

Cuckfield Life

Inc. Brook St, Ansty, Staplefield & Bolnore Village

Local village talk,
by the village

Issue #50: Dec/Jan '17

Free

Cuckfield Parish Council newsletter

page 23

Bolnore school Christmas prep

page 10

There's nothing like a dame!

page 29





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EDITORIAL

By David Tingley, Editor

Welcome to this Christmas issue of our humble magazine. There is much on our pages which marks the festive season!

Firstly check out the **What's On** on **page 46** - which gives an overview.

Holy Trinity Church have a double page spread on **page 38** - with Michael's Christmas letter and also details of all the church's services.

On **page 29 Claire Cooper** talks to two Cuckfield residents about their parts in a **local pantomime** - as essential part of a family Christmas these days. Read about **Paul Ruse** and **Peter Bowman** in this article and what they are up to with the Weald Theatre Group.

On **page 16** we finally get chance for a long chat with former Cuckfield mayor **Ken Gregory** in our regular Village People feature. Thanks Ken for taking the stand!

Resident **Kate Fleming** shares the story of a school girl who has done an amazing thing for charity, and for the good of others. Turn to **page 12** and read about Poppy Ward's big hair cut!

Neighbouring community **Bolnore Village** has its regular spot for news on **page 10** and **11**. The main feature here tells of the primary school's **Christmas Fair** which took place recently and we were privileged to help out with the event.

As ever we have **news** from around the village over the page and throughout the issue.

If you have an idea of a story which we could cover in 2017, or a suggestion of a resident who's story we could tell - we would love to hear about it. The easiest way is to get in touch is to send an email to editor@cuckfieldlife.co.uk.

Although we at Cuckfield Life will take a break over the Christmas period, our copydate is still 28th December.

I do hope you **have a great Christmas**, and we look forward to serving the community throughout coming year and beyond.

Issue #50 - Dec/Jan 2017 -
3,500 copies printed

Next magazine copydate:
28th December 2016

Next magazine published:
15th January 2017

Cuckfield Life

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 Jack Rees
View down the High Street
at Christmas time

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NEWS

We 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

ISOC Annual Christmas Dinner



A traditional Christmas dinner with an extra helping of entertainment was served up to 94 Cuckfield residents earlier this month.

The residents, aged 65 and over, tucked into a three course meal, cooked and served by local volunteers, before being entertained by choirs from Holy Trinity School and the village's Community Singers. There was even a visit from Santa who made sure nobody went home empty handed!

Organised by the Independent State of Cuckfield, the annual event began with Grace said by Vicar Michael Maine, while the entertainment was led by compere Tony Elphick.

The team of festively dressed helpers were led by event organiser Leanne Knapman, and included chef Greg Cox, who gave his time and skills free of charge.

Students from Warden Park Academy were also on hand helping to run the cloakroom and clear away the plates.

The lunch is one of the village's most popular events of the year and, like all ISOC events, relies on volunteers to ensure it runs smoothly.

Members of the ISOC are always happy to hear from residents who can lend a hand (or help to organise) events, such as the Cuckoo Fair and Mayor making, which all help to preserve community spirit in the village.

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Correction to Co-op charities supported

By David Tingley

In last month's magazine we published a story about the Cuckfield Co-op stores supporting local charities. However, I'm sorry to say that it contained significant errors – as it listed the incorrect charities. The two organisations which will benefit from the 1% Co-op Membership Card scheme until March are actually Cuckfield Museum and Cuckfield Pre-School Playgroup.

Every time a Co-op member chooses a Co-op branded product or service and uses their Co-op Membership card (subject to Membership T&Cs) 1% of what they spend will go to their chosen cause. Members can change their choice at any time until the end of the giving period, which ends on 18th March 2017.

If members don't pick a cause during the giving period then their 1% is shared out equally between all the local causes in their community.

Anne Morrison, Treasurer of Cuckfield Museum, commented: "This will help us cover our regular running costs so that we can focus on funding artefacts and exhibitions to publicise Cuckfield's heritage. Any museum incurs continual running costs and we are no different. Your donation will play a big part in helping us to continue to ensure that our collection is preserved and displayed in the best possible way."

Sarah Paterson, Manager of Cuckfield Pre-School Playgroup, explained: "This funding opportunity will be a fantastic boost to the funds of our small childcare setting. Thank you to those who choose Cuckfield Pre-School Playgroup."



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Just TWO months into my Ayurvedic treatments and following the holistic advice of the Ayurvedic Doctor for diet and lifestyle I have 90% mobility and strength back in my knees, my hands and wrists are making steady progress and I have renewed energy levels. Everyone at the clinic is welcoming, caring and calm and truly interested in doing their very best to heal." JFL



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Famed for their Shakespeare summer season UK tours, members of the professional Gloucester based Rain or Shine Theatre Company are delighted to be in Cuckfield's Queen's Hall again this Christmas season with a unique adaptation of Sir Arthur Conan Doyle's classic tale.

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Set in authentic Victorian costume, with a cast of four playing a whole host of characters, Rain or Shine will delight and enchant those new to the tale and those who already know it.

The 'one night only' performance in the Queen's Hall is on Tuesday 20th December at 7.30pm. Tickets priced £10 (child £6) are available from the venue (Tel 01444 451610) or from the website www.rainorshine.co.uk

Golf Society's year is just starting

By Ken Gregory

Lewes Golf Club was the venue for our first Golf Day of the year on Friday 25th November. The event was sponsored by The Independent State of Cuckfield.

Jimmy Stakim, this year's Captain, welcomed fifteen members to a full English breakfast before tackling this lovely course up on the Downs, with some wonderful views over the town of Lewes. The weather was kind with some bright sunshine, although a strong cold wind kept the scores low.

With all back in the clubhouse enjoying a drink and tales of where it all went wrong and cards checked, last year's captain, David Ericson, won the day on countback with 33pts from Graeme Combes also with 33pts.

Jimmy won both nearest the pins, and Andy Goldsmith won the longest drive. We also welcomed two new members to the Society.

Our next Golf Day is not until February, so Merry Christmas and a very Happy New Year to all.



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Cuckfield Life

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News from Bolnore Village



Bolnore School festive fun of the fair

Earlier this month the Friends of Bolnore Village Primary School organised a fun filled afternoon at the school's annual Christmas Fair. The school corridors were bustling with an array of festive activities and hundreds of happy visitors. The event united the village community with the Bolnore Village pre-school supplying hot drinks, delicious homemade cakes & biscuits and the Bolnore Scouts manning a BBQ with tasty sizzling sausages.

Those attending the event had the opportunity to do some Christmas shopping with a selection of local small independent traders selling a variety of homemade seasonal delights and also proving very popular were the wooden reindeers created by the Forest School team at Bolnore. The games stalls, chocolate tombola, secret present room and face painting were a big hit with the children too.

The main attraction was a special visit by Father Christmas who took time out of his busy schedule to open the event with traditional bell ringing before settling in his Grotto for the duration of the fair. Mrs Claus and the Elves helped Father Christmas meet lots of excited children all of whom were delighted to take home a small gift.

The Friends of Bolnore Village Primary School would like to thank the three main sponsors: Cuckfield Life (The Grotto), Mike Oliver Associates (The Secret Present Room) and Duffy & Co. and all those who volunteered their time on the day & helped make the day a huge success. Whilst the final figures are not yet known it is anticipated that a substantial amount of money has been raised.

Scouts' Foodbank drop

Bolnore scouts are giving back to the local community by organising a collection for the Haywards Heath Foodbank. Anyone can drop off non-perishable items to The Woodside between 9am-12noon or Tues, Weds or Thurs evenings until 22nd December.

Any questions contact Scout Leader Charlie Smith 07952 383 050 or bolnorevillagescouttroop@gmail.com



New era for Bolnore

The change finally took place on 1st December when the new management company took over from FirstPort.

The Bolnore Village Community Interest Company (with new management company Pembroke) is now responsible for the first three phases of Bolnore village.

By the time you read this, residents should have had a Welcome Pack through their letterboxes from Pembroke.

There is also a newly launched website for Bolnore Village - www.bolnore.org.uk - which aims to provide an online gateway for residents to find out about the village and Pembroke.

The plan is to hold an open general village meeting in February - so watch this space for a date in the new year.

Ladies make festive wreaths



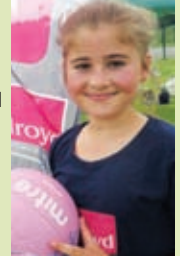
On the eve of advent, Bolnore's Grace Church - which meets in the village school - invited women, mainly from Bolnore, to come and make a Christmas wreath.

They enjoyed mulled wine and Christmas treats, and Bethan Hobbs shared a little bit about the symbolism behind the traditional Christmas wreath as she demonstrated how to make one. She commented: "We had a great evening, and all went away with a wreath, a burst of Christmas spirit - and thoughts about the true meaning of Christmas."

Join the fastest growing women's sport!

By Alison Armstrong

Woodside Netball Club was developed for the residents of Bolnore Village and Haywards Heath. It was originally developed by myself, Amy Armstrong and Lucie Toop on the back of their original team Oaklands, which has historically been run by Lucie and her mum Mandy Prichard.



During the winter months we train indoors at the Dolphin Leisure Centre as we feel that, although we are a winter sport and play outdoors in the leagues, everyone responds better to training in a comfortable atmosphere. During the spring and summer months, training for the club takes place at the Woodside on the Multi Use Games Area on a Sunday afternoon and evening depending on the age group.

Our aim now is to develop the club further. We have three adult teams and two junior teams playing in leagues around Sussex, with a third junior team beginning to develop.

We have spaces in all age groups and are keen to increase the number of teams we are running, opening up more opportunities for the community.

Why not come and have a taster session and see if you like us? We know we will like you, as we encourage all levels of play and want individuals to find the level they are comfortable and happy playing at. It's about being a sport for all!

Junior School, Sunday 4-5.15pm - £3

Senior School, Sunday 5-6.15pm - £3

Adult Training, Sunday 6-7.30pm - £3.50

If you are interested in having a go or bringing your child along, you can contact us by email on woodsidend@gmail.com or you can like our Facebook page.

Crossing takes a positive step forward

Back in 2015 local resident Michela Collett put on her walking shoes and, joined by other local residents, went door to door garnering support for her petition for a pedestrian crossing across the busy bypass leading up to the A272 from Bolnore Village.

Local and council support came quickly, with hundreds of signatories and local Councillor Pete Bradbury leading the project with support from local residents and councillors Alastair McPherson and Matt Jeffers.

The project is currently winding its way through the approval process, to be commenced and completed within the 2017/18 tax year, having been internally and externally graded as the most highly rated project in Mid Sussex and benefitting from very strong local support.

This support is not just from local parents who are concerned about their children navigating their way across a very busy road, but also from other residents. This crossing will benefit the whole community, including commuters, cyclists, dog walkers and the elderly.



Poppy's 'Good Hair Day'

A heart-warming story at the heart (and head) of the season

By Kate Fleming

The festive season approaches and we begin to wind up to celebrate. Some people have been preparing for weeks; like being in training for the Christmas Olympics, working out daily in the hope of winning gold.

Many stores are laden with masses of rich food and drink, Christmas trees and decorations. Lights and Santas appear all over the place, and many begin to moan...

"Oh dear! Christmas!! I haven't even started."

Sounding as if it were a penance; sackcloth and ashes to be undergone for committing a dreadful sin.

"We've got HIS mother coming - say no more. Be glad when it's over."

"All too commercialised. When I was a child we were lucky to get an orange, a brazil nut, a jigsaw (I got a Bible one year) and sugared almonds in our stockings. NOWADAYS....they are all too spoilt. They have everything."

Meaning children I suppose.

Do they have everything?

Snuggled in the heart of Cuckfield High Street there is a nine year old girl who is defying this presumption. She is giving generously without knowing who will receive. Earlier this month she had her hair cut off in aid of Cancer and Leukaemia in Childhood (CLIC Sargent). Her hair, in a beautiful 15 inch plait, has gone to The Little Princess Trust to make wigs for children who have lost their hair because of chemotherapy treatment.

Her Granny cut off her hair on her Grandad's birthday.

A real celebration of giving and receiving.

Poppy is great. She jumps about, argues with her brother Woody, drives her Mum to distraction because she doesn't want to read. She loves her pony, Simon, and enjoys mucking out, grooming and riding him. She wants to be a farmer's wife when she grows up. On her tenth birthday she would like to go skiing. There are lots of children round and about who would also like to do

this, and many who are not so fortunate to be able to fulfil these dreams. BUT not all that many who would give away their waist length hair to someone less fortunate and unknown. This decision has been entirely her own. She calmly reassured me that she had been thinking about it for a long time and that she was determined to put her plan into action.

She says that she does miss her 15 inch hair, but she does not miss the struggles to brush it before school and the tedium of plaiting and pleating to get ready... for everything!

But if you have no hair, as two of her schoolfriends have experienced because of the power of chemotherapy, then to have Poppy's is an amazing gift which can enable them to feel normal again - just like Poppy Ward- jumping and skipping around, looking and feeling like a beautiful nine year old girl should with hair. Poppy's hair is now short, like a boy's, but it WILL GROW AGAIN.

So let's be grateful, not just at Christmas but at all times that our children do have so much and live in an affluent environment and not a war zone. That they are computer literate and able to access so much information and can be cured of cancer and other horrible diseases, but are capable of empathising with those less fortunate than themselves, and readily able, 'To give and not to count the cost' (St Ignatius Loyala - 1491-1556)

If you would like to join family and friends, The Independent State of Cuckfield and Mayor Wilf Knighton and contribute to Poppy's fundraising for Cancer and Leukaemia in Childhood (CLIC Sargent), then go to:

www.justgiving.com/fundraising/Poppy-Ward

Enjoy a wonderful Christmas, and as Tiny Tim, a less fortunate character in Charles Dicken's A Christmas Carol, so poignantly requests: 'God Bless Us, Everyone'.

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Apart from that, go ahead and spend yourself happy!

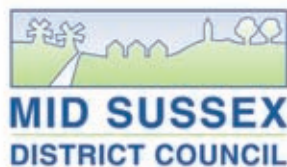
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Ken Gregory

VILLAGE PEOPLE

By Claire Cooper

When Ken Gregory handed over the Mayoral robes to incoming Mayor Wilf Knighton last month it marked the end of a very special year both for Ken and for the village.

Ken was celebrating a record fourth term as Mayor, leading the small number of Mayors who have been re-elected to the post. Members of the Independent State of Cuckfield were celebrating an historic milestone - the organisation's 50th Anniversary year.

"It was a very special year to be Mayor," said Ken. "I was honoured to be chosen and have enjoyed it very much."

As one of the ISOC's longest standing members, and a former parish councillor, Ken is a familiar face in the village and is always on hand to help with community events.

In fact, it would be easy to assume that Ken is Cuckfield born and bred...

But Ken was actually born in Ayrshire in Scotland and spent his early years in Troon where his father worked in private service and as a gardener. "My father's jobs changed frequently, and when I was 10 years old the family moved to London and I attended Holland Road Secondary School," said Ken.

In 1966 Ken's parents moved again, this time to Cuckfield. "I couldn't afford to stay in London, so I moved with them," said Ken. "My father's employer built Ockenden Garden House and the flat next door which my family moved into. In my spare time I assisted my father laying out the garden."

Ken spent 10 years working at Cuckfield Motor Works, carrying out car maintenance and also manning the reception and petrol pumps. "There was no self-service in those days," Ken recalled. "It was our job to set the dial and fill up the cars."

The job proved to be a turning point in Ken's life. "It's where I met my wife Doreen," he said. "We got chatting when she called in for petrol."

Doreen lived in nearby Staplefield and the pair were married in St Mark's Church in 1971. Their wedding reception was in Staplefield Village Hall.

The couple's first home was a cottage next to the showroom at Cuckfield Motor works, and in 1972 they celebrated the arrival of their son David. In 1977 the family moved to their current home in Brainsmead and daughter Julie arrived shortly afterwards.

In 1978 Ken left the motor trade and became estate manager at Woodhill House in Cuckfield Lane. "I thoroughly enjoyed my time there, managing seven acres of land," said Ken, adding that the job also included chauffeuring members of the family in a string of luxury cars, including an E-type jaguar, large American estate car and a Rolls Royce!

"My chauffeuring duties ranged from collecting the children from school every day to regular trips to London where my employer worked in financial management and brokering in Queen Victoria Street."

Driving and parking in London is never easy, particularly when you are driving somebody else's very expensive car!

"I remember one day when I was struggling to find a parking space, another chauffeur gave me a very useful tip" said Ken. "He suggested I attached a small Union Jack flag to the front of the car. I did, and he was absolutely right. Driving in London became a whole lot easier after that!"

The job came to an end when the family sold the estate and moved on, and Ken went to work for Southern Water, where he stayed for 23 years until retiring.



"I was a plant operator monitoring the machinery based near the refuse tip in Burgess Hill," said Ken. "We later moved to a new site at Goddards Green and I became responsible for the mobile rounds maintaining water works in rural villages."

Ken also became health and safety officer for the region.

Away from work, Ken has always been a keen gardener but his greatest passion is golf. "I had always enjoyed watching golf on the television but when I was in my mid 40s my family bought me golf lessons for my birthday," Ken recalled. "I started playing at Cuckfield and got the bug!"

Keen to meet fellow golfers living in the village, Ken and his friend Jimmy Stakim set up the Cuckfield Golf Society which has now been running for 20 years.

"We organise golf days at courses all over Mid Sussex and are always on the lookout for new members," said Ken.

Another great passion is, of course, Cuckfield village. "I was a parish councillor for 23 years and during that time was Chairman of the Environment Committee and vice chairman of the parish council for four years," said Ken, who stepped down at the last election in 2014.

In 1992, encouraged by his family and friends, Ken threw his hat in the Mayoral elections and, much to his surprise, he won! "I raised my funds through raffles, stalls at events and a sponsored car wash," said Ken.

Following his year as Mayor, Ken stayed on the ISOC committee, becoming Mayor again in 1995 and 2005 and actively supporting village and community events from jumble sales and a sponsored swim to a sponsored walk across the Downs from Jack and Jill Windmills to Lewes and back.

Last year, as the ISOC approached its 50th anniversary, Ken decided to join the race for Mayor again and was delighted to be elected for a fourth time. His campaign included a charity golf day, and a weekly wine raffle at the Rose and Crown, where Ken enjoys a regular Friday night steak!

"It's been a wonderful year with so many memories," said Ken. "I was delighted that the ISOC achieved its

aim of attracting 50 Mayoral candidates and raised a record-breaking £23,000." He added that all the money raised goes straight back into the community, supporting local groups in the village from the school, scout and youth groups to the annual Christmas lunch for elderly residents.

Highlights of Ken's year have included joining the 100th birthday celebrations of Cuckfield resident Harold Salmon, attending the Railway Exhibition at Cuckfield Museum and having his portrait painted by local artist Cameron Bennett. "I thought the portrait was absolutely tremendous, and unveiling it with Cameron at the Cuckoo Fair was very special," he said.

This year Ken is among several committee members who will be standing down from the ISOC. "A lot of us have been members for many years and it's time to hand over to a new committee with new ideas to keep it going into the future," said Ken. "Some people have already come forward but we need others if we are to continue to build up and maintain the community spirit throughout the village.

"It's great to be part of an organisation where everyone pulls together to make the events throughout the year so special," he said. "The village has changed. It's evolved, sometimes for the better, sometimes not, but thanks to organisations like the ISOC it has retained its great community spirit and that is something to be proud of."

Ken is still keen to play his part in village life and has signed up to become a museum steward. He also intends to spend more time tending his allotment at Whitemans Green and watching Cuckfield Cricket Club matches. "I played for the club before I got married and have supported the teams ever since," he said.

He's also planning to take more holidays. "We've been on several cruises, including the QE2 which I loved," said Ken. "I like the fact that you can leave from Southampton, visit so many places in one trip and that there's so much to do aboard the ship."

And could we see Ken stand as Mayor for a fifth year? "It's unlikely," he said. "But as the old saying goes, 'never say never!'"



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2017: Time for a change?

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Lindsey Jones, the Founding Partner at The NineDot Partnership Ltd comments: "At NineDot we facilitate change, whether in a business environment or in a personal capacity. Working with each client, we adopt a tailored approach, blending proven coaching practices and powerful NLP strategies to suit the client's needs. This combined approach has proven to be hugely successful, and the blend is always client specific." Lindsey explains that sometimes clients don't know where to start and on other occasions clients may have a clear goal but feel thwarted in their attempts to achieve it, often before they start.

In addition to her 25 years of international industry experience and whilst working full-time in People Management, Lindsey has formalised and invested in her skills by deliberately training with the very best. As a certified Coach, a Master Practitioner in NLP (Neuro Linguistic Programming) and a certified Hypnotherapist, Lindsey is able to blend a range of powerful techniques to achieve significant results.

We asked Lindsey to explain NLP, she comments: "NLP is a process of reprogramming the brain, if we think of the brain as a super-computer we can think of NLP as a way of adding new functionality... by using Coaching and NLP together, we can very effectively 'reprogram' the way we think, react and behave, giving us new opportunities and exciting outcomes."

Furthermore, Lindsey is a certified *PRISM* Practitioner, allowing her to use state of the art neuroscience to map preferred behaviours to identify default strengths, which further enables the coaching process.

The Nine Dot Partnership Ltd has formed an alliance

with The Alternative Healthcare practice in Haywards Heath which means Lindsey has access to excellent private consulting facilities with a lovely vibe. If clients can't get to Haywards Heath then Lindsey will find a suitable venue or meet you over Skype.

"I have a number of business clients, some with their own start-ups, others who want to transition to a new career. Other clients are tackling more personal issues including depression, weight management and negative self esteem. At The NineDot Partnership Ltd we always tailor our approach to suit you, allowing you to make changes you'll be proud of!"

You might want to: Set new directions and achieve new goals, build your business, develop your communication or leadership skills, overcome limiting beliefs, cure fears and phobias, tackle anxiety, lose weight, stop smoking, manage stress... and more.

A recent client from Crawley comments: "Various life experiences had pushed me to a point where I was struggling to recover, be myself or even enjoy some of the blessings I did have in my life. The sessions proved to be exactly what I was looking for. Lindsey not only made me feel normal but put me at ease sharing my problems with her... We are now working on making my life enjoyment-focused and ultimately more fulfilling. I am genuinely excited about what the future holds for me as well as being myself again. I would and have, happily recommended Lindsey to family and friends. I am grateful for all of her help so far and believe she is someone I will continue to use well into the future."

D.N, Crawley, August 2016

For more information call Lindsey on: 07704 681 332 or email on info@ninedotpartnership.com or visit www.ninedotpartnership.com; Or contact The Alternative Healthcare on 01444 474 447 to make an appointment.

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A sparkling Christmas

DESIGN AT HOME

By Fiona Evans, Cuckfield Interiors

A visit to Standen in East Grinstead yesterday to see the amazing Christmas tree decorated by the artist Kaffe Fassett reminded me just how many styles and possibilities there are in tree decoration to give it your own personal stamp.

Christmas trees are now quite sophisticated, with artificial trees becoming more stylish and diverse if you fancy investing in one. Some looking pretty much like the spruce they’re mimicking with a choice of lights already attached while others take an alternative route being sparkling silver, black, white or a vibrant colour, even an astonishing rainbow effect. They can be purchased cut to shape with a flat back or shaped to fit into a corner. Rising in popularity are the artificial white birch trees already dressed with lights for a more mystical, gentle feel. If you’re feeling creative, how about making your own unique tree by painting a suitable branch taken from your garden? Adding to the sparkle, animated reindeer, glowing penguins, gigantic inflatable snowmen and dancing santas could contribute to the excitement of your Christmas. Dancing lights projected on to the wall or floor by a laser gizmo demonstrates how current technology takes Christmas on board. Glass and silver baubles, the more unusual the better, bounce light around the Christmas tree and create glimmer and sparkle. For me it’s the lights that create that special ambience and mood, especially now with strings of battery operated LEDs that can be wound around objects, placed in glass vessels or used to brighten empty corners without the need of a plug.

Christmas dinner and the table is a centrepiece made all the more festive by the excitement and expectation of family and friends sitting around it. Between the turkey and the sprouts table decorations such as candles and holly fight for space and crackers wait with the promise of a surprise and a bang.

Crackers are not a recent invention as Tom Smith, a London sweet maker, made the first one around 1845 inspired by French bon-bon sweets, sugared almonds wrapped in paper. He developed the idea by adding a riddle or motto to the almond but sales slumped. Then, inspired by the crackling produced by a burning log on his fire, he thought what fun if the wrapped sweet could create a bang or crackle when it was opened or pulled. He added a banger mechanism and swapped the sweet for a trinket. Later on, his sons Tom, Walter and Henry took over the business and Walter added hats to the cracker and travelled the world looking for gifts to put inside.

The Christmas pud itself becomes a table decoration when it is adorned with holly drizzled or drenched in brandy and set alight. Holly with its pointed leaves is symbolic of the crown of thorns that Jesus wore when crucified, the red berries the drops of blood. According to legend holly berries were originally white but following the crucifixion were stained red.

Happy Christmas everyone!

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Cuckfield PARISH COUNCIL

News from
Cuckfield Parish
Council

Winter 2016

Parish Councillor Vacancy

With regret we have to announce that one of our Councillors, Sean Ryan, has made the difficult decision to step down from his position on the Parish Council, effective from 1st January 2017. If you would like to consider a role on the Council please look out for the notices that will be displayed around the village in the New Year, as well as on our website www.cuckfield.gov.uk. If you would like further information about the role and responsibilities of becoming a Councillor please do contact Sam Heynes, Parish Clerk, on 01444 451610 or clerk@cuckfield.gov.uk.

We would like to express our thanks and appreciation to Cllr Ryan for his contribution to the Council during his time as a Councillor, and wish him all the best in the future.

The Parish Council would like to wish all residents and their families a healthy, Happy Christmas and New Year.

Revised Weekend Hire Rates at the Queen's Hall

We have recently reviewed our weekend hire rates for the Queen's Hall and have made some slight changes as follows:

	SUNDAY – FRIDAY		SATURDAY		
	0900-1700	1700-2400	0900-1700	1700-2400 Cuckfield Resident/ Organisation	1700-2400 Non Resident/ Organisation
MAIN HALL <i>(including Stage)</i>	£15.60	£18.60	£17.40	£24.00 Minimum Hire 3 Hours	£30.00 Minimum Hire 3 Hours
COUNCIL CHAMBER	£13.20	£13.20	£13.20	£13.20	£18.00
KITCHEN	£12.00 (including use of equipment)				

The prices for both Saturday evenings and all day Sunday have been reduced, so next time you need to book an event, contact us to check availability at the Queen's Hall on 01444 451610 or admin@cuckfield.gov.uk as we would love to help.

We are also excited to announce the partial refurbishment of our kitchen at the Queen's Hall, booked to take place in January 2017. This is in addition to the full external refurbishment that is scheduled for Spring 2017.



Winter Advice

The Parish Council would like to ask residents to look after their neighbours and to check on any frail or vulnerable neighbours to make sure they are keeping warm and have all the essentials. We would also ask that, if safe to do so, residents clear the snow from the pavements in front of their homes.

Government advice is as follows:

'Clear snow from a road, path or cycleway - You can clear snow and ice from pavements yourself. It's unlikely that you'll be sued or held responsible if someone is injured on a path or pavement if you've cleared it carefully.'

How to clear snow and ice - when you clear snow and ice:

- do it early in the day - it's easier to move fresh, loose snow
- don't use water - it might refreeze and turn to black ice
- use salt if possible - it will melt the ice or snow and stop it from refreezing overnight (but don't use the salt from salting bins as this is used to keep roads clear)
- you can use ash and sand if you don't have enough salt - it will provide grip underfoot
- pay extra attention when clearing steps and steep pathways - using more salt may help'

Calling Winter Volunteers...

The Council is always seeking volunteers who are at the ready to help clear snow and ice from the pavements. If you are able to help this year, or know of anyone who would be interested in joining the scheme, please contact the Parish Office for further information on 01444 451610. Alternatively, you may own a 4x4 vehicle and would be prepared to help if needed, say taking an elderly person to hospital. Please contact the Parish Office with your details so we can add you to our list of people to contact in an emergency. And finally, thank you to last year's volunteers and we hope you will continue to be a volunteer this year with kits at the ready!

Whitemans Green

We are very pleased to report that another of our traffic calming measures is currently being carried out by West Sussex County Council.

The scheme involves realigning the junctions on to the roundabout to improve the sight line, which will help to reduce the speed of approaching traffic. Also, three new, larger crossing points with central refuges are being installed. The opening of the Co-op store has seen a large increase in footfall at the junction, so, once completed, we are confident that the new layout will not only make the area safer and easier for pedestrians to cross, but will assist in the safer movement of vehicles onto the roundabout.

Street Lighting

The street lighting upgrade is now finally complete. The Parish Council has been working closely with WSSC and SSE lighting contractors to maintain the heritage of the village with the installation of Heritage Style lighting columns. The final piece of work has been the replacement of the pole type lamps on the buildings in the High Street with Heritage Style brackets.

Property Covenants

Many properties have covenants attached to the deeds. These indicate rights and responsibilities which are passed on from the previous landowner. They may, for example, indicate that a neighbour or utility operator has a right of access, and for most properties these are available to download through the Land Registry's website.

There have been several major new housing developments within the village in recent years, and the Parish Council has seen where new owners are rapidly wishing to extend or amend these. Covenants are a legal matter, so are not considered by Mid Sussex when they consider the merits of the proposals in the planning permission process; rather it depends on neighbours themselves enforcing whatever rights are stipulated.

It can be very confusing and often become forgotten over time, so we are undertaking a small project to produce a database of covenants for the newer developments. Where the PC reviews a new planning permission, we will check the database and try to ensure that neighbours are aware of any restrictions which they may like to consider, especially if the proposals have an impact on them.

The Parish Council cannot offer legal or planning advice; rather our intention is to suggest where professional advice may be required to ensure that your rights can be upheld.

New Parish Open Spaces

The recent Buttinghill Drive and Horsefield Green developments came with open space areas included as part of the Section 106 agreements with the developers. The intention through the planning process was that these would be transferred on completion to the Parish Council, to own and manage on behalf of the community. We have recently undertaken some due diligence on the risks and long-term costs of doing this and are currently engaged with solicitors and the developers to progress the transfers.

One sticking point is in the Buttinghill sustainable drainage pond, which has collapsed and been repaired several times by Taylor Wimpey but is currently in a state where it does not operate as required. Mid Sussex District Council are considering their options regarding this, however, the Parish Council cannot take on this liability as it currently stands.

High Street Pavement

At last work on the High Street pavement outside Cuckfield House has been completed so we now have a safe pavement to walk along. The installation of bollards along the length of the pavement will prevent cars from parking on it in future and protect it from any further damage. The new pavement, as well as being much safer, enhances the look of the High Street and will be complemented by the installation of two cast iron planters in the near future.

Dates for your diary...

MOBILE CIVIC AMENITY COLLECTIONS

The following collections have been arranged at Broad Street Car Park, Cuckfield, 10am-12noon on Sunday 5th March 2017

Rain or Shine Theatre present:

Hound of the Baskervilles

A performance at Queen’s Hall, High Street on Tuesday 20th December 2016



Parish Council meetings
JAN - MAR 2017

5th January	Planning	7.30pm
	Environment	8.15pm
26th January	Planning	7.30pm
	Community Buildings	8.15pm
9th February	Full Council	7.30pm
16th February	Planning	7.30pm
	Roads & Traffic	8.15pm
9th March	Planning	7.30pm
	Finance	8.15pm
30th March	Planning	7.30pm
	Community Buildings	8.15pm



YOUR PARISH COUNCIL

Chairman

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nigel.page@nlp-one.com

Vice-Chairman

Martin Sambrook: 458999
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Other Council members

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clerk@cuckfield.gov.uk

www.cuckfield.gov.uk
www.thequeenshall.co.uk

Parish Council Office opening hours:
Monday – Thursday 10am – 4pm
Friday 10am – 3pm

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Cuckfield Local Market
wishes all of its customers
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Don't forget, we have no market in January!

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My year begins...

FROM THE MAYOR'S TABLE

By Wilf Knighton, Independent State of Cuckfield

In the days when political correctness is all the rage it is refreshing to find Cuckfield wants to be different. The Independent State Mayoral election is called corrupt but really that is a misnomer because all the money raised is distributed to local charities and good causes, perhaps quirky would be more appropriate.

This year's election was the 50th Anniversary, and Phyl Bowring would no doubt be delighted with the record amount of over £23,000 raised at the Talbot Hayloft last month. Two diners at the pub that evening commented that they had never seen anything like it before! No surprise because, let's face it, the event is unique and a great way to raise funds to help the young and old of Cuckfield. In doing so it creates the lively village atmosphere for which Cuckfield is well known. It is not only the excitement of raising such a large amount of money in small donations, it is also the community spirit engendered in the process.

When it came to planning the 50th Anniversary the committee wanted 50 names, no small number, to contest the election. They already had a 50 years old Sunbeam Alpine tourer, courtesy of David Horne, to transport the new mayor in the following day's procession. What was missing was a passport holder of 50 years ago. Somehow my name appeared on the list. As I said: "You can't be serious!" but friends and family thought otherwise. As the evening developed and the counting continued, the Hayloft buzzed and more beer was drunk as the money poured into the contestant's buckets. Gradually the list was whittled down to ten and no one was more surprised than me when the result was announced.

With no time for preparation, the Mayoral regalia was fitted, together with the chain of office, prior to the procession the following day. The weather was perfect and Martin Ingebretson, a former Mayor, together with many volunteers organised the floats and people in an exemplary manner.

No rest for the wicked – the following day Michael Maine, Vicar of Holy Trinity, invited us to the Sunday morning service. After that it was the CDS's first class production of On Golden Pond, followed by welcome visits to the two new shops Oliver Cunningham and Willis & Co. The week concluded with lighting the bonfire and the spectacular fireworks, all filmed by a couple of drones.

All these activities require lots of organising and volunteers. I would therefore like to conclude by paying tribute to those many stalwarts, past and present, who have kept this wonderful tradition of raising funds for many local good causes and preserving the Cuckfield community spirit for the past 50 years. May it continue for many years to come.



Is your child aiming high?

If your child is aiming high, then a community initiative launched by Cumnor House Sussex might be just what you're looking for. The school is offering two fully-funded bursary places covering the full cost of a child's education from Year 4 (age 8+) through to Year 8 (age 13+) and, thereafter, to Year 13 (age 18) at one of Cumnor's senior independent school partners.



The bursaries, which are means-tested, are for children who are academically gifted and/or show particular potential in sport, music or drama. Applicants must live within the RH17 postcode area and currently attend a state-maintained primary school.

Families living in Brook Street, Cuckfield, Lindfield, Scaynes Hill, Staplefield and the wider community attend Cumnor House Sussex - which is located in a wonderful setting in Danehill with views across the countryside and of the Ashdown forest. The school prides itself on nurturing happy, fulfilled children who are given every opportunity to reach their full potential. The class sizes are small, the teachers inspiring and the facilities extensive.

"Life is incredibly vibrant, fun and busy at Cumnor – for the children and their parents," says Nuala Hampshire who lives in Cuckfield. "Our three children have thrived since they joined from primary school. The opportunities that Cumnor offers every child, both inside and outside the classroom, are second to none with its extensive academic, sporting, music, drama, DT and IT facilities."

Cumnor's first fully funded pupil started in September 2016 and the school is looking to offer a further two places to start in Year 4 in September 2017. The deadline

for applications is 30th April 2017.

"We're incredibly lucky to have our first funded pupil and family as part of the Cumnor community," says Christian Heinrich, Headmaster. "They are taking full advantage of everything that Cumnor life has to offer and it is a great privilege to be able to offer further funded places within the local community."

A leading independent Prep school for boys and girls, Cumnor prides itself on providing a safe and unhurried childhood for active and ambitious children. The Cumnor House motto - Aim High, Be Kind, Dare to be Different – is at the heart of the school's principles. Staff are encouraged to seek the best in, and for, each individual child during their time at the school, in preparation for moving on to senior school and for life beyond.

Anyone interested in seeing Cumnor House Sussex in action is encouraged to come along and visit our next Open Day taking place on Saturday 28th January 2017 from 10am-12noon.

To find out more about the bursary opportunities and the Open Day, call Cecilia Desmond on: 01825 792 006 or email her at: registrar@cumnor.co.uk

You can also find out more about Cumnor House Sussex by visiting our website at: www.cumnor.co.uk



"They're behind you!"

Cuckfield's connection to this year's Weald Theatre Group panto

By Claire Cooper

While most of us are enjoying the Christmas festivities and a well-earned break from work, two Cuckfield residents are busy learning lines and preparing to take to the stage.

Paul Ruse and Peter Bowman will, once again, be delighting audiences with their antics as they transform into Pantomime Dames next month.

The pair have become stalwarts of the Weald Theatre Group annual pantomime, held at Clair Hall in Haywards Heath, where they are regularly cast as Dames or 'Baddies'.

Delighted to be performing again this year, Paul and Peter recalled how they were 'coerced' into the pantomime back in 2012 after participating in and then producing and directing the bi-annual Cuckfield Summer Shows.

"Lance Milton, who directs the pantomime, was technical and music director for several of the Cuckfield Summer Shows and this is where we met," said Paul.

"Since then we have both gone on to perform in a number of plays, musicals and comedies and are on the Committee of Cuckfield Dramatic Society."

This year they will be playing Ugly Sisters Nanny Bibbetty and Nanny Bobbetty in the group's production of Sleeping Beauty.

And if you're wondering why Ugly Sisters are appearing in Sleeping Beauty, then you've clearly



never been to a Weald Theatre pantomime!

"We have played the ugly sisters twice before – once in Cinderella and then again in Jack & The Beanstalk," said Paul "Yes, we had to own up to the audience that we were in the wrong panto but they didn't seem to mind and went along with the flow! This highlights how off-the-wall Lance's pantomimes can

be and is one of the reasons we both enjoy participating every year."

This year's production will be the Weald Theatre Group's 74th annual pantomime.

The company was originally founded by a group of friends during World War II to raise money for local charities. "At that time, most villages would put on a pantomime, but the tradition has dwindled over the years and the Weald is one of the few which remains," said Paul.

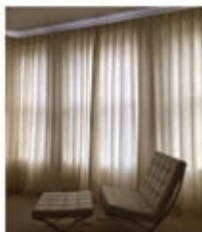
Over the years the annual production has raised more than £100,000 for local charities. "We love the fact that the Weald Theatre Group donates all proceeds from the Haywards Heath pantomime to local charities," he added.

Last year's production raised more than £2,000 which was shared between Action Research, Young Epilepsy and Glad Rags.

Sleeping Beauty runs from 10th-14th January (with a matinee performance on Saturday) and tickets are available from the Clair Hall box office.

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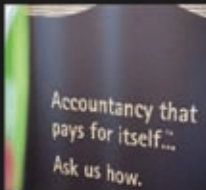
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Mary Stoner

STORIES FROM THE GRAVES



In the third of our Stories from the Graves features, we introduce Mary Stoner, Cuckfield's first District Nurse.

A popular character in the village, Mary kept a series of diaries which give a fascinating insight into life in Cuckfield as well as the demands of nursing in a small rural village.

Excerpts from the diaries have been reproduced in a book, compiled by Cuckfield resident C.E. Salter who has clear memories of Nurse Stoner: "Always dressed in black, the solid black hat firmly on her head, tied under her chin, long black skirts flapping around her ankles and a cape over her shoulders and carrying a Gladstone bag."

Mary was instantly recognisable as she went about her village rounds. "Everybody would greet her and there was always a welcome smile and cheery reply."

Many thanks to Cuckfield Museum for lending us the book, and to steward Richard Constable who has helped research Mary Stoner's story.

By Claire Cooper

Mary Stoner was born on 16th September 1855 at the Old Cottage in Mytten Twitten.

When she was two, her parents moved to Wisborough Green and her sister Emily was born.

Mary writes that her mother was 'never very strong' and was a sickly person and wanted to return to Cuckfield but this was not possible. The family moved to Steyning where Mary's father worked as a shepherd at Wiston Park and then to Stairbridge Lane in Bolney where her father became a cowman. After six months the family were able to return to Cuckfield, moving to live at the Old Mill in Cuckfield Park. Mary's father worked at Laines Farm earning 10/- per week (around 50p). Out of this he had to pay 1/6d rent (15p).

Mary left school in 1869, aged 13 years, and worked in a shop for a Mr Brigden but only stayed for six months after Mr Brigden's daughter recovered from illness and returned to work.

Following this she went to work for a Mrs Kennard near Muster Green for a year, followed by four years at Oakfield House, probably in service as a maid.

At the age of 17, Mary took what was a very big step and went to work in London. She was met at Victoria station by a Miss Hollingworth who took her to a house in Powis Gardens. As she couldn't take up her position until the next day, she stopped the night with Miss Hollingworth at 47, Aldridge Villas. "Her son Frank told me I was a very silly girl to leave the nice country for London," Mary recalled.

Mary's position was as a parlour maid, but after six weeks the cook left so she became the new cook as well as helping to care for the three little girls living at the house.

During her stay at Powis Gardens, Mary's mother was taken ill again and she had to return to Cuckfield to look after her. She stayed nearby, living in as a parlour maid to Dr Thomas Byass (who lived in what is now Marshalls, then called The Old Manor House).

Once her mother had recovered, Mary wanted to return to London but could not find a suitable position, so she went to work for Miss Julia Byass. However, she only stayed for seven months after developing a large abscess on her face which took three months before it could be lanced. On the day this was done, Mary went to work as a kitchen maid for the Sergison family at Cuckfield Park.

After being at Cuckfield Park for three weeks the family asked Mary to go with them to the Isle of Wight for three months as a housemaid. It was an eventful time and Mary recalled seeing a wrecked ship, HMS Eurydice, which sank during a snowstorm while making its way back to Portsmouth, with 300 lads on board. "All the portholes were



open and, as they entered the bay the wind was so strong she toppled over on her side," Mary said. Only one man was saved.

When the family returned to Cuckfield Park, Mary found herself reluctantly taking on extra duties. "After the cook left, one came who was fond of drink, and I often had to do her work as well as my own," Mary recalled. "She was so disagreeable at the end of the year that I told Mrs Sergison I must leave."

Mary resigned and took on a post as a cook for Dr Farr White in Kingston upon Thames where she stayed for three happy years. She recalled her first experience holding a new baby. "Will he break?" Mary asked, but his mother assured Mary he was very solid.

Sadly Mary's health deteriorated and, despite the best efforts of Dr Farr White, she left, moving to Kilburn and Hampstead before returning again to Cuckfield to nurse her mother once more.

Mary's next move was to Mytten House as cook to Mrs Maberley the widow of the Rev Thomas Maberley, past vicar of the parish. She left after 15 months after struggling to cope with the heat in the kitchen.

At this time discussions were taking place in Cuckfield with a view to appointing a district nurse. Mary Stoner's name was mentioned by Mrs Maberley.

When asked if she would like to be District Nurse, Mary replied: "Of all the things in the world, I would like it best."

She was then asked if she could dress a baby and replied: "I expect I can get it into its clothes one way or another."

Mary later added: "I think I know about babies now, for 194 have passed through my hands in this parish."

Mary was sent for training for two months to Miss Josephine Wakes' Nurses and then to Plaistow for a month at St Mary's Nursing Home. On her return to Cuckfield she was employed to work with the Doctors of the parish. By now it was 1891. Mary was 36 years old and earning the wage of £39 a year.

As District Nurse, when not engaged in nursing the poor of the parish, Mary could be employed by a family, staying in the house with the patient during confinement and 'doing all that is necessary of the care of the family, except the general washing.'. The rules also stated that: 'the nursing hours should not exceed eleven, including short intervals for a change of air.'.

The parish magazine in January 1894 reported that during the previous year Mary had 'nursed 12 women and one man, and paid over 150 visits in cases of illness, during which she gave many a useful word of advice and a bit of kindly help free of charge.'.

Mary never married. The only reference to that side of her life is in her diary in which she says that during her time in London: "My lover came to see me. He asked if he should hide as he couldn't trust Old Eliza who had come to the house from Chelsea." One day, this Old Eliza told Mary that the employer Mrs Evans had taken her to Clacton-on-sea to make her forget her lover, to which Mary replied: "Well that won't do it!"

However, Mrs Evans then told Mary: "If you ever marry, don't expect me to help you." Later adding: "When poverty comes to the door, love will fly out of the window." When Mary heard of this she is alleged to have said: 'He will have a coffin before a wife.'.

Following her retirement Mary moved to a little 'one up, one down' cottage in the churchyard at Holy Trinity.

She died in the West Hyland Hospital, Cuckfield on 5th August 1947, aged 91.

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By Sebastian Candelon

Sebastian Candelon has owned the well-established Fresh Fish Shop on Commercial Square, Haywards Heath, for nearly ten years now. His passion for food and seafood can be seen with his broad selection of quality fish in the shop and also his carefully selected and locally sourced range of products to complement fish! His recipes are mainly inspired by the cooking demonstrations held at the shop regularly.

Here he spices up some monkfish...



Baked Monkfish Tandoori Style

Serves 2

Things to grab:

2 x 6oz Monkfish Loins (can also use any white fish)
2 tbsp natural yogurt
1 tbsp white wine vinegar
1 garlic clove, skinned and crushed
1 small onion finely chopped
1 tbsp paprika
1 tsp garam masala
1 tsp turmeric
½ red chilli, seeded and finely chopped
1 tsp ground ginger
juice of 1 lemon
Plus lemon wedges, chopped fresh coriander and yoghurt to garnish

Place the loins in a large shallow dish. Put all the ingredients, except those for the garnish, into a blender or food processor and puree until smooth.

Pour over the fish and leave to marinate in the fridge for 12 hours, turning occasionally. Cook the fish in the oven at 180°C for 15 minutes, until cooked through. Serve the fish, garnished with a little yoghurt, fresh coriander and lemon wedge.

Sebastian's Serving Suggestions

Fantastic served with rice a little Asian salad (onions, mango, peppers and shredded cabbage) and warm pitta bread... Yummy!



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Vicar: Rev Michael Maine More information: www.holytrinitycuckfield.org

Christmas at Holy Trinity

Dear friends,



"Snow had fallen, snow on snow, snow on snow,
in the bleak midwinter, long ago

Christina Rossetti

Several years ago I travelled to visit a friend in Southern Germany over the New Year period and vividly remember walking to a nearby monastery called Ave Maria. As we approached the church, it was the nearest to a picture postcard scene one could ever imagine. Thick snow and hoar frost created a magical effect, the white and cream exterior of the church gently floodlit in the falling dusk.

Inside, we saw what Ave Maria is known for all over Southern Germany – the crib erected every Christmas in the north transept. It must have been nearly thirty feet wide, twelve deep and reaching up perhaps twelve feet. The whole Christmas story was told on a miniature hillside with buildings – the town of Bethlehem stood at its centre, with lights twinkling in the houses. Beautiful figures by a Sicilian carver formed a number of tableaux: the shepherds and their sheep with the angel; Joseph and Mary travelling towards the stable; the kings with their attendants – and of course the Nativity scene itself. A stream flowed from the top into a lake in which swam live goldfish. It was wondrous – a scene I have never forgotten.

St. Francis of Assisi introduced the first crib with live people and animals in 1223 to remind everyone what Christmas was really about. He was concerned that too many people were drawn to the materialism of the age and not focusing on the things that matter. If you pop into Holy Trinity over the Christmas season you will find our own crib – also a gentle reminder that the baby Jesus at the heart of the scene transforms the tinsel of Christmas into the Star of Bethlehem and helps us to comprehend the ultimate reality of God's love for each and every one of us – made know to us in our humanity.

May I wish you a lovely Christmas and joyous New Year from all at Holy Trinity.

Michael Maine (Vicar)

The Cuckfield Nativity Friday 16th December at 6pm

Join us as we journey from the church, travelling with Mary and Joseph around the churchyard and area singing carols. We find angels, shepherds, kings and maybe even sheep before we reach the new-born baby Jesus at the Old School and enjoy refreshments together. The Nativity lasts about 40mins. and is suitable for the whole family. Bring a torch and wrap up warm!



Friday 16th December

6pm The Cuckfield Nativity starts in church

Sunday 18th December

8am Holy Communion

9.45am Family Carol Service and Nativity

6pm A Festival of Nine Lessons and Carols
(followed by refreshments)

Saturday 24th CHRISTMAS EVE

2.30pm Crib Service

4.30pm Crib Service

4.30pm Stable Service (Old School) particularly suitable for small children, who are welcome to come dressed as shepherds and angels and help to tell the Christmas Story

(These three services are ticketed (free) available from the Church Office during office hours Monday to Friday: 9am to 12noon)

11.15pm MIDNIGHT MASS – a joyous celebration of Jesus' birth

Sunday 25th CHRISTMAS DAY

8am Holy Communion (BCP)

9.45am Family Eucharist with carols

Sunday 1st January 2017 Feast of The Naming of Jesus

8am Holy Communion

9.45am Parish Eucharist
(No Evensong)

More about Cuckfield's Tommy Cook

By Geoffrey Longfield

In a previously published article about Tommy Cook in the Oct/Nov issue of Cuckfield Life there was little about Tommy's early cricketing career. However, this blank can be filled thanks to Roger Heavens, formerly the Secretary of Cuckfield Cricket Club (CCC) and now the Club's Historian.

At the age of nine Tommy was playing for Cuckfield Primary School in the East Sussex Elementary Cricket League (so Junior Cricket Leagues go back a long way!). The school leaving age would then have been 12, and despite his age Tommy contributed with bat and ball.

In 1914, aged 13, Tommy first played for CCC – presumably the 2nd XI. He was last in the batting order and did not get in. After the war Tommy became a regular for four years and made his first 50 v Brighton Brunswick partnering V.W.C.Jupp (Sussex and Northants) in a stand of 140. In those years CCC relied on Tommy's bowling. In one match Lindfield were ten for no wicket when in a spell of 17 balls Tommy took eight wickets (final analysis eight for four runs) and Lindfield were all out for 13.

In 1922 Tommy scored runs and took wickets for CCC 1st XI – Arthur Gilligan was misleading in suggesting he was a 2nd XI player, although he may well have played for both CCC XIs. After joining Sussex he played in two games in CCC cricket week when Sussex had no game. He scored 66 on the Wednesday and 60 v Sussex Martlets on the following day also taking wickets in both matches.

The Cricket Week at Cuckfield is a long-standing tradition beginning on the first Monday in August. Details of all matches from 1911 to 1939 are recorded in two bound volumes which contain many interesting statistics. For instance in the six days of the 1922 week over 1000 teas were served – compare this to the present figure of about 70 a day.

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Stressful times

MANAGING PAIN

By Sophia Barlow, registered osteopath

This time of year brings much joy and happiness, but as I write this, in early December, in the clinic we are seeing many patients under considerable stress, which is directly impacting their health and prognoses.

There are many reasons that this time of year can mean that we have a lot on. From a physical point of view I see many patients at the end of November who are battling with tidying up their gardens for the winter, that last prune, even that last mow, tree planting season - long awaited in some cases, provides a tight window to get the very best results. And there is a sense that some injuries could have been avoided, or minimised at least, by not trying to or having to squeeze quite so much in before nightfall and, ultimately, before the big day.

Stress has wide reaching effects on our musculoskeletal system. From a biomechanical point of view, muscle groups closely associated with areas where we 'hold' stress, such as the jaw, neck and shoulders can mean that injuries are more likely. Muscle tension builds in some areas and the areas that are not restricted become overworked, pushed to their limits and vulnerable to injury. Sore necks, headaches and jaw discomfort are commonly presenting symptoms at this time of year.

Patients under chronic or long-term stress will present often with nagging pain that they have found very difficult to shake. Long-term changes to levels of the adrenal hormone cortisol in our system, when under chronic stress for example, can negatively affect tissue healing, prolonging symptoms.

So what to do? Osteopathy and other manual treatments will help to alleviate the imbalance of movement at particular junctures and get the body functioning much better as a whole, but in terms of avoiding/accepting or generally negotiating those stressors, well that is an article for January. Be prepared for some eclectic advice; there are some brilliant local practitioners and resources out there from Mindfulness to outdoor swimming to Swoove, all with their benefits.

In the meantime, have a wonderful and peaceful Christmas and New Year!

A treat for opera fans

If you're looking for the perfect gift for an opera lover, how about a chance to go behind the scenes at Glyndebourne?

Glyndebourne is opening its doors for a series of backstage tours offering a fascinating glimpse behind the scenes at the world-famous opera house.

Regular tours take place from 5th January to 7th February 2017.

The 90 minute tours take in Glyndebourne's state-of-the-art auditorium, with a chance to tread the stage that has played host to opera stars including Dame Kiri Te Kanawa, Alfie Boe and Danielle de Niese.

It also visits the backstage area, dressing rooms, rehearsal spaces and the historic Organ Room where the very first musical performances at Glyndebourne took place in the 1930s.

During the tour, visitors will be given a brief history of Glyndebourne, learn what's involved in staging an opera and hear stories of some of the incredible artists and memorable productions in Glyndebourne's history.

Booking now via glyndebourne.com

Festive food warning for pet owners

Animal nutritionists are urging pet owners to forgo the impulse to feed life-threatening human festive fayre to their dogs and cats this Christmas.

Amongst the foodie felons that could lethally harm our canine and cat counterparts are nuts, avocados, corn syrup, crisps and raisins.

Will Bisset, who is a pet food researcher and expert nutritionist at Pets Corner, said: "Whilst it might be tempting to feed pets with human treats, many of them contain poisonous and life-threatening chemicals that can either seriously harm or kill animals.

"For example, onion in any form, particularly the powder that is commonly found in most savoury foods including crisps, pizza and many sauces, contains disulphides and thiosulphates that are extremely poisonous to dogs, and even more so to cats, causing anaemia and damaging red blood cells.

"Likewise, toxins found in grapes and raisins, as well as chocolate, can also cause severe damage to a pet's health."

Will continued: "Artificial sugar substitutes, such as Xylitol, can be really harmful to pets, and corn syrup should be avoided at all costs."

Lucy Ross, Head of Training, said: "The good news is there is one festive favourite that rabbits can enjoy safely and that's Brussels sprouts."



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Treemendous start to season

Intrepid Wakehurst Place director, Tony Sweeney successfully climbed the tallest living Christmas tree in the UK recently, a giant 118ft redwood.

Tony placed the first of a cluster of lanterns on the top of the tree to herald the start of preparations for Glow Wild, a winter lantern festival that runs throughout December at the nearby Ardingly botanic gardens and nature reserve.

After getting his breath back Tony, 61, said: "The view of Wakehurst's topography was utterly incredible. I could see the South Downs which was an amazing sight."

The tree was planted at Wakehurst in the late 1890s and was one of the first exotic trees to be put in place on the 565 acre estate

Pilots are said to use the Wakehurst Christmas tree as a beacon when landing their planes at nearby Gatwick airport.

Don't tell Facebook!

Advice by Paul Harper-Smith from Lock Assist

Christmas is the one time of year when there are likely to be more valuables in the house than at any other time and I don't just mean only jewellery. The cost of all the electronic items like games consoles, tablets, mobiles, TVs, toys and clothes can easily run into thousands of pounds and someone out there would love to take yours rather than buy their own, so to help you hang on to yours, here's some of our top tips to Beat the Burglar over the holidays.

Festive lighting - be secure. Many outside light cables are fed through partially open windows - criminals know to look for this vulnerability. Use solar or battery operated lights or use outdoor electrical outlets.

Away over Christmas? - then plan ahead. If you're away, cancel any newspaper or milk deliveries and ask a neighbour to park on the driveway to look like someone is home. Don't say you're away on your answerphone and make use of inexpensive seven day timers to give the illusion of occupancy.

Dispose of gift packaging carefully. Refuse collections over this period are normally at different times and days. If you can't take packaging to a recycling point, only put your rubbish out just before the collection and break apart boxes so that they don't advertise the new contents of your home to thieves!

Don't hide keys. Burglars know to look for hidden door keys so don't hide spare keys under rocks, in flowerpots or above door ledges. Give the spare key to family or a trusted neighbour. If you have an alarm, use it.

Keep garden tools or ladders secure. Don't leave them lying around or in an unlocked garden shed or garage. A spade can be used to force open doors or windows and ladders can reach that upstairs open bathroom window.

Do you know your IMEI number? Most electricals have a unique serial number and for mobile phones, it's an IMEI number. To find yours, press: * # 0 6 # and write it down.

Don't tell Facebook! Don't advertise your home to burglars on social media like our mock up! Social media is a commonly used tool for scouting potential targets and some families have a tendency to publish their whereabouts during the holiday season, including any holiday plans. This lets burglars know when your house is going to be empty.

I hope these tips have given you some ideas of where you could make some simple changes to make you and your family feel more secure and I wish you a happy and safe Christmas and New Year!



New coffee offer

Cuckfield-born Katrina Wale (pictured) is starting something new in nearby Haywards Heath. She has worked in retail for the last ten years but her passion lies in coffee, food and people.

"My love of specialty coffee comes from when I lived in Australia," Katrina comments. "The café culture there is mostly independent and the majority sell specialty coffee. When I was living there and trying this uniquely roasted coffee, I became an immediate convert!"

My vision for Flinders is to create a café that becomes an extension of people's homes, a place to meet friends and family, to work or to just relax in comfort on your own.

Haywards Heath was an automatic choice for Flinders as it is a central hub for the community and I felt that our unique style of café would add to an already thriving High Street.

Flinders Coffee opened earlier this month and sits neatly on the corner of the South Road and Haywards Road where Katrina hopes to be a cornerstone of the community.



Deck the halls...

VILLAGE GREEN

By Margaret Tyzack More, Cuckfield Local

'Deck the halls with boughs of holly,
tralalalalalalalalalalalaaa!.' Plenty of tralala in the days to
come. Carols, jingles and general merrymaking as we
celebrate together.

The usual rituals will be enacted, buying presents,
writing cards, planning menus and getting together for
parties and events. The holly trees are covered in bright
red berries this year which brought several things to
mind. Country wisdom tells us that lots of holly berries
early foretell a hard winter so be prepared. Many of us
living in rural areas take holly and ivy for granted, part of
the scenery. However, one wonders how many people,
children in particular, have never had the opportunity to
walk in the woods and wouldn't know a holly tree from
a hot dog. The term Nature Deficit Disorder sums it up
nicely.

You will know that Cuckfield Local is always buzzing
on about bees and pollinators. We have a plan. Here is
a New Year resolution to make and keep right now to
support bees.

According to Friends of the Earth some ground-
breaking farmers have chosen not to use neonicotinoid
pesticides on their oilseed rape even if the EU ban on
them ends next year. These pesticides threaten our
bees and important pollinators.

Here's the plan. By using bee-friendly organic rapeseed
oil every time you reach for your frying pan you can be
supporting bees and the forward thinking farmers. Try it for
roasts too. A bit of experimentation in the kitchen could
change the game to pollinator friendly cooking. Find the
oil for you at www.rapeseedoilguide.com

Pure Kent Rapeseed Oil farm near Maidstone uses
sustainable farming methods which supports birds,
bees and all wildlife. They supply COOK, the frozen
food people. You will find two great freezers of delicious
COOK dishes at the Wealden Stores.

While you are celebrating, fellow Cuckfieldians, give
yourselves a pat on the back. Why? Because of the
extraordinary part you have played in Plastic Bag Free
Cuckfield. Over 1,000 cotton bags have been sold and
a goodly quantity of our jute Cuckfield Local Shoppers,
collectors' items now as all are long gone.

Did you know that there has been an 85% reduction
in plastic bags used in England since the introduction of
the 5p charge in October last year? Slowly, slowly change
comes through focus and hard work by many dedicated
people. It's disposable coffee cups next it seems. Feel
like doing your bit to Save the Oceans? Well you can. As
part of the cunning plan to pay your resolution forward
to the New Year, buy your cotton buds with cardboard
stems and leave the plastic ones on the shelf.

There is a saying 'Life is not about waiting for the
storm to pass. It's about learning to dance in the rain.'
That said, our Cuckfield Local Monthly Market folk will
NOT be dancing in the rain, wind and possible January
snow! See you next time.

Dave 'G'

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Sudoku #6

	1			4	6			8
	6		1			7		
		9		2			4	
		1	4				9	7
	9			8	5	6		
					3			
6								
	4	7	5				3	2

9	1	4	8	5	3	6	7	2
3	2	7	6	4	1	9	8	5
8	6	2	7	9	1	5	3	4
2	4	3	8	7	6	9	5	1
7	5	3	6	2	1	4	8	9
4	7	9	1	8	3	5	2	6
5	8	6	9	7	2	1	4	3
1	9	5	4	3	8	7	6	2
6	3	8	2	9	7	4	5	1

<< #5 Solution

Find the solution to #6 in
next month's magazine

Courtesy of <http://andrews-sudoku.blogspot.co.uk>

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What's on this month

AT QUEEN'S HALL

AND ELSEWHERE

Monday

9.30am **Pilates** (intermediate)

10.30am **Pilates** (beginners)

1.30pm **Kids Dance Classes**

7.30pm **Dog Training** (ring craft)

Tuesday

9.15am **Pre-School Football**

9.30am **Music Class for Children**

1.30pm **Yoga**

3.45pm **Dance Classes for Children**

6.30pm **Dog Training** (obedience)

Wednesday

9.30am **Music Class for Children**

10am **Stroke Support Activities**

12.30pm **Zumba Dance Class**

1.30pm **Line Dancing Class**

4pm **Dance Classes for Children**

7.30pm **Yoga**

8pm **Ballroom Dance Club**

Thursday

9.30am **Balance Class for Children**

9.30am **Zumba**

7pm **Dance Class**

7.30pm **Yoga**

Friday

9.30am **Music Class for Children**

7pm **Evening Flower Club** (2nd Friday/month)

7.30pm **Historic Vehicle Trust** (1st Friday/month)

Changes may occur to the above details. Please note contact details for all regular classes/activities are available on the Notice Board at the Queen's Hall.

December

20th Rain or Shine Theatre present

The Hound of the Baskervilles – 7.30pm

A performance at Queen's Hall

(Box Office: 01444 451610)

NOTE: **The Cuckfield Museum** is now closed for the winter and will reopen on 18th February 2017

December

17th **Woodies Quiz Night** – 7.30pm

The Woodside, Bolnore Village

18th **Carol Service** – 4pm

Cuckfield Baptist Church

18th **Carols by Candlelight** – 4pm

The Woodside, Bolnore Village

18th **A Festival of Nine Lessons and Carols** – 6pm

Holy Trinity Church (followed by refreshments)

20th **Cuckfield Evening WI** – 7.30pm

Baptist Church, Polestub Lane

Christmas Party

24th **Crib Service** – 2.30pm/4.30pm

Holy Trinity Church

(tickets - free - from church office)

24th **Stable Service** – 4.30pm

The Old School, Cuckfield - suitable for small

children (tickets - free - from church office)

24th **Family Christingle Service** – 4pm

The Woodside, Bolnore Village

24th **Midnight Mass** – 11.15pm

Holy Trinity Church

25th **Christmas Day All Age Celebration** – 10am

The Woodside, Bolnore Village

25th **Family Eucharist with carols** – 9.45am

Holy Trinity Church

25th **Christmas Day Service** – 10.30am

Cuckfield Baptist Church, Polestub Lane

January

3rd **Lindfield Afternoon WI** – 2.15-4.15pm

King Edward Hall, Lindfield

Contact <la16wi@gmail.com> or call Jacqui

on 01444 454816

10th **Sleeping Beauty Pantomime**

-14th Clair Hall, Haywards Heath

Weald Theatre Group - tickets available from

Clair Hall box office.

19th **Mid Sussex Association National Trust** – 2.30pm

Clair Hall, Haywards Heath

'Tales from the River Bank – A glimpse of past life in the River Ouse Valley' by Ian Everest

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Steve Farrell Bricklayer	4
County Home Improvements.....	7
Richard Allan Fencing.....	9
Mid Sussex District Council.....	14
G&S Roofing	15
P&S Gallagher (funeral directors).....	19
Hilder Dixon (decorators)	21
RN Turner (plumbing).....	21
vdL Landscape Designs Ltd	22
Sussex Double Glazing	27
Sew Beautiful	29
Sussex Wealth Management.....	30
Helme & Hallett (builders)	30
Lock Assist	30
Creative Florence (art).....	30
Blackman Terry (accountants)	31
C&G Plumbers.....	34
The IT Girl (computer support)	34
AB FAB DOGS	34
Leaders (estate agents)	35
RiverPeak Wealth.....	36
Tisshaws (solicitors)	41
Dave Gasson (decorator)	44
Strategic Marcomms (websites).....	45
Mansell McTaggart (estate agents)	B

Retail

Cuckfield i Wear	19
Book-A-Gift	34
The Fresh Fish Shop	40
Wood & Sons (butcher).....	44

Out & About

Cuckfield Baptist Church.....	18
Needleswift (sewing classes).....	22
Spice Village	22
Cuckfield Local Food Market.....	26
Haywards Heath Golf Club	42
Weald Theatre	45

Education/Childcare

Cumnor House School	2
Norto5 Kidz (day care)	3
Kiddi Caru (day nursery)	5
Gielgud Academy.....	8
Gracie Grooves (dance studio)	27

Health/Lifestyle

Action for Deafness.....	4
The Alternative Healthcare.....	6
Winslow Skincare	15
The Link Centre.....	18
Elite Choice Home Care	18
Talk for Change	19
The Style Lounge	26
Enable Me Sussex (OT)	37
The Pennington Clinic.....	41

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Best wishes, Richard & Michael



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