

Lindfield *Life*

Inc. Scaynes Hill & Walstead

Local village talk,
by the village

November 2011 Issue #32

Free

A large bonfire at night, with bright orange and yellow flames rising into the dark sky. In the foreground, a person wearing a top hat and a dark coat stands with their back to the camera, looking towards the fire. Another person is visible in the distance on the right side of the frame.

Feel better this winter

page 10

Sorry, no lights this year

page 22

High Street Shops Tour

page 24



Watson's Brasserie Christmas Menu

Curried Parsnip Soup

Served with homemade bread and butter

Cheese Soufflé

Lightly baked to order in a creamy cheese sauce

Duck Liver Parfait

With toast and Festive pickles

Garlic Prawns

Whole shell-on Tiger prawns sautéed in garlic butter and white wine with homemade bread

Roast Crown of Turkey with all the trimmings

Traditional roast turkey breast with roast potatoes, seasonal vegetables, sage and onion stuffing and pig in blanket

Fillet Steak Gratin

Prime fillet steak topped with mushroom and Parmesan gratin on horseradish mash with red wine gravy and fine beans

Salmon & Hollandaise

Pan-seared fillet of Salmon on julienne carrots and fine beans with sauté potatoes and Hollandaise sauce

Butternut Squash & Coconut Curry

Mild and creamy, with basmati rice, poppadom and mango chutney

Traditional Christmas Pudding with Calvados Crème Fraîche

Baileys Crème Brulée

Rich Chocolate Torte with Port Wine Cream

Apricot Compôte with Vanilla Ice Cream

Stilton with Oat Biscuits and a glass of Port

Bookings now being taken (29th Nov-24th Dec)

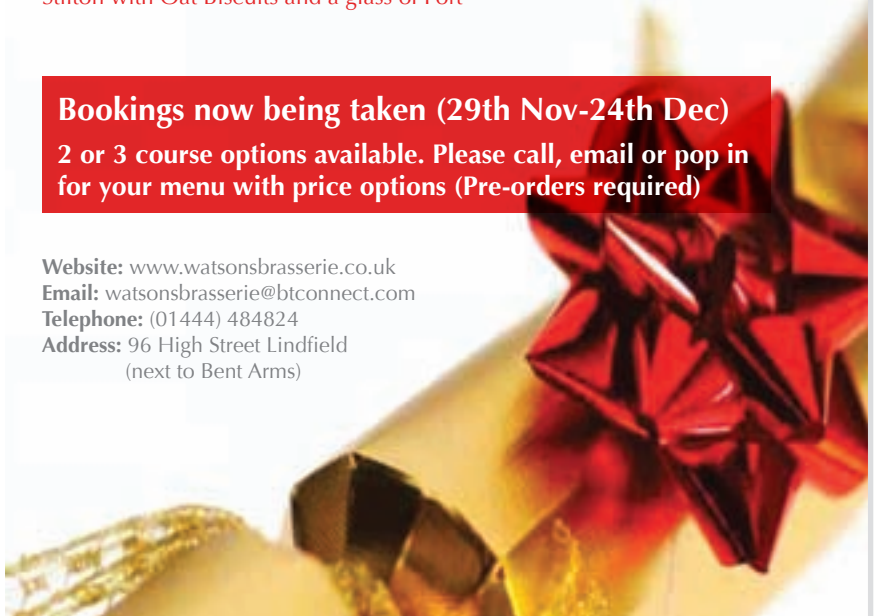
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EDITORIAL

By Emma Tingley, Editor

The evenings are really drawing in now and the air is lovely and crisp. I can't believe that we're already gearing up for **Bonfire Night!** Where have the last couple of months gone?

We've got loads for you this month, with plenty of contributions from local groups and organisations.

The Rotary tell us about the competitions they've got running for young people and one of our local tree wardens tells us about other volunteering opportunities.

The first of our two-part feature on the **High Street** starts this month with a walk down the east side of our main shopping road, discovering what delights are available on the way. If you haven't spent much time on the High Street, I'd really encourage you to treat yourself to a Saturday morning experiencing all the things our local shops, cafes and pubs have to offer. And with Christmas fast approaching you'll be able to bag some really special gifts right here on the doorstep. There's really no need to head off in the car, so why not challenge yourself to shop locally this month? The Daily Telegraph have opened voting for the **Best Small Shops in Britain Award 2012**, so we've given you all the details you need for nominating one or more of our fantastic High Street retailers.

Our **Village People** feature this month introduces you to Chris Saunders – one of our local firefighters with a passion for all things hot! David Tingley caught up with him to find out where his love of chillies started. With winter fast approaching, Wendy McCallum and her colleagues from the new **Natural Therapy Rooms** in Lindfield share with us their tips for boosting your immunity and fighting off winter colds.

Finally we'd like to welcome Jade Logue – who has recently taken over **Heart and Soul** and the baby shop on the High Street – and take this opportunity to wish Gabrielle Hall all the best in her next endeavour. Happy reading!

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 Paula Clarke
The Guy meets his end on the Common.



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NEWS

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



Remembrance Sunday

**MEET AT 2.40PM, 13TH NOV
ALL SAINTS CHURCH**

AUTUMN FAIR

To support Lindfield Christian Care Home (Compton House) we warmly invite you to our Autumn Fair to be held on Saturday 12 November from 10am to 12 noon at the United Reformed Church in the High Street.

As usual there will be a wide variety of stalls, with cakes, cards for every occasion including Christmas, crafts, plants, jewellery...and more as well as inexpensive refreshments. Admission to the Fair is FREE!

Lindfield Horticultural Society

Wednesday 9th November LHS will have a short AGM, starting at **7.30pm** (NB) followed by a talk from Annie Guilfoyle entitled 'Designing with Plants'. This is a return visit by Annie, who is a well-known garden designer, writer and lecturer. Everyone welcome to both events but only members can vote at the AGM in the King Edward Hall.

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Hurricane visit brings school's history alive

Pupils at Tavistock and Summerhill School relived a slice of local history at their open day on Friday 7 October. A full size replica Hurricane aircraft was on show in front of the School. A similar aircraft was flown in World War Two by old boy, Group Captain Frank Carey DFM 1940, DFC and Bar 1940; Bar 1942; AFC 1945 CBE 1960. Carey grew up in Lindfield, living above the iron mongers. He attended Belvedere School, which merged with Summerhill Court and eventually became Tavistock and Summerhill School. The name Belvedere lives on as one of the four houses to which the children at the school belong.

Carey was an exceptional fighter pilot credited with 25 kills, including 14 German aircraft in four days over the Pas de Calais in 1940. He flew 100 sorties during the Battle of Britain, based mainly at Tangmere. He ended the war in the Far East where he was generally held to

be amongst the best allied pilots. In later years Carey worked for Rolls Royce. He died in Bognor Regis in 2004.

Pupils at Tavistock also had the opportunity of meeting Norman Franks, the well-known author who wrote Frank Carey's biography and is an expert on aerial combat. The school was also honoured by the presence of several distinguished members of the Mid Sussex Royal Air Force Association who fought and were decorated in the war.

Mrs Sandra Janman, Head teacher, said, "Seeing the Hurricane and meeting actual World War II air crew really brought Frank Carey's story to life for the children and remind us of a famous old boy and the debt we all owe Frank and all the others who fought alongside him." The children will learn about Frank Carey's life and flying career as part of a history project next term.

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All that's new

HOME FRONT

By Jacqui Smith

As the BBQs are laid to rest for another year and the leaves start to turn, the interior design world gears itself up for almost two weeks of shows in London. It's an opportunity for small artisans through to the larger furniture designers and fabric houses to showcase their new collections and put themselves in front of all the designers and bloggers who descend on the capital for last two weeks in September. Decorex and Focus are the main events for us so David, Nikki and I headed to London on 26th September ready to be inspired.

We started our day at Focus, the fabric and wall coverings show held at Chelsea Design Centre. Most of our time was taken up with a grand tour of the new GP&J Baker show rooms, home to brands Baker Lifestyle, Threads, Mulberry and now Brunschwig & Fils. What I love about these brands is that you have well priced embroidered linens with Baker Lifestyle up to budget-blowing yet gorgeous velvets with Mulberry, so you can go cost effective for curtains and then splash out on a metre or so of the Mulberry for cushions and know that the whole scheme will hang together beautifully. A naughty but nice glass of bubbly later, we were on the courtesy coach heading east along the river to Decorex at Royal Hospital, Chelsea.

There was so much to see here including, rather bizarrely, Ben Fogle in very short shorts, but focusing on the exhibitors, here are just a few highlights. We loved the Callaghan chair from Sinclair Matthews (www.sinclairmatthews.co.uk) - a high but narrow backed dining chair with incredible lumbar support; elegant and simply designed, it would work well in a traditional or contemporary setting. We were on the hunt for some silk for a local client's sitting room, specifically a very particular shade of teal. Silk specialists James Hare's confident boast of having ALL colours a designer could possibly need was founded. Their new silk and wool collection, Connaught Silk, had exactly what I was looking for. Silk is a classic choice for curtains and the addition of wool gives the fabric weight and an incredible drape. I was really taken with a refreshingly different range of papers and fabrics for children's rooms from Swedish company Sandberg (www.sandbergab.com). I particularly liked their Engla and Elliot range with their mixture of modern and nostalgic nursery images. The colours are spot on and they use organically produced cottons and environmentally certified dyes. The Little Greene Paint Company launched their *Retrospectives* range; 32 authentic colours from the 60s and 70s. I love their paints and these bright colours are a fabulous addition to their English Heritage range.

The day ended with a tweet up - a meeting of designers and bloggers I know from Twitter. Lots of sharing and plans to use what we had seen during the day in our next scheme.



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Welcome to Tavistock and Summerhill Preparatory School

SCHOOL FEATURE

We all want the very best for our children and at Tavistock and Summerhill Nursery and Preparatory School that is exactly what you get...

When your child joins our school they are joining a family where mutual care, respect and understanding permeate every aspect of their education. Our school provides a safe, stimulating and happy environment for your son or daughter to grow as confident and caring individuals. Our family approach enables us to nurture each and every child, recognise their talents and give them the best start in life.

The Tavistock and Summerhill journey begins in our thriving nursery, which is situated in a pretty walled garden, where a dedicated team lead children through their first steps. Our nursery team provide a range of play and structured activities to stimulate children's imagination and help them to interact with others in a caring and respectful way. Our nursery children are fully integrated into school life and are introduced to French, Music and Swimming by specialist teachers. This helps to provide a seamless transition into our Reception class where children are taught the core subjects and are fully supported to develop a love of learning in preparation for their future. From Year 4, specialist teachers provide our pupils with a solid educational foundation that, for many, leads to academic scholarships to the best independent secondary schools in the area. We are very proud of the fact that around 50% of our Year 8 pupils achieve academic scholarships each year, especially since we are a non-selective school.

Students learn in classes of no more than 15

pupils, providing a personalised and individual level of teaching, learning, support and guidance. Teaching is differentiated in line with personalised learning plans, which ensure that challenge is given to those who are gifted and talented and additional support provided for those who need it.

An exciting extra-curricular programme means that pupils can participate in opportunities to develop their interests and learning. Spanish lessons, art club, textiles, choir, tennis, fencing and outward bound are just some of the activities open to students of Tavistock and Summerhill School. All children have an opportunity to lead as form captain, team captain, head of house or prefect helping them to become mature and confident young people.

Our fees are among the best value in Mid-Sussex, between 5% and 20% lower than our competitors (based on costs between Reception and Year 6). What is more, we are conveniently located just a few minutes drive from the village High Street and Haywards Heath railway station.

Tavistock and Summerhill School is a school with heart. Our unique atmosphere supports children to grow and develop into caring, confident, polite and highly skilled individuals. We are proud of our school, of our outstanding pupils and inspiring teachers and welcome you to come to visit us to see what makes us so special! To arrange a private tour with the Head, please contact Deborah Charrington tel. 01444 450256, e-mail info@tavistockandsummerhill.co.uk.



Boosting Immunity

WINTER REMEDIES

By Wendy McCallum, Complimentary Health Therapist

As autumn is now well-established, and winter is fast approaching, now is a good time to be thinking about how to boost your immunity to make you less susceptible to coughs, colds and viruses. Many people would like to take a more natural approach to boosting immunity and dealing with coughs, colds and winter infections but don't really know what to do. Here are some ideas that you could use at home, either for yourself or your family, and most are suitable for people of any age.

An efficient immune system can help prevent you getting ill but where this can't be avoided it can certainly help to reduce the length of the illness. Adopting a healthy lifestyle including lots of natural foods such as fruit and vegetables, taking regular exercise, limiting caffeine, alcohol and sugar, drinking plenty of water and getting a good night's sleep (at least 8 hours) will all play a part in maintaining effective immunity.

The strength of your immune system is closely connected to what is happening in your gut or intestine, and therefore probiotic substances which aid the growth and replenishment of healthy bacteria may be useful. Live natural yoghurt is a good source of healthy bacteria but it is advisable to avoid any processed 'probiotic' foods and drinks which may contain sugar and are often not stored in conditions to preserve the healthy bacteria, meaning it is unlikely that they will ever reach your intestine. You may wish to consider a good quality probiotic supplement which has a minimum of 10-billion live organisms of acidophilus or bifidobacteria and which has assured viability and potency – meaning that the bacteria can survive shipping and storage.

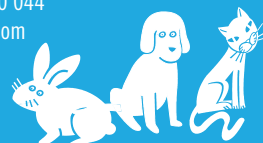
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Vitamin C is known to stimulate the immune system and, whilst taking it has only a small effect on preventing colds, it has been shown to significantly reduce the duration of a cold when taken at the onset. In some studies, zinc supplements have been reported to increase immune function, whilst Vitamin D has been shown to reduce cold and flu symptoms. A Japanese study found that taking Vitamin D daily during the winter months significantly reduced the number of times children developed the flu.

All forms of sugar can have a very negative effect on the immune system. Sugar has been shown to limit the ability of white blood cells to destroy bacteria. It is therefore advisable to restrict or significantly reduce sugar in the diet.

Essential oils with immune boosting properties can be particularly valuable at this time of year. The most well-known and easily accessible include Camomile, Lavender, Lemon and Tea Tree, which can be used individually or combined together. Whilst it's not easy to give yourself an Aromatherapy massage, you can easily incorporate the use of essential oils into your daily life. If you have an essential oil burner this is an effective way of using oils in your home (follow the manufacturer's instructions). Alternatively, you could use oils in your bath (diluted into milk or carrier oil for babies, young children or those with sensitive skin) or put some essential oil/s on a handkerchief or cotton wool pad/tissue and inhale. If you use oils in the bath, always add them after you have finished running the bath to get the full benefit.

The following maximum amounts are recommended:
Diluted in one tablespoon (15mls) of carrier oil or milk if desired
Adults 6 drops of essential oil/s
Adults with sensitive skin 3 drops
Adolescents 4 drops
Children (5-12) 3 drops
Small children (1-5) 2 drops
Babies (under 1) 1 drop

Stress can have a significant effect on the immune system so if you have a hectic lifestyle, as so many of us do, try to counteract it with some relaxation – why not try yoga, meditation, walking, warm baths with relaxing oils (Lavender and Camomile have the double benefit of being relaxing and immune boosting) or reading. Although you may think that watching television or playing on the computer is relaxing you, these activities may actually be stimulating and therefore are best avoided in the run up to bed time.

Both excessive thinness and severe obesity are associated with impaired immune function. However, attempts to lose weight through dieting may also be harmful to the immune system, so you are advised to consult your GP or a qualified Nutritionist before starting a dietary program.

Frequency and intensity of exercise are important when considering the effects of exercise on immune function. Regular moderate activity has positive effects on some measures of immunity and has been shown to reduce the risk of upper respiratory infection. However, very intense and prolonged exercise such as running a marathon or overtraining can, in the short term, increase the risk of developing infections. It is advisable to consult a qualified Nutritional Therapist before taking any supplements.

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The Natural Therapy Rooms now open!

The Natural Therapy Rooms has opened in Lindfield, based at Clock Tower House on the Lindfield Enterprise Park. Established in 1993, The Natural Therapy Rooms is a popular natural health clinic offering a wide range of therapies designed to enhance or maintain well-being, such as aromatherapy, baby massage, reflexology, reiki healing, hypnotherapy and NLP. In addition, the clinic also offers angel readings, homeopathy, metabolic balance®, nutritional medicine, Theta Healing® and private functional laboratory tests covering a wide range of physiological areas including nutritional, digestive, immunology, metabolic function and endocrinology. Patients can either book direct with the clinic or be referred by their doctor and are assured that all practitioners are fully qualified, registered professionals.

Prior to moving The Natural Therapy Rooms was based in the neighbouring West Sussex village of Cuckfield. Clinic Manager Wendy McCallum comments: "We are delighted to have moved to our new premises in Lindfield and look forward to offering a warm welcome to both village residents and those from further afield. We decided to move to Lindfield as we wanted to become part of its thriving community. As well as benefiting from more modern, ground floor premises from which to expand our business, we can now also offer free on-site parking."

"Since we opened for business in 1993 we have seen increasing demand for, and public recognition of, the power natural health therapies can have in enhancing our health and well-being irrespective of age. We are also specialists in baby massage and ante-natal and post-natal care. We have a very diverse client-base ranging from babies up to nonagenarians, so we have something to offer for everyone interested in improving their well-being.

We are open 9am – 8pm Monday-Friday, and 9am – 5pm on a Saturday, and appointments can be available on a Sunday with prior arrangement. We offer free, no obligation 15-minute appointments so that people can find out more about what we offer and how it may help them. For more information contact Wendy McCallum (Clinic Manager) on 01444 456699.

Heart & Soul and Perri Winkle under new ownership...

Jade Logue is the new and very excited owner of Heart & Soul and soon to be Perri Winkle, the baby boutique, next door.

As a Mum of 2 young boys, Gabriel and Harrison, she aims to bring original, fun and funky new brands to each store, whilst maintaining the existing popular favourites.

Perri Winkle will continue to stock luxury brands such as Petit Bateau and Kissy Kissy and will extend the range to ensure your little VIPs look fabulous at an affordable price.

The card room will be re-introduced at Heart & Soul and there will be lots of new and unique gifts arriving in time for Christmas, including Pilgrim Jewelry, Bombay Duck, Retreat and Anorak to name a few. So watch this space.

Jade is extremely interested in your input to the stores, so please pop in and say hello.



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HM Queen Elizabeth's Diamond Jubilee Celebrations in Lindfield

To mark 60 years of the Queen's reign the Diamond Jubilee will take place in 2012. The celebrations will centre around an extended weekend in 2012 on 2nd, 3rd, 4th and 5th June. Buckingham Palace will be co-ordinating the Queen's programme for the Diamond Jubilee, including the arrangements for the central Jubilee weekend in the first week of June 2012.

In Lindfield, the King Edward Hall Management Committee is organising our Village Day as usual and this will be held on Saturday 2nd June and will use the celebrations as its theme.

In order to ascertain if there is a desire within the community for further celebrations of the Diamond Jubilee during the long weekend, the Parish Council is arranging a Public Meeting on Wednesday evening 16th November at 8.15 pm in the King Edward Hall. This is in order for representatives of the various village organisations, traders and members of the public from the village to discuss and agree how this occasion should be further celebrated in Lindfield. Everyone is welcome to attend this Public Meeting.

No Off Switch by Andy Kershaw

BOOK REVIEW

By Cavan Wood

A recent review of this book in one newspaper was one of the most damning I have ever read. The former Radio 1 DJ and presenter of 'Whistle Test' does emerge as a Marmite person – you are either going to love or hate him. He does make some criticisms of some musical institutions that have become almost above criticism – such as Live Aid and the late John Peel. Are we shocked that Kershaw has the audacity to criticise or that he has identified things that might have troubled us but we did not have the courage to face? It is not ungenerous to list Peel's faults – it is being honest. Every human being has limitations and we need to face these.

Unlike most DJs, he has a genuine interest in areas of the world like Rwanda and Haiti, for their culture and their stories. He certainly helped the development of world music. His account of his trip to Rwanda in the wake of the 1994 massacre is made more terrifying by his revealing of the fact that this was not a spontaneous act but had been callously planned for years. In places, though, he does emerge as a little puerile. Do we need to know about his loss of virginity? His descent into alcoholism, mental illness and a time in jail due to his wilful disregard of a restraining order by his former partner is all honestly dealt with and he largely is able to accept responsibility for his actions. For all of his flaws, the fact that he is currently not on national radio is a great lack: Kershaw can be grit, but grit in oysters can often produce pearls.

The Magic Pudding by Norman Lindsay

BOOK REVIEW

By Toby Brown, aged 6

This really cool book is about a koala bear called Bunyip Bluegum who is travelling the world and realises that he doesn't have any food to eat. In the Outback, he meets Bill Barnacle, a sailor and Sam Sawnoff, a penguin and their Magic Pudding. Together they have many awesome adventures.

I decided to read this book because in Year 2 we are doing about Australia and I liked the part in the story where the wombat and the possum fight Bill Barnacle. The book is full of fun and songs!



The good life

VILLAGE PEOPLE

By David Tingley

Some people want to be a train driver. Others fancy the life of a professional golf pro. An increasingly large number of folk just want to 'be famous'. There are some, of course, who dream of life in uniform as a fire fighter. Whether purely as a chat up line or because they'd like to think of themselves as brave heroes, the dream is still there. But how many actually get around to it?

This story is of local boy Chris Saunders, who moved to Lindfield when he was nine years old. He attended what we then knew as Lindfield Junior School (now residential properties at Old School Court) and went on to Oathall Community College. Chris went to church with his parents in the village at the United Reformed Church and, in later years, kept the faith for himself and carried on attending soon becoming an officer in the Boys Brigade which met there.

It was after his school years, while Chris was at Northbrook College in Worthing, that he really got a sense that he'd like to seriously consider the Fire Service as a career. "I was really into the practical side of my course; making things like furniture pieces from wood etc, but I didn't really enjoy the design side of the study" he comments. So, at 18, he took a leap of faith and applied to the Fire Service. He quit his course, and took up more hours at WH Smiths until his training started. Or so he thought.

Chris' life was turned upside down when he was shocked to discover he'd been turned down. "I was very naive" he explains, "I just assumed I'd get in." As he later discovered not many fresh-faced 18 year olds got accepted, as they like the average fire fighter to have a bit more life experience than that. In the end, his wait was over

three years until he next got chance to apply. In those days it was not uncommon to have up to 2000 applicants for ten positions when they became available in the Service, but this time Chris was successful and he shortly begin the tranche of physical and mental tests prior to his intensive training.

Although it has changed now, the residential training school for fire fighters in this area was in Hampshire, or 'Beastly Eastleigh' as it was known to the fire crews! Its reputation for military-style training was legendary and Chris certainly saw his fair share of it. As a 21 year old who still lived at home, it came as quite a shock to him to be shouted at, woken up in the middle of the night and be made to run everywhere. Chris is keen to point out that Fire Service training is now somewhat different but he considers it did succeed in instilling the strong discipline that is needed in that line of work.

"I knew we were in trouble when approaching the property and two cows ran past the fire engine"

Chris was relieved to successfully complete the 14 week course and was posted to Red Watch Horley shortly afterwards. "The pace of life soon changed there" he explains. "I kept getting told to slow down, as the effects of my training still lingered!" Back in 1997 Chris reckoned they got an average of 3 calls a day on his watch, up to 9-10 in cases of severe weather. "However, the stereotype of a fireman playing pool and drinking tea all day wasn't that far off the mark in those days, as we had much more free time in between calls". During Chris's time at Horley the Service changed into what we know now. Officers are focused on Community Fire Safety when not on a callout and it's all about education, prevention and premises testing. Did you know, for instance, that the Fire Service also is involved in road safety training? A live theatre show is shown to all college students, with testimonials from real casualties, bereaved parents and 999 crews.

As the number of callouts fire crews have to attend continues to decrease, Chris says that this kind of work in the community is a natural progression for him and his colleagues. Chris is now stationed at Haywards Heath and more changes have occurred since that time. Fire Fighters at Haywards Heath now work 45 hours across

four days, with no weekend or evening work (unless of course, he's held up on an incident).

When asked what is the strangest call he's attended, his answer was simple: "I knew we were in trouble when approaching the property and two cows ran past the fire engine." When they arrived at the house in Scaynes Hill they discovered that escaped cattle from a nearby field had not only made a mess of the perfect lawns but two such creatures had gone for a swim in the outdoor pool! "I said it was varied work" he goes on. And yes, he has attended many 'cat up a tree' callouts. Apparently he gets asked that all the time!

So, what does your regular fireman do to unwind? Well, for Chris, he has taken on a hobby from his father; gardening. Between the ages of 5-10 years, he and his family lived on the Alexander House estate (before it was a hotel) where Ray was the sole gardener. "We had a 110 acre back garden and picking veg from the garden was far more normal for me than going to the shops" Chris remembers.

Nowadays Chris has his own market garden where he is specialising in chilli production. In fact, he recently supplied local company Lily's Chillies (featured in Lindfield Life Dec 2010) with over 400 Dorset Naga chillies which they made into a special chilli jelly called Fireman's Naga. Chris is also one of six regular reviewers of hot sauces for online magazine The Chile Foundry.

Back at their home he also keep seven hens in a large walk-in run, so they keep him busy too. Chris explains "When we first got the chickens our son would go out to collect the eggs on a daily basis, which was really nice for him to be involved." With a regular production of about seven eggs per day, and much surplus fruit and veg, it is no surprise that Chris and his long-suffering wife Nicola are affectionately known to their neighbours as 'Tom & Barbara'! But Chris is no stranger to nicknames, as its part and parcel of Fire Service life too. You can follow Chris on Twitter @Thelurch (from The Addams Family coined by Red Watch Horley). It sounds to me like theirs is most certainly a Good Life.



The health of our trees

TREE WARDEN BRIEFING

By Jane Donald, Tree Warden

As we have become more global we think nothing of planting beautiful Acers to bring colour and delicacy to our gardens. We desire tropical fruits and vegetables all year round, and exotic blooms for our vases. With this lifestyle comes the possibility of bringing in diseases with these foreign plants, fruit and vegetables. Our 'British' trees and plants have no mechanism for fighting these new problems.

Many years ago it was Dutch Elm Disease that caused the death of nearly every Elm in Britain. Young Elms still only grow to a certain height before dying. More recently it has been Horse Chestnut leaf mite and bleeding canker. You may have noticed the leaves on the Horse Chestnut trees looking as if they are getting autumn colour very early when the leaves go brown and curl at the edges. This leaf mite will not kill the tree, but the bleeding canker, which shows up as red-brown discolouration running down the trunk, could.

With us now, in our country, usually affecting woods and forests, are problems with the conifer Larch and the two native Oaks called pedunculate and sessile. The Larch is suffering from bleeding canker which is devastating many acres of plantation. The affected trees are felled and the material burnt on site. The Oak is suffering from bleeding canker which is probably bacterial. As in the other trees there is red-brown discolouration running down the trunk, then the bark appears to be dead. This 'Acute Oak Decline' can cause death in 3 -5 years.

As if this is not enough, the London Plane trees, in London only at present, are suffering from a fungal disease which is causing decay of branches. These could then fall and create numerous problems. Thank goodness this will not cause the death of the London Plane but these diseases lower the immune system of the trees.

Scientists are doing their best to discover the causes of these diseases with limited funding. It might be a bacteria, a virus or a fungus. Sometimes it is an insect that is not visible to the naked eye, or a moth laying its eggs. The Lindfield Tree Wardens would like you to play detective around the area. If you walk a dog or take your children for autumnal walks with leaves crunching under

your feet, please be observant. See if trunks or branches of trees have unusual discolouration or scarring.

When the new leaves appear in spring, please question why there are bare branches, likely to break off and cause damage. Trees suffer from die-back normally but that does not make them unhealthy. Trees are beautiful things, wonders of nature but in an urban environment need to be looked after. Please contact Lindfield Parish Council with any problems you find, making note of the site, with a good description (it does not necessarily need the name of the tree).

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'Get Set' for the Olympics

'Get Set' is a network of schools and colleges which have registered for the official London 2012 education programme and are demonstrating a commitment to Olympic and Paralympic values.

As we build up to 2012, Rotary International in Britain and Ireland has been given a unique opportunity to help these schools and colleges with their involvement in the games through challenging competitions for young people, which have been awarded the 'Inspired By London 2012' mark. But these competitions are *open to all* – not just those whose school or college has registered. So just read on and look at what is being offered!

Young Photographer and Young Writer are 'Inspired by London 2012' and have as their theme 'Olympic Dreams' or 'Olympic Spirit'. You choose your own topic within the theme. There are three age-groups: Junior 7 – 10, Intermediate 11-13 and Senior 14 – 17. The closing date is 1st February 2012. Young Photographer – All you have to do is to send in 4 prints (colour or black and white) and explain in just 50 words what inspired them. Young Writer – Your entry can be in verse (maximum 400 words) or prose (maximum 500/800/1600 words according to age group).

Is Young Musician the one for you? Entries are divided into solo instrumental and solo vocal. You have eight minutes to display your talents with two (or more) pieces with contrasting styles. You can be accompanied by any one instrument in keeping with the performance. Applications by 31st December 2011 please!

How about entering for the Rotary Youth Leadership Awards? This is a one week intensive residential programme of physical and intellectual activities. You will learn the skills essential to survive as a leader in today's world. Open to those aged 15 – 19, it will be held from 1st to 6th April 2012 at the amazing High Ashurst Activity Centre, Box Hill, near Dorking in Surrey. Applications by 31st December 2011 please! And the good news is these competitions are at no cost to the participants. For details of these and other opportunities for young people, please contact Bill Cormie, Chairman of Youth Opportunities at Cuckfield and Lindfield Rotary Club.
Bill Cormie, Dix's, Black Hill, Lindfield RH16 2HE
Telephone: 01444 482780
Email: Cormie-b@black-hill.freereserve.co.uk



Please keep our common free of dog mess!

By Marion Bradburn, Tennis Coach

We are so lucky because we all live in a beautiful village. Lindfield has a fascinating history, a pond, a wonderful high street, and on top of that, we have a lovely common which is used by people young and old.

I know that because I spend at least 40 hours a week at the tennis courts which are situated on the common. I therefore know lots of people; the joggers who can be seen as early as 8 am in the morning, our young (and older) talented football players, cricket players and tennis players. People who spend a sunny afternoon having a picnic on the common and all the parents and their children going to and from either the nursery or the Primary School. The lovely dog owners who use the common to exercise their dogs ... or in some cases, the dogs who exercise their owners!

All in all, a lovely sight at all hours of the day, but

there are some dog owners who obviously don't feel responsible for clearing up after their dogs! Somebody walking into dog mess that is left either on the footpath or on the grass can result in some serious health issues apart from the obvious annoyance that it causes. Why should I, or anybody else for that matter, clear up after other people's mess? Because I feel so strongly about this issue, and somewhat responsible for the area that people use to access the tennis courts, I have cleared up this kind of mess on many occasions over the past couple of weeks. I even carry plastic bags with me! Never knew this would be part of my job description as a tennis coach.

Please, on behalf of everybody who uses the common, clear up after your own mess. Let us keep our common a special place to enjoy, not a place of danger! Many thanks.



Lindfield Parish Council

November 2011

Parish Office: 6 Denmans Lane, Lindfield, West Sussex, RH16 2LB
Telephone: 01444 484115 Fax: 01444 484918
Email: clerks@lindfieldparishcouncil.gov.uk
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Christmas Lights

Following the demise of the Lindfield Traders Association about ten years ago, Lindfield Parish Council has done its utmost to continue the tradition established by the Traders of having coloured lantern Christmas lights in the High Street trees during December. However, with bitter regret we are unable to put these lights up as usual this year and we are publishing this article to explain the reasons why.

The Christmas lights have always been a good example of a joint effort: the strings of lights themselves were put in the trees by local tree surgeons, the electrical work and the cabling was done by the same qualified electrician who had done this on behalf of the Traders and of course the whole thing depended entirely on the kind co-operation of the residents and shopkeepers who allowed the lights to be connected to their power supply.

In 2009 we ran into some difficulties when we had to apply to West Sussex County Council to renew our licence and we were made aware of the latest regulations. Unfortunately this was the year the trees had been pollarded and the trees were shorter, so with the inevitable sagging of the cable it would have not have been high enough to give the minimum clearance over the footway as set out in the regulations, unless something was done to hold it up. With his typical 'can-do' approach to this sort of challenge, our Chairman, Will Blunden, came up with the solution of attaching catenary wire to the trees, which he put up himself with

the help of another member of the Council. This wire was stretched taut between the trees and the power cables were fastened to it with cable ties to prevent them from sagging.

Whilst this was a successful solution, it was far from being an easy job and the Council intended to leave the catenary wire in the trees until they were next due for pollarding. However we were put under considerable pressure from a few residents (who also made representations to West Sussex County Council and Mid Sussex District Council) to remove the wire, as they believed that the method of attaching the wire using metal staples would cause harm to the trees. After a lot of deliberation we reluctantly had the catenary wire taken down by contractors early this year.

Even with a more tree friendly method of attaching the catenary wire, it would not be cost effective to put the lights up this year as the wire would have to come down again in January for re-pollarding.

On a more positive note, we are planning to put pea lights in the trees on the Pond island to brighten up the approach to the High Street.

The Parish Council hopes that for next year a suitable arrangement can be found that will be acceptable to all interested parties. However to reinstate the coloured lanterns the use of catenary wire will be necessary and it would not be cost effective to put it up and take it down on an annual basis. We would welcome your views...



Lindfield Christmas Festival Night

Tuesday 6th December 2011 6pm - 9pm, Lindfield High Street & United Reformed Church

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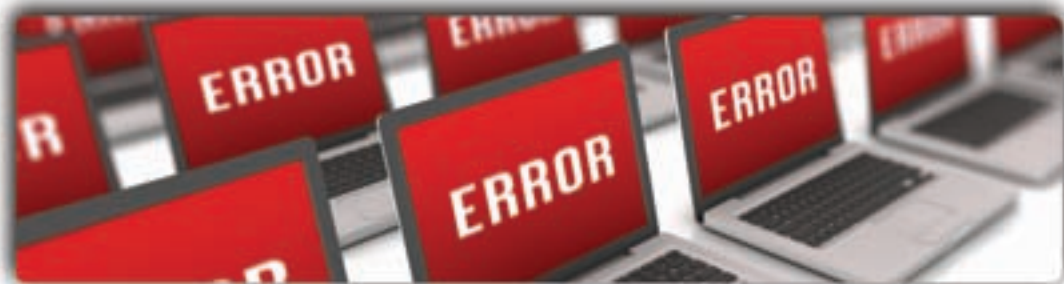
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Up Your Street

LINDFIELD'S LOCAL SHOPS

The Lindfield Life team has taken to the High Street to explore what it has to offer village residents and visitors. In this edition we take a walk down the east side of the High Street, talk to some of the traders and experience what they have for us. Next month we'll continue on the other side of the road. With the Telegraph's Best Small Shops in Britain Awards 2012 recently being launched, we've got until 5th December 2011 to nominate our favourites – wouldn't it be fantastic if one of our Lindfield gems won the much sought-after national award?

Arriving in the village from the north, our first port of call is The Bent Arms. We visited on a Friday evening and the place was brimming with people. It's a great place to meet friends for a drink or a meal and you'll always get a warm welcome from proprietors Howard and Rose. The large upper room can be hired and is often used by local groups for meetings and events.

Just next door, set back from the road is Watson's Brasserie. Open during the day it's a great place to meet friends. The main brasserie area is spacious so it's easily accessible for those with mobility difficulties or young babes in prams. If you arrive and it looks full, don't despair there is another room tucked around the corner. It's open on Sundays too, so head there after a brisk morning walk.

Take a stroll a little farther and you will reach Sussex Wine Cellar. An independent wine merchants that offers more than wine – great knowledge about their products and opportunities to join them for wine tastings. The next time you've forgotten to buy a bottle to take to a dinner party, just drop in on your way and pick up a lovely chilled bottle of white or perfectly stored red. We have never been disappointed with their recommendations!

The next two shops have recently been taken over by Jade Logue. The children's clothing and gift store (now called Perri Winkle) is full of beautiful baby clothes and nursery items – a great place to find unique gifts to celebrate the start of a new life. Heart & Soul next door continues to sell gifts, many sourced in the UK, along with other lines that support fair trade. Check out their website and sign up to receive news of special offers. Sadly the next shop remains empty since the closure of Eve's tearooms earlier this year.

On the corner we find Lindfield Galleries, whose owner has travelled the globe to source a wide range of the finest decorative carpets and rugs. A cleaning and restoration service is also offered.

We're now about half way down the High Street and next we find The Red Lion. Its



garden is home to a restored donkey gin from Durrant's brewery and we understand that the pub itself will soon be undergoing some refurbishment. There's still time to pop in for lunch or an evening drink though, but watch this space!

One of the most endearing retail properties on the High Street has got to be The Toll House. Soon to celebrate its first birthday this vintage clothing and homeware shop also houses a tearoom which serves delicious homemade cakes and light lunches. With vintage becoming a household word these days, owner Inger Moss is on hand to help you find a look that suits you. With celebrities opting for vintage couture for their Hollywood premieres, you too can find a unique piece of clothing that is an expression of your individuality. Vintage clothing is now finding its way into auction houses and becoming not just a fashion statement but also an investment for some. And if you're looking for a unique gift or just something special for your home, then the homewares room on the first floor is definitely the place to go.

Tucked away down the path that runs besides the United Reformed Church is Bookstop. With a range of books by local authors as well as books about the locality, this shop really is a hidden gem. From popular fiction to study guides to poetry to children's books, there's something for everyone. And if you're not sure exactly what you are looking for, then there is some good advice on hand to guide you.

Our next shop is always busy – Paul's the Greengrocers. With a good range of fruit and vegetables, as well as other local produce and an organic section. They stocked a great range of pumpkins in the run up to Halloween this year and the front of the shop often hosts a vast array of colour, with bedding plants and cut flowers.

As we continue on down, we pass Mark Revill Estate Agents, in the quaint space with very low-ceilings between Paul's and our next shopping experience. Watch your head as you go in! Alongside (in fact once all part of the same shop many years ago!) is the popular family butcher Glyn Thomas & Son. They do a great range of organic beef and free range GM pork. Most of their produce is local too, which is

always good to hear these days. Standing outside Glyn Thomas on the fifth day this month, will be the traditional Guy made by our village Bonfire Society – which is always a spectacle to behold, as children and adults alike check him out before the imminent destruction! They also serve a mean hog roast on Village Festival Night in December, so watch out for that too.

Many would say our Post Office is the hub of the village, and we feel very fortunate to still have that facility on our doorstep. In addition to the essential tasks it performs, they also have a great range of cards and stationery for sale, not to mention a bureau de change too.

Taking a slight swerve off the High Street for a minute, we wander past funeral directors Masters & Son – a family business with a long history in Lindfield – and head for Flowercraft where a warm smile and a gorgeous scented shop greet us. Pat and Charlotte have run the shop since 2008; you've probably seen their delivery vans around too.

Nearly there now, a quick dart through the twitten beside the King Edward Hall, and we are alongside the recently painted White Horse pub – although it's not now white! Don't let that put you off though.

So here we are opposite Lindfield's landmark – the pond – we now find our last two shops on this months trail. Another florist, Floral Studio, is nestled set back from the road and run by KJ. You may have seen the large lorry of fresh flowers from Holland parked on the road, a delivery which occurs five times a week – ensuring her stock is always fresh.

On the other side of a private home, is our last stop. What used to be known as 'The Pondie' to some of us who grew up here, this small unit is now home to a popular hairdresser. With a great location overlooking the pond itself, it's also handy for a quick cut en route back from school.

That brings us to the end of the east side of the High Street. So why not follow the trail yourself, meet the owners and their staff and experience some of what Lindfield has to offer. And if you're impressed then why not nominate them for the Telegraph's Best Small Shops in Britain Awards 2012 – register your vote at: www.telegraph.co.uk/shopawards by 5th December 2011.



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Lindfield Arts Festival unveils centenary plaque

Lindfield Arts Festival has unveiled a new plaque to commemorate The King Edward Hall's 100th birthday.

Made by children and adults who visited the Festival in May this year, the plaque was created by Fun Pots, together with local residents and Festival supporters, Mervyn Huggett and Peter Allen.

Unveiling the plaque, which is to be permanently displayed in the Hall, Brian Newcombe, Chairman of The King Edward Hall: "This really is a unique contribution and a wonderful reminder of the Festival, the village and the

people that created it. It's a very welcome addition that will be enjoyed by users of Hall for many years to come."

Children and adult visitors to the 2011 Lindfield Arts Festival painted and decorated individual tiles at the Fun Pots stand at the Limes development on Festival Day. Mervyn and Peter then created a beautiful mosaic into a lasting commemorative plaque. Next year's event will be held 11th-13th May. For further information please visit www.lindfieldartsfestival.com.



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A Tortoise called Charlie



Charlie the tortoise has a secret, in fact, several secrets. Only Charlie really knows his age. It is probably about 75 years but he does enjoy the late summer sun.

Charlie first arrived as a present for a little girl called Audrey but when Audrey grew up she gave Charlie to Fiona, Carolyn and Andrew Smith who lived in Compton Road. One day another friend gave the Smith children a second tortoise as a companion for Charlie and because Charlie was assumed to be male, the newcomer was called Cilla (partly because it had CB painted on its shell and CB could stand for Cilla Black). Cilla, however soon made it obvious that he was no female wimp and the noisy crashing of shells was soon to prove that Charlie should be named Charlotte (Charlotte actually laid eggs but they did not survive the cold weather). Time passed and the Smith children grew up and sex-change Charlie was passed into the loving care of Terry and Mick Coughlan who live in Eastern Road Lindfield. Pampered to the extreme with her own winter quarters she happily lives to this day, going to bed for the long winter sleep and appearing again in the Spring of each new year. One year she appeared rather early and suddenly disappeared again. Mr and Mrs Coughlan searched their garden without success. The family cat purred away happily near to the winter bed of his good friend Charlie. In despair they gave up and made towards their house door. The cat, seizing the chance to go inside, moved forward and there was Charlie, hidden all the time under the cat. About two years ago Charlie was taken ill and in obvious pain. The Vet was really intrigued to have a tortoise to deal with because they are so rare in England. He asked if anyone knew the age and 75 years was estimated. "Well" said the Vet "I have to perform a hysterectomy on Charlie, she is truly EGG BOUND". The expensive operation was duly performed and, to save her life, Charlie had to stay awake all that winter. The Vet passed to Mr and Mrs Coughlan photographs of the work he had carried out. Soon Charlie will be making for her winter quarters again but the late Summer sun is keeping her up and today the eldest of the Smith children has brought her grandchildren to see Charlie before she goes to sleep this winter. Unfortunately, her mate Cilla disappeared many years ago.

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AT KING EDWARD HALL

- 1st Mid Sussex Wine Society AGM
(Angela Steward 01444 484 447)
- 3rd Country Market (Sheila Hobbs 483396)
- 4th Charity Village Fashion Show
(Tickets available from the Toll House or contact
Jeanette 01444 416323)
- 5th Lindfield Bonfire Society – Guy Fawkes
Celebrations (Chris Riches 07970 932437)
- 6th Central Sussex Cage Bird Association Annual
Show (Don Hunter 01444 235736)
- 9th Lindfield Horticultural Society – Evening with
guest speaker and Annual General meeting
(Alison Elliott 483039)
- 10th Country Market - Christmas orders taken for
Delicious festive fare.
- 13th Royal British Legion – Remembrance Day
Afternoon Tea
- 15th Lindfield Preservation Society 2.30pm
An illustrated talk on 'Sussex Orchids'
by David Lang (John Chapman 01444 484 470)
- 17th Country Market - Come and sample some
mouthwatering Christmas treats.
- 17th King Edward Hall Film Show Evening
(Gillian Alderman 483181)
- 18th Lindfield Crafts and Market
(Beverley Smith 440274)
- 18th Fundraising Quiz Night with Fish & Chip Supper in
aid of Leukaemia and Lymphoma Research
(Wendy Waters 01444 483430)
- 19th 'Fidelio' by Heber Opera, 7.30pm
(Box Office 01273 543709)
- 20th Ruwach Christian Church – Morning and Evening
Services (Ruth Hollis 01444 459025)
- 23rd An evening of Salsa Dancing with SalsaJulia
(Julia Cooper 01444 417781)
- 24th Country Market
- 25th Fundraising Lunch in aid of Heatherley Cheshire
Home (Mrs Norah Olver 01444 483578)
- 26th Lindfield Bonfire Society – Craft Fair
(Chris Riches 07970 932437)
- 27th Ruwach Christian Church – Morning and Evening
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If you would like to hire the King Edward Hall please contact the Honorary Bookings Secretary for further information on telephone number 01444 483266 or by e-mail on bookings@kingedwardhall.org.uk

Opera production comes to KEH

Following a very successful production of Donizetti's comic opera, *The Elixir of Love*, in May, Heber Opera turns to more weighty matters with a production of Beethoven's only opera, *Fidelio*. The production will be performed at seven venues in Sussex during November, including Lindfield's King Edward Hall on Saturday 19th November. The soloists are Veronica Brooks, Tim Crouch, Steve Hawksley, Mike MacKenzie, Sally Wilson, Richard Bacon and Andy Holden, supported by the Heber Opera chorus and orchestra, under the direction of Michael Withers. The opera is sung in English. Tickets are available from the box office on 01273 543709.

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