk,
by the village*

June 2010 Issue #15

FREE!

The tradition of Village Day p.6

To the North Pole and back p.12

Paris: Then and now p.30



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Lindfield Life



📷 Adam Wylde
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ACCORDING TO Rodgers & Hammerstein “June is busting out all over” and it is no different here in Lindfield. As the weather warms up we can begin to bring closer the memories of lazy afternoons watching the cricket, the unmistakable smell of the barbeque and stocking up the freezer with ice!

One thing we don't have to wait long for is Lindfield Village Day on 5th June. My husband David gives us a tease, as if we needed it, on page 6.

It has become clear to me, since doing this magazine, how much more there is to a village community. More than you ever thought possible. I fear we are only just scratching the surface of local talent and stories - so do please share if you, or someone you know, has some credit to their name or indeed a talent of some note. We like to cover a wide spectrum and here at Lindfield Life we always want to hear more.

One such gem comes to us in the form of established author Arthur Woods - the first to contribute to a new series exploring local experiences of far-flung places. He shares his personal memories and reflections of our European counterparts just across the water. Go travelling with Arthur on page 30. Another gem is Anthony Baird, a local poet inspired by this beautiful village, who shares with us one of his poems about The Common in Lindfield (see page 8).

With the Summer Term in full flow, the schools are going full tilt. Blackthorns brings us news of its latest environmentally friendly power installation on page 10, plus Lindfield Primary gives early notice of its Summer Fayre just over the page.

There is, of course, lots more besides! Mike Scholes is back and we have the abbreviated story of his amazing journey, Rosemary Humphreys tells us how to show off our fruit and veg and John Barling takes us out on two wheels again just in time for the London to Brighton to pass through on 20th June.

Emma Tingley, Editor

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Your old books turn a profit

IS YOUR HOME cluttered up with old books? Lindfield Dramatic Club's (LDC) very popular book stall will again be a feature at this year's Village Day (June 5th) and the club will be happy to take books, in reasonable condition, off your hands. Call Rex Cooper on 01444 831512 and he will arrange collection.

School Summer Fayre

This Summer Lindfield Primary School are inviting outside traders to set up a pitch and sell their wares at the Summer Fayre on Sat 10th July (12-2pm). If you're interested in having a stall please email emmar2565@hotmail.co.uk to book your space. Pitches are £15 and will be provided on a first come, first served basis.

Jim did it!

As reported in March's Lindfield Life, local milkman Jim Marsh was running the Brighton Marathon for St Peter & St James' Hospice. Jim finally completed the run in 4hr15min, after suffering from cramp at 19 miles. The current total raised is £5,300.



Heart of Sussex Walk



THE BRITISH HEART Foundation in Mid Sussex invites you to join their annual walk on Sunday 27th June 2010.

This year will be the BHF's 20th Heart of Sussex Walk along part of our beautiful South Downs. Hundreds of families over the last two decades have enjoyed their day with the BHF and, most importantly, have raised many thousands of pounds for the fight against heart and circulatory disease. Much of the money raised has helped equip our local hospitals, GP surgeries and leisure centre with vital heart monitoring equipment.

The walk has been cleverly and imaginatively designed in order to ensure enjoyment for all the family, and their dogs of course. There is a choice of four starting points for different distances, all finishing together in Alfriston. You can choose to walk the full 21 miles from Clayton Windmills or start further along at the 5, 8 or 15 mile start points.

Simon Cartwright, Chairman of Mid Sussex BHF, adds: "We hope you will be able to join us on this year's walk; it will be particularly special as it will be our 20th consecutive year. Your support provides much needed help for the BHF research programmes and your donation of time and money enables them to continue their life-saving work."

Come and start your summer with a healthy and fun day with family and friends.

For further details please contact Simon Cartwright on 01444 482751 or BHF regional office on 01892 893918 or email south@bhf.org.uk or visit the website at www.bhf.org.uk

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Railway Anniversary

BENTLEY MINIATURE RAILWAY operates at Bentley Wildfowl and Motor Museum, Halland, near Uckfield, East Sussex. The railway celebrates 25 Years of operation in 2010, having been formally opened on June 2nd 1985 by comedian Ken Goodwin.

The railway has recently been granted Planning Permission for an extension to a new station adjacent to the wildfowl park, subject to preliminary conditions. This extension will double the length of the line from ½ mile to 1 mile.

These events will be celebrated during early June 2010; Bentley Miniature Railway will be in operation, as usual, from Saturday 29 May to Sunday 6 June 2010, during the local school Half Term week. On Saturday and Sunday 5-6 June special events, including a model railway show and a cavalcade of locomotives on the Railway are planned. The TV Celebrity (Tomorrows World) and model engineer Bob Symes will be present on Saturday 5 June and will formally inaugurate the works on the new extension, including, we hope, a token shuttle service.

Visitors to Bentley Wildfowl on 5-6 June will receive one free train ride - additional rides (and on all other Railway operating days) are 80p return - Adults and Children. For further details, please see our website: www.bentleyrailway.co.uk, or phone 0845 8672583.

Roll up, roll up

IT IS NOT TOO LATE to support one of the oldest scout groups in the country - 1st Lindfield Scout Group. The draw for their grand summer raffle will take place on Saturday 5th June at Village Day on Lindfield Common. Raffle tickets, printed in last month's Lindfield Life, distributed through the local schools, the scout group and Lindfield Dance School, can still be purchased. Please return the ticket stubs and money to: Heart and Soul Gifts Shop, 66 High Street, Lindfield, W Sussex, RH16 2HL. The raffle prizes include: £250 cash, £150 sailing course voucher from the Ardingly Activity Centre, £100 Touch Screen Mobile Phone, £100 Millets/Blacks Gift Card plus many other prizes. 10% of the raffle takings will go towards the St Dunstan's Charity (see p12 this issue). We are currently fundraising for a new scout hut. The current hut, a former WWII Canadian Air Force hut, is now well beyond its economic life and has become increasingly expensive to maintain.

Come and meet us on Village Day - we will be promoting scout activities and selling BBQ burgers and soft drinks.



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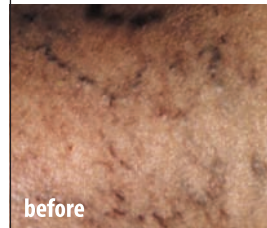
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The tradition of

By David Tingley

FOR MANY OF us who have been in the village for any length of time, the beginning of June is when it really feels like we are part of a village community. Lindfield Village Day has been going for over 30 years and is - for those who don't know - a procession down the High Street leading on to The Common, where attendees can browse the stalls and watch various spectacles in the bunting-lined arena.

The day is organised by The King Edward Hall (KEH) as an essential part of the Hall's fundraising for the year. For 2010 the story continues and this year Stephen Gray - KEH Treasurer - is at the helm. "Village Day is an opportunity for everyone in Lindfield to enjoy some good old fashioned fun. If, as has happened in many recent years, we are lucky enough to have sunshine, then I am sure everyone will remember the day with affection" comments Stephen.

The procession this year has a special treat in the shape of the Shalesbrook Morris Dancers! Not only will they be dancing down the street but they'll be one of the arena events too. Others include 'Firing the Anvil' by local blacksmith Kevin Pollard, Nikki Gower's School of Dance puts on a display of children's dance and The White Horse are organising a good ol' Tug of War match.

Anyone can enter the carnival procession, be it groups, families or individuals - fancy dress and themed floats add to the fun - if you are up for the challenge! It all starts by meeting up at 1pm on the day - Sat 5th June - at Hickmans Lane playing fields to take your places before it leaves at 1.30pm. The fancy dress and procession floats are judged back at the arena on the common, where there are also over 100 charity, retail and food stalls surrounding the arena. There's also a fun fair, model railway track taking rides and a children's pet show - so loads to see and do! Buy a Village Day Programme for more information

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- but, more
importantly,
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line the High
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Village Day



Find us at Village Day

WE ARE VERY much looking forward to being a part of Village Day this year and will be having a pitch on the Common. Although we haven't finalised all the details yet, we are hoping to be able to exhibit some of the magazines, showing some of your favourite cover images and providing more information about some of the topics that we have featured over the last year. We may even have some of our 'Village People' for you to meet. We appreciate the regular emails that we get from readers and value your feedback and suggestions. So if you are a reader, an advertiser or just want to find out more, then come and find us on the Common. We are looking forward to being a part of this great village event!



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Poetry inspired by Lindfield

By Emma Tingley

LINDFIELD IS well known by artists and photographers for its picturesque High Street, pond and Common but they are not the only ones who get their inspiration from our village. Resident, and octogenarian, Anthony Baird is in the process of compiling his second book of poetry inspired in part by life in Lindfield. "I always imagined poets as pale young men with long fingers and never thought that I'd write poetry" says Anthony who began writing poetry when he was 86 years old. Although he himself had never been a great reader of poetry he admits to having always been fascinated by words and how language develops. Poetry has made him look more carefully at words and think about how they connect with each other and the reader too. The ambience and community of Lindfield, as well as its beauty, have been much of his inspiration. "I'm living proof that you are never too old to try something new. I'd love to say that I know how to do it but I don't! I have an idea so start with a sketch of it. I'll come back to it the next day and have go at connecting the words and ideas. Quite suddenly the words all fit in to place and it comes together. I'm often overwhelmed by the sheer glory of language" he explains. Anthony's first book 'Lindfield and Other Poems' is available from The Bookstop and he is hoping that the second book will be published later this year. As June is the month in which Village Day is held on the common, we are grateful that Anthony has kindly allowed us to reprint his poem entitled 'The Common' - a celebration of this majestic space.

"The great thing about getting older is that you know more and the more you know, the more you have to wonder at."

Anthony Baird

The Common

The Common's common sound
Is Summer's whack of
Ball on bat
And lazy eyes
Regarding runs and byes
To murmurs of approval.

As May turns into June
The Common fills with booths and tents
For selling jams and cakes and blooms.
And at the furthest end
Roundabouts and slides for children's fun
With chairs and tables
For the aged's, teas and buns.

At the centre of the Common
Trumpets blow and drummers drum.
Proud children's bands, in uniform,
March up and down.
The races are for under tens
And tug-of-wars for heavy men
Flushed with the Summer sun.

This is the village day of days
All Lindfield ablaze
With colour, childish shrieks.
Ice cream and drinks galore
And much besides and more.

The rains come down
And mud comes up in Winter.
Players pass and kick.
The ball is far too quick
For the guardian of the goal.

Throughout the year
The Common's common life
Is children running
Funning
In the open air.
Growing up on ancient land
Where once the cattle fair held sway
And pilgrims rested on their way
To shrines in Canterbury.
The Common, over centuries of days,
The place where old and present Lindfield plays.

© Anthony Baird

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School plugs into the power of the sun

PUPILS AT BLACKTHORNS Community Primary School in Lindfield are celebrating having new solar panels on the school roof to generate green electricity.

Fifty-six panels were recently installed on the school's roof to generate 9,000 units of electricity per year. The project is expected to save nearly five tonnes of carbon dioxide emissions and reduce energy costs by £3,600 per year.

A live display shows pupils how much solar power they are generating.

The £69,230 cost of the project was met by £32,240 from the Government's Low Carbon Buildings Programme, £30,000 from EDF Energy's Green Fund, £4,990 from the High Weald Joint Advisory Committee's Sustainable Development Fund and £2,000 from the school's PTA. In addition West Sussex County Council provided £5,000 for additional work connected with the project. The project was managed by Peter Browne Consultancy and installed by The Green Electrician.



Headteacher Ruth Schofield said: "The solar panels look fabulous. The most exciting thing for me is the fact the children will be able to see the possibilities and the potential of solar energy. We can take them outside school, show them solar panels and the screen at the entrance hall. We can tell children about these things - but seeing is believing.

We are keen for our Eco-School to be as sustainable as possible and for the children to learn, first-hand, the importance and potential of solar power. Schools have an important role to play in tackling climate change. The children are the future and need to be educated about living their life in a sustainable way."

Peter Thorn, who leads EDF Energy's Programme for Greener Schools, said: "We are proud to support the solar energy projects at Blackthorns Community Primary School. This is part of our commitment to helping schools install renewable energy technology. Young people are keen to learn about climate change and we are uniquely placed to help them. This equipment will help reduce greenhouse gas emissions while bringing the importance of tackling climate change home to young people with their whole lives ahead of them."

Blackthorns Community Primary School has fitted roof and wall insulation, double glazing and sensor lights in order to use less gas and electricity. The school also has Eco-Schools Green Flag status for its work in energy monitoring, litter collection, recycling, a walk-to-school project (walk to school week 17 - 24 May), healthy living and biodiversity lessons.

Come and play

LINDFIELD NURSERY School are holding an open day on Saturday 12th June from 10am - 11.30am. This is a great opportunity to come and have a look around, let your children play, find out more about the nursery school and help yourself to drinks/nibbles.

Lindfield Nursery School has been established in the village for over 40 years and operates out of the Jubilee Room in the King Edward Hall, term time only, for children aged 2 - 5 years old.

We'd love to meet you and your children and if you register your child on the day we will offer a 10% discount on the first term's fees. www.lindfieldnursery.co.uk



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Bonfire Society history

By Darren Lucas

WELCOME to the first part of three of the history of the bonfire society as I attempt to transport you back in time to a very different type of bonfire celebrations in the village as I cover the period from the 1880's until the Second World War.

Back in the 1880's November 5th looked very different compared with today. The traders would close up their shops early to allow their workers time to get ready for the evening's celebrations. There would usually be three bonfires in the High Street; they would be outside the Red Lion, The Bent Arms and the Tiger Inn. Usually made from tar barrels, discarded torches and faggots. The bonfire boys would more often than not run riot through the village, throwing fireworks and helping themselves to anything that they could burn on one of their street fires. Even the Toll Gates weren't safe. Hence why they used to be taken down and hidden in a safe location. The local police would either be unable or unwilling to prevent the boys from their riotous behaviour.

Then in 1894, mainly due to pressure from the authorities, the boys were told they had to be more organised with their celebrations or face punishment. So the Lindfield Bonfire Society was formed. Back then the boys would process up and down the High Street in ranks and with musical instruments, stopping off at the pubs on their way to still light their street fires.

In 1906 street fires were outlawed and the celebrations moved onto the common, where there would be a massive bonfire with fireworks. The fireworks were paid for by subscription throughout the year by the local village traders.

Between the years of 1914 -1918 celebrations were suspended due to the First World War, starting up again in 1919. We know that between the wars bonfires in the village continued, though information on them is very sketchy and lack in detail but they normally consisted of a procession around the village ending up with the bonfire and fireworks on the common. With the outbreak of war in 1939 celebrations were again suspended until 1945.

Which is where we start Part 2 from next month...

The Lindfield Bonfire Society would like to thank all those people who sent through subscriptions for the LBS. Your kind and generous donations are presently accounting for over £240 towards Bonfire Night. If you would still like to contribute towards bonfire night please contact Alison Eggert-Hobbs on 01444 484752 alternatively email me at alison@lawnevents.co.uk

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To the North Pole and back

By Emma Tingley

LINDFIELD'S INTREPID explorer Mike Scholes, featured in our January 2010 edition, has now returned from his Arctic adventure. I caught up with him to get all the details of the highs and lows of his expedition to the North Pole to raise vital funds for St Dunstan's, the national charity that supports ex-service men and women who have lost their sight.

With his gruelling training programme under his belt, Mike was as physically prepared as he could be for the arduous trek to the geographic North Pole. Arriving in Longyearbyen, a town on the Norwegian island of Spitsbergen within the Arctic circle, at the beginning of April, he and a team of three others joined their expert Norwegian guide, Rune Gjeldnes, and the expedition had begun. The first leg of the journey was to fly from here to the Russian base-camp on the ice. This temporary base is set-up for 5-6 weeks each year. A runway is cut out of the ice and a small village of tents is erected. As well as a scientific research base, it serves as a base for those mad or brave enough to face the arctic conditions and head even further north. The conditions when Mike arrived were described as windy and warm at a temperature of -7°C but during the team briefing the weather conditions significantly deteriorated and gale force winds, snow and an increasing temperature meant that no-one could leave the camp. To me, the news of rising temperatures sounds like a good thing but Mike informs me that in the Arctic this is not a good thing. With rising temperatures the ice cracks and the terrain becomes very unstable. With an extra day in base camp, it meant that Mike was on hand to cheer on a fellow St Dunstaner who was there to run an ice marathon through deep snow around the temporary runway. Unfortunately during the delay the ice drifted 9 miles away from the Pole making the trek longer!

Finally the team left base camp trekking across the ice. Mike describes the terrain as hugely variable. One minute you're

walking through relatively thin snow, then all of a sudden it is thigh deep. Because of his impaired vision, Mike walked behind Rune, an experienced Arctic and Antarctic explorer who had walked solo across the Antarctic. "I could make out his sledge, but Rune was a little further ahead, so he would call out to me and warn me of the changing terrain" explained Mike. Pressure ridges that form in the ice had to be clambered over or, if they were too big, then navigated around. On the first day after six hours of trekking the team had made just 5.6 miles of progress. Negotiating the obstacles formed by the ice and deviating from the route to find access across 'leads' (gaps or cracks of open water often hidden under thin ice and when narrow, identifiable only as dark lines in the snow) was an arduous task. Setting up camp for the night became a slick operation during the trek and the team of five shared one tent.

When they awoke on day two, they found that the ice had continued to drift south and they were now further back than when they had started! Mike got an even bigger shock that day however when he fell through ice rubble into the cold water and had to be pulled out by his ski poles. With the danger of becoming cold and wet he had to quickly get dry socks on, then continue the day's walk with his feet in plastic bags to keep the moisture of his wet boots away from his feet to prevent frost-bite. On day two they trekked for 8 hours as the terrain was better. "When we came across areas of thin ice, we decided to set up camp for the night and boil up our water to rehydrate our dried food supplies. News came in that the Russians had had to move the base camp 2km as the ice had cracked underneath it" mused Mike. "Rune, the guide, did a recce each day on skis to find the best way through but sometimes the shifting ice meant that the route he'd identified at night had gone by the morning. I take my hat off to the early explorers like Scott and Shackleton who did all this without GPS and the equipment that we had."



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The snow was unusually heavy and the winds stronger than expected but by day four the temperature had dropped to a more usual -15 to -20°C. Despite these incredibly cold temperatures, Mike was only wearing down trousers, a long-sleeved wool vest and a windproof jacket whilst walking. "Pulling a 50kg sledge tends to keep you warm but the golden rule is not to sweat. But it's difficult not to when you're pulling a sledge through deep snow! You've got to control your body temperature with layers of clothing and allow moisture to wick away, so that you don't get cold. We stopped for a 10 minute break every 50 mins, so then I'd put on my big down coat that quickly got me the nickname of Mr Blobby!" laughed Mike.

Being on the ice was incredible for Mike. Totally silent other than the sound of the ice creaking as it moved. The landscape was described by his fellow adventurers as stunning, with the wind sculpting the ice and leaving patterns in the snow. The guide carried a gun in case a polar bear appeared, but with no evidence of animal life the bears were more than likely nearer to Canada where their food supply could be found.

After eight days of trekking and two days confined to the tent due to galeforce winds and with temperatures

of -30°C, the team set out on the final push to the Pole. After walking for 1½ hours they still couldn't find a gap in the ice narrow enough for them to jump over, and after 3 hours they passed the place where they had camped. Unfortunately, conditions were not going to allow them to make the last few miles on foot. So at 13.43 GMT on 15th April 2010, the team touched down at the North Pole having hitched a ride in a Russian helicopter. "It is difficult to describe the feeling of being at the top of the world – a great feeling of euphoria! There's nothing there but blue sky. We put up our flags and drank champagne! Sadly conditions were too windy to fly my hot air balloon which was disappointing" said Mike.

And unfortunately I haven't got space to share more of Mike's inspirational expedition. So if you want to know more about his 'munchie' bags, what happened when he set his arm alight in another attempt to fly the balloon, or what Sir David Attenborough was like, then you'll have to ask Mike – that's if you can keep up with him! It's not too late to make a donation though and every penny you give will go towards helping St Dunstan's.

(Go to www.northpole2010.org or contact Mike on 01444 487610)



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It's Show Time!

By Rosemary Humphreys, Lindfield Horticulture Society


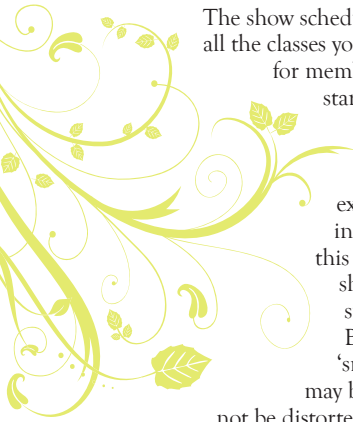
SO YOU'VE FOLLOWED the trend and started growing your own fruit and veg – and the flower borders aren't looking too bad either. Why not put a few entries into our own village show? Lindfield Horticultural Society has Shows coming up this year on Saturday 10 July and Saturday 11 September so there will be plenty of opportunities. But how to do it? What are the judges looking for?

The show schedule (see note below) lists all the classes you can enter, with classes for members and non-members. It starts off with flowers – which includes pot plants and flowering shrubs. It's essential here for exhibits to be healthy and in good condition. In fact this applies to everything you show – although there's no such thing as perfection! Biggest is not always best – so 'small but perfectly formed' may be a winner! Stems should not be distorted, leaves should be clean and

undamaged. A pot plant should look healthy and have its leaves and/or flowers evenly distributed ie not be lopsided.

LHS provides special holders for fuchsia and pansy blooms. If you are showing fuchsia blooms they should be nicely formed, with even sepals (that's the outside petals of the bloom). Try to have several varieties and if you can name them – not too difficult with fuchsias – that's even better. (If a judge has to choose between two equally good exhibits in any category, a named one will usually triumph!) If you are showing a fuchsia in a pot, it's better to show it in a pot that's smaller rather than too large. The Society provides vases of various sizes for all exhibits. If you don't want to use Oasis (the sponge-type block that flower arrangers use) newspaper stuffed into the vases will hold the stem securely. Some people like to put moss into the neck of the vase to make it look more attractive but this is not essential. It would be lovely to see more entries in the hanging basket section. There are certainly plenty of splendid examples around the village. There is a special line on which to hang them at the Summer Show - so why not enter yours?

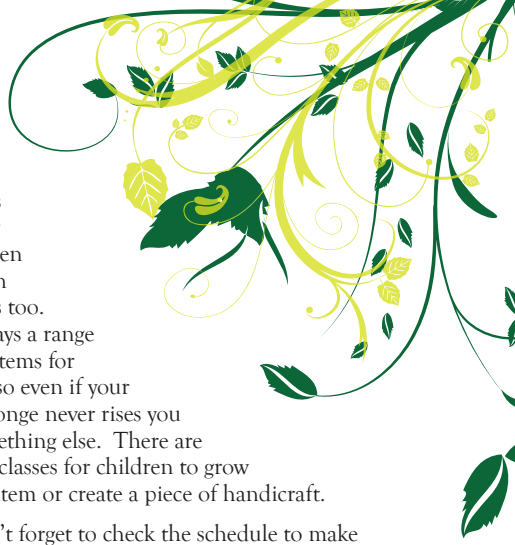
What about the vegetables? Potatoes should be clean, disease-free and of a uniform size. Tomatoes should be shown with the stalk and calyces (that's the little green bit!) intact. They should also be of a uniform size but there's no need to polish them! Carrots and parsnips should have their tap root intact and about 7.5 centimetres of foliage left on (about the length of a man's thumb) and neatly tied with raffia i.e. not the way you might see them in Sainsbury's... Shallots should be displayed on a plate of dry sand with the stems again tied with raffia. If you want to show leeks, leave all the leaves on, wash the roots and trim them to about 2.5cms long. Show lettuces with their roots still attached and washed. Cabbages and cauliflowers need to have 5 centimetres of stalk remaining. Fruit is really easy to show. Make sure you pick apples and pears with their stalks still attached. Currants should be left on their stalks, in sprigs. Raspberries should still have their centres and a small piece of stalk attached.



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In the flower-arranging classes our judge emphasises the need to stay within the maximum width size for each class. Flower-arrangers are able to work on their exhibits the night before the show but the plant material can 'grow' slightly overnight, so it's a good idea for it to be slightly under the width size. In large designs, where there may be no limit on height, it is still important to keep the arrangement balanced and to scale. Recessing large flowers into the design and smaller ones out will help to achieve this. For the petite or miniature classes, entrants need to think about what petite means - use petite flowers and think about the scale. Although accessories are an important part of your design, it is the plant material that must dominate the arrangement. A useful tip is to immerse the block of Oasis in a bucket of water before you start to ensure it is thoroughly saturated. For 'Best in Show', the judge looks at all the first prize winners but scale and balance are still important and the biggest is not necessarily best. ('Best in Show' in the Spring Show was the winner in the 'petite' class.) In an effort to encourage more entries for the flower-arranging classes, LHS has instituted a payment of £2 to entrants in all flower-arranging classes (except the petite), as a contribution towards the cost of materials.


If you really don't feel that what is in your garden is up to scratch, don't forget about the cookery and handicraft

classes. This isn't just for women - men win prizes in these classes too.

There's always a range of cookery items for each show, so even if your Victoria Sponge never rises you can try something else. There are also special classes for children to grow or cook an item or create a piece of handicraft.

Finally, don't forget to check the schedule to make sure your entry is as described and that you have entered the correct number of items. If you haven't shown before or have any queries you are welcome to contact any member of LHS committee for advice (details in the schedule). Try to do as much show preparation as you can the night before, to avoid panic before that 10.30 deadline on the Saturday morning! Good luck!

The author would like to thank Robert Tunks, Richard Hilson, Michael Elliott and Noreen Smith for their advice. For full details regarding entries please see the Lindfield Horticultural Society Show Schedule. For membership and schedule enquiries please phone 456509.



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Cycling in Sussex

Back by popular demand our roving correspondent on two wheels sets us off on the right course for a summer on the bike!



By John Barling

IN THE LAST of the series on cycling we take a brief look at a couple of family friendly routes within comfortable driving distance of Lindfield, where families with younger children can enjoy cycling together, enjoying the countryside away from busy roads. (Just the place to go if you need mum or dad to run alongside holding the saddle until you can balance on your own.)

Thanks to the cuts to our railway network back in the 1960s by Dr Beeching, there are now many abandoned lines which have been converted over recent years to recreational use for walking, horseriding and cycling. The Cuckoo Trail, 11 miles long, which runs between Polegate and Heathfield, is one such route enjoyed by many at this time of year. You may still hear the distinctive call of the cuckoo in June, which in this area lays its eggs in the nest of the sparrow-like dunnoek often seen along the trail. The surface at the southerly end of the trail is smooth and easy to ride on; it gets a bit stony up towards Heathfield, so the best starting point is from the car park near Polegate Station but check out the excellent leaflet

published by East Sussex County Council, available online, which also describes other car parks and access points along the route.

Another trail suitable for family cycling, also owing its existence to Beeching's cuts, is the Forest Way which follows the line of the former Forest Way Railway opened in 1866 as an extension to the Three Bridges to East Grinstead branch line. It is well used throughout the summer and may be accessed via the car park in Hartfield, where you can decide to head either westwards to Forest Row or eastwards to Groombridge. The trail forms part of the National Cycle Network's Route 21. Watch out for the distinctive blue signs with white lettering and red numbering. You may even spot one of the commissioned sculptures which double up as mileposts along the network. Another great day out in fair weather.






If you enjoy either of these routes, then why not check out the Sustrans website www.sustrans.org.uk and discover more of the 12,000 miles of mostly traffic-free routes to enjoy. It is claimed that the network passes within one mile of 55% of the population of mainland Britain. Sustrans, a national charity, was founded in 1977 by a group of people in Bristol keen to work towards a future in which people travel in ways that benefit both their health and the environment and, guess what, the first route was the Bristol and Bath Railway Path, a 17-mile traffic-free trail along a disused railway!

So, enjoy the summer! Enjoy the fresh air and great British countryside and most of all... ride safely.

A final thought... I'll bet every one of the 27,000 riders who will be coming through Lindfield on 20th June en route from London to Brighton will remember starting their cycling careers with someone running alongside holding the saddle... until that magic moment arrived...





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CARING HOMES

At work in the village

OPEN FOR BUSINESS

By Gabrielle Hall

The wonderful smell of roasting coffee and freshly baked bread often greets me on my way into the High Street each day. For me this has become synonymous with life in Lindfield.

Located at the Old Forge, within the courtyard in Denmans Lane, I discovered World Coffees; a thriving business that supplies coffee to a large number of restaurants, hotels, cafes and delis far and wide. As well as wholesale, it provides a specialist mail order service for mainland customers and a dedicated retail service for local coffee connoisseurs. Owner Jackie McGahan and assistant Miranda Moolenaar invited me inside.

Jackie's brother-in-law started World Coffees back in 1994 and the business moved to the existing premises some four years later. What started out as a hobby soon turned into a profitable enterprise. The mail order business began to serve a market that was expanding rapidly at that time and a later move into the wholesale market really helped the business to grow.

"We supply 18 different coffees" said Jackie, who is passionate about coffee and enjoys creating her own variety of blends. "All of our coffee beans are Arabica beans which are superior in quality and can only be grown under certain conditions. These beans provide the best flavour."

"People are becoming much more discerning when it comes to coffee. It's an affordable luxury and very much part of the culture we live in today. I like to provide a specialist service to all my customers. They tell us what they like and we create a blend of coffee that is unique

to them" she continued. "Quality is paramount. Many of our beans come from individual growers and small cooperatives and are still harvested by hand. We know where our supplies are grown and for us it's important to maintain that connection."



World Coffees source their beans from many countries around the world, enabling them to offer their customers a broad selection to suit every palate, including Fairtrade and decaffeinated varieties.

Jackie explained "The green beans are delivered here by our coffee importers. We then roast the beans to get the best flavour. Each variety is different and requires a different length of time. In our 10 kilo roaster it takes about 23 minutes to roast the beans, but the last five

minutes of roasting time are crucial and we have to keep checking the beans during this time. When the beans reach a certain temperature they crack and at that point we remove them from the roaster and cool them quickly. We then blend the coffees after roasting. There are many different ways to then grind the coffee beans and our customers can tell us what they like."

"Because we roast to order and grind the coffee just hours before delivery, we can guarantee the best tasting coffee. Quality, freshness and taste are our highest priority."

The retail service is available from 9am-1pm on Monday, Wednesday and Thursday each week. You can find World Coffees at the Old Forge, Denmans Lane, Lindfield, telephone 01444 482140, or simply follow your nose!

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Simply Good Food...

By Caroline Young

ACCORDING TO MARKET reports, asparagus is becoming a very popular vegetable when once it was thought of as a great delicacy. Please only buy home-grown asparagus. The season is May/June and there is simply no comparison with the flabby pale stalks imported the rest of the year from such places as Peru. The home-grown crop has increased by 84% over the past five years due to public demand. Buy firm straight spears with tightly budded tips. Buy just as much as you want to cook immediately and keep refrigerated until cooking.

There are several traditional ways of cooking (steaming or lightly boiling) and serving asparagus, such as with melted butter or Hollandaise Sauce. I prefer to lightly roll the spears in good olive oil and either grill, griddle or roast for just a few minutes until you can pierce with the tip of a knife. Cooked this way they keep their incredible colour and flavour. Serve topped with a poached egg or two and some hot buttered toast.

I have recently found an exceptionally good locally grown rapeseed oil which has been oak smoked. Try it in this recipe. Alternatively use a good olive oil.



Asparagus and New Potatoes Serves 2

Cook 250g new potatoes, I especially like the home-grown Charlotte variety for this recipe, until just tender. Drain well (if large cut into thick slices, otherwise keep whole). Cut 250g asparagus spears into 5cm lengths. Using a wok or large frypan, heat 2tbs oil and add the asparagus and potatoes. Cook, constantly stirring, until the asparagus is just cooked and the potatoes are beginning to brown. Sprinkle with coarse sea salt and serve immediately.

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Roasted New Potatoes

Rinse and dry baby new potatoes (again I would use Charlotte) on a tea towel. Lightly toss with olive or rapeseed oil and arrange in a single layer in a roasting tin. Generously sprinkle with coarse sea salt and roast at 180° for about 25-30 min until just tender, depending on the size of the potatoes.

This raspberry cake is delicious for dessert served warm with cream or ice cream, or cold with a cup of tea.

Raspberry Crumble Cake

Rub 50g firm butter into 75g self raising flour to form crumbs. Stir in 50g soft brown sugar. Measure 175g self raising flour, 115g soft tub margarine, 115g caster sugar, 2 medium eggs, the finely grated rind and juice of 1 unwaxed lemon into a bowl. Beat together until smooth. Tip into a greased and base-lined 20cm tin and smooth the top. Top with 450g fresh or frozen (thawed) raspberries and sprinkle the crumble topping evenly over the top. Put into a preheated oven 180° and bake for about 45 min or until the cake tests cooked. Sift icing sugar over the top just before serving.



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By Jacqui Smith, interior designer

Gearing up for guests

WE HAD A FRIEND staying this week so my attention was turned, albeit a little last minute, to our guest room. I use the term guest room loosely since it seems to double as a HomeSmiths store room with cushions pads, fabric remnants, tie-backs and more recently a shower screen en route to a client's bathroom. However, with the removal of "stuff" the room looked comfortable enough but my quick tidy up had me reflecting on the longer term plan for the room and what I might do to improve the space and the quality of my guests' stay.

In my experience, an inviting and user friendly guest room makes for an easier stay for everyone. Guests who have their own space, somewhere to unpack and ideally hang clothes will enjoy a comfortable stay and as a result make the whole entertaining experience less stressful. Whatever arrangements you are making for guests, there are a number of ways you can make a difference during their stay.

Give the room a cleaner more cohesive look, even on a temporary basis, with matching bedding and towels. Whatever space you have, sumptuous bedding, textured throws and luxurious cushions will make even the narrowest single bed irresistible. If possible, provide an extra blanket and pillows. We all have different insulation requirements at night and there is nothing worse than waking up cold in the small hours. Feeling unable to stir my host in the early hours for an extra layer, I have in the past resorted to sleeping in a thick sweater; not ideal. Bedside lighting is important. If you have a table then great, if not a simple clip-on light will do the job. If, as is often the case, you are sharing a bathroom with your guests, set aside some space for them. Storage for clothes is essential for more than a night or two. It need not be enormous, just a little hanging space and a drawer or two. Where wardrobe space is unavailable, coat hooks on the back of the door will work. Make sure there's a mirror in the room, adequately lit and with power supply close by. You may want to put a lock on the door. Having done that awkward twist of modesty on a few occasions myself when staying with friends, I always feel more at ease with the option of a lock. And a lock on our guest room door would at least give Uncle Andy a fighting chance of a reasonable wake up time in the face of over excited nephews. If you really want to go the extra mile then you may wish to provide an alarm clock, a box of tissues, some bottled water and a pile of glossy magazines. Finally, it is always worth spending a night in your own guest room. Whilst it may sound odd, thinking like a guest and experiencing the room first hand is the best way to put your guest room to the test.



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ANNUAL REPORT 2009/2010

1) Housing Development Issues

The Parish Council is very familiar with having such busy years but it would be refreshing not to spend so much of our time defending the community against unwanted housing developments.

An Extraordinary meeting was held in April last year, jointly with Lindfield Urban Parish Council, to highlight to residents the options for housing developments within the area and how they could influence that decision. Under their 'Core Strategy' criteria, the Government was demanding the construction of 17100 dwellings in the Mid Sussex area up to 2026 but latterly Mid Sussex District Council took the pragmatic view that they would attempt to allocate a pro rata number in batches of five years. However, it was moving towards the stage where the Villages were being threatened with bolt-on developments, so a group of representatives from those villages around Haywards Heath (called 4 Parishes and 3 Tiers - WSCC, MSDC and Parishes) met several times to formulate a concerted opposition to those unwanted developments.

The various decisions under the Core Strategy were postponed several times but we are now being asked to recommend to Mid Sussex District Council appropriate sites that have a potential for development. I stress, however, that there is still a substantial threat of a development of 760 dwellings in the Gravelly Lane and Walstead area.

2) The Parish Council viewed 59 planning applications over the past year, some of which caused an element of controversy. In general, the Council have resisted the proliferation of mini industrial estates within the rural area but conversely the community appeared to favour what appeared to show the sort of activities which would stimulate rather than intrude on the rural setting. One such development was the redevelopment at Scaynes Hill Nursery that, although it had some critics, was generally welcomed by the community at large.

3) The 'Village Plan' (for Scaynes Hill) - A Committee was formulated at the latter part of last year to consider the future for Scaynes Hill Village, with an inaugural open meeting held before Christmas which was very well attended. The Villagers responded with enthusiasm and a Steering Group has been formed from volunteers to research every aspect of community life and to develop the right approach to consult with the residents at large. This will include a questionnaire to the residents and also a stall at the Village Day in the summer. An interim report is due to be presented to Council in June of this year.

4) Children's Playground - Scaynes Hill - After the last Annual Meeting, the Parish Council has addressed the request to expand the play equipment for the 3-5 year olds. We will soon be able to consult the community on the type of possible equipment.

5) Fingerposts (historical directional signs) - After several years of attempting to persuade West Sussex County Council to maintain our historical heritage they have finally agreed to fund 50% of the cost on a once only basis. The Parish has nine such directional signs all of which need attention. Work has commenced on their replacement or refurbishment and we hope that within the next few months all will be in a fit and upright state! The Parish Council will be maintaining them for the future.

6) Other news as follows:

a. Lighting - The Parish Council is observing closely the provision of street lighting within the Parish, especially as WSCC has announced that they are reviewing all of their lighting within the County. There is now a strong demand to consider our carbon footprint, as much of our lighting is some years old. After discussion at the Annual Parish Meeting it was agreed we would consider the prospect of re-establishing the lighting opposite Ham Lane, Scaynes Hill.

b. Traffic Calming - Under a WSCC survey several measures were taken but only in the form of signage (e.g. vehicle activated signs) but we have been informed that a speed limit review is still active and we must be patient as we were still pushing for a 50mph speed limit from Lindfield to Ardingly and 40 mph from Bedales Corner to Scaynes Hill. The Speedwatch, where residents take part in assisting the Police with vehicle speed checking, was very successful in the area of The Farmer's Pub at Scaynes Hill. Several other areas were to be investigated (e.g. Gravelly Lane) but action has not been forthcoming at present. We need to address this issue again in the near future.

c. Inter-Parish Cooperation - Apart from above on the housing development, we are still taking every opportunity to combine with Lindfield Urban Parish Council for the benefit of the community. One such endeavour is the Lindfield Directory and Year Book which is circulated to every house in Lindfield free of charge. The question of its relevance and cost is raised every year and it was agreed we would ask the community at large for their views on the subject. Cooperation continues with the Communication Forum and our Clerk's assistant has recently accepted the role of secretary to that committee. However, the Joint Traffic Study Working Party committee has been disbanded as it was felt that we had achieved its main purpose.

d. Walstead Burial Ground - After many years of enduring the unsightly appearance of the chain link fencing on the east side main road frontage, the Parish saved enough money to remove the offending fence and replace it with a wall, pillars and wrought iron inserts to the length of 100 metres. Donations from the County and District Authorities reduced the cost of the wall by a third. The wall certainly substantially enhances the appearance of that area.

e. Severe Weather in January - A report from the Parish Council was published in the March issue of the Lindfield Life magazine and was in response to a meeting held on 8th January which was attended by public authorities and emergency services. The main adverse observation concerned the lack of attention the authorities paid to the residential roads and pavements and WSCC were proposing to hold a meeting to consider what lessons were learned and action required for the future. WSCC held a 'Snow Summit' on 11 March and from there recommendations were forthcoming which will be discussed in Council and in Village Plan meetings.

f. Allotments Gardens - Gravelly Lane. The gardens continue to flourish under the stewardship of Jason Lainchbury, with George Mason and a small band of plot holders willing to assist with the maintenance. The popularity of the allotment gardens encourages the Parish Council to actively research the possibility of purchasing or renting land for this very environmental activity.

The Allotment Cup was awarded this year to Jim Yule - well done Jim or should it be Jeannette?

g. Landfill site at Freshfield Lane - The prospect is again in evidence, when the owners volunteered their site for Assets inclusion as an inert landfill site. It is only recently that the site was rejected as a non-inert site by a Government Inspector but it was necessary to register our disquiet at the prospect. WSCC will decide at the end of the year whether to recommend the site to Government.

h. The Parish continues to support a small band of Charities and the list can be viewed in the Council office. We continue to administer bus passes but are unable to issue Senior Citizen Rail vouchers, although we wish to encourage residents to contact MSDC at Oaklands, Haywards Heath where a £4 per annum discount can be obtained.

i. We are pleased to welcome two new Councillors: Steve Minter and Steve Windsor.

SUMMARY OF ANNUAL ACCOUNTS FOR 2009/10		
Income		
Precept	47,941	
Allotment Rents	464	
Walstead Cemetery	26,146	
Investment & capital receipts	169	
Lodge Income	10,110	
Chapel Income	5,000	
Total Income		£ 89,830
Expenditure		
General Administration	29,673	
Office equipment	2,134	
Subscriptions & Donations	2,012	
Walstead Cemetery	17,913	
Lodge	1,634	
Walstead Wall repair	8,505	
General Expenditure	<u>4,800</u>	
Total Expenditure	66,671	
Capital Expenditure		
Walstead Lodge	1,835	
Walstead special projects	7,844	
Others	29	
Total Capital Expenditure	9,708	
Total Expenditure		£ 76,379
Transfer to Reserves		£ 13,451
Balance Sheet		
Assets	Debtors	£ 7,801
	Cash at Bank	<u>£140,420</u>
	Current Assets	£148,221
		£ 30,676
Creditors		
Net Assets		£ 117,545
Capital & Reserves		
General Reserves		£ 21,985
Earmarked Funds		£ 82,109
Retained Reserves for year		£ 13,451
Total Capital		£ 117,545

Your Parish Councillors:

John Dumbleton (Chair) Tel: 482633
 Sheila Hobbs (Vice Chair) Tel: 483396
 Brian Bunt Tel: 831636
 Chris Hersey Tel: 482270
 Margaret Hersey Tel: 482270

Ray Jones (Newsletter Editor) Tel: 453868
 Steve Minter Tel: 831786
 Christopher Snowling Tel: 482172
 Steve Windsor Tel: 484796
 Parish Clerk: Karin Milne Tel: 831499
 Assistant: Irene Nicholas Tel: 831499

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Katherine Jenkins and friends at Wakehurst

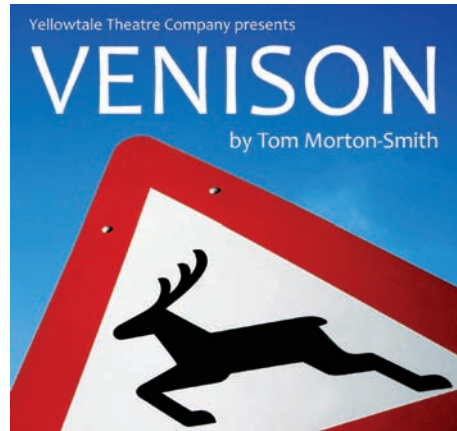
KATHERINE JENKINS has chosen the hugely successful American a capella male group, 'Straight No Chaser' as her special guests at Wakehurst Music Festival on 17th June.

Straight No Chaser were originally formed 12 years ago at Indiana University. The group reassembled and via YouTube has become phenomenally successful with over 20 millions views. Reinventing the idea of a cappella on the modern pop landscape they are sold out across their native America and are set to take the UK by storm.

The captivating sound of 10 male voices comes together to make extraordinary music filled with sophisticated harmonies and uniquely stylised arrangements. Straight No Chaser's latest album 'With a Twist' debuted at Number 6 on the Internet Albums Chart - showing a fabulous sense of humour with their treatment of 'Somewhere Over the Rainbow' with chords from 'I'm Yours', and some great twists to Tainted Love, sped up and delivered with a swinging, finger-snapping rhythm.

Straight No Chaser are flying over from the States to appear with Katherine Jenkins at Wakehurst Music Festival in one of their first performances in this country. They will perfectly complement Katherine's extraordinarily pure voice as she effortlessly embraces the great arias of opera and contemporary classics before the rousing proms finale making an unforgettable evening of music.

'Venison' premiere



IF YOU MISSED the preview of 'Venison' by Lindfield-based Yellowtale Theatre Company at the Arts Festival in May, you can still catch the premiere at The Hawth in Crawley on Friday 4th June at 7.45pm.

Tickets are available from The Hawth Box Office 01293 553636 or via www.hawth.co.uk

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Fun in the sun at Cockhaise farm

LOCAL ORGANIC DAIRY farm, Cockhaise Farm situated on the outskirts of the village, is opening its gates to the public for the second year running. Cockhaise Farm is a working farm running a herd of around 200 cows. Run by father and son team, Jeremy & Daniel, the Burdett family have been at Cockhaise since 1986 and they have been farming organically for the last decade.

So if you want to know where your food comes from or want to find out more about organic farming, then head out to Cockhaise Farm on Saturday 19th June. Plans for the day are well underway and there will be something for everyone. Take a tractor-trailor ride, see the animals close-up, watch a milking demonstration, join a farm walk led by the farmers or try your hand at worm-charming, then enjoy a local organic BBQ.

A small charge will be made for the day, all of which is being donated to a charity with a farming link. IMC (In Ministry to Children) is a charity that was set up by English and US Christians to rescue and help bring up children in Colombia. Although Bogota does not hit the headlines quite as it used to, there are still hundreds and thousands of children at risk and in poverty in the country. IMC is now run by Colombians and has two

small farms where over 40 children at any one time are in temporary or permanent accommodation. It also runs a feeding programme for over 100 children and enables many more children to be cared for and educated through its sponsorship scheme.

It's a great opportunity to enjoy a great day out just on our doorstep. So head out of Lindfield towards Walstead, turn left down East Mascalls Lane and follow the lane past the golf club. Cockhaise Farm can be found a little farther along the lane on the right hand side. There will be plenty of parking space available.

Saturday 19th June 11am – 4pm
Cockhaise Farm

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additional children £2.50)

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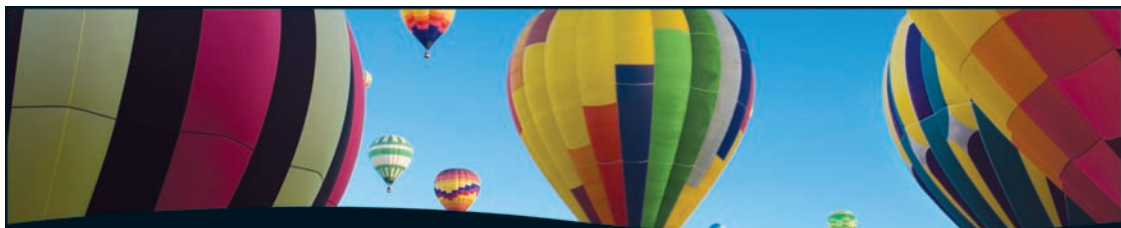
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Paris 1950 and Now

By Arthur Woods

ON THE 13TH July my wife (ex-WAAF) and myself (ex-soldier 1939-1946) took the Newhaven-Dieppe ferry to Gare St Lazare and the metro to Saint-Germain-des-Prés, our first post-war holiday. We were skint save twenty pounds and weary of British austerity; we wanted a week of freedom from rationing, in Paris, a city hardly damaged by war, and where the people had already convinced themselves they had won it. We were there for "le Quatorze Juillet" (14th July), when France celebrates the fall of the Bastille in 1789 - a great national knees up. Welcoming us with outstretched palms if not outstretched arms were the people of le Quartier Latin of the 6th arrondissement on the Left Bank, the most romantic place in the most romantic city in Europe. We had read it housed more painters, writers, philosophers, sculptors, poseurs and mountebanks than any other place on earth, and were about to find out.

The nose provides stronger memories than the eyes and, as we came out of the station, we were assaulted with a combination of Gauloises (cigarettes), cognac, stale wine and pissoirs (the local public conveniences!). The smell stayed with us for years when in Paris, and then in the 70's it was gone, except in the memory. What was left of the twenty quid didn't seem to worry us. Carefree, footloose nothing would prevent us having a good time.

Our French language was modest, but wartime in Cairo and Alexandria had improved mine. Brash, fearless, with little baggage, we strolled out of the Odeon Metro, down Boulevard St Germain, crossed over to Rue de l'Ancienne Comedie which led to a junction of three narrow streets: Rue de Buci, Rue St André des Arts and Rue Dauphine. At the corner of the latter a battered sign read "Pension Dauphine". We paused, went in and up to the 4th level by a narrow spiral staircase. It had the feel of a brothel. An ancient crone (proprietress or procuress?) awaited. "Yes, we have a room". It was quite large with a lumpy bed, wash basin, bidet but no lavatory. We were in for quite a surprise. Outside, and by leaping over several steps, entrance could be gained to a tiny room. A hole in the floor flanked by two huge stone footprints presented my wife with her first view of a genuine Turkish bog. She was awed. Lighting on the stairs was by 20 watt bulbs with 10 second time switches. Speed was needed between switch-offs to avoid disaster.

"500 francs a night" she said "and no visitors." That was 6 shillings and eight pence, a figure not forgotten in 58 years: it was the price a solicitor charged for sending a letter to a snotty neighbour. That night we looked out cautiously. Next day, at 7 o'clock in sunlight we saw for the first time how the French kept the streets clean with running water gushing into the gutters. A few steps and we were eating hot croissants, washed down with that French classic, lukewarm coffee tasting of chicory, and large flat sugar lumps.

Bastille Day had enormous style when the military might of France was on show. I thought 1950 was perhaps a little soon after World War II in which they had rarely fought with distinction. In any case the show was over the river on the Champs Élysées. Our intentions were different: Place St Michel rather than Place Vendome; Rue Chat-qui-Pêche rather than Rue de Rivoli. We eschewed the great celebrations, preferring rather the company of those who worked and played on the Left Bank, their homes. We staked out our area of exploration by walking from Place St Germain east along Boulevard St Germain, crossing Place St Michel to Notre Dame; then back west along Quai des Grand Augustins to Rue du Bac and left, back to Place St Germain. There was plenty to see; we never crossed the Seine. In future years we would speak authoritatively about the Louvre, the Luxembourg Gardens and the horrors of Gare de Nord - but not this week.

University students abounded; like us they were poor, so we ate alongside them. The garçons in long white aprons worked swiftly and scribbled l'addition on the white paper tablecloth. NEVER shout "garçon", it must be "monsieur". Otherwise you may be inviting contaminants in your food, especially the soup. The nights were the thing and we struck lucky. In Rue de l'Echaudé was bar l'Echaudé, opening hours 6pm to 6am. Small, full of regulars - after 2 nights you became a regular.

Tom Seymour BSc **IT Support**

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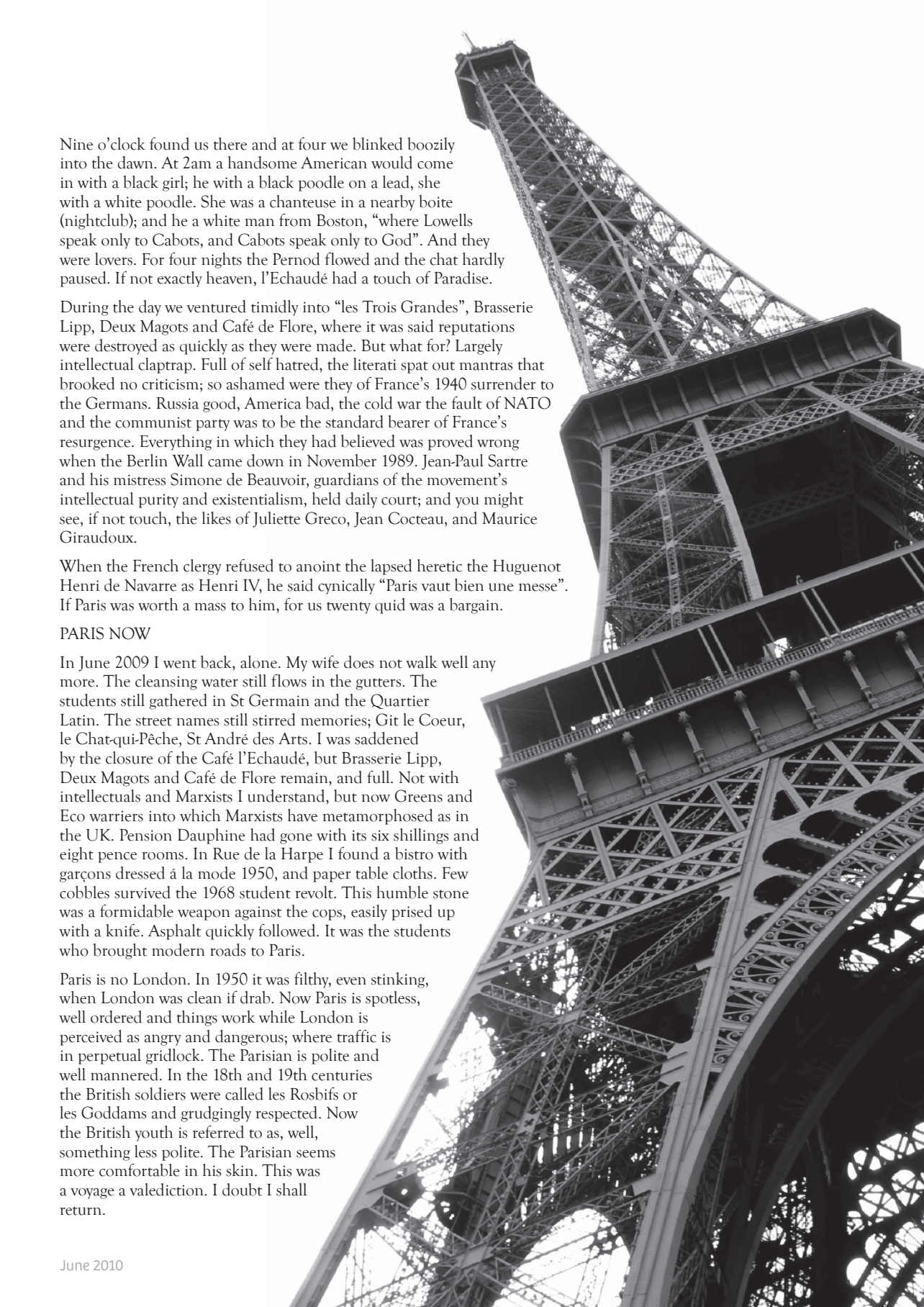
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Nine o'clock found us there and at four we blinked boozily into the dawn. At 2am a handsome American would come in with a black girl; he with a black poodle on a lead, she with a white poodle. She was a chanteuse in a nearby boite (nightclub); and he a white man from Boston, "where Lowells speak only to Cabots, and Cabots speak only to God". And they were lovers. For four nights the Pernod flowed and the chat hardly paused. If not exactly heaven, l'Echaudé had a touch of Paradise.

During the day we ventured timidly into "les Trois Grandes", Brasserie Lipp, Deux Magots and Café de Flore, where it was said reputations were destroyed as quickly as they were made. But what for? Largely intellectual claptrap. Full of self hatred, the literati spat out mantras that brooked no criticism; so ashamed were they of France's 1940 surrender to the Germans. Russia good, America bad, the cold war the fault of NATO and the communist party was to be the standard bearer of France's resurgence. Everything in which they had believed was proved wrong when the Berlin Wall came down in November 1989. Jean-Paul Sartre and his mistress Simone de Beauvoir, guardians of the movement's intellectual purity and existentialism, held daily court; and you might see, if not touch, the likes of Juliette Greco, Jean Cocteau, and Maurice Giraudoux.

When the French clergy refused to anoint the lapsed heretic the Huguenot Henri de Navarre as Henri IV, he said cynically "Paris vaut bien une messe". If Paris was worth a mass to him, for us twenty quid was a bargain.

PARIS NOW

In June 2009 I went back, alone. My wife does not walk well any more. The cleansing water still flows in the gutters. The students still gathered in St Germain and the Quartier Latin. The street names still stirred memories; Git le Coeur, le Chat-qui-Pêche, St André des Arts. I was saddened by the closure of the Café l'Echaudé, but Brasserie Lipp, Deux Magots and Café de Flore remain, and full. Not with intellectuals and Marxists I understand, but now Greens and Eco warriors into which Marxists have metamorphosed as in the UK. Pension Dauphine had gone with its six shillings and eight pence rooms. In Rue de la Harpe I found a bistro with garçons dressed à la mode 1950, and paper table cloths. Few cobbles survived the 1968 student revolt. This humble stone was a formidable weapon against the cops, easily prised up with a knife. Asphalt quickly followed. It was the students who brought modern roads to Paris.

Paris is no London. In 1950 it was filthy, even stinking, when London was clean if drab. Now Paris is spotless, well ordered and things work while London is perceived as angry and dangerous; where traffic is in perpetual gridlock. The Parisian is polite and well mannered. In the 18th and 19th centuries the British soldiers were called les Rosbifs or les Goddams and grudgingly respected. Now the British youth is referred to as, well, something less polite. The Parisian seems more comfortable in his skin. This was a voyage a valediction. I doubt I shall return.

Heart & Soul celebrates new store

YOUNGER VISITORS were treated to a story time session with local author Jill Lewis during the official opening of the Heart & Soul children's store at the beginning of May. Jill also signed copies of her best selling children's books 'Mum in a Million' and 'Don't Read This Book'.

"It was such a treat to have Jill open the new Heart & Soul children's store" said Gabrielle Hall, owner of Heart & Soul on the High Street in Lindfield. "The opening attracted a good number of visitors and it was great to offer them something different" she continued. "Everyone seems to love the new colourful look for our store and we have received some really positive comments."

The two day event was also supported by Frankie Gray of specialist childcare agency Harmony at Home and Sarah Sedgely of Lemongrass Lingerie, who both provided helpful advice to expectant mums and parents with young children.

(Picture shows Jill Lewis and Gabrielle Hall cutting the ribbon. Inset: Jill's storytime being enjoyed.)



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Good4you

By Christian Bates

"The Laws of Cure" & Eczema

AS A NATUROPATH I often refer to the "Laws of Cure" when I'm explaining to patients the path they may take to regaining health. These are laws that have been observed by eminent natural physicians over hundreds of years and I see them as ringing true even in our modern times. I would like to explain in this month's column "Herrings Law of Cure". Herring was a medical doctor in the 1800s and his observations led him to conclude four principles on how a person will heal themselves. 1) from the inside out 2) from above to below 3) from the most important organ to the least important 4) in the reverse chronological order of appearance of symptoms.

Skin conditions, like eczema and psoriasis, are good examples of these laws. Naturopaths view the skin as a detoxification organ, ie toxins will be eliminated through the skin, so from the inside out. But this really only occurs when the internal detoxification organs like the liver, bowel and kidneys are overworked and they then recruit the skin for help, resulting in acne, eczema, psoriasis, boils etc. So the answer here is to cleanse the inside to relieve the outside. Now let's look at law 3, which also works well with skin conditions. The body would rate the skin as one of the least important organs, and I realise that by saying this anyone with debilitating eczema will be disagreeing! But, if an internal organ is too toxic, like the liver or kidney, and the body is trying to protect it then what would you prefer to take the brunt of the toxins, your skin or liver? I think these two observations of healing are common sense, and our bodies are a lot more clever than just "common sense". Psoriasis illustrates Law 4 nicely as it can progress into psoriatic arthritis, which is basically a disease where a person has both psoriasis and arthritis. The old naturopaths would observe that when arthritic complaints were helped, usually by fasting in those times, there would be a beneficial flare up of the psoriasis. So the psoriasis that the patient initially had when they were younger, but has cleared as the arthritis occurred, would return. So here we have a disease healing in reverse chronological order, from the inside out and from a more important organ to a less important one.

I have briefly explained these to you so you can have a basic grasp of how your body functions naturally to get well and you might be able to observe these laws in yourself if you have put in place a new healthy lifestyle of eating and exercise. Remember if they are going the opposite way around it shows that your health is going in the wrong directions, so you may want to start making beneficial changes sooner than later!

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What's on at King Edward Hall

- 1st Mid Sussex Wine Society
Wine Tasting & Quiz (Angela Seward 484447)
- 3rd Country Market (Sheila Hobbs 483396)
- 5th Lindfield Village Day
- 6th Ruwach Christian Church -
Morning and Evening Services
(Ruth Hollis 459025)
- 10th Country Market (Sheila Hobbs 483396)
- 12th Lindfield Nursery School - Open Morning
(Emma Russell 487872)
- 13th Ruwach Christian Church -
Morning and Evening Services
(Ruth Hollis 459025)
- 17th Country Market (Sheila Hobbs 483396)
- 20th Ruwach Christian Church -
Morning and Evening Services
(Ruth Hollis 459025)
- 23rd Salsa Julia - An evening of Salsa Dancing
(Julia Cooper 417781)
- 24th Country Market (Sheila Hobbs 483396)
- 25th Lindfield Crafts and Market
(Beverley Smith 440274)
- 26th Ruwach Christian Church -
Youth Service (Ruth Hollis 459025)
- 27th 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

What's on elsewhere...

Sat 5th June: Village Day

High Street Procession, stalls and fair on the Common

Fri 18th June: Simply Good Food

Enjoy a morning with Sussex food writers Katie Stewart & Caroline Young

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