

Lindfield Life

Inc. Scaynes Hill & Walstead

Local village talk,
by the village

Sept 2011 Issue #30

Free

A photograph of three children running away from the camera on a large, green grassy field. The child on the left is wearing a pink hat and a dark backpack. The child in the middle is wearing a light blue shirt and dark pants. The child on the right is wearing a red backpack and a dark shirt. The background is filled with tall, green trees under a clear sky.

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EDITORIAL

By Emma Tingley, Editor

If I'm honest, I'm very much a creature of habit so for me **September is like rediscovering a favourite old sweater**; familiar, comfortable and somehow reassuring. Don't get me wrong, I love the summer holidays; lazy days, family time and great days out making memories that last far beyond the autumn. But I do like to get back into a routine, albeit a fairly hectic one at times!

As a mum I spend a fair bit of time planning what is needed for the new term. There is inevitably the usual round of shopping for school uniforms and shoes. **Amy Packham** has been to meet our local optician, Alison Crowe, to discover the importance of having children's eyes tested before they start school and shares some stark statistics about the number of children with undetected visual problems. It is never too late to book an appointment and I can personally recommend our local optician – you can see our daughter with her rather lovely glasses in the feature!

In **Village People** this month I catch up with **Carol Reiley**. She is passionate about supporting people living with motor neurone disease in our area and you can learn more about this devastating condition and how you too can get involved. There are many truly inspirational stories out there and it is well worth taking a bit of time to read some of them.

Local writer **Arthur Woods** brings his series to an end this month with his reflections on the 1950s and tough times in the world of industry in his feature '**Ninety Not Out**'. Thank you Arthur for such a great feature.

Roving reporter **Lucy Cooper** is back with a visit to The Heath Petanque Club at Beech Hurst Gardens. Introduced to the game by my good friend and neighbour Fiona Boyle, it sounds as though Lucy had a great time enjoying the game with the petanque players. Why not give a go yourself?!

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 David Tingley
Back on the school 'run'!

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We'd love to hear from groups, organisations and individuals about what's happening locally. Include a photo if you can. Email your stories to editor@lindfieldlife.co.uk

Lindfield Badminton Club

Lindfield Badminton Club is celebrating its 60th anniversary! Established in 1951, playing in the King Edward Hall on the (rather slippery) single court the club now plays on the four courts at Oathall Community College. Club nights are Wednesdays from 7.30pm to 10pm with the 2011-2012 season starting on Wednesday 7th September.

The club is always keen to welcome new match standard players and has men's, mixed and ladies' teams in the Brighton, Mid Sussex and Crawley Leagues. It is a friendly yet competitive club and feather shuttles are used.

Anyone who enjoys the game and plays to a reasonable standard can get more details from the website www.freewebs.com/lindfield or from the secretary on 01444 453559.

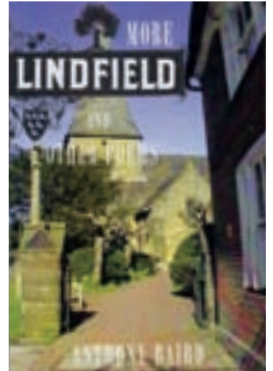
Lindfield Arts Festival 2012

Calling young people 12-18...

Lindfield Arts Festival wants to hear from you!! We are setting up a Young People's Committee as part of the planning for LAF 2012. We want to hear your views and ideas for next year's festival. So to have your say, get in touch...

www.lindfieldartsfestival.com

Inspired by Lindfield



Local poet, Anthony Baird, has published a second book of poetry inspired by Lindfield. Included in this collection is the poem written specially for the centenary celebrations of the King Edward Hall, along with others that capture the excitement of Bonfire Night and the history, sights and even smells of the High Street. Anthony's book 'More Lindfield and Other Poems' is available from The Bookstop.

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Awards galore for Lindfield students

Students at the Haywards Heath MagiKats Tuition Centre were honoured at an awards ceremony at King Edward Hall on the 18th July 2011. MagiKats, providers of Maths and English tuition for 5-16 year olds, hosted an awards ceremony to recognise and reward the dedication and development of students attending their Tuition Centre. The event was attended by students, families and friends and MagiKats Principal Julie Sleightholme handed out a selection of awards and commendations to the students.

Julie Sleightholme, Principal of MagiKats Haywards Heath, said: "This event is a wonderful opportunity to recognise the tremendous effort made by the children and the strides that have been made in developing their individual skill levels. Awards were made to mark improvements in both English and Maths and we are delighted to award more gold medals this year than ever before."

Parent Mandy Moss said; "My daughter has made tremendous strides in both English and Maths skills and I have been very impressed with the content of the course and the fun and accessibility of the material."

LHS Autumn Show with a twist!

Lindfield Horticultural Society Autumn Show will take place in the King Edward Hall on Saturday 3rd September at 2pm. Apart from all the usual classes, this Show has traditional 'Village show' classes for the longest runner bean and the heaviest onion, pumpkin and tomato. There's also the LHS Runner Bean Race, for the longest line of five runner beans. There are classes for a range of dahlias and chrysanthemums for members and non-members. For the non-gardeners there are Cookery, Handicraft and Flower Arranging classes or you could always enter a pot plant. Children's classes are for a picture of bonfire night, four cakes decorated with a Halloween theme, a photograph of a sunset or a Christmas card. Finally, don't forget our famous homemade teas and the popular plant stall. Full details regarding entries are in the LHS Schedule. Any enquiries to the Show Secretary on 483236.

www.lindfieldhorts.org.uk

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The wine teacher

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The start of autumn sees many people thinking about learning new skills. Most people don't need to learn how to drink wine – knocking it back after a hard day is perfectly acceptable on occasions, however The Wine Teacher believes that if you savour the wine and understand what's in the bottle and why you like it, you'll get more enjoyment from it!

So, to celebrate The Wine Teacher's new range of autumn courses and events - here are their top five tips if you'd like to know more about wine and most importantly, what you like about certain wines:

1. Buy from shops that hold regular tastings

Wine tasting is so subjective and down to individual tastes – no one can tell you if you like something, and the only way for you to really decide that is if you taste it! Shops that hold regular tastings are a great way for you to decide if you like the wine before you buy.

2. Don't spend too much money

In the beginning, try lots of different styles at the cheaper end of the market and decide what you like. Then try spending a bit more and see if you prefer what the extra money buys you.

3. Taste it properly

How you drink a wine does make a huge difference – if you take a big mouthful and just wash it down, your senses don't have time to take in the flavours. You need to let your sense of smell help your tongue decide what's going on. And before you swallow, wash it round your mouth to really taste what's in the glass – just like rinsing with mouthwash, to coat your mouth with all the different flavours. Try it next time you have a glass of wine (although maybe in the privacy of your own home for your first try), and we guarantee you will notice a difference.

4. Compare two wines, side-by-side

Wine tasting is very much about comparing wine and the flavours – if you only have one bottle open, there is nothing to compare it to. Try buying two bottles of the same grape variety but from different countries and see how they differ.

5. Think about where the wine comes from

Our most popular course looks at the difference between wines that come from the Old World and wines from the New World. In the Old World, wine has been part of their culture along with their food from the beginning so typically these wines go better with food – and almost always better with the food from that country. Next time you're choosing a wine to go with your meal, think about where it's from – and choose your wine accordingly.

The Wine Teacher runs Foundation courses, Masterclasses and private events from their school, off Lindfield High Street. The next Foundation course starts Tuesday 13th September £125 per person (10% discount for Lindfield Life readers). For more information, please visit www.thewineteacher.co.uk, email info@thewineteacher.co.uk or call 01444 487760.

the wine teacher

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An unexpected visitor



One day recently Peggy Bennett of Meadow Drive had an unexpected visitor. This visitor knocked on the window of the french doors looking on to Peggy's back garden. Well, not so much knocked as crashed into. When Peggy heard the noise, she went to investigate and found a stunned kingfisher collapsed on her patio. Presumably the bird

had been inspecting her pond for a possible meal and had decided to fly back to the nearby Scrase stream via Peggy's lounge despite the bird silhouettes stuck on to the glass to detour through traffic. Eventually the bird recovered from its concussion and embarrassment suffering only from a slight headache and a bruised ego.

The Poppy Hop

In aid of the "Battle Back " Campaign, the Lindfield Branch of The Royal British Legion are holding a special fundraising dance to celebrate the 90th anniversary of RBL . "The Poppy Hop" will be held on 15th October 2011 in The King Edward Hall from 7.30 pm to 11.00 pm. It is to be a Fish and Chip Supper/Dance with the Perdido Players Swing Band.

Tickets £12.00 obtainable from Mrs Pauline Parkyns (482672), Mrs J Harding (454846) or Mrs K Rusby (483171) and it is hoped that the special funds raised will help the service personnel, injured in the recent conflicts, in their return to civilian life. Please come along, enjoy the evening, and support the campaign.

Poppy Appeal 2011: If anyone feels that they could help with either House to House collections, or do an hour in the High Street, please contact Pauline Parkyns on 482672 or email pauline.parkyns@tiscali.co.uk



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Scouting out help

SCOUTS CENTENARY

By Claire Fuller

As part of our centenary celebrations we would like to collect as many former beavers, cubs, scouts and explorers and as much memorabilia together as possible. Can you help? Are you an ex-scout, do you have any old scout photos or souvenirs that we could display? We would love to hear from you. Please use the contact information below to get in touch and be part of next year's celebrations.

Beavers, Cubs, Scouts and Explorers are as popular as ever in Lindfield. We have nearly 80 boys and girls enjoying the many and varied activities happening every week at the scout hut, and of course enjoying the benefits of the outdoor life, including camping at Blacklands Farm, pioneering, hiking, camp craft and survival skills, rifle shooting, sailing at Ardingly Reservoir and other traditional scouting activities.

The Scouts try to play as big a part in village life as possible, running stalls and games at both Lindfield Village Day and Lindfield Festival Night, barbecuing on Bonfire Night and for the Arts Festival in May and organising a Treasure Hunt along the High Street after Christmas. We are also famous amongst London to Brighton Bike Ride participants for our excellent BBQ and refreshments on the Common for some of the 30,000 cyclists that take part in the British Heart Foundation event in June each year.

Our scout hut on Eastern Road has seen better days. It was first used by the Canadian Army during WW2 and has been used by Lindfield Scouts since the mid-1950s. It is now well past its economic, useful life and we are working hard to raise funds to replace it. So thank you if you have bought a burger or slice of cake from one of our many fundraising activities in the past!

The Leaders, Assistants and Helpers who run the groups, maintain the hut and organise our fundraising events make everything we do possible. But we can always do with more adult help. If you would like to become part of this great organisation, or would like to help in any way, for instance by donating a couple of hours a month to help run

a group or keep the hut going, or making a donation, please do get in touch, we would love to hear from you! Everyone is welcome.

So, if you are an ex-Lindfield Scout, Cub, Beaver or Explorer, or otherwise have an interest in Lindfield Scouts, let us know. We want you to celebrate our centenary with us next year! Please email: chair@lindfieldscouts.org



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Looking after young eyes

NHS FREE EYE TESTS

By Amy Packham

'Good eyesight is every child's passport to the future'. Many parents are probably unaware that up to 1 million children in the UK currently have an undetected vision problem. It is surprising that statistics show us that over 90% of children visit a dentist regularly regarding looking after their teeth, however only 53% of children have ever had an eye examination. Green, Elliot and Crowe in Lindfield have brought this problem to the village's attention, raising awareness of 'looking after young eyes', by producing leaflets in their practice. There is also a current campaign by the Association of Optometrists to encourage parents to take their children for eye exams. Alison Crowe, the optician at Green, Elliot and Crowe in Lindfield, spoke with us about how passionate she feels about the rising issue of children's eyes. 'It is upsetting to see children struggling at school because of poor vision, as well as being distressing for parents too when they realise.' Alison explained that she was inspired and encouraged in her interest of testing children's eyes by Professor Margaret Woodhouse who is a leading authority on children's vision – it was also her motivation to joint Green & Elliott Optometrists as their practice in Eastbourne saw a lot of children. Alison said her interest developed further as she began to see the difference

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“My teacher realised my chatting in church was due to the fact that I couldn't see the hymn numbers!”

that can be made to children's progress at school with correct visual care. 'I started wearing glasses myself at 7 years old and contact lenses age 12, my visual problems were picked up at school thanks to an astute teacher who realised my chatting in church was due to the fact that I couldn't see the hymn numbers!!'

80% of a child's learning occurs visually and therefore problems with their vision can cause problems with their learning. It can cause problems for reaching their potential at school, as well as other activities which might not be as enjoyable. One of the problems arises due to the fact that many parents still assume that their child will have their vision checked at school – regardless of whether it happens or not. Alison also pointed out a further problem, that although some schools may provide vision screening, there are many conditions which, although they may cause significant problems to a child, will not be picked up at a screening. It is important that in order to have a detailed examination that will pick up all possible problems, parents should take their children to the opticians on an annual basis in order to ensure that eyesight is not affecting their ability to learn. Vision can change quickly as young eyes develop and therefore these check-ups are essential.

'The sooner that vision problems are detected – the better the outcome' states Alison, 'many childhood eye conditions can be treated if they are picked up early. If they are identified and treated, it can make a difference that lasts a lifetime.' Children, ideally, should have an eye test before their first birthday, with further check-ups at around 18 months and 3 years. The UK is a long way behind the rest of Europe in the number of children who have regular eye examinations and the proportion of children who wear vision correction. In France, it's part of the summer back to school routine to book children in for an eye exam. In the US state of Kentucky, it is law that every child must have a comprehensive eye examination before they are allowed to start school.

The NHS offers free eye tests to all children under 16, and all full-time students under 19. Similarly, if your child does need glasses you will receive an Optical voucher, a contribution towards the cost and you will be able to choose from a wide range of spectacles. Alison explains that a lot of children are actively encouraged to come into the practice, 'I am happy to see children of any age, particularly if the parent is concerned or if there is a family history of eye problems.' Signs that may indicate a problem with a child's vision include: difficulty concentrating, behavioural problems, headaches, sitting too close to the television and rubbing their eyes a lot. Children's eyes can be kept healthy in many ways – eating healthily and keeping hydrated, regular play and exercise outdoors helps the eyes get a good supply of oxygen and protecting their eyes from the sun with good quality sunglasses.

Four per cent of parents agree that improved vision would have a positive impact on their child's performance at school. It's not too late to get your child's eyes tested today.

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Perrymount Open Day

SPORTS FOCUS

The Perrymount Clinic in Haywards Heath is inviting local sports enthusiasts of all levels and from all types of sports to come along to their FREE sports focused open day on Saturday 24th September 2011 from 12pm-5pm.

At the Perrymount Clinic we are dedicated to caring for the needs of sports people through natural therapies and nutrition. Our sports injury clinic, treat and maintain numerous local athletes and club members from footballers, cricketers, rugby players and netball players to swimmers, gymnasts and runners of various distances.

On our sports focused open day you will have the opportunity to take advantage of free mini consultations, taster sessions and lots of goodies to take away. On site there will be registered osteopaths, a sports massage practitioner, a naturopath and a personal trainer. The mini consultations and taster sessions will include footscan, sports massage, avatar nutritional scan, postural assessments and exercise advice.

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Christian Bates will be available to talk about Metabolic Typing and Body Biotyping, both of which are ways of discovering a person's individual nutritional needs. For example, should a person be a vegetarian, a high meat eater or somewhere in between? This can help sports

performance as it reveals the food groups that will optimise your metabolism. We will also have a number of unique sporting supplements used by professional athletes to both taste and take away as free samples.

Anne Leighton will be on hand for sports massage tasters and postural assessments. Sports massage is a combination of massage and stretch techniques designed to enhance athletic performance. By ensuring that the muscles and other soft tissues of the body are in optimum condition and by addressing any muscular imbalances, you will be able to train harder, recover quicker and perform better. Regular treatments will also reduce the risk of injuries. If you are unfortunate enough to suffer an injury, sports massage can decrease recovery time by aiding healing and repair.

The mini consultations taking place on the 24th September are 10 minutes long and to avoid disappointment we advise that you book your consultation in advance by calling the clinic on 01444 410944. These sessions are intended as tasters but anyone wanting a full consultation will be able to receive a discount by booking on the day. Those attending on the day can pick up information about any of the treatments available at the clinic as well as information leaflets and samples of healthy cakes and bars.

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The incurable optimist

VILLAGE PEOPLE



By Emma Tingley

It's not often that I leave an interview with a huge bunch of fragrant sweet peas. In fact, it was a first! But sweet peas play a significant part in this month's story, so I felt honoured to receive such a glorious bunch. I first met Carol Rieley about sixteen years ago when I was a young trainee speech and language therapist and she was the manager of that department at Princess Royal Hospital in Haywards Heath and she supervised my first clinical placement with adults.

Inspired by a film she saw as a young teenager, Carol was the first pupil to leave her all girls' school to train to become a speech and language therapist. She qualified in 1965 from the Kingdon-Ward School of Speech Therapy. It wasn't until 1979 when she was working at the old Cuckfield Hospital though that she met her first patient with motor neurone disease (MND), a rare neurological disease that affects the motor systems in the body and causes deterioration in a person's ability to walk, talk, eat and breathe. Although there are a number of different types of the condition, it's a devastating reality that the average life span from diagnosis to death is only 14 months. Often the early symptoms may be deterioration in a person's voice and speech or difficulties with swallowing, so a speech and language therapist is often the first professional that they will see.

It was during my time with Carol at the Princess Royal Hospital that I met a patient with motor neurone disease, a lady in her late forties whose ability to speak had rapidly deteriorated. Carol was providing her with a voice output communication aid to help her 'talk' to her family and those caring for her. As a young trainee I remember being shocked by a condition that could rob someone of life so shamelessly and a feeling of being powerless to help. But for Carol, she knew that although her input couldn't change the prognosis, with the help of the local branch of the Motor Neurone Disease Association (MNDA), support and practical assistance could be available almost instantly. It's no good being on a waiting list for a communication aid or for an assessment for adaptations to a home, equipment and support are needed quickly and the local MNDA branch provided much needed resources.

So ten years ago when Carol heard that the local MNDA branch was going to close she was determined not to let that happen and volunteered her services. She became chair of the branch and gathered a new committee all keen to see the branch continue. They work hard to raise funds so that when a person living with MND needs some equipment or help, the money is there and the right support can be provided straight away. They also understand how tough life can be for those caring for a person with MND, so these unsung heroes are treated to a spa day by the charity. Each year the branch holds a 'City Quiz' – started by ex-city worker and now treasurer Alf Bodimeade, which raised £6700 this year. For several years this has been the largest single fundraising event. 'Quiz in the Country' has grown out the City Quiz success and has now become an annual local event. As well as town collections and other events such as an Arts Show, Carol's husband John is the grower of prize winning sweet peas and has some 250 plants so sells the flowers for the charity – they're available from Cloughs on Sunte Avenue. As well as providing practical support, the branch also has



"Carers can't change a life, but they can stand side by side with them"

association visitors who go into the homes of those living with MND to support both them and their family. "Our visitors are the link between the person, the branch and the local team of healthcare professionals and they ensure that they get all the resources that they need. It can be anything from an extension or modifications to their home to a wheelchair or stairlift. Or it may even be a small item such as a fleece" explains Carol, "they can't change a life, but they can stand side by side with them and be there for them to help them exist with this devastating condition."

All association visitors are trained and closely supported by the branch's vice chair, Chris Sheridan. The MNDA has won an award for the training that they provide their volunteers and it's not hard to see why.

The training programme starts with a day in London, then a two day course at a hotel, with a further follow up day six weeks later, during which time the trainee visitor shadows an experienced association visitor. Currently there are 17 people living with the condition in our area (Mid Sussex, as well as Horsham and Crawley) and just 3 association visitors, with another one in training. "We really do need more visitors" says Carol, "they play such an important role in supporting our members and helping us to respond rapidly to needs as they arise. We recently bought an electric wheelchair for a young mum who wanted to be able to take her son to school herself. That wouldn't have been able to happen if she'd had to wait and it meant the world to that family." The branch helped purchase a special bed for another person who spent their final days at our local hospice, St Peter and St James, and now it is available for others at the hospice who may need it. Dr Steve Dyer, from the hospice, became the branch president last year and plays an active role in supporting the group.

There is no cure for motor neurone disease. Research is looking into a definitive test to diagnose the condition. Raising awareness amongst the general population is a key activity of the MNDA, with current campaigns being inspired by those living with the condition and wanting to fulfill their dreams before they are beaten by the disease. One such man, artist Patrick, who describes himself as an incurable optimist despite living with an incurable disease, wants to draw 100 portraits of other incurable optimists before he loses his ability to paint forever. His works have been displayed by Network Rail and the London Underground to raise awareness and in November this year, his portraits will be on display in the Houses of Parliament. You can read more of his story at www.patricktheoptimist.org.

Motor neurone disease can affect people of any age. The stories of those living with and dying of this condition are inspirational. Without the support of the MNDA their stories may be different. If you've got a bit of time to spare and would like to get involved, Carol would love to hear from you. Whether you'd like to know more about becoming an association visitor, could help with the finances, become the editor of their newsletter or would like to make a donation – please get in touch now.

For more information email editor@lindfieldlife.co.uk or call the office on 01444 884115. You can also visit the branch website www.mnd-westsussexnorth.com which has lots of information about the branch and its activities.



A selection of Patrick's 100 Portraits which will be displayed in the Houses of Parliament later on this year.

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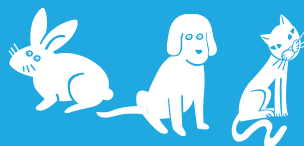
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Time for a change

SIMPLY GOOD FOOD

CREAMY CHEESE TART

Serves 4

Using 175g shortcrust pastry (home-made – roll to ¼in thick or bought, ready-rolled), line the base and sides of a lightly greased 20cm pieplate, preferably metal. Pop in the fridge while making the filling. Preheat the oven 200°C and put in a baking sheet to heat up. Thoroughly whisk together 225g cream or curd cheese and 2 medium eggs. Season to taste. Stir in 50g finely chopped smoked salmon, smoked trout, prawns or ham plus the finely grated rind of 1 small lemon and some chopped chives. Spoon into the pastry case and sprinkle with a small handful of finely grated gruyere cheese. Place on the hot baking sheet and cook for about 15-20 min or until well risen and golden brown. Toss some cherry tomatoes with olive oil and roast alongside the tart – optional. Serve hot with a crisp green salad.



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By Caroline Young

I'm writing this on a gorgeous August day and outside my heavenly perfumed white wisteria is covered with a second flowering as is my magnolia and azalea. What has happened to our seasons? All too soon we shall have to wrap up and keep warm as the days get shorter so fast. Soon hearty soups and casseroles will be on the menu but, just for a little while longer, let's enjoy some delicious lighter dishes.

CRUNCHY-TOPPED CAULIFLOWER

Cook cauliflower sprigs until just tender. Drain thoroughly. Meanwhile combine a good handful of coarse fresh breadcrumbs with a generous knob of butter, melted (could be garlic butter), some grated parmesan cheese and a good pinch of paprika. Stir with a fork until combined. Tip the cauliflower into a shallow dish, top with the crumbs and slip under a hot grill to brown.

COURGETTE GRATIN

Serve this simple dish as a light main course, with crusty bread, or with some cold meats. Using about 3 small courgettes per person, trim off the stalk end and cut lengthwise into fat fingers. Melt a good knob of butter in a frypan large enough to take them in a single layer and cook cut-side down until just golden brown. Turn them over, cover and continue to cook over low heat

until cooked through. Stir a little mild mustard into a little double cream. Turn the courgettes cut-side uppermost, spoon over the cream and top with grated cheddar cheese. Slip under a hot grill until browned and bubbling.

BLACKBERRY BREAD AND BUTTER PUDDING Serves 4

In this house in September nothing compares with Blackberry and Apple Crumble but this recipe is just as delicious and a little bit different. Combine a generous handful of blackberries with a little sugar and a pinch of cinnamon. Cut brioche rolls (or croissants) into thick slices and arrange in a shallow buttered dish slightly overlapping, like roof tiles, spooning the fruit between each one. Whisk together 300ml milk, 300ml single cream and 2 eggs. Using a strainer, pour over the bread. Leave to stand for 30 min then put into a preheated oven, 160°C, for 45-60 min or until golden brown and just firm. Serve warm. Delicious!



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Colour confident

HOME FRONT

By Jacqui Smith

Holidays are the time when I stop and "see" more. Away from the usual work and home routine and the distractions of texts and Twitter, I notice so much. I notice how, when it comes to colours, nature always gets it right; the varying but complementary soft shades of green in a landscape; the contrasting golds and blues of the Mediterranean coast and how, in the evening light a mountain view takes on a dreamy soft monochrome appearance.

I have always loved putting colours together. I guess you could say it's in the blood. My mother has forever been able to keep a colour in her head and know instantly whether or not "things would go". I remember many shopping trips as a child involving colour. We'd lose ourselves in places like Turtles in Croydon admiring all the felt and pipe cleaner options for peg dolls. I'd also regularly be following her round the haberdashery department of Alders looking for a certain colour thread or shade of knitting yarn.

Interior designers can advise on a number of aspects of room design from furniture choice and layout to lighting but guidance on how to work with colour and choosing the correct paint shade seems to be why most of our clients pick up the phone to us. There are broadly speaking four different types of colour scheme; neutral, monochromatic, harmonious and complementary. A neutral scheme not unsurprisingly is devoid of colour, instead depends upon whites, creams, greys, blacks and beiges and varying textures for interest. It need not be dull or boring; done properly it makes for a peaceful and sophisticated room and a great backdrop for interesting art or accessories. A monochromatic scheme relies on using a single colour in the scheme with the interest coming from varying tones and textures. It's subtle and also peaceful and works especially well in a bedroom. The third type of scheme, harmonious, involves using colours within the same half of the colour spectrum. For instance shades of blues and greens or pinks and violets. It makes for a restful look with little in the way of drama. If you are looking for more of a statement then a contrast or complementary scheme will create an exciting interior. This look is achieved by working with colours on opposing sides of the colour spectrum like pink and green or coral and aqua. I have used such a scheme in teenage bedrooms and by virtue of its impact, a contrast scheme works particularly well in show homes where the colours can be carried through all the detailed accessories.

Having boys I was not expecting to be discussing the merits of embroidery thread shade combinations with them but I did smile the other day when my youngest son told me that he could not wear a certain T shirt with his shorts as the colours did not look right together!

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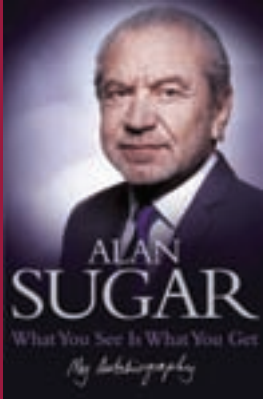
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What you see is what you get by Alan Sugar

BOOK REVIEW



By Cavan Wood

What makes a good autobiography? There are several elements: 1 - An interesting story. 2 - A subject who is able to assess their own failings and successes. 3 - You like the subject more at the end than you thought you might at the beginning. Lord Sugar's autobiography follows these three rules. The story of how a Jewish boy from Clapton was able to use his gifts to develop audio equipment, the home computer and satellite dish is impressive: the fact he is prepared to tell us about his dismal failures with a refreshing honesty (his time as Chair of Spurs was particularly disaster-prone as was the emailing mobile phone where you had to pay for the emailing!) marks him out as a man comfortable enough with his own story to tell it warts and all. He knows that his strengths – a certain determination to get things done- can be easily converted into stubbornness and lack of understanding of others. For all of the accounts of the business deals, he does convince us that his family are more important than any he has done or any political influence he may have had. What strikes me above all is the brass neck he has had as a business man – for example, he tells us that he had not a clue about how he was going to honour a commitment he made to Rupert Murdoch about the development of a satellite dish system, but he carried on regardless! There is real insight into how 'The Apprentice' is made. He does not emerge as an easy man, but he is a fascinating one, who has shaped our culture for the last forty years. If you want to understand business and how it works, this is an excellent primer.

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Ninety Not Out

1950s REMEMBERED

In the last of his series, Arthur Woods takes us back to the 1950s with a final look at industrial Britain as it headed into decline.

By Arthur Woods

In 1952 we had 4200 foundries in the UK. Today there are about 450. The decline in foundry practice kept in step with the decline in manufacture which had maintained for a long time a condition of virtual full employment. Steadily, relentlessly like lava pouring out of an active volcano, destroying everything in its path, the UK lost its vehicle industry, its motorbike industry, its cycle industry, its shipbuilding industry; and worst of all our machine tools industry. Alfred Herbert of Coventry at one time the largest makers of lathes and other machine tools in the world disappeared almost without a trace while its German (and other) competitors grew. The dominant figure was Sir Alfred Herbert (1886 - 1957) whose approach to management could best be described as benign authoritarianism. Discipline was harsh, though his workers knew there would be no seasonal lay-offs; sports and social facilities were generous. Alfred got everything right except for one thing, investment in new equipment and ideas was negligible, and he saw no reason to replace plant that had served Herbert's well for generations. His competitors were not slow in observing this. Alfred Herbert's decline and fall was the story of Great Britain's industrial decline and fall. The world's first nation to industrialise and the first to quit. This did not entirely displease the financiers in the City of London who had long decided that making things was a foolish way to make money.

In a work-span exceeding 60 years one remembers the oddest things. Sometime in the early 1950s I showed a couple of Germans Birmingham and the Black Country. They were surprised to observe the huge football stadia of Aston Villa, Birmingham and others in the city centres, and not in suburbs as in Germany, so I explained why. In the UK, particularly in the Midlands and the North, the professional football grounds dated from the late 19th century, say 1870/1890, which with their weekly supporters of 50,000 to 80,000 were an integral, unbreakable part of the city's life. As a famous manager once said "football is more important here than life or death". Football to the working classes was like chariot racing to the Roman working class, a force of nature. They were part of a close-knit society that made industrial Britain, for better or worse, what it was for nearly 200 years. Germany on the other hand was not a united country until 1870; did not play professional football until the 1920s, which there, was a game for the middle classes, taught to them by the British. But in Britain the players were probably born near to the ground and known personally to hundreds, if not thousands, of their supporters. They met then in the pubs, the cinemas and the dance halls. And although they earned more, the pay differences were not that great. This situation of players both near to the club for whom they played was common until about 1950, and cultivated great strength and loyalty between supporters and club which does not exist to the same level today.

History has many watersheds which caused seminal changes. The foundry industry,



Football to the working classes was like chariot racing to the Roman working class, a force of nature.

without which there may not have been an industrial revolution, at least not in the 17th/18th centuries, had several. One was the discovery of coke by burning coal in the absence of air. Coke as a fuel made it possible to smelt iron ore in large quantities, and melt the pig iron to produce castings in huge quantities for the emerging industries of textiles, engines and ship construction. The hero of coke and cast iron production was the 17th century ironmaster Abraham Darby; and it was his son, also Abraham, who constructed that greatest of the ironmaster's art, the Iron Bridge over the River Severn at Coalbrookdale in 1709. It may have been a 17th century Darby that wrote that prescient piece:

"Iron seemeth a simple metal
But in its nature are many mysteries.
And men that bend them to their minds,
Shall in arriving days gather there from great profit
Not for them alone, but for all mankind."

Much later, in the 1950s another fine scientist and metallurgist Henton Morrough who, working alone, created an iron as strong as steel called 'nodular' iron but with other qualities. He tried to protect his invention by patent only to discover that the Mond Nickel Company has just registered

a competing patent put together by their team of research scientists, and gained the jackpot. A familiar story in our science-starved land.

But the greatest event of the 50s was surely the 2nd Israeli/Arab war, whose impact on a global basis was much greater than the Korean war. This was the second of the Israeli/Arab wars, the others being 1948, 1967 and 1973, and it dragged the British and French in to support Israel. The miscalculation destroyed the political life of the Prime Minister, Anthony Eden, an intelligent man of poor judgement, and brought back petrol rationing. The war closed the Suez Canal causing the oil tankers to make the huge voyage south around the Cape of Good Hope to Europe. The Canal was closed for quite a few years, containing many oil tankers and other vessels, quietly rotting.

If the West did not fully understand the central position taken by oil after the first of those Middle Eastern conflicts it certainly did after the 1956 war. Even more so, during and after the American led wars of 1991 and 2001 fought in Kuwait and Iraq. It would be surprising if at sometime during the next 30 years the Americans did not launch a war in the Middle East to take over all the oilfields to protect what they consider to be their vital interests. That may be a violent catastrophe of the future of which I am sure I shall know nothing and not sorry to have missed!

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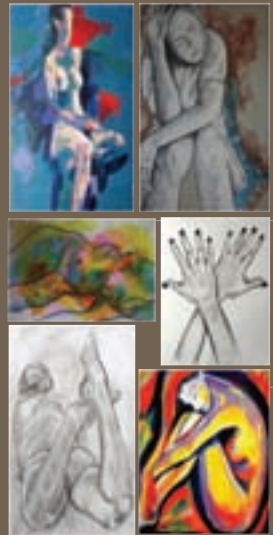


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Petanque in The Heath

WHEN LUCY WENT...



By Lucy Cooper

I'll always be grateful to the French for giving us good red wine and fabulous cheese, but would I be 'bouled' over by the traditional game of Petanque? This unusual sport had been on my list for a while, so last month I finally rolled up to Beech Hurst Gardens to join The Heath Petanque Club for a game. For those who are confused, petanque is a form of boules, and it's pronounced "p'tonk." If you've been to Beech Hurst in Haywards Heath and seen the bowling greens, the petanque pitch is the gravel one among the bright green bowls pitches.

I arrived at the pitch one Sunday morning to meet club secretary and Lindfield resident, Fiona Boyle, who was busy raking the gravel on the pitches. She introduced me to the background of the game, and briefly explained the rules; "The game sounds complicated but really it is simple- throw the balls as near to the jack as possible" she told me. Soon enough the members started to arrive and the six pitches were scattered with people.

The club was formed in 2000 after founder Jean Goater stormed a Mid Sussex District Council meeting complete with boules in hand to demonstrate the game, quite literally, to the councillors! Following this demonstration, a two-lane petanque terrain was soon constructed at Beech Hurst Gardens. Initially the club had around 12-15 members but this has risen to 43 now, and so in 2009 MSDC built a new six-lane petanque court amongst the bowls greens at Beech Hurst. The official opening was in May 2009. The club doesn't play competitively but since the opening of the larger court it has allowed the members to host visits from other petanque clubs and also from other groups who are interested in having a game for the first time.

It was very clear to me from the start that all the members have a really good time when they meet! Everybody helps everybody else and pulls together- even the scoreboards were made by club members. I was paired with club member Eve,

The game can be going really well one minute, then the next you just can't get the boule anywhere near the jack!

who has only been with the club for a few weeks but says she is really enjoying it. We shared our pitch with our opposing team, members Mona and Joan. After a 'guess-which-hand' decider, Eve and I were to start the game by throwing the 'cosh.' This is actually known as the 'cochonnet' the French word for piglet, and it is this little pig or jack that sets the distance and is what the players aim to get their boule as near to as possible. Each player has three shiny silver balls. Each weighs around 1 pound 10 and are patterned - some lady members even paint theirs with nail varnish so they can easily determine them. I also noticed that some of the members with back problems carry a magnetic stick to allow them to pick up the boule without bending down- so don't let a bad back put you off playing!

The game began and the boules were thrown. As I have no experience in boules or bowling, when it came to my turn I had to chance it and hope for the best. Once I had thrown a few times it didn't seem so daunting afterall! Though I soon learnt it doesn't pay to throw too lightly or indeed too strongly- it's good to have a practice to get an eye for the jack and a feel for the throw. I noticed that some members threw the ball higher in the air, and others simply let it roll out of their palms, and everyone had their own style.

What was difficult to grasp was throwing different distances. When switching sides after each end, the jack is thrown to a different position making it difficult to aim near if you've just been aiming far up the pitch!

Joan explained to me that when Eve or I threw nearest to the jack this meant our team was 'holding' or in the lead. "So as the opposing team we continue throwing until one of ours lands nearer to the jack. And then it would be back to your team throwing" she explained.

This seemed unusual to me as I remember from games like pool and snooker if you're winning, you keep going! We kept playing until all four of us had thrown our three boules, the scores were then counted and we switched to play again from the opposite end. This is referred to as playing an 'end,' like a mini-game in the overall match. The overall game ends when a team reaches 9 points. (Though in competition, it's the first team to 13.) We threw from standing in a circle which is marked out at the start of each 'end' and can be anywhere left to right on the starting line. Joan very kindly marked our circle out with her walking stick! During the first end, I made the winning throw! But sadly after that, my game went downhill, and Eve and I were well and truly thrashed by our opponents!

When it comes to scoring the points can vary- during one end my team won 2 points, and during another, the

other team won 6! Almost enough to win the match!

The winning team receives one point for each boule that it has closer to the jack than the best-placed boule of the opposition. If a player throws a boule and it lands outside of the piste it is called 'out of play' and will not count. Unfortunately I demonstrated a great example of this during my morning at the club!

The club meets every Thursday at 2pm, Saturday afternoons and Sundays at 11am, the most popular day, and they play all year round. In fact, the only thing that will stop them playing is torrential rain or very thick snow! Even on an icy day the members can be found on the court having heated up their boule on a radiator beforehand to ease the cold! While I was visiting the club, a family stopped by on a walk around the gardens to see what we were all doing, and after a few minutes Fiona had them on a pitch giving it a go. That's how friendly the club is- anyone can go along and the club members will always lend spare boule for those wanting to give it a try. I definitely found petanque really fun. The game can be going really well one minute, then the next you just can't get the boule anywhere near the jack! I know that really experienced players are very skilled but for me, it was just the luck of the draw!

For anybody who is intrigued about playing or spectating, I would really encourage them to pop along and meet the members and give petanque a go. So take a stroll around Beech Hurst next Sunday morning and stop by the green, find Fiona and get throwing!



What's on in September

AT KING EDWARD HALL

- 3rd Lindfield Horticultural Society – Autumn Show (Alison Elliott 483039)
- 4th Ruwach Christian Church – Morning and Evening Services (Ruth Hollis 459025)
- 6th Mid Sussex Wine Society – A Wine Tasting presented by Grape and Grain. Come and join us for the evening. 8 pm (Meeting and Membership information from Angela Seward 01444 484447)
- 8th Country Market (Sheila Hobbs 483396)
- 11th Ruwach Christian Church – Morning & Evening Services
- 14th Lindfield Preservation Society 8.00pm - an illustrated talk on "The Tidal Thames" by Christopher Rudd (Meeting and Membership information from John Chapman 01444 484470).
- 15th Country Market
- 16th St Peter & St James Hospice Haywards Heath Support Group – Charity Fundraising Quiz Night (Mike Tomes 450626)
- 18th Ruwach Christian Church – Morning & Evening Services
- 22nd Country Market
- 22nd Film Show Evening (Gillian Alderman 483181)
- 23rd Lindfield Crafts & Market (Beverley Smith 440274)
- 28th Salsa Dancing (Julia Cooper 417781)
- 28th Central Sussex Cage Bird Association – Young Stock (Don Hunter 235736)
- 29th Country Market
- 29th King Edward Hall Centenary Celebration Film Evening – Lindfield Films (Gillian Alderman 483181)

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