

# Cuckfield Life

Inc. Brook St., Ansty & Staplefield

Local village talk,  
by the village

Issue #10 : Aug/Sept '13

Free



Get set for the Cuckfield Village Show

page 5

Meet your Mayoral candidates

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Church wins heritage award

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# The secret's out!



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## EDITORIAL

By David Tingley, Editor

Here we are in the middle of summer and there is certainly no shortage of **news!** Take a look overleaf from **page 4**.

Many in Cuckfield are very much looking forward to the forthcoming **Village Show**, courtesy of the **Cuckfield Society**. Read a little more about it and how to get involved on **page 5**. The event is on Saturday 14th September.

It seems like there is a run on interesting news from **Holy Trinity Church** as we feature stories on a heritage award, classical concerts, youth workers leaving and the news that **Vicar Nick Wetherall** has announced his intention to retire next year.

The **Cuckfield Museum** played host to a group of walkers who were commemorating the '**Great Suffrage Pilgrimage**' which passed through the village one hundred years ago. See more on **page 8**.

This month we have the pleasure to introduce **firefighter Neil Fairhall** to our pages. Neil is responsible for the community work of fire and rescue in the Cuckfield ward and he will be sharing a little of what he does in the coming months. Get started on **page 15**.

Then, on **page 16**, there is an opportunity to meet all the **Mayoral candidates** for the **Independent State of Cuckfield**. We introduce them all and their strategies and, more importantly, their planned fundraising events. The elections aren't until October but you will have noticed various campaign posters around the village already as they jostle for your money to add to their charitable funds.

Elsewhere in the magazine this month **Caroline Whiteman** shares some bright salad ideas (**page 20**), **Luke Mitchell** visits the **Air Cadets** (**page 26**) and we tell the story of **John and Sue**, who run the Cuckfield Pantry & Tea Room, in our **Village People** feature on **page 22**.

Enjoy the rest of the summer.

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Cuckfield Life Published by Kipper



Robert Norris (with thanks to Cuckfield Dental Practice): A rooftop view.

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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@cuckfieldlife.co.uk](mailto:editor@cuckfieldlife.co.uk)

## New Head appointed for school

Jonathan Morris has been appointed as Head Teacher & Chief Executive at Warden Park Academy. He will take over from Steve Johnson in January next year.

Jonathan has been Head Teacher of St Wilfrid's School in Crawley since 2007 and in that time has transformed the school's fortunes so that it is in the top 6% of schools nationally for student progress, including English and Maths. He is also the current Chair of the West Sussex Head Teachers' Executive.

"Jonathan has a proven track record as an outstanding Head Teacher who has high expectations and a real passion for education and improving the life chances of every student at Warden Park's academies," said chairman of Warden Park Academy Trust Jonathan Ash-Edwards. "He will bring to Warden Park an uncompromising pursuit of excellence, retaining all that is great but also pushing the academy to even higher levels."

He added that Jonathan met and exceeded the expectations of the selection panel in all aspects of the job and, importantly, made a very positive impression on students. Clearly looking forward to his new role Jonathan said: "I am delighted to have been appointed as Chief Executive of Warden Park Academy Trust and Head Teacher of the secondary academy."

## Vicar Nick sets retirement date

The Vicar of Holy Trinity Church, Nick Wetherall, has announced his intention to retire after 22 years in the Parish.

Nick was previously serving the Church of England in Hertfordshire when he came to Cuckfield for "a different challenge".

Just three days before his arrival in the village in 1992 the church had bought The Old School, so he was immediately thrown in to developing that site to what it is today. "We have seen staggering change in Cuckfield over the years," Nick said. "The perception of the Church, peoples finances and, of course, building development. The school had 180 pupils and it's now nearly 320."

"It's been a privilege to be part of peoples' lives here. I have had the joy of marrying people who were at the Primary School when I first arrived in Cuckfield."

Nick and his wife Ruth intend to retire at the end of April next year when they will move to Cornwall.



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# Village Show 14th September

The 8th Cuckfield Society Village Show will be taking place at Cuckfield Park on Saturday 14th September.

The annual craft, baking, growing and artistic event is open from 2pm - 4.30pm, with the prize-giving and an auction at 4pm. The afternoon will also feature the Mid Sussex Brass Band, the WI tea tent and there will also be activities for children to get involved in too.

There are over 90 classes in seven categories. The full list can be downloaded here (<http://bit.ly/14hS5U9>) from the Cuckfield Blog - but here is a taste of some of the entry classes.

In 'Horticultural' there are classes like heaviest marrow, 6 cherry tomatoes (non red), 6 shallots, 2 sweetcorn, a plate of exotic fruit, the single most fragrant rose, largest sunflower head and most amusing vegetable.

For 'Food & Drink', entries are called for in the following as examples: a battenberg cake, 3 sausage rolls using homemade pastry, 1 jar of pickle, 1 bottle of homemade beer or wine and, of course, The Katie Stewart Cup - Katie's moist chocolate cake (recipe supplied).

If 'Crafts' is your thing you can enter a knitted hat, a handcrafted doorstop, an item of embroidery no bigger than 60cm or a handmade greetings card among other things on the full list.

In 'Art' entrants are instructed to keep artwork to a horizontal or vertical size of no more than 60cm in the

following classes: portrait, an abstract design, a landscape or a still life - all in any medium.

Class titles like 'Carry on Cuckfield', 'A question of Sport' and 'Some enchanted evening' are listed under the 'Photography' category.

The organisers have also included ten classes for children to take part in the fun. With two age bands for each class (under 8s and 9-12 years) some they can enter are 2 iced fairy cakes, a 2D gingerbread animal, a LEGO vehicle, my favourite animal photograph and a Cuckfield Local special competition for an A4 painting entitled 'Bee Friendly'.

Schedules with rules, full details of all classes and entry forms will be delivered to all Cuckfield Society members and will be available to non-members from Wealden Stores, Sussex Crafts, Sparks Farm and on the [www.cuckfield.org](http://www.cuckfield.org) website. Why not find a class for each member of the family to enter?

Admission to the Village Show is just £1.50 for adults and children are admitted free.



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## Church wins Sussex Heritage Award

Holy Trinity Church has been awarded the Ecclesiastical Building Award for 2013 by the Sussex Heritage Trust.

The Grade I listed church in the village underwent a major programme of repairs, restoration and internal reordering last year. The completed project has been acclaimed by the award judges as "achieving its objectives to excellent effect" and as "a sensitive modernisation with close attention to detail." They add that the new furniture is "all beautifully designed and made to complement the church."

The award was presented by Lord Egremont DL of Petworth to the Project Chairman, Colin Sewell-Rutter, at a reception on 4th July (see above). Commenting on this tribute, Colin said that "our first-class team of architects, builders and donors has helped us ensure that our church is fit to serve the community of Cuckfield for a second thousand years!"

The reordering project took place between January - May 2012 and was officially opened on 3rd June 2012 to coincide with HM Queen's Diamond Jubilee celebrations.



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## Youth Worker says goodbye

By Rod Montague

Inspire Youth Clubs at Holy Trinity Church recently bid goodbye to one of their two employed Youth Support Workers when Nicky Lawrence stood down at the end of term.

During Nicky's three year stint, and alongside co-worker Lisa and Supervisor Robyn, the two open Friday night Youth Clubs meeting at The Old School in term time have grown and flourished to the extent that there is now a waiting list for new members.

Nicky has also been at the forefront of establishing contact and then setting up the Inspire After School Club at Warden Park on Wednesdays.

She will certainly be missed - although she still expects to offer some support in the future as a Volunteer. If anyone would like to follow in Nicky's footsteps as a paid part time Youth Support Worker (10 hours per week - Friday evenings in term time essential) please contact Rod Montague on [condurrow@btinternet.com](mailto:condurrow@btinternet.com) or 01444 410453 for further information.

## Forget-Me-Not walk is back

Following the success of last year, the 3rd Angus Rowland Forget-Me-Not walk will be held on Sunday 6th October starting and finishing at Staplefield Village Hall.

The walk is organised in memory of 14 year old Angus Rowland from Staplefield, who sadly passed away after being diagnosed with Acute Myeloid Leukaemia in May 2011.

The walk is open to all comers and there will be a choice of two local walks, a six and a half mile walk on muddy rural footpaths or a one mile walk mainly on roads. Registration will start at Staplefield village hall at 9am for walkers and 10am for runners. Participants can register on the day, a form can be downloaded and completed in advance or online from Leukaemia & Lymphoma Research at <http://bit.ly/14C4HP0>

The organisers are suggesting a donation of £10 adult & £5 child under 14. This will include a T-shirt. However, if you have one from a previous walk they ask that you bring this along. Dogs are welcome but must be under control as livestock may be present along the walk. Refreshments will be available throughout the morning in the village hall, so do join them for a quick cuppa if you cannot make the walk. All are welcome.

For further information contact [angusfmn@brantridge.co.uk](mailto:angusfmn@brantridge.co.uk) or visit our regularly updated Facebook page [www.facebook.com/AngusRowlandFMNFund](http://www.facebook.com/AngusRowlandFMNFund)



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# Fit for a Prince

## DESIGN AT HOME

By Fiona Evans, Limited Editions

So he's arrived – we have a new prince! Welcome to the world, Prince George. I'm wondering what awaited you at Kensington Palace, such as a nursery fit for a prince! As a bit of fun, let's imagine what it might be like...

Let me see, what might be included in the client's brief to make this interior a one-off nursery for Prince George? Something that is homely but regal, warm, comforting and luxurious. Perhaps references to the Royal Family lifestyle in the form of a childlike mural depicting a royal event such as the changing of the guard? The Family crest? Alternatively, the brief could call for cartoon animals or Beatrix Potter, Noah's Ark, spots, stripes or rainbows. Perhaps it will be to design an interior that encompasses both fun elements such as cartoon animals but one which also reflects Royal family traditions.

How about the style? Soft and sumptuous with flouncy, draping fabrics? Traditional? Eclectic? Mix and match, perhaps incorporating accessories from previous royal nurseries? Minimal? Vintage style?

My idea would be a mixture of the above, Prince George style, one put together just for him. Modern in style with vintage elements, using a predominately neutral palette with splashes of bright primary colours in sharp contrast to attract developing eyesight. A brightly coloured chair or rug, the colours taken from coloured bunting hanging across one corner.

Black and white toys for very young eyes to focus on. Textures to feel and explore, squashy, squeaky toys, crackly fabrics, furry teddies, books, soft calming classical music, a warm, safe and cosy environment. Painted furniture in neutral and soft tones decorated with pictures of animals or references to royal events such as the 'Changing of the Guard' or the Royal wedding. Upholstered furnishings in accent to the primary colours used in other areas.

A bespoke, stunning heirloom cot blanket/cover made for the young prince or inherited from either side of the family. The windows dressed to reflect the Moses basket or crib mounted on a stand, embellished in flouncy fabrics or less fussy detail perhaps. An alphabet wall chart embroidered in silk maybe and a large mirror with the royal crest for the young prince to see himself. Murals of royal life depicted in a fun way, soldiers in sentry boxes, horses on parade etc. A stunning brightly coloured chandelier could hang in the centre of the room, with less obvious wall lights in neutral tones. Flooring suitable for a modern rocking horse and a sumptuous rug for snuggling into when old enough to look at books and play with toys. Of course there will be a fabulous sofa for Mummy and Daddy to sit on and join in the fun.

Whatever the choices made, I expect it will be a beautiful, peaceful, calming and tranquil room with all the elements required to stimulate and excite a growing baby. Good luck Prince George!



## Walk for Women through Cuckfield

In the summer of 1913 50,000 suffragettes walked from their home towns to gather in London's Hyde Park and demand the right to vote.

Among them were a group from Brighton, who stopped in Cuckfield to shelter overnight in Horsgate House.

100 years later, on 22nd July, Cuckfield once again played host to a group of women walkers. The women were following in the footsteps of their ancestors to commemorate the 'Great Suffrage Pilgrimage' that changed history for British women.

They were taking part in 'Walk for Women', a week long walk starting at Brighton Pier and finishing in London's Hyde Park.

On arrival in Cuckfield the group, including national organiser Lucy Ann Holmes and Sussex organiser Maire McQueeney, were welcomed by Phillipa Malins, curator of Cuckfield Museum.

After enjoying lunch in the churchyard, the women, some wearing sashes and bonnets, walked across the fields to visit Horsgate House.

"Horsgate House was owned by Edith Bevan, daughter of Richard who was involved in setting up the Queen's Hall," said Phillipa. "Edith was sympathetic to the Suffragist cause and the story is that the women stayed the night at Horsgate. We think her involvement is why their route took them through Cuckfield."

Sadly the house is now boarded up and awaiting sale.

The walkers were also shown museum exhibits, including photographs of the original march and a 'Votes for Women' sash in the Suffragette colours of purple, white and green. The Museum also has a copy of a book written by a former Museum curator, Frances Stenlake, which tells the story of Edith Bevan and the Suffragist movement in Sussex.







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# Local poet wins 'inspired' national award



When Cuckfield poet Nicola Wood was diagnosed with Parkinson's Disease last year she was told it was a life-changing condition.

And, six months on, Nicola's life has already changed but in a very positive way – she has picked up a top award in a national poetry competition and been shortlisted for another!

Nicola won a runner up prize in the Mervyn Peake Awards for 'Indestructible' – a poem she was inspired to write after being diagnosed.

"Being told I had Parkinson's Disease was an enormous shock," said Nicola, "but already it is opening doors for me and pushing me in a new direction."

Nicola spotted the competition on the Parkinson's UK website shortly after she joined the national society.

The competition, which included categories for poetry, art and photography, was open to people with Parkinson's Disease and entrants were asked to choose their own theme. "Indestructible is about the spirit –

something that can't be taken away," said Nicola. "It's very appropriate for people with Parkinson's disease and I hope it inspires them."

Nicola was presented with her certificate by the Duchess of Gloucester at a ceremony in London's Guild Hall.

"It was a fantastic day and I met so many inspirational people who have used the diagnosis as a positive experience and a chance to become more creative and develop in a whole new area," said Nicola. They included Tim Andrews, brother of actor Anthony Andrews, who retired from his job as a country solicitor after being diagnosed with Parkinson's and went on to become a widely photographed model.

Another of Nicola's poems has been shortlisted in a national literary competition run by Brighton based Creative Futures, while her book of astrology themed poetry is currently on sale at Wealden Stores in the village.

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# International classical stars to perform in village

By Simon Rothon

It is not often that classical music enthusiasts in Sussex get to see top international performers without having to take a train to one of the London concert halls.

So the news that a concert is to be given at Holy Trinity Church at 2.30pm on Sunday 6th October featuring Britain's leading exponents of Baroque and Renaissance music will be 'music to their ears!'

The Friends of Holy Trinity Church are delighted that the orchestra of Armonico Consort, together with acclaimed Sopranos Dame Emma Kirkby and Eloise Irving and Trumpeter Crispian Steele-Perkins, have agreed to give a concert of some of the works that have made them celebrated internationally as top performers of early music.

Chairman of the Friends of Holy Trinity Church Paul Goldfinch said: "We have been working on the project of attracting Armonico Consort and the star soloists to Cuckfield ever since Guy Berkeley, our Finance Trustee, saw them perform last year.

"We already have requests for tickets and we confidently expect the concert to be a sell-out."

Tickets are available at £22 (£20 for members of the Friends of Holy Trinity Church) from FOHTCC@btinternet.com or by telephoning 01444 454298

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# Big Lottery Fund building paths to success

There is more to Holy Trinity CE Primary School than meets the eye - literally.

Tucked away behind the school buildings and playing field is a huge area of meadow leading to woodland and a stream, part of which is included in the High Weald landscape. These six acres of grounds are not just an asset to the children but can also be of great benefit to the wider community of Cuckfield as the school has just been awarded a Big Lottery Grant allowing a network of paths to be built. These paths will link the developed areas within the grounds to form a trail which will include the outdoor teaching areas, the sensory garden (featuring a home-made plastic bottle greenhouse), vegetable plot, wildlife pond, bug garden, woodland and coppice area. This will mean much easier navigation around the grounds in all weathers for everyone and no more mud trails, as was the case in last year's Scarecrow festival, when bad weather made certain areas difficult to negotiate for anyone other than a mountain goat!

Thankfully the weather was kinder this spring when the school grounds hosted a sponsored Welly Walk, inviting the community to turn out and trek around Cuckfield to raise money for Farm Africa (the PTA's nominated charity for the year). The route, which starts and finishes within the school grounds, was devised by the school pupils in Years 3 and 4 as part of their local village project, working in partnership with the High Weald Heroes School Award Leader. And last month the



school grounds were on show to Cuckfield's garden-lovers as part of the NSPCC open gardens and welcomed over 80 visitors. Thanks for the grounds looking so good on this occasion have to go to 1st Cuckfield Scouts, who came in to help one evening before the event as part of their community week (formerly 'bob-a-job'). Over 20 eager scouts were on hand and did a great job racing around with mulch and wheelbarrows – they enjoyed themselves (or was it the game of manhunt in the woods afterwards?!) and said they'll be back soon.

These new paths are being built this summer and along with new wildlife signs and maps, some of which were installed earlier this year (thanks in part to a grant from the High Weald), they will ensure that future community events in the school grounds will be much easier for us all to enjoy.

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## Development concerns near Cuckfield

### By Cuckfield Parish Council

Cuckfield Parish Council has serious concerns regarding the plans to develop both at Penland Farm (300 houses) and Sugworth Farm (175 houses). This represents a major extension of Haywards Heath only a few hundred metres from the boundary with Cuckfield.

We have just submitted our proposed Neighbourhood Plan and evidence to the District Council, the conclusion of which is clear - that protection of the remaining gap is of the highest priority, in order to ensure that distinctiveness and the sense of separation is retained between the two communities.

Such a major development will have a large impact on the already stretched infrastructure and greatly increase traffic along the country lanes which will serve it.

There is already significant congestion during peak hours along Hanlye Lane and Ardingly Road and this will soon be increasing due to the Bylanes and Ardingly Road developments.

Traffic is fast moving and the Parish Council is currently

implementing measures in Ardingly Road to improve pedestrian safety - the additional traffic from further development will make matters significantly worse.

Should a development progress, we would expect such a large development to form a new community surrounding a centre with shop and pub, village green with sports facilities and other community infrastructure, including easy access to the surrounding open countryside.

The proposed housing density is far too high and does not fit within the surrounding areas.

This crucial area deserves more than a copybook development, which aims to place as many properties as possible into the smallest space simply for the maximum return.

We consider, therefore, that significant investment will be required by the Borde Hill Trustees to ensure that any proposals are fully aligned with local plans and community wishes, and that the planning mistakes of the past are not perpetuated in the future.

## Action Group raises key issues

### By John Clayton, Penland Farm Action Group

The points below are my fears on the impact that the proposed Penland Farm development will have on the village of Cuckfield.

- Hanlye Lane / Ardingly Road is a country lane. It is already an accident prone road and a roundabout at the junction with the Balcombe Road won't change that - another 500+ cars entering and exiting any Penland Farm housing would increase driver frustration, promote additional accidents and cause major traffic queues.
  - Additional traffic would also mean more pollution.
  - Farm Land would be lost for ever.
  - There would be substantially more traffic through the narrow roads of the village. Commuter traffic to jobs south of Penland Farm would go through Cuckfield to avoid congestion in Haywards Heath.
  - Ecology / biodiversity would be reduced.
  - Schools would be under pressure to take more children / students from a wider, more densely populated catchment area. Village children may not get a place in their preferred school.
  - Health Services would be under additional pressure.
- [www.penlandfarm.co.uk](http://www.penlandfarm.co.uk)



Photo by Peter Lovett

## Butterflies enjoy the heat

The recent hot weather brought hundreds and hundreds of Chalkhill Blue butterflies out earlier this month on Wolstonbury Hill, on the South Downs.

It was not alone: Skippers, a Dark green fritillary, Commas, Meadow Brown, Gatekeepers and Peacock butterflies plus a Silver Y moth were also seen amongst others. This is a wonderful time to walk the chalk hills of Sussex, where Knapweed, Scabious and the Pride of Sussex flowers are blooming as well.

More pictures of current amazing wildlife can be seen at the blog of Cuckfield's own Peter Lovett. [www.sussexrambler.blogspot.com](http://www.sussexrambler.blogspot.com)





# Introductions

**TO THE RESCUE**

By Neil Fairhall

My name is Neil Fairhall and I am a firefighter from Haywards Heath Community fire station. I am responsible for the Cuckfield ward and would like to tell you a little bit about what the fire service has to offer you other than an emergency service. We carry out a wide range of prevention work, from Home fire safety checks, including deaf alarms and community fire links for the more vulnerable, to campaigns on speeding, careless parking and the like.

I hope to be able to work with Cuckfield Life magazine and produce a series of hot topics, explaining our prevention work in more depth, and provide contact details so you can take advantage of these services if you wish.

I am more than happy to discuss any matters of concern that groups or individuals in the village may have relating to these hot topics as they come out and offer my help if possible, or maybe just point you in the right direction. I work closely with the Police Community Support Officer (PCSO) for the village and this may provide some extra information in some circumstances.

Please feel free to email me on [neil.fairhall@westsussex.gov.uk](mailto:neil.fairhall@westsussex.gov.uk) and I will endeavour to get back to you ASAP.

*Neil*

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# Meet your candidates

INDEPENDENT STATE OF CUCKFIELD ELECTION SPECIAL

Election  
Night  
18th Oct

## Leanne Knapman



If Leanne Knapman is elected as Mayor she will be continuing a long-standing family tradition!

Over the years several members of Leanne's family have donned the mayoral robes, including her mum Christine Murphy, Grandad Ronald Knight, cousin Martin Ingerbretsen and Uncle Henry O'Donohue.

But Dad Ted Murphy leads the way having been Mayor twice!

As well as a strong family background, Leanne also has the staying power and determination to succeed. "This is the fourth or fifth time I have run for Mayor," she said. "I'm determined to keep trying until I get it!"

This year her campaign includes a variety of fund-raising events, including a clothes swap, Cuckfield to John O'Groats static trek and cheese and wine afternoon.

She is backed by the White Harte pub, which recently hosted a bingo evening and Quiz night to raise funds for Leanne's campaign.

"The important thing is that we raise lots of money for the Independent State of Cuckfield," said Leanne. "At the end of the day I don't really mind who wins!"

## Mark Grant



Wheatsheaf candidate Mark Grant is reaching new heights with his campaign to become Mayor of Cuckfield.

Mark, along with a group of brave supporters, will be raising funds with a sky dive on 22nd September.

Mark, 41, is originally from Stockport and moved to the village with his wife Carol in 2004. "I have lived in a large town for all my life and now love the village life and people," said Mark. "I think the Mayor's election is a great tradition and, if successful, will look forward to carrying out the Mayoral duties, although the fund raising campaign is very much a team effort."

Staff and regulars at the Wheatsheaf decided to put forward a mayoral candidate following the success of their 'Movember' Men's Health programme for Prostate Cancer, when they raised more than £6,000 by agreeing to not shave for a month!

"This year we decided that the Independent State of Cuckfield was a great local charity worthy of support," said Mark.

In addition to the parachute jump, Mark and his fund-raising team are busy organising a Barbecue & Race Night, and giant raffle with a star prize of a ticket to RFU Twickenham to see England v New Zealand All Blacks on 16th November, as well as a ticket to see England in the 2014 Six Nations.

Other prizes also include dinner for two at the Wheatsheaf, lunch for two at the White Hart, The Talbot, and The Royal Oak Handcross and many more great prizes.

Tickets are on sale at Cuckfield Post Office, Marcus Grimes Estate Agents, Cuckfield Bathrooms, the Candy Shop and, of course, The Wheatsheaf Inn. The draw will be held on Friday 11th October at 8pm at the Wheatsheaf.

Poster shows pictures of Mark, Rob and Nik (proprietors of the Wheatsheaf)

## How it works

Since the Independent State of Cuckfield was first suggested in 1966 by Peter Bowring there has been no shortage of people within the Parish of Cuckfield willing to run for Mayor. Each year a few people step forward as mayoral candidates to take part in the UK's most corrupt election! Throughout the year building up to the election candidates collect votes at one penny a time. You can vote for as many candidates as many times as you like, just pay one penny each time you vote.



The battle to become the next Mayor of the Independent State of Cuckfield is hotting up with election campaigns now in full swing.

Three candidates are in the running this year, organising a range of fund-raising events which they hope will persuade residents to part with their cash and buy enough votes to lead them to victory.

With events ranging from sky diving and rowing to swapping clothes, this year's result looks set to be one of the closest yet! We asked Mike Schlup, Mark Grant and Leanne Knapman to tell us why they think they should win your support, while outgoing Mayor Lindy Elphick looks back over an unforgettable year.

## Mike Schlup



Born in Cuckfield and raised just down the road in Chailey, Mike Schlup returned to live in Cuckfield in 1994 together with his wife Debbie. They now have two children, Lauren and Oliver, who are at Holy Trinity and Warden Park schools.

A few years ago Mike decided to get involved with Cuckfield Scouts and is now scout leader at the 1st Cuckfield Scout Troop, just one of the many local groups that has benefited over the years from funds raised by the Mayor's Campaign. Earlier this year Mike was asked by the Rose & Crown if he would represent them as their candidate for Cuckfield Mayor. Mike agreed, although this decision naturally had nothing to do with the Harveys which had preceded the request!

Mike's campaign slogan is Honesty, Integrity, Bribery, principles which underpin every true politician's ambitions. Of course the main aim is to raise as much money as possible for good causes within the parish. Mike has kicked off his fund-raising with a mammoth 24 hour rowing marathon, which took place at the end of June. Together with three other intrepid rowers, Mike rowed a massive 289,000 metres. There was some fantastic support from so many people in and around Cuckfield during the event which has helped to boost Mike's fundraising campaign. Still to come is a German style 'Oktoberfest' on the 14th September at the Rose & Crown, so why not dig out your Lederhosen and come and join in the fun.

Mike told us: "This year's campaign is all about change... the copper and silver variety. That is because every penny counts as a vote. Thank you to everyone who has already contributed and good luck to the other candidates."

For more information about the campaign or to support Mike please email [mikeschlup@gmail.com](mailto:mikeschlup@gmail.com) or call Nikki on 01444 454036. <http://mikeschlup.wix.com/mikeformayor>

## Lindy Elphick



**By Lindy Elphick**

As the final part of my year as Mayor I will do the token re-stand – and that is what it will be. I have had the most brilliant time being Mayor and I have thoroughly enjoyed each and every event I have attended.

I have one duty left, to officially open the Cuckfield Society Village Show in Cuckfield Park on Saturday 14th September, which I am very much looking forward to, and then I will hang up my robes and look forward to congratulating the incoming Mayor on the evening of Friday 18th October at the Rose and Crown pub. I know Leanne, Mark and Mike are all working hard at various events to raise the funds required to win, so I ask you all to try and get along and support an event or two during the next couple of months.

I want to say a very special thank you to the wonderful team from within the Singing Allsorts who helped me raise the funds last year to achieve the goal of being Mayor of the Independent State of Cuckfield. They made the fundraising task so much fun and enjoyable.

I hope the incoming Mayor will enjoy the role as much as I have done and will embrace each and every event that the community asks them to attend. From judging the Holy Trinity Primary School book week fancy dress to lighting the November bonfire, from laying a wreath on Remembrance Sunday to meeting with the evacuees who came to Cuckfield in the Second World War – it has all been such an honour.

Thank you, Independent State of Cuckfield, for keeping up a quirky and unique tradition, as I know it takes a lot of hard work behind the scenes. I have enjoyed my year on your committee and have appreciated the support you have given me.





# September Food Market

Sat 14<sup>th</sup> Talbot Courtyard

9:30am-12:30pm

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# Sensational summer salads

## ON YOUR TABLE

### Fattoush (serves 4-6)

A Lebanese salad

#### Ingredients:

1 large Arabic flatbread or pitta bread  
2 tablespoons olive oil  
Juice of 2 large lemons  
8 tablespoons olive oil  
2 cloves garlic, crushed  
2 tablespoons sumac\*  
Salt and black pepper  
3 large ripe juice tomatoes  
Half a cucumber  
4 radishes  
1 bunch spring onions  
Small bunch of parsley  
Small bunch mint  
A couple of handfuls of salad leaves

#### Method:

1. Heat the oven to 190°C, gas mark 5. Tear the bread into bite size pieces and drizzle with the olive oil. Place on an oven tray and bake for about 8 minutes or until nicely browned. Set aside.
2. Mix the dressing ingredients together and set aside.
3. Coarsely chop the tomatoes, cucumber, spring onions and radishes and put into a large bowl. Chop the parsley and mint and mix them in too. Add the toasted bread and combine well.
4. Arrange the leaves in a shallow serving platter, and place the salad mixture on top. Whisk the dressing and taste – if necessary, adjust the seasoning or add more lemon juice – and then pour over the salad.

\*Sumac is used in Middle Eastern cookery to add a sharp, lemony flavour. Don't worry if you can't find it, as lemon juice or wine vinegar will give similar results.



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By Caroline Whiteman

Thankfully the days have gone when 'a salad' consisted of some chopped iceberg lettuce and a slice of tasteless tomato. More and more salads are becoming the stars of summer eating, with not a wilted lettuce leaf in sight. With some imagination and a range of punchy flavours, salads offer huge variety in both colour and texture.

They are incredibly versatile and can make use of fresh herbs and seasonal vegetables. I particularly love roasted vegetable salad with some dry fried halloumi topped with toasted flaked almonds, pumpkin seeds and pomegranate 'pearls' for a luxurious but quick and easy summer lunch. Salads are a wonderful addition to picnics too and can be adapted to suit even fussy eaters. Below are a couple of my seasonal favourites.



## Carrot, Red Cabbage and Beetroot Salad (serves 4)

### Ingredients:

2-3 large carrots  
2 young raw beetroots  
Half a small red cabbage  
1 onion  
1 tablespoon wine vinegar or lemon juice  
Salt and black pepper  
1 clove of garlic (optional)  
3-4 tablespoons olive oil or a mixture of olive oil and sunflower oil  
A handful of sunflower or pumpkin seeds or a mix of both  
A few drops of soy sauce

### Method:

1. Coarsely grate the carrots and the beetroot and place in a bowl. Finely slice the cabbage and the onion, add to the bowl and mix well.
2. Put the vinegar or lemon juice into a small screw-top jar\*. Finely chop or crush the garlic and add it with the salt and pepper to the vinegar/lemon juice. Shake together to mix well.
3. Add the oil to the jar and shake well. Taste and adjust the seasoning to your liking.
4. Place a dry frying pan on the heat and when hot add the seeds. Stir until slightly toasted (be careful as they burn rather easily). While still hot, add a few drops of soy sauce and stir to coat the seeds. Just before serving, shake the dressing again, add it to the salad and mix well. Sprinkle with the toasted seeds and serve.

\* You can make the dressing in a bowl, whisking the ingredients together instead of shaking.

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# At your service

## VILLAGE PEOPLE

By David Tingley

As I walked into the tea room Sue looked relaxed as she chatted to a customer at one of the round wooden tables and John was donned in an apron and in control of the kitchen. Our Village People this month are two people who truly understand what community means as they work in the heart of it.

John Tennant & Sue Heywood bought the existing business – now known as Cuckfield Pantry & Tea Room – back in 2011 and have been making it their own ever since.

John was born in Lowestoft, Suffolk and was in the last year to be able to leave school at 15 years old. An option which he gladly took. Although he wanted to work in the Police, his father strongly steered him to taking an apprenticeship at the company where he worked as a wood machinist. Boulton & Paul was the largest joinery firm in Europe and was making 22,000 windows per week at its peak. John recalls: "It wasn't until my third day in the job that I asked if there was anywhere to hang up my coat! There were no safety inductions and staff handbooks in those days."

John worked his way up the ranks at the firm. By 21 he was a supervisor in charge of 38 people. At 27 he was appointed as timber yard manager and by 31 he was made production manager at the site. John clearly looks back on those days with fond memories: "There was something magical about working in a production facility of that magnitude. Our timber yard accepted 15 lorry loads every day!"

However when John left Boulton & Paul after 18 years, he wanted a change of scene. He got a job working as factory manager at Abbott Joinery in Hailsham. He was still producing thousands of windows but John fell in love with Sussex and his new location became where he and his first wife brought up their two children, Adam and Amy.

John stayed there until he was made an 'amazing offer' by the former owner of Abbott Joinery, Lester Abbott, to come and work as Chief Executive Officer of Northshore Yachts. The company produced the famous luxury 'Southerly' sailing yachts and John enjoyed the change in subject and the new challenges he faced in the new business. He also enjoyed the 16th century cottage in the beautiful south coast village of Itchenor near Chichester.

It was while he worked at Northshore that John met Sue in 2010.

Sue grew up in Richmond, Surrey, with her two sisters. Her first job was working as a secretary in a laboratory. "I hated it," Sue recalls. "It was a very male-dominated environment, which was a complete contrast to the all girls school I had just left." However those guys eventually proved their worth as they sent off a job application for a modelling interview entirely without Sue's knowledge. Whilst the laboratory job was deemed as the 'respectable' choice by her family, Sue had desires which she had never acted on. Her colleagues provided her with that catalyst when she was offered the job by High Street retailer C&A. After "fluking her way through" that first interview she didn't look back as her modelling career began to take off.

Sue worked at various times for, among others, London's Fashion Fair, Clarks Shoes, Pretty Polly and she did a shoot for the famous 'Navy Rum' calendar in the 70s. "I didn't crave fame or anything like that. I looked at modelling as being an excellent way for me to travel and pay my rent at the same time," Sue continued, as she told me about her six month contract with the Spanish Tourist Board.

It's interesting to note that these were the modelling days before fake tan. Sue tells me that photoshoots in



those days included seven days to top up your tan before a week of photography on location followed.

Sue got married in 1978 in Ruislip, had two children and moved down to Brighton shortly afterwards. In fact Sue had four children in four and a half years! Post-children she continued to work but fitting it around family life. Hairdressing and nursery care were among the jobs that she took at the time.

Her marriage ended and she moved to Brighton Marina where her boat was moored and had a series of retail jobs, one of which was in a jewellery store. Enter John Tennant. Literally!

The pair have been together since 2010 and Sue has six grandchildren. When John left his job in 2011 Sue asked him a simple question: "What do you want to do?" They considered that they got to choose at this stage.

"After all if you can't bite the bullet and do what you want in your 50s, when can you?" exclaims John with a glint in his eye.

They liked the idea of running a tea shop together and searched for appropriate locations. Because of their family around them, it had to be something that kept them in West Sussex. They drove into Cuckfield and both said "Yes" in harmony straight away.

And the rest is, as they say, history! Over two years they have been settling in to village life, refining what the Pantry has to offer and enjoying becoming residents themselves as they moved to Cuckfield five months ago. John comments: "The welcome we've received has been great and we are meeting new people everyday in the shop. We love it!"

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# Time to stand up

VILLAGE GREEN

by Helly Eaton

This is usually the silly season in the media - a dearth of decent stories because everyone's away on holiday. Not this year though - interesting times here in Cuckfield.

With the fracking debate on our doorstep in Balcombe, the media have Mid Sussex in their sights. Whatever your feelings about the rights and wrongs of mining shale gas in Balcombe, the South East in general or anywhere else in the UK, it seems there are lots of questions being left unanswered.

One of the most simple and obvious is where is the huge amount of water needed for the process coming from? Cuadrilla themselves estimate that fracking an exploratory well at the Lower Stumble site would require about 7.5 million litres of water. Some wells might require more than 20 million litres.

Long term water is a far more precious resource to us than fuel. And water supplies in South East England are, we understand, already under pressure.

Add this to the real possibility of contamination and pollution of ground water, and it's easy to see why so many local people are worried about the future of fracking.

Meetings and discussions haven't satisfactorily answered these and the many other concerns and, as I write this at the end of July, many people are protesting, asking questions and hoping to be heard in Balcombe.

Interestingly, though, they're not all hippies and hardened activists but ordinary local folk like you and me.

So this brings us to the nub of the question. Is it better to 'fight against' or 'work towards'? If not fracking, then what? The hard fact is that oil supplies will eventually run out (we're already in the 'peak oil' scenario many experts have been warning about for years) and we obviously need some viable alternatives for the future.

Many would say it's futile to fight against things without having some alternative suggestions.

And here's where we all come in. What are our alternatives? Some people feel investing in integrated renewables is far more palatable. Many of us are already cutting down the amount of energy we use in the first place.

What do you think? Should we be exercising our minds as much about the future of energy as we do when a new developer threatens to build yet more houses in and around our village?

Philosophers say we get what we deserve. Perhaps now we have a dilemma on our doorstep it's time to take stock, stand up and be counted - whatever our point of view.



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# Attracting attention...

**AIR TRAINING CORPS**

**We sent 15 year old Cuckfield resident Luke Mitchell along to the nearest Air Cadet Squadron to see what happens on the evenings they meet. Based in Haywards Heath 172 Squadron is aimed at both boys and girls between the ages of 13 and 19.**

**By Luke Mitchell**

I walked into the squadron building that Tuesday evening with many preconceptions of what an experience with the Air Cadets would be like; I imagined a very regimented atmosphere, with salutations and bouts of 'yes sir' being bellowed from every corner. For the most part, I could actually observe these things happening and it was obvious from the outset that the discipline aspect of the Air Cadets was prominent. The meticulous boot-polish and uniform checks appear to be building well-mannered, conscientious young men and women. I could see that it is highly valued by both the Cadets and the squadron staff; a refreshing idea these days especially when teenagers can sometimes have a bad reputation in society.

There were some preconceptions I arrived with that were debunked throughout the course of the evening. For example, I was told that not all cadets are in fact aspiring to a life in the Forces, nor are they pressured to go into active service by the Squadron. The Air Cadets do, in fact, deal with more than RAF and Forces' work. Sure, it is a stepping-stone to service life and it gives an edge in the application process, but it also offers other experiences to build a good CV and enrich working and personal life. Flight Sergeant Jason Martin (ATC) said, "We aim to encourage Cadets to make the most of their lives and to help them see what experiences are available." The squadron takes part in regular parades and Remembrance Day services and it runs Bronze, Silver and Gold Duke of Edinburgh courses. Callum Tarling, 14, of Burgess Hill told me: "I feel like this is preparing me for life - in a fun way! Being part of the Air Cadet Organisation makes you feel strong and part of a community."

The evening itself was structured impeccably well. First off, the cadets started with a parade in which their uniforms were inspected and they stood in strict formation, which is really quite marvelous to watch. Then, they were briefed on the activities that evening before taking a quick break. That gave me the perfect opportunity to socialise with the Cadets and talk about Cadet life and their activities.

As soon as I entered the parade ground that backs onto the hangar, my attention was immediately grabbed by a rather bedraggled looking aircraft behind where the Cadets were taking part in green uniform parade. When I asked why it was there and how it got there, it was explained to me that it was a training aircraft that took a hard landing a couple of years ago. Not enough to wreck the aircraft totally but enough to



**172 Squadron meets on Tuesday and Thursday evenings. For more information about the group contact them via email on [oc.172@aircadets.org](mailto:oc.172@aircadets.org) or 01444 441072.**



put it out of service. The impact did not vastly affect the aircraft aesthetically, so occasionally the aircraft is used for training exercises in the cockpit or engineering practise on the wings or other parts of the plane.

The long term plans are to build a structure around the aircraft and either renovate it in such a way that it can be taken apart and rebuilt, or utilise the cockpit section to turn it into a flight simulator within its own bespoke frame for instructional use.

I thought this sounded like a fantastic idea that would be exciting for the community and widely beneficial to air cadet squadrons far and wide. The Squadron is currently looking at ways to fundraise and apply for grants. Such a project has been successful already in Sussex with a very popular flight simulator in use at 19 (Crawley) Squadron, so it can be done.

The Air Cadet Organisation is big on team building activities and on one of the parade evenings I attended the Cadets showed this off to great effect when the Squadron staff set up an initiative exercise involving negotiating plastic containers from the inside to the outside of a circle using only rope. There was such incredible teamwork shown by the group of teenagers.

All in all, I had an enriching couple of evenings with the Air Cadets, and observing their ways of operating first hand was a privilege. It is definitely worth enquiring if you are interested in a Forces career or you are just looking to learn life skills and improve your people skills.



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# The Great Seed Swap

WAKEHURST PLACE

Gardeners will be able to get a wealth of advice and inspiration for growing fruit and vegetables at the Wakehurst Seed Festival being held at Wakehurst Place, the country estate of the Royal Botanic Gardens, Kew, in Ardingly on 28th September.

The festival, which takes place from 11am to 5pm and includes the Seed Swap, is being held at Kew's Millennium Seed Bank\* at Wakehurst, which holds the largest wild seed collection in the world.

The aim of the event is to encourage more people to grow fruit and vegetables and experiment with different varieties – particularly traditional heritage varieties that were once the mainstay of British gardens.

Seeds from allotment groups and specialist growers will be available for a small donation, and people can bring along seeds from plants they have grown at home to swap with other gardeners.

There will be a programme of talks and demonstrations throughout the day, with experts giving practical displays on cleaning, drying and storing seeds. Speakers will include Dr Paul Smith, Head of Kew's Millennium Seed Bank, and horticulturist and plant hunter Tom Hart Dyke from Lullingstone Castle in Kent.

Guided tours will provide an insight into conservation work being carried out in the Wakehurst nursery and at Kew's UK Native Seed Hub seed production site, where British wildflowers are grown to provide supplies of seeds for conservation projects around the country to restore wildflower meadows and grasslands.

Visitors will also be able to find out about the vital work of Kew's Millennium Seed Bank and discover

how Kew is helping to safeguard the world's most endangered plants. Kew and its network of partners around the world have already collected and conserved seed from 10% of the world's wild flowering plant species in the Seed Bank (around 30,000 species) and aim to conserve 25% by 2020.

Children's craft activities will be taking place during the day and there will be stalls selling local food and produce.

Dr Paul Smith, Head of Kew's Millennium Seed Bank, said: "We have held seed swaps here for the last two years and they have proved increasingly popular. We are building on these foundations and this year the event has a new name, the Wakehurst Seed Festival, to reflect the fact the event has something for everyone - not just those with seeds to swap.

"We hope people will come along and be encouraged by the displays, talks and stalls to grow something new – whether they are growing their own for the first time, or experimenting and trying different heritage varieties of fruit and vegetables."

The event is supported by Garden Organic's Heritage Seed Library and Seedy Sunday (Brighton and Hove). Admission price tbc, further information 01444 894067 or visit [www.kew.org/news/the-millennium-seed-bank-joins-seed-swap-events.htm](http://www.kew.org/news/the-millennium-seed-bank-joins-seed-swap-events.htm)

\*Experts from the Millennium Seed Bank will be sharing their expertise on saving and storing seeds but seeds from the Seed Bank will not be used in the seed swap.

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# What's on this month

## AT THE QUEEN'S HALL

## AND ELSEWHERE

### September

20th **Craft Fair**

27th **Vintage Fair**

The Queen's Hall is at the centre of village life and is host to a wide range of activities - from dance classes, tumble tots and keep fit to dog training. It can be hired for your event. Our hire fee is inclusive for the day. There are no hidden extras. Contact 01444 451610/454276 or email [cuckfieldpc@btconnect.com](mailto:cuckfieldpc@btconnect.com)

## Cinema Competition winner

Lynn Bradick was the lucky winner of a pair of tickets to the outdoor cinema screening at Wakehurst Place later this month.

She correctly stated that Wakehurst was in Ardingly, West Sussex. Lynn will be taking her husband Richard (pictured) along to the event.



### August

17th & **Hike & Bike 4 Hospices** - sponsored walk and rides

18th More info at: [www.hike4hospices.co.uk](http://www.hike4hospices.co.uk)

26th **Mammoth Rotary Charity Car Boot Sale**

9am-1pm Oakmeeds College, Burgess Hill

28th **Plant and Produce Auction** by Ansty Garden

Club 7.45pm Ansty Village Hall

### September

2nd Members of **Cuckfield Breast Cancer Support Group** will meet for lunch at 1pm at Elvira's in Borde Hill ([ginny.groome@fsmail.net](mailto:ginny.groome@fsmail.net))

6th **Sussex Mineral & Lapidary Society**

**Illustrated talk: The Mendips** by Mike Rumsey

7.30pm Redwood Centre, Perrymount Road

7th **HHRFC Summer Ball** - Marquee on Whitemans

Green. 7 for 7.30pm £50 p/head. 'In Yer Face' playing. Contact Sarah Fry ([sf@hhrfc.co.uk](mailto:sf@hhrfc.co.uk))

8th **St Catherine's Hospice Balcome Walk**

More info at: <http://bit.ly/1bRzGAY>

14th **Cuckfield Local Food Market**

9.30am-12.30pm The Talbot Courtyard

14th **Sussex Symphony Orchestra Summer's Concert**

7.30pm Holy Trinity Church, Cuckfield  
Come and join the Sussex Symphony Orchestra, resident orchestra. Tickets available online at [www.ssomusic.co.uk](http://www.ssomusic.co.uk) or from 01273 415384. Also in Cuckfield from Pepperbox and Wealden Stores

14th **Charity German Theme Evening** - join in the fun

at the Rose & Crown as they host an Oktoberfest style evening to support Mike Schlup's campaign to become Cuckfield Mayor. German beer, bratwurst & sauerkraut etc. From 7pm.

15th **Mobile Waste Collection**

10am-12noon Broad Street Car Park

18th **Mid Sussex Decorative and Fine Arts Society**

**Lecture** "Roman Britain and Christianity" by Sam Moorhead 10.15 for 10.45am at Clair Hall

21st **Haywards Heath Music Society**

Pavlos Carvalho and Ensemble Reza  
7.45pm St Wilfrids Church. Tickets £12 (£11 conc) [www.haywardsheathmusicsociety.org.uk](http://www.haywardsheathmusicsociety.org.uk)

28th **Cuckfield European Association Boules Final**

at 'Marshalls', Cuckfield. Jazz band, drinks & nibbles. Players £5, non-players £10 per head. Andrew Symonds ([andrew.ajims@gmail.com](mailto:andrew.ajims@gmail.com))



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