

Lindfield *Life*

Inc. Scaynes Hill & Walstead

Local village talk,
by the village

Nov 2015 Issue #80

Free



Guy creator Martin Durrant

page 18

Winter warming recipes

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Homefront with Jacqui Smith

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Jane Todd
Managing Director

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By David Tingley, Editor

I think its fair to say that **Bonfire Night** is one of my favourite Lindfield events in the year. My enjoyment is a mix of the following: wrapping up warm, donning my wellies and the sense of anticipation as we wait for the fireworks to start in the dark.

We are pleased to bring you two relevant features within our pages. On **page 10 Lindfield Bonfire Society** (LBS) has provided all the information you need to know about 5th November. And, on **page 18, Claire Cooper** talks to Guy creator **Martin Durrant** about his commitment to LBS and his day job too!

Lindfield Bonfire Society do an amazing job every year and I make no apology for making a plea on their behalf here. The firework display costs thousands of pounds and the cost increases every year due, in part, to increasing levels of Health & Safety regulations, equipment and training. If you aren't already a paid up member of LBS, please do so TODAY. It costs just £10 per year and you can download their Standing Order form from their website via this link: <http://bit.ly/1MylSrQ>

Elsewhere in this month's issue we have news of a large donation to the village **Bells & Clock appeal** on **page 12. Sussex Police** share some advice on the necessary, but rather unappealing, subject of burglary on **page 16**. And there is news, on **page 28**, of the winners of **The Toll House's Tea Cosy competition** - do have a look.

Page 22 finds us thinking longingly about getting prepared for **Christmas foody treats** with a few of **Caroline Young's** much enjoyed recipes.

James Verrall, head pro at Haywards Heath Golf Club, is still talking **golf tips** on **page 31** despite the increasingly cold temperatures outside.

Finally, on **page 34**, you can find **what's going on** in and around the village as usual.

Next stop, Christmas!

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Lindfield Life Published by Kipper

Beth Mercer
The Guy on his annual
5th November journey

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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

New valve installed at the pond

By David Tingley

If you have been past Lindfield pond in the last four weeks or so, you will have noticed building work and a much lower water level.

Many folk have asked us about this work and whether we knew what it was.

We understand that this project was being carried out on behalf of Mid Sussex District Council (managers of the pond) who are believed to have been fixing the drainage valve that was broken, by another contractor, during other work last year.

The water level was lowered in order to gain access to area of the pond where the valve is sited.



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The Annual Mid-Sussex Remembrance Concert

The annual Mid Sussex Remembrance Concert, featuring the Ardingly Choral Society, Ardingly Prep School Choir and Mid Sussex Sinfonia will be held at the Dolphin Centre, Haywards Heath on 8th November.

The soloists will be tenor Lawrence Olsworth-Peter, baritone Mike Christie and soprano Olivia Bell and the major work will be Puccini's *Messa di Gloria*. This setting of the mass explores all the most rewarding choral styles of the early twentieth century (Puccini wrote the *Messa di Gloria* while still a student aged 18) and also displays both the tenor and baritone soloists in what was to become his extraordinarily brilliant operatic technique.

As always, the concert starts with Robert Hammersley's moving *Remembrance*. Robert will also conduct the concert which features the children (under their director Stephen Smith) in a selection of varied songs.

Tickets (£14, concessions £12) are available from Carousel Music, from Michael Kershaw (01825 791241) and on the door.

Book for the Christmas Party

With the winter weather arriving, what better time to start thinking about Christmas parties?

Local resident Sara Harding has taken on the challenge of arranging Lindfield's first ever Christmas party at King Edward Hall on Saturday 12th December. The aim is to bring the spirit of Christmas firmly into the village and raise money for The Royal British Legion, which her mother-in-law and long-term Lindfield resident Jane Harding is chairperson, at the same time.

Speaking about the inspiration for the event Sara Harding said: "I love this time of year and have always wanted to arrange a good old knees up for local residents as a way to bring people and businesses together in a fun, informal setting. Whilst the party is not specifically a charity event, it is wonderful chance to raise money and awareness for the Royal British Legion. All proceeds from the night will be donated to the charity.

"Support from Lindfield businesses has been tremendous, demonstrating the wonderful community and festive spirit we have in our village.

"The evening will provide the perfect excuse to dress up, have a wonderful fish and chip supper (provided by Washingtons Fish & Chips) and then dance the night away with music from across the decades - with some Christmas classics thrown in of course!"

Tickets cost £25 and are currently being sold but tables are going fast. For more information contact Sara Harding at lindfieldxmasparty@hotmail.com



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Scout leader crisis



The 1st Scaynes Hill Scout Group has been strong for many years making a great contribution to the youth of the area.

Currently the group has a leadership crisis in both Scouts and Beavers. Cubs is thriving. Scouts is currently suspended and the Beaver section that currently has 16 children will close before Christmas unless new leaders can be found to take over.

The group recognises the support of the warranted leaders and offers a discount for their own children of 50% on the subscription rising to 100% once the leader has completed their initial training and achieved their Wood Badge.

If you would like check out Scouting and consider becoming a leader please get in touch with Steve Minter, the Group Scout Leader on 01444 831786.



Lindfield Guides see stars perform at Wembley gig

Ten girls from the 2nd Lindfield Guides were dazzled by some of the biggest stars in UK pop, including Ella Henderson, Aston Merrygold and Nathan Sykes, when they headed to Wembley Arena for Girl Guiding's Big Gig 2015 last month.

The Lindfield Guides joined a girl-only crowd of 9,000 at the event which is held exclusively for Guides from all over the UK. The girls all aged between 11 and 14 enjoyed performances from the stellar line-up. The event was also hosted by up and coming presenters Niki and Sammy who have recently made their name as YouTube sensations on the internet.

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Walstead care home hairdresser retires

Jenny Chandler (pictured) has been working as a hairdresser for Walstead Place residents, visiting two days a week, for 32 years. She retired last month and a party to celebrate was organised by the home to say 'thank you' for her hairdressing services.



Jacqui Ferguson, home manager at Walstead Place, said: "We wanted to say 'thank you' to Jenny for her hard work over the years for residents past and present. We have lovely memories of her time here, and she has always supported the home with raffle prizes and attended events."

She added: "Jenny is a part of the furniture so will be truly missed by all. Our forget-me-not hair salon will not be quite the same without her fantastic dress sense and wonderful selection of shoes! We all hope that she enjoys her retirement and spending more time in the garden. Thank you Jenny for all you have done for us over the years."



Design talent nurtured in Lindfield

Lindfield seems to have plenty of young talent when it comes to interior design. As part of the Lindfield Arts Festival Jacqui Smith, from HomeSmiths, ran some junior interior design workshops at the Barratt David Wilson sales suite off Gravelly Lane. She commented: "Children are totally uninhibited when it comes to design; they don't let the practicality get in the way of an idea. The boys seemed to be particularly good at this, producing some really colourful and creative schemes."

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5th November fun

LINDFIELD BONFIRE SOCIETY

Members of Lindfield Bonfire Society are gearing up for the 121st village bonfire celebrations on 5th November.

Programmes are currently on sale at SWALK, Glyn Thomas Butchers and Sarah Lacey Dry Cleaning in Haywards Heath. The programmes include a colouring competition for children with prizes generously provided by Masters and Sons.

The itinerary for the 5th November is;

6.30pm – Fancy Dress Competition at the King Edward Hall. (The competition is free to enter and open to both the public and Bonfire Society members.)

7.30pm – Torchlit Procession

The procession moves off from the King Edward Hall at 7.30pm. It will then go via Black Hill, Hickmans Lane, The High Street and onto The Common. (Torches will only be given to members of the Lindfield Bonfire Society and those attending from other Bonfire Societies who are in their stripes, costumes or fancy dress.)

8.15pm – Lighting of the Bonfire – preceded by the Traditional Bonfire Prayer

8.30pm – Grand Firework Display on Lindfield Common
Please do not cross the safety fence at any point during the evening, even after the fireworks have finished. It's there for your safety as there may be unexploded fireworks after the display has finished.

9pm to 9.15pm – End of show

9.30pm – Roads reopen to traffic



LBS Village Day float in 1970s

Members of the Bonfire Society fundraise all year in order to keep the event free with events including coffee mornings, a craft fair and Village Day. "We'd like to thank all those who support our events," said secretary Mark Tampion-Lacey.

"We'd also like to congratulate Martin Durrant on building his 40th Guy!" (You can read more about Martin's creations on pages 18.)

Mark added that the society recently welcomed several new members, including some who joined at the recent Badge Night at the Stand Up Inn.

"New members are always welcome and can join and support the Society by completing a membership form available in this year's programme or on the website www.lindfieldbonfiresociety.co.uk," said Mark.

A few reminders for a safe and happy bonfire night:

- Don't bring sparklers, fireworks or bangers into the village or onto the Common as it is dangerous and against the law (yes, even the sparklers!)
- The society operates a strict no fireworks policy outside the display.
- Leave your pets at home.
- Please be considerate to fellow residents before, during and after the event.
- The Red Cross will be positioned at the top of the Common in the Bowling Club car park.

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Generous donation for village bells

LOCAL FUNDRAISING

Last summer the bellringers at All Saints Church, Lindfield took up the challenge to provide a new ring of eight bells and to repair the clock in the church tower. The challenge involves raising £200,000 and the good news is that they are halfway to their target thanks to all those in the church and community that have contributed to this fund so far.

There have been generous donations both big and small and fundraising events ranging from flower displays, musical evenings, quiz nights, coffee mornings and so much more. Last month the fund has received the boost of a large and significant donation from members of the Morris family. Nephews and nieces of the late Quentin Morris, who died in January this year and had long-established links with Lindfield, made the decision to fund the re-casting of one of the bells as a memorial to their much-loved uncle to mark the Queen's long and happy reign. The bell will be suitably inscribed and will form part of the major replacement programme.

It is no exaggeration to say that the fundraising is a life saver for the traditional sound of English bell ringing in Lindfield, a sound that is such a quintessential part of the country that we take for granted that the bells will continue to ring for all those important moments in life.

So why are the bellringers taking on this challenge now, when the village can still hear the bells ringing out? The simple fact is that five of the nine bells in the tower [eight ringing bells and one chiming clock bell] are at the end of their working lives. This is not surprising as all five of the older bells are over 350 years old with the oldest cast in 1573, during the reign of the first Queen Elizabeth. The difficulty in ringing the old bells has now reached a stage where it is no longer practical to train new bellringers and it is extremely difficult for experienced bellringers to obtain satisfactory results. It will not be long before the bells will not be safe and

bellringing in the village will have to stop.

So what are the bellringers planning to do? The plan is to take the four younger bells, (only 128 years old!) and recast them into eight, lighter, new bells. This will provide a new set of bells that are more suited in weight to the church tower than the existing heavy bells – the current heaviest bell weighs 21 cwt (1069Kg) or as much as the average family car!

Are the bells going to be given a name? Like "Big Ben" names are often given to bells or an inscription added for those that sponsor a bell. It is proposed to continue this tradition with the new bells. In addition it is proposed that the eight bells carry a dedication to Her Majesty the Queen to mark her surpassing the reign of Queen Victoria and become this country's longest reigning monarch.

The tower clock is not in any better condition than the bells. Built at the end of the 18th century the clock spent much of its early life in India but found its way back to Lindfield parish church in 1857 and there it has stood for the last 158 years announcing the time for the village. However, recently it has shown increasing signs of age. The chiming equipment has been disconnected as it has become impossible to maintain hour and quarter chimes in their correct relationship to the time.

The intention is to take the clock mechanism away for refurbishment at the same time as the bells are removed to be recast, finally squeezing them all back in the tower to see service for another 200 years or more.

To contribute to the Bells & Clock fundraising please contact: All Saints Church Office or by phone 01444 482405.

The above photo shows left to right: Rev Stuart Silk, Associate Vicar of Lindfield; Gregory Morris, representing the Morris family handing over the donation; and Richard Hutchings, Tower Captain of All Saints Church.

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Tickets are on sale priced from £15 for children and £22 for adults. However at Lindfield Life we have ONE family ticket available for the opening night to give away to one lucky reader. Simply email your name and address to competition@lindfieldlife.co.uk before 8th November.

For more information or to book tickets visit www.brightoncentre.co.uk or contact the box office on 0844 847 1538.

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Tickets are valid to see Holiday on Ice: PASSION at The Brighton Centre on Tuesday 5th January 2016 at 8pm only. Family ticket can be used by any combination of a total of 4 adults and children. At least 1 adult must be present. No purchase necessary. Tickets are non-exchangeable. Closing date for entries is 8th November 2015, entries received after this date will not be counted. Winners will be required to collect their tickets from box office on the night of the show. Any travel and accommodation will not be included in the prize.

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Home security advice from the Police

By PCSO Erica Baxter

Any burglary causes understandable concern within communities and to individuals. Burglary of your home is a rare thing, but it is something that can have a real and negative impact on the victims which goes beyond the simple value of items taken.

Most burglaries are committed by opportunist thieves and in general no force is used to enter the property, they get in through a door or window left open or insecure. So, as a starting point, consider how you secure your property is - both when you are leaving it empty and when someone is at home. For instance, is it possible for someone to pop in through a front window while you mow the back lawn? If so - you could close that window first!

The risk taken by the opportunist will also include the possible gain - so find a place out of sight of windows to habitually place and charge your mobile devices, and consider hidden secure options for items that you value. Try thinking like a burglar - where would you look if you wanted to find jewellery or cash? - then put it somewhere else!

A lot of simple things can help, such as adding noisy gravel to paths, spiky plants to boundary gaps, wobbly trellis to the top of a strong fence, moving outside items to remove hiding places or things to climb on, putting

tools away that might help force entry...the list goes on and need not be expensive.

As the year progresses we will have longer hours of darkness, and it's not hard to tell that a dark and quiet house is likely to be empty. Timer switches come in many forms - from simple plug-in units, to smart programmable switches that replace the standard ones. Any of these will perform the function of switching lights and a radio on and off as if you are in, particularly in rooms that can't be viewed from outside. Leaving just the landing or hall light on is unlikely to help - after all, how often are only those lights on when you are home?

Burglar alarms and CCTV systems are increasingly affordable as technology moves on, and installation becomes less impactful with wireless elements. These are good deterrents so if are considering these then do some research to see if there is now an option that suits your needs and your budget.

The Sussex Police website www.sussex.police.uk has a Home Security Checklist available and this is helpful to guide your thinking around this subject - put the title in the Search facility. Please feel welcome to explore our website, it has a great deal of helpful information.

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Meet the guy who builds the Guy!

VILLAGE PEOPLE

By Claire Cooper

On the morning of 5th November, Lindfield's giant Guy Fawkes will once again take his seat outside the butchers in the High Street.

He'll spend the day being admired and photographed by dozens of passers-by, and later take his place in the bonfire procession before meeting a grizzly end during the evening celebrations.

The unveiling of the Guy is very much a village tradition – thanks to the sterling effort of one very creative Bonfire Society member.

For more than 40 years Martin Durrant's creation has been the centrepiece of the village bonfire celebrations. He explained how it all began: "Lindfield has always had a Guy, and when I came on the scene they were made by bonfire society stalwarts Ted Haskell and 'Sooty' Anscombe," Martin recalled. "They used to pinch an old suit from the jumble sale and stuff it with straw.

"One year I suggested making something bigger – and was immediately handed the job!"

Over the past 40 years Martin has perfected his design which is based on the traditional Guy Fawkes, complete with red jacket and black top hat.

"The only limitations are that we have to be able to get it out of the barn!" said Martin. "That's why he is always seated. We can get the illusion of height but still build it indoors!"

He added that the height is also restricted by the power cables in Hickman's Lane. "One year it was so big we couldn't get it all the way round the route and had to take a de-tour!"

Martin starts working on the Guy in mid-September and the project normally takes around 40 hours.

"His body is a wooden framework built around a 40 gallon oil drum and packed out with plastic and plant pots," said Martin. "I make the hands and face from papier mache, the hair from Halloween masks and the hat is an industrial dustbin!

"He's not based on anyone in particular – just a traditional guy for a very traditional bonfire!"

On the morning of 5th November, at around 7.30am, Martin manoeuvres the Guy into position outside Glyn Thomas butchers (which sponsors the project).

"We bring him back in at around 3.30pm when we change the torch in his hand to one that has been soaked in paraffin, before loading him onto the trolley ready for the procession."

Regular visitors to the bonfire may notice that the Guy always holds a torch in his right hand. "That helps to keep the crowds back as we turn into the High Street from Hickman's Lane," Martin explained.

Others may remember the days when the Guy was packed with fireworks. "That was stopped several years ago due to health and safety concerns," said Martin.

"However, we get a similar strobe effect by winding two strings of 10,000 crackers around the Guy while the bonfire prayer is being recited.

"I'm never sorry to see him go up in flames – once we get to that point then my responsibility is over!"

Lindfield Bonfire has always played a big part of Martin's life. "My Dad Brian was chairman for many years, and I was vice chairman for a while but now I'm just the Guy builder and tin shaker," he said.

And he's proud to have seen the traditional event go from strength to strength. "The society has an exceptionally strong committee at the moment and

members work extremely hard to produce a very professional event," he said.

"We have a very good reputation and many other groups now look to us for advice. The current firework crew are amazing - more professional than ever."

Building the Guy is Martin's way of giving something back to the village which has been home to generations of the Durrant family.

"My family have lived in Lindfield since 1677, running several businesses including a brewery, piano factory, photography business, grocers, and tea room," he said. "We were also responsible for building several 'wattle barns' for storing the wattles used to pen the sheep on the common at the sheep fairs. My great-great grandfather was known as Lord Wattle!"

The family brewery was located next to what became the Stand Up Inn. "My great grandparents could walk from the brewery to the pub through the cellars!" said Martin.

"The brewery had stables for the horses which pulled the beer carts and several cottages for the brewery workers which included our own barrel makers.

"I'd have loved to have been born in the brewery era - no cars in the high street, just horses and carts. It must have been gorgeous!"

But with the brewery long gone, Martin settled for a career in horticulture. After leaving school he landed a job at a small Sussex nursery - McBeans Orchids - unaware that he would later become one of the world's leading orchid breeders.

"I always wanted to work in horticulture and was particularly interested in the scientific side of things," said Martin. "Orchids were the first group of plants to be cloned and McBeans has always led the way and are right at the front of the breeding lines.

"We've won hundreds of medals at the Chelsea Flower Show including 83 gold medals," said Martin. "When Chelsea celebrated its 100th anniversary back in 2013 were one of only three companies that had exhibited every single year. Our display was a replica of the company's first ever exhibit and even included a couple of the original plants!"

"To help set the scene we even dressed up in Edwardian clothes."

The nursery started in 1879 and, until 1940, supplied plants to every stately home and manor house in the country with many estates employing a gardener specifically to look after them.

"But orchids are actually much tougher than everyone thinks," he revealed. "Overwatering is where most people go wrong. They also grow very well in the wild - Walstead cemetery is covered in them!"

Over the years orchids have also become much more affordable.

"Orchids used to be ridiculously expensive," said Martin. "When I first started work the price of a plant was equivalent to a weekly wage - around £35. A good orchid will still cost around £30 but the weekly wage is now very different! At the end of the day it's just a pot plant!"

Over the years Martin has bred thousands of unique new hybrids - which have been distributed all around the world including South Africa, Australia, New Zealand the States.



"I've taken exhibits to China and to the botanical gardens in Singapore where it was so hot, we had to cool the botanical hot houses down!"

One of his plants - *oncidium alexandrae* - went on to win the top prize at the World Orchid Fair in Singapore. Another of Martin's masterpieces, a huge white orchid, was presented to the Queen by one of the Embassies. "But it has to be kept in our nursery where the growing conditions are perfect!"

Martin is currently working on incorporating scent. "Only 4% of orchids are perfumed," said Martin. "They don't need scent as the 'blousy' blooms attract insects."

He's also breeding plants with more blooms. "I'm particularly pleased with one I bred around three years ago which is now covered with hundreds of tiny little flowers."

McBeans, which was taken over a year ago, is regularly open to the public and there are plans to increase opening hours and run special events. "It's a lovely place to visit in the winter as it's warm and full of colour," said Martin.

"Visitors can see plants that are more than 100 years old, along with new seedlings flowering for the very first time. They can also see the laboratory where we do our cloning.

"I'm very proud to welcome visitors to this tiny little nursery in the heart of Sussex which is leading the world!"

But Martin's home in Denman's Lane, which he designed himself and is built in the grounds of the former brewery orchard, is surprisingly orchid free. "When you work with them all day, the last thing you want to do is look at them at home!" he laughed.

But his horticultural skills extend to the garden where he grows an enviable collection of vegetables. "Even though I work with plants I never get my hands dirty, so I really enjoy coming home and getting grubby in the garden!" he said.

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This is a festive recipe which can be made ahead then frozen. Shape and freeze the balls on the baking sheet until firm then tip into a freezer bag and return to the freezer. Thaw before baking. To cook: arrange the freshly made or thawed stuffing balls on an oiled baking tin and cook with the roast potatoes etc until golden brown.

Lemon and Bacon Stuffing Balls

Serves 6

Gently fry 100g finely chopped streaky bacon until it is just browned then remove from the pan with a slotted spoon. Finely chop an onion and three celery sticks and gently cook in the bacon fat until just soft. Combine the bacon, cooked vegetables, the finely grated rind and juice of one unwaxed lemon and 2tbs finely chopped parsley with 100g fresh soft breadcrumbs and 150ml hot chicken stock. Leave to cool then shape into balls and place on a baking sheet.

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Recruiting Carers Now

By Caroline Young

I have been teaching or writing about food, on both sides of the Atlantic, all my working life and certain recipes get requested just time and time again. This is one of them – a delicious alternative to store-bought mincemeat which always has some kind of fat and cane sugar in it. This has neither.

Did you know mincemeat originally contained chopped meats along with the fruit and spices and ancient cookery books tell us it was used to fill one enormous pie dish, called "The Christmas Pie". It was probably flavoured with rosemary, the herb of remembrance to honour the Virgin Mary. An enchanting legend tells how a rosemary bush spread its branches for her to dry her baby clothes on during the flight to Egypt.

No Fat, No Sugar Mincemeat

Makes about 2kg

Into a large bowl put 225g each of sultanas, raisins, currants, chopped ready-to-eat dried figs and apricots. Add 450g peeled, cored and sliced dessert apples and 100g blanched almonds. Stir together then tip into a processor. Buzz until finely chopped. Return to the bowl and stir in the finely grated rind and juice of two unwaxed lemons, the juice of two large oranges, 2tbs mixed spice, 150ml clear honey (gently warm the jar to make pouring easier) and 60ml rum, brandy or whisky. Make 2-3 weeks before using, cover tightly and refrigerate to allow it to mature. It can then be frozen.


Fresh cranberries are available now and go well with baked pears. Serve warm with a spoonful of marscapone cheese or vanilla icecream.

Baked Pears with Cranberries

Serves 4






Halve, peel and core two large ripe dessert pears and arrange, flat sides up, in a shallow baking dish just large enough to hold them in a single layer. Add a tiny knob of butter into each cavity and pour over 200ml fresh orange juice. Bake at 160° for about 20 min or until just tender.


Meanwhile place the finely grated rind and juice of one large orange (you need about 100ml), 225g fresh or frozen cranberries, 2tbs soft brown sugar and 4 whole cloves in a pan. Bring just to the boil, then cover and cook over medium heat, stirring, until the berries begin to pop. Continue to cook a few minutes longer until the sauce thickens slightly. Cool slightly then pour over the warm pears and serve.



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New fitness craze launched

Swoove Fitness has officially launched as part of the Lindfield Arts Festival in September.

Tickets for the launch went like hot cakes, and the event was sold out a few weeks prior to the festival weekend. Esther Featherstone (aka the Pink Lady and creator of Swoove Fitness) said she was blown away with the response. "I can't believe everyone was so excited about attending the first ever class. I never imagined it would create this much buzz in the village, I'm quite speechless....which doesn't happen often!"

The launch saw 60 people of all ages and abilities singing, whooping and moving!

"Swoove was awesome, I can't wait to get to a class this week, it's so exciting that it's being launched here in our little village!" said one very enthusiastic and sweaty participant!

Esther would like to thank the festival organisers for allowing the launch to be a part of the weekend's festivities.



"We did it!"

Last month we featured Lindfield residents Tom and Row Smith who took part in the Mud Run (among other things) to raise funds for Community Action Nepal. To date the pair have raised £6,555 and still hope to raise more.

Row says: "A huge thank you to Esther Featherstone and everyone that has supported us during this difficult time."

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A place in the sun

HOME FRONT

By Jacqui Smith, interior designer

Back in May I received an email from an event management company asking me whether I wanted to attend an all expenses paid healthcare forum in Portugal in late September. Too good to be true? Yes that is what I thought but on closer investigation I discovered that this really was being offered at no cost to me.

The format has been around for a while in that the suppliers of goods and services to a certain market finance the entire conference on the basis that for its duration they can meet with and network with people who will quite possibly buy from them. I am told that people are also much more likely to buy if they are somewhere warm with a glass of something nice and chilled in their hand. No surprise there I guess. As a buyer of certain healthcare market supplies, which for me would be things like fabrics, furniture, art work suitable for care homes, anti-microbial and waterproof fabrics and so forth, I had been invited to attend.

Despite the lure of a five star hotel and some late autumn Portugal sunshine I carefully considered going since September is always incredibly busy for us and also this would be the first time I would have travelled overseas on my own since my left eye sight loss three years ago. I accepted the invitation, baulking slightly at the oh-so early flight but yes, I told myself, this would be a good thing to do for many reasons. Packing for summer again felt strange but in that particularly autumnal week in September I got over that.

As I ate my four grain porridge from Prêt at 5am in an extremely busy South Terminal shopping court, I pondered how perfumes are being sprayed, swimsuits are being bought and snacks for the plane are being grabbed every morning, all before most of us have even thought about getting up. As I got off the plane, texting David with "I did it!" the heat of the Portuguese morning sun hit me. Yes this was going to be good. As one of the first through to arrivals to meet our coach driver I

watched with interest as our party formed. A mixture of suppliers and buyers, most of which were care home owners but all looking a little jaded from their 3am start.

On arrival we were presented with our itinerary and shown to our rooms. The hotel lived up to its five star rating and the rooms were stunning but it did feel odd to be in a 'holiday place' without David and the boys. Also the hotel, being built for conferences, was huge and out of season the long empty corridors have a whiff of The Shining about them which was a little unsettling but the gorgeous weather helped to put these things to the back of my mind.

The event officially started that night with dinner and then the following two days comprised 10 supplier meetings each day and a seemingly continuous offering of food and drink.

What did I love most about it all? Well, I met some genuinely lovely people and it was also a great learning experience. There is nothing like talking to care home owners and nurses to find out what works best for them in the context of lighting, colour schemes and furniture specification.

The beautiful surroundings most definitely encouraged relaxed business chat like I had never seen before. People had name badges and seating was not planned so you could be breakfasting with the CEO of a large care group and chatting about your kids, connecting on non-business levels which then opened the door for more focused conversations back in the UK. Among other things I have returned with the knowledge that a charming Asian man from Berkshire owns a chain of care homes, supplies M&S with leather for many of their men's shoes and adores olive oil!

It all got me thinking though; we are all so busy, responding to the endless streams of emails, texts but, away from all this, great relationships were formed, ones which just would not have happened in work mode.
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Tea Cosy creators win, err... tea!

As part of this year's Lindfield Arts Festival The Toll House Store & Café ran an open competition for individuals and groups to create the most imaginative tea cosy.



The winner was announced at the event in September and first prize went to a group that had made a large cosy in the shape of one of the iconic Lindfield swans.

The Friday Club meets at the King Edward Hall every week and is run by a company called Embark to make a place that young adults with learning difficulties can meet and have fun together.

Embark founder Siobhan Winters said that all members played a part: "There are 15 who meet regularly and they all wanted to be involved in the competition. Some bought the materials, some cut it, others used the sewing machine; it was a real team effort!"

The whole group of winners will receive tea and cake at The Toll House Store & Cafe and also a hamper of Prince & Sons Tea. Claire Richard came second with her lovely cottage cosy and Julie Stewart's posy cosy came third. Monies raised by the competition and during the arts festival have been donated to Chestnut Tree House. Mary Collins, co-owner of the shop and café said: "We were delighted by all the entries – people really used their imagination – and it's great that the young people from Embark put so much effort into their entry."


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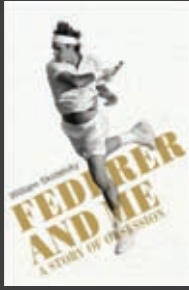
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Federer and me by William Skidelsky

BOOK REVIEW

By Cavan Wood

One hymn writer used the expression 'cold is my warmest thought' and that would sum up my attitude to sport. Yet Will Skidelsky has produced a thoughtful and fascinating book about how his obsession with Roger Federer has shaped his life.

Like that other great sports obsessive, Nick Hornby, he knows that the roots of his interest might seem strange to others. Yet tennis is also a window into his personality. He has a commendable honesty about his years of depression, of his feelings of not being good enough and then through the love of his wife and the love of tennis finding himself. Although sceptical about finding a great purpose in life, Skidelsky has found one: there is beauty, perfection, challenge and inspiration in the Swiss tennis genius' game.

As someone who knows little and normally careless about things, I found his accounts of 'the inner game', the improvements to racquets and the games he has seen as well as played fascinating. A surprising delight of a book. Okay, he is one of my ex-students but this book really is worth a look!

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The essential setup

TEEING OFF

By James Verrall, Head Golf Professional

Many things happen during the golf swing and it is very difficult to know what you may have done wrong. Something you do have more control over though is your setup. Crucial mistakes are made during the setup which can have a real effect on how you swing the golf club. Let's go over some of the key things to look out for:

The width of stance sounds like something that would really make a difference, but it has a huge effect on what angle the club comes down to the ball. Too wide a stance and the club will come in too shallow meaning you are likely to hit the ground first. Too near and you will do the opposite; come down steep and hit the top of the ball. When practising, mark where your feet are with two golf balls and step off the mat and look how wide your feet are.

Creating the correct angles with your body has a huge bearing on the way you turn during the swing. Having good golf posture is also important so you don't get long term back trouble. Try to tilt from your hips at set up which will keep the angle of your back straight. This will also mean you only need a light flex of your knees.

The right elbow should start relatively close to the body during set up. If it is too far away from the body it could cause something in the backswing called a flying right elbow, this leads to golfers normally slicing the ball.

Our last essential setup point to look at this month is weight distribution. To make an efficient golf swing you should have your weight on the balls of your feet. This will allow you to keep balance and rotate during the swing.

Get the set up right and you are half way there to making a good and consistent golf swing.



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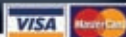
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'James Bond' career talk

By Richard Mason

Well fed and watered thanks to the hospitality of Lindfield Golf Club catering facilities our monthly event concludes with a 45 minute or so presentation. Mostly this is provided by an external speaker so it is a special treat when one of our own provides both entertainment and a wider experience of others lifestyles. Titled 'And they paid me' our own Colin Bowley told us of his almost James Bond career as an oil industry trouble shooter, a job which was to involve him in helping to extinguish fires on oil rigs, world travel and under water exploration in the Caribbean, Black Sea and the Panama Canal. We were left both 'shaken and stirred'!

Our Club draws its membership from the professional or business-orientated retired and exceptionally, is currently able to consider new membership applications. Cuckfield and Lindfield Probus Club exists to provide a lunchtime meeting point for those who enjoy good company, good food and an active and voluntary social programme. It meets on the third Thursday of each month.

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*5 yrs & over. Just bring a packed lunch and loads of imagination!

For more info email Leesa on art@lindfielddartstudio.co.uk or call 07738 288730

**LINDFIELD
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STUDIO**

www.lindfielddartstudio.co.uk

What's on in November

AT KING EDWARD HALL

- 5th **Lindfield Country Market** – 10am to 11am
(Sheila Hobbs 01444 483396)
- 5th **Lindfield Bonfire Society** – 6.30pm, Fancy Dress Competition. Free to enter. See page 10
(Wendy Box 01444 482809)
- 8th **Royal British Legion** – Remembrance Day Afternoon Tea
- 10th **Lindfield Preservation Society** presents an illustrated talk 'A Woman Living In The Shadow Of The Second World War – Helena Hall's Journal From The Home Front' by Margaret Nicolle. Lindfield Resident Helena Hall's daily diary of the war years, from 1940 to 1945, is one of the most vivid, detailed and evocative personal records of the Second World War as it was experienced by people living in an English village. In her journal she describes her everyday activities alongside momentous national and international events. All welcome, entry free. (Meeting and Membership information from John Chapman 484470).
- 11th **Lindfield Horticultural Society AGM** – followed by Gill Jones' talk 'An Annual Challenge (flowers)', 7.30pm (01444 456509 www.lindfieldhorts.org.uk)
- 12th **Lindfield Country Market** – 10am - 11am
- 14th **U3A Art for All Group** – One Day Sale of Paintings In support of Chestnut Tree Childrens Hospice (Nickola Smith 01444 483107)
- 19th **Lindfield Country Market** – 10am - 11am
- 20th **Fundraising Lunch** on behalf of the Heatherley Cheshire Home (Mrs Norah Olver 01444 483578)
- 21st **Lindfield Bonfire Society** – Christmas Craft Fair Wide variety of stalls, Café and Tombola. 10am – 3pm (Sarah 01444 487470)
- 24th **Lindfield Flower Club** – Gill Sadler will demonstrate and her talk is called 'JOY TO THE WORLD'
- 26th **Lindfield Country Market** – 10am - 11am
- 26th **Far From the Madding Crowd** (12A) – Film Show Evening, doors open 7.30pm. (Tickets £6 including refreshments from Tufnells or Jennie Powell 01444 483431)

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

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

AND ELSEWHERE

- 3rd **NHS Retirement Fellowship Mid Sussex Branch**
Franklands Village Hall, 10.15am
'Route 66' Neil Sadler
- 4th **Art Exhibition** – St Augustine's CEP School, Scaynes Hill, 6pm. This showcases the pupil's artwork and is a very enjoyable evening. All are welcome, and again further details are available from the School.
- 5th **Open Day at St Augustine's CEP School**, Scaynes Hill, 9am – 3pm. A chance for all prospective parents to visit the school. Tours will run throughout the day and appointments can be booked via the School on 01444 831371.
- 5th **Mid Sussex Association of the National Trust** – Clair Hall, HH, 2.30pm.
Tudor London by Ian Bevan
- 5th **Lindfield Bonfire Night** – Torchlit procession starts at 7.30pm from King Edward Hall. More details on page 10.
- 7th **Cuckfield Fireworks to Music** – Cuckfield Park Gates open 6pm. (www.cuckfieldbonfire.co.uk)
- 8th **Royal British Legion Remembrance Sunday**
Muster at the War Memorial at 2.30pm for the laying of wreaths at 2.45pm prior to the Lindfield Royal British Legion Remembrance Sunday Service at All Saints at 3pm. Refreshments will be offered afterwards, as usual, at King Edward Hall.
- 11th **Armistice Day** – 10.50am
We shall meet at the War Memorial, by All Saints Lindfield, at 10.50am for 11am.
- 17th **Christmas Coffee Morning** – 10am-12.30pm, Newick Church Barn Centre, BN8 4JZ
In aid of Action Medical Research for Children (More info 01444 482362)
- 19th **Mid Sussex Association of the National Trust**
Clair Hall, HH, 2.30pm. AGM followed by short talks by speakers from local NT properties
- 24th **Mid Sussex Local History Group** – 10am, Franklands Village Hall. Lecture on 'The People's Palace – the restoration of The Royal Pavillion' New members welcome, we meet on 4th Tuesday of each month. Please Contact Joan Corless on 01444 470108 for details.
- 27th-29th **The Attic Club Art Fair** – The Queens Hall, Cuckfield. Open from 12noon-8pm
Admission free but the club are sponsoring Kent And Sussex Air Ambulance. Refreshments will be served throughout the art fair.

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8th November

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