

Cuckfield Life

Inc. Brook St, Ansty & Staplefield

Local village talk,
by the village

Issue #9 : July/Aug 2013

Free



Win tickets to movies at Wakehurst

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European Association newsletter

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Geoffrey Dennis: Village People

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By David Tingley, Editor

Welcome to this July edition of Cuckfield Life. Whilst the weather gets warmer and the schools get close to breaking up for the holidays life begins to relax a little!

It seems, from the **what's on** pages, that there are fewer regular events taking place in the village this month. However, there are a couple of **theatre productions** coming to the great outdoors in the area that look very interesting. See **page 30** for details.

We shouldn't forget forthcoming events either. Something which certainly takes some planning on your part is the 8th Annual **Cuckfield Society Village Show** - which will shortly be accepting entries in over 90 categories. The event takes place at Cuckfield Park on Saturday 14th September. I should also say at this point that I had a great time at the **Summer Show** immediately before this magazine went to print. A brilliant night out packed with laughs, an enthusiastic cast and an excellent production crew. Thank you!

Back to the here and now though. I had the pleasure of visiting the **Cuckfield Nuclear Bunker** recently. Read about my visit, accompanied by Miranda from the Cuckfield Podcast, on **page 14**. If it whets your appetite - get down there on one of the open weekends.

Numerous charity events are featured this month, where ordinary people achieve extraordinary things: **Debbie Harris** and her walks for breast cancer support on **page 25**. The staff at **Holy Trinity School** and their 'Race for Liz' is featured on **page 12**, and a number of folk from the village getting behind the Alzheimer's Society by cycling to Paris on 1st August in support of Cuckfield resident **Tom King**, who is now in a nursing home with the condition. See **page 13**.

I was privileged to spend some time with **Geoffrey Dennis**, CEO of Care International. Along with his wife Jo the pair are enthusiastic villagers. Read Geoffrey's fascinating story on **page 16**.

Plus there's loads more besides...

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Cuckfield Life Published by Kipper



David Tingley 'Peelers', Church Street, in the summer sun.

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

Village Show welcomes entries

The 8th Cuckfield Society Village Show will take place at Cuckfield Park on Saturday 14th September from 2pm - 4.30pm with Prizes & Auction at 4pm.

Schedules with rules, full details of all classes and entry forms will be delivered to all Society members by the end of July and will be available to non-members from Wealden Stores, Sussex Crafts and Sparks Farm and on cuckfield.org – why not find a class for each member of the family to enter? There's baking, photography, crafts and veggies, so something for everyone!

Rugby Club Ball

September sees Haywards Heath Rugby Club host a Summer Ball in the marquee at Whitemans Green. This promises to be the most spectacular evening, with a sumptuous buffet followed by entertainment from the inimitable 'In Yer Face'. The event is held on 7th September and tickets and/or tables are available from Gail Drage gd@hhrfc.co.uk or Sarah Fry sf@hhrfc.co.uk.

In previous years over 300 people have enjoyed an amazing night, so... 'let's get the Ball rolling...'

Advanced warning: Christmas Fair!

With summer hardly upon us, Christmas seems very far away.

But plans are already in hand for the Christmas Craft and Gift fair, held at the Old School, and now is the time for villagers to get the date in their diaries and for stallholders to book their place.

The event on 16th November, from 10.30am to 3pm, will include at least 30 stalls, with a wide range of locally produced crafts and gifts that will make ideal Christmas presents.

Once again Father Christmas will be taking a break from his hectic schedule to join in the fun.

Other attractions will include a tearoom serving tasty refreshments for customers and stallholders. To book a stall, contact Peter Groves on 01444 456900 or by email oldschoolmanager@tiscali.co.uk.

You can also find more details on the new Facebook page - www.facebook.com/TheOldSchoolCuckfield

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Bouquets find homes

A freelance florist from Cuckfield shared a bit of love last month as she took part in 'The Lonely Bouquet' - a national campaign to spread cheer via the medium of flowers.

Belinda Campopiano was pleased to take part in the event in which she left three bouquets around the village on the last Sunday of June. They are left with a note saying 'take me home' and simply asking that the new owner gets in touch and says where they end up.

One bouquet was discovered by Madeleine Lewis. "My first reaction was to think 'there's someone else more in need' but my other half said: 'You've just had a baby and a really traumatic birth; go for it!'. So I did!" Baby Ava-Grace is pictured with the flowers above.

Belinda loved spreading a little happiness. "I could have done more. It was such fun not knowing who would be picking up the unexpected Chez Fleur bouquets."

Local sculptor in exhibition

Cuckfield sculptor Julie Janvrin is one of 10 artists featured at The Green Tree Gallery's main summer exhibition 'Figuratively Speaking'.

As you'd expect from the exhibition's title, the human figure is well represented in a myriad of forms and media. Alongside Julie's work are paintings, photographs, wire and ceramic sculptures and papercuts by Emma Bird, David Fawcett, Polly Finch, Tom Janvrin, Leesa Le May, the Gallery's own Victoria Lovell, Faye Mayo, Zed Talijand and Jan Wharrad.

Tucked away in the corner of Borde Hill Garden, the Green Tree Gallery showcases the work of more than 50 artists from Sussex, Surrey and further afield. Figuratively Speaking runs from 13th July until 17th August and is open everyday except Monday. See website for opening times.

www.greentreegallery.co.uk





August Food Market

Sat 10th Talbot Courtyard

9:30 am-12:30 pm

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Bishop gets stuck in



Dr Martin Warner, the Bishop of Chichester, was an inspiration to the young people and leaders at the INSPIRE Youth Club of Holy Trinity Cuckfield last month at their Charity Car Wash in support of The Sussex Air Ambulance.

Bishop Martin got stuck in with assisting the washing as well as bringing his own car for a clean.

Youth Worker Nicky Lawrence said she was delighted by his "hands on" approach and also the interest he took and his eager participation in a raffle and indoor games to raise further funds.

Tea and cakes were supplied to restore energies whilst the Bishop engaged in conversation with the young people and adult helpers alike.

A good number of people took advantage of the opportunity to have their cars washed and Holy Trinity's other employed Youth Worker, Lisa Powell, calculated that the event raised more than £165, which was a superb contribution to the fund-raising of INSPIRE that continues during the summer term.

Family Tree links to Chapel

A Nottingham man has traced his ancestral tree directly back to the first Pastor of Cuckfield Baptist church, James Walder.

He pastored the first group of members living in Cuckfield in the 1750s and was the pastor at the time the chapel was built in 1772. He died in 1782. Arthur Walder is pictured under the memorial stone commemorating the life and death of James Walder's wife, Mary Walder, nee Browne. The stone is still located in the current chapel.



WIN tickets to Outdoor Cinema at Wakehurst Place



What better way to enjoy the late summer evenings than with an open-air film in a magical botanical location? The Luna Cinema, the UK's leading producers of outdoor cinema events, has teamed up with Cuckfield Life to offer readers the chance to win a pair of tickets to an alfresco screening in the beautiful surroundings of Wakehurst Place in West Sussex. The winner can take their pick from two classic movies - Les Miserables (Friday 30th August) or Raiders of the Lost Ark (Saturday 31st August). The films will be shown on a giant pop-up screen, directly in front of the Mansion house and croquet lawn.

Doors open 6.30pm. The film starts at 8pm. For more information and to book tickets visit www.thelunacinema.com

For your chance to win an evening of classic cinema under the stars, send an email to competition@cuckfieldlife.co.uk with the answer to the following question: Where is Wakehurst Place?



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Book signing at museum

Local history fans arrived in force at Cuckfield Museum, eager to get their hands on a signed copy of 'Haywards Heath Through Time'.

Author Colin Manton was delighted to meet visitors and to sign copies of his book, which includes rare photographs of Haywards Heath and illustrates how the town has evolved over the years.

One of the first copies was presented to Cuckfield Museum curator Phillippa Malins (pictured with Colin) and will be a welcome addition to the Museum library.

The Museum played an important role in Colin's research, providing rare photographs, paintings and artefacts from its collections. They include George Childs' painting of Haywards Heath Tunnel 1841 used on the book's cover.

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Summer celebration

VILLAGE GREEN

by Helly Eaton

We're doing something good in Cuckfield and summer's a great time to get outside into our glorious countryside and celebrate.

Why? Well you may remember earlier this year the news was full of our UK native wildlife species being in serious decline. It wasn't a pretty picture. A third of honey bee colonies didn't survive the winter, some butterfly species have declined by 77% in the last 10 years and there are a third fewer hedgehogs around since 2000. And that's just the headline species. As well as increasing loss of habitats, the long wet winter weather didn't exactly help wild birds, bee, butterfly and mammal populations.

But here in Cuckfield we've been doing our bit. Lots of local people are now supporting wildlife by planting wild flower areas (if not whole gardens, at least patches and pots), feeding the birds all through spring and the nesting season and helping to support our precious pollinators.

Honey bees, considered lost to many of us earlier in the season, have now been seen again. A friend phoned very excited the other day after seeing two, bottoms up, deep in her foxgloves. Gardens are looking great with more nectar-rich flowers and shrubs and useful habitats (even not tidying up the garden so much helps...).

Of course, we can't pretend we've reversed the decline singlehandedly and there's always more we can do. But working together and encouraging each other certainly helps.

As well as being more aware about sharing our village with valuable wildlife species, we've also become a lot more savvy about where our food comes from.

Cuckfield's monthly market champions local food producers of every kind and buying yummy, fresh food produced locally is now a staple 'diet' on many people's calendars. The good news is that purchasing local items often works out cheaper than driving to the supermarket. The market is on the second Saturday of every month from 9.30am to 12.30pm in the High Street.

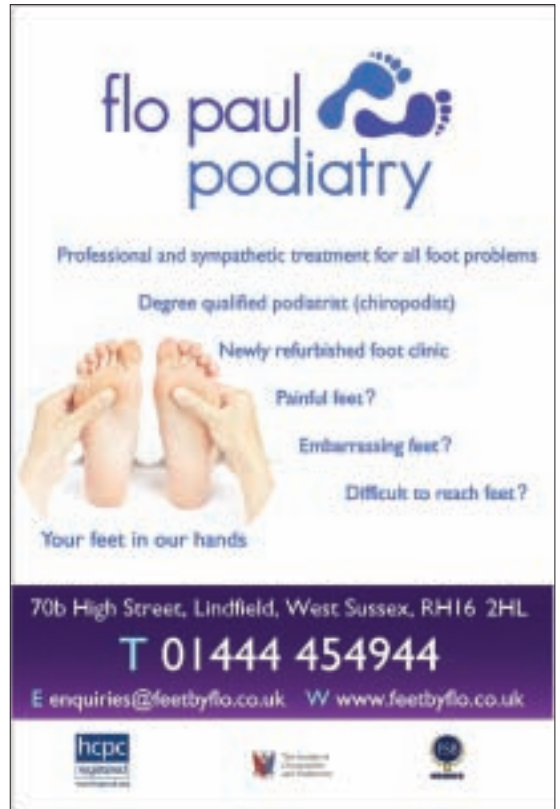
Many of us have also been hit by the GIY bug (that's Growing It Yourself). Whether you're planting a small pot of leaves on a windowsill or giving children a few seeds that are easy to grow to introduce them to the magic of new life, it's all great at this time of year.

Summer's pretty special, whatever the weather. Let's get out and enjoy it...

PS: Don't forget, we're collecting plastic milk bottle lids on the Cuckfield Local stall at the market every month. And the good news is that we can now take your plastic coffee pot lids, too. Why throw them in the rubbish when you can bring them down for recycling? Remember, the only plastic that goes in the blue bin has to be bottle shaped – no lids, plastic pots or trays allowed.

PPS: More exciting Cuckfield Local projects in the pipeline. Volunteers welcome!

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When it comes to health, it doesn't take a rocket scientist to work out that the UK is in crisis. As waistlines are growing, people are moving less, and working more. You can't switch on the TV or pick up a newspaper without being reminded in some way, but has all the hype landed people confused? Take nutrition for example, there are so many diets out there that promise you the world but the reality is they leave you feeling deprived, lethargic and unmotivated. You make a vow to change, you embark on your journey to be "thin" cutting out any sinful treats that try to get in your way. Realistically we stick to a diet for an average of 19 days.....and then we fail, often quite horrifically, off the diet wagon. Why? Because we are not realistically looking at our lifestyle and making the lifelong changes needed to maintain your health and your happiness, we all want a quick fix but unfortunately there is no such thing. And if this is you, maybe this whole time you have been going at it from the wrong angle.

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Or maybe it's a health issue. Maybe you don't feel 100% anymore, or it might be even more extreme, and you want to make sure you live long enough to run around with your grandchildren.

Whatever the case, think hard about what that motivator could be for you. Remind yourself of it every day, Write it down and see if you can get a visual aid, like taking weekly photo's of yourself and track your results.

Although this doesn't seem like much we would like you to think carefully about this, give yourself the next month to become committed...ready for Step 2!!

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School staff 'Race for Liz'



Staff from Holy Trinity School were out in force pounding the pavements of Cuckfield last month to raise £600 on behalf of a popular colleague.

The staff took part in 'Race for Liz,' to show their support for school secretary Liz Woods.

Liz, who has worked at the school for 22 years, was diagnosed with breast cancer in February this year and is currently undergoing chemotherapy. After hearing the news, teacher Sally Smitherman and Wendy Lawrence, who works in the school office, sprang into action, joining forces with Liz to organise the race around the village.

They were soon joined by 20 colleagues, including head teacher Jo Munn and former teacher Miesje Jenkins, all keen to join in and raise funds for breast cancer research. Also on the start line were Liz's husband Richard and son Chris with his dog Pudsy. "They wanted to take part as they couldn't join my daughter

Claire and daughter-in-law Hayley in the women only Race for Life in Brighton's Stanmer Park," said Liz. She added that the Claire and Hayley completed the race and raised £610 for Cancer Research.

Setting off from the school, all wearing pink, the runners made their way to Whiteman's Green where they were met by Liz who handed out jelly babies to supply energy for the route back!

The runners were also provided with bottles of water supplied by Wealden Stores in Whiteman's Green.

"I was really touched when my colleagues suggested doing a 'Race for Liz', with all monies made going to Breakthrough for Breast Cancer," said Liz who, along with husband Richard, is a former village Mayor. "Their support has been amazing!"

She added that the Independent State of Cuckfield also donated £100 to the fund.



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Paris or Bust - a ride for Tom King

In August this year twelve "low performance" athletes are putting their bodies and backsides on the line to cycle 230 miles from London to Paris, aiming to raise £20,000 for the Alzheimer's Society.

The event, billed as "Paris or Bust!", is being organised by Cuckfield born Antony Warren, with 11 others including his brother Martin Warren (also originally from Cuckfield) taking part.

Antony and Martin's family have in recent years been coming to terms with the fact that Tom King (husband of Andrea King, stepfather to the boys and father of Helen, Alice, Pauline and Fiona King) was diagnosed with early onset Alzheimer's Disease, which has now sadly taken over.

Tom, formerly a teacher and housemaster at Ardingly College for 37 years, retired to Cuckfield with his wife Andrea. Tom took a very active role in the Cuckfield community, singing in the church choir, working in the museum, being very active within the Cuckfield European Association and supporting his wife Andrea as she became a Cuckfield Parish Councillor.

Despite bravely trying to fight off the inevitable, Tom is now resident in a nursing home. Though he still has a keen sense of humour and smiles a lot, he is no longer able to recognise or communicate properly with family and carers, despite being only 70 years old.

Having raised £14,000 with their sisters doing a charity walk for Alzheimer's Society in 2009, Antony and



Martin decided that it was time to undertake another fundraising challenge.

Chris Metz, a former pupil and tutee of Tom, said, "Tom taught me the importance of being kind, patient and all-knowing in affairs of the heart. A vital character in my early life and a man who still has a place in my heart and, indeed, in the hearts of all those who know him. I'm doing this ride for Tom."

The group will leave Trafalgar Square on Thursday 1st August and, all going to plan, will arrive in Paris on Sunday 4th August.

Details of how to sponsor them can be found on their website www.parisorbust.com, or by liking them on Facebook; search for 'paris-or-bust'.

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CuckSoc Soirée a great success

By Sheila Mortimer

To mark the 50th anniversary of the Cuckfield Society, a strawberry soirée was held on 14th June in the unusual setting of Holy Trinity Church. This proved to be a great success and the church space allowed lots of people to mingle easily. In addition to Stephen Cockburn reminiscing about the Society's 50 years, a fundraising auction was conducted with much hilarity by Marcus Grimes. The amount raised means that the Society is within sight of its goal of around £10,000 to fund new playground equipment for the children of Cuckfield at the recreation ground. Many thanks to all who contributed prizes and to those who bid in the auction.

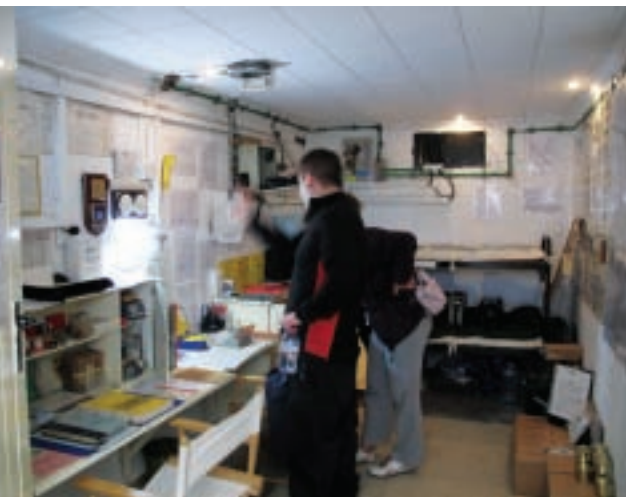


Summer show fun

The Cuckfield Society played to packed audiences at the Queens Hall earlier in the month with their Summer Show; an amusing look at historical events and stories from creation to the building of the Cuckfield Hospital.

The show was produced by Pete Bowman and Paul Ruse - for the last time - and featured more than 16 separate sketches all brought together at the Dress Rehearsal. It took over 100 local people to put on the fun production. The Cuckfield Society first put on a 'rag review' show in 1981. If you would like to help collate a record of previous shows memorabilia and then please contact jo@pjroche.com

Nuclear Bunker re-opened



By David Tingley

It was a sunny afternoon in quiet Cuckfield when I took my first trip underground and into a nuclear bunker. Lovingly restored by Mark Russell over a 12 month period (assisted by Ed Combes) it is now back to its working state as it was shortly before it was officially decommissioned in 1991.

The bunker was part of the Royal Observer Corps and was Post No. 50 of over 1500 originally built in the UK in the 1960s. The nearest other posts were in Brighton and Lewes; Cuckfield completing the local area triangulation.

Once down the vertical ladder visitors can hear the

constant beeping of the "4 minute warning system" and see the official paperwork and recordings of the three-man volunteer workforce that were once in place in the village. The government documents on nuclear attack, also on show in the bunker, are both fascinating and very sobering.

Since restoration in 2009, Mark and a small team of volunteers have opened the Cuckfield Nuclear Bunker for a few weekends over the summer. The remaining open dates this year are: 27-28th July, 24-25th August & 28-29th September. Contact can be made for booking your visit via the website www.rocremembered.com or by talking to Phillipa Malins at The Cuckfield Museum.

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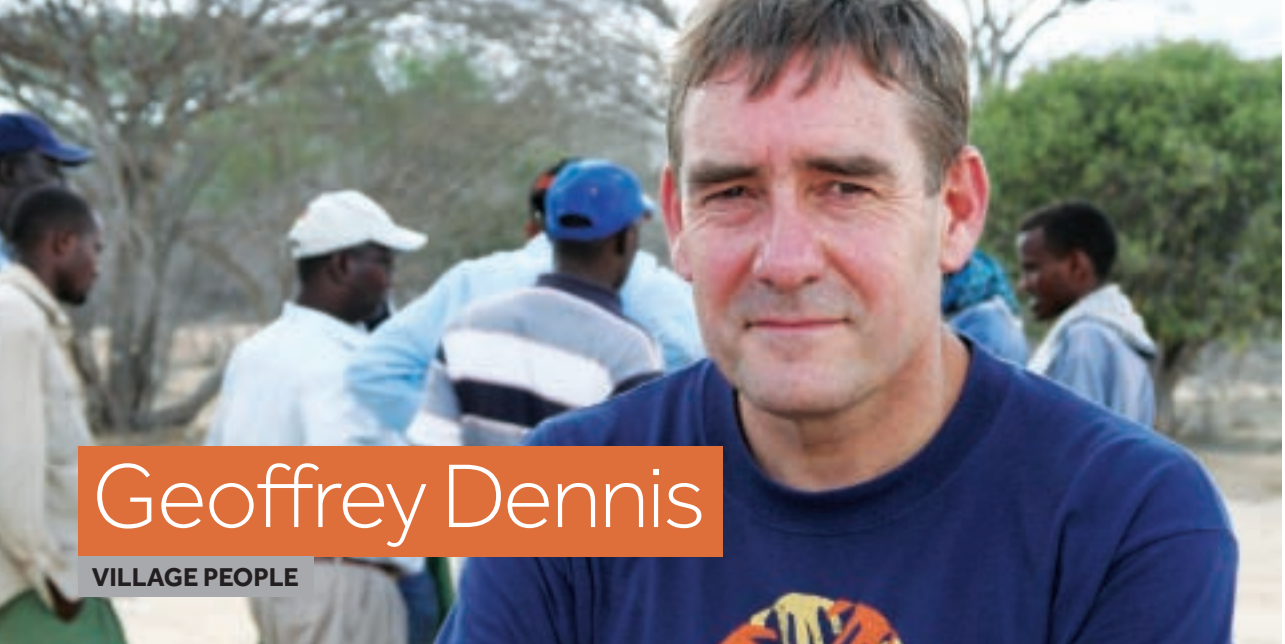
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Geoffrey Dennis

VILLAGE PEOPLE

"I announced to my colleague: 'One day I want to work in the charity sector'."

By David Tingley

Cuckfield resident Geoffrey Dennis had an epiphany while working in the Bangladeshi capital as he saw hundreds of families rushing up the railway embankment one evening. It was the rainy season in Dakar and he was working on a two month consultancy project with the World Bank. As he walked back to the hotel where he was staying, the mass movement of people caught his attention.

After a few days observing this practice Geoffrey decided to follow them and see where they were heading. When he did so he discovered they were building makeshift shelters under plastic sheets on the railway tracks. He began talking to some of the families and learned that these were folk who live in shanty towns below but that they had been flooded. As soon as the last train of the day left the station the rush was on to set up camp for the night.

Over the remaining weeks of his trip he struck up a friendship with two such families and visited them regularly. On Geoffrey's last visit before leaving Dakar he was greeted with a cake they had made for him. "I was so touched and humbled," he said. He went back to the hotel immediately to buy up all the cakes he could find and returned to what became a party. "I realised what generous people these were, even though they had so little. I announced to my colleague on the plane home: 'I want to work in the charity sector one day'."

Geoffrey Dennis studied economics at university and went on to get a Masters in Development Economics at the University of Sussex. His working life started there by the sea as a 'pet economist' working for an engineering firm that worked in developing countries on rural electrification and water projects. His part was primarily writing one or two chapters in the reports on the financial and social impact those projects would have on the communities in question.

This work grew and he ended up forming and leading a very large team based in Reading. It was in this job that Geoffrey made his turning-point trip to Dakar and, at this time, he also met his now wife Jo Dennis (who runs Jo Jo Boutique on the High Street in Cuckfield village).

It was only three months after he returned to the UK that Geoffrey was offered the role of International Director of the British Red Cross. He took a huge reduction in salary and was thrown into the deep end when one of his first roles was to setup two medical teams to help deal with a cholera outbreak as 1.3m refugees moved out of Rwanda. "I took responsibility for organising food, shelter and logistics for our teams there so that they could do their job," Geoffrey explained.

In South Asia he was responsible for taking the Princess of Wales on a trip to Nepal with him. In fact this was the visit which began her association with campaigning against the use of landmines. He got on well with Diana and found her to be a "lovely, honest person away from the cameras".

This wasn't his only brush with royalty. Later, in 1997, he attended a reception with



HM The Queen accompanied by Jo. When introduced to the Queen as Geoffrey's fiancée, Jo was asked: "How does it feel to be getting married to someone who will be out of the country so much?" Jo quickly replied: "Sounds like a perfect marriage Ma'am!" A response which amused her and brought her out into a rare laugh in public.

Geoffrey went on to become the Director of North Korea Operations for the International Red Cross, where he was seconded to the capital Pyongyang and didn't return home for 12 months. He was put up in a government guest house, he couldn't make international phone calls and contacted Jo via fax.

The next role he took was Head of South Asia, for the International Federation of the Red Cross, leading the operations of eight countries (including Afghanistan and Pakistan) from India. Their families thought they were mad to move themselves and their two-month old son, Dominic, out to Dehli where they stayed for three years.

After three years working as Chief Executive of the charity Friends of the Elderly, where he was based back in London, Geoffrey was again attracted to the needs of the developing world when he accepted his current position as CEO of CARE International in 2004.

"I love the fact that 60% of CARE's work is international development. CARE has a good balance of emergency relief and longer term projects," Geoffrey explained.

CARE were the first organisation to start 'Village Savings and Loan Schemes', where locals can borrow money from their pooled funds to create sustainable lives for themselves. Many years after his first visit, Geoffrey met Rehana in Dakar. She had borrowed £9.15 from such a scheme to start a small street kitchen selling ricecakes and fishcakes. Rehana was keen to tell him "You have restored my dignity". The business enables her to feed her family and educate their two children.

Geoffrey was keen to talk about a new scheme called 'Lendwithcare.org' that enables those of us in the UK to choose who to lend money to, helping people like Rehana set-up their own business. The website – www.lendwithcare.org – makes it easy to see individual's plans for the cash injection. And, what's more, you get your money back again when the business is up and running! It isn't conventional charity.

Geoffrey is also a member of a small select panel put together by the Foreign Secretary William Hague. The group is discussing Gender-Based Violence (GBV) and hopes to raise its profile, as this physical, sexual and psychological harm is one of the most widespread human rights abuses in the world today but with the least profile.

As we near the end of the interview, Geoffrey apologises that he needs to take a conference call. He is clearly a busy chief executive who is keen to play his part in international development and is passionate about it. For my part it's good to know that there are those who are prepared to sacrifice a life in the corporate trappings for something that they believe in.

For more information on the work of CARE see www.careinternational.org.uk

Above left: Street kitchen start up Rehana in Dakar. Above: Geoffrey & Jo Dennis meeting HM The Queen in 1997. Below: Geoffrey with ITN newsreader and Care International supporter Alastair Stewart. Bottom picture: Foreign Secretary William Hague and UNHCR Special Envoy Angelina Jolie on their visit to Lac vert camp in March 2013.



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CUCKFIELD EUROPEAN ASSOCIATION NEWSLETTER

Summer 2013

www.cuckeuro.co.uk



Village trip to Lace Museum in Calais



Twenty eight of us went to Calais on 20th April on a visit to the Lace Museum organised by the CEA. Before the visit we were able to enjoy a long lunch in Calais town and do some shopping.

The museum was opened in 2009 and the printed façade replicates the Jacquard cards used to make the patterns in the lace. We were shown early handmade lace of differing styles, particularly as ruffs, lace collars, bonnets and trimmings. The more lace on your garment the greater the display of your wealth.

The early making of lace involved pillows and bobbins with many needles. In 1816 lacemaking machines were brought in from Nottingham and factories were set up with net looms, which made large lengths of lace and used the Jacquard cards, cardboard with preset holes and slots to produce the differing designs. Lacemaking on such a scale made the lace cheaper and more accessible. Nowadays it is particularly used for wedding dresses and lingerie.

Sue and Gillian

The Cuckfield Boules Competition 2013

We aim to repeat the successful Boules event of last year and now invite all who live in Cuckfield and those who are members of Cuckfield clubs, societies and associations to register their interest.

Registration will open on 11th July and close on 23th August (apply to Andrew Symonds; andrew.ajims@gmail.com).

The draw will be published on 26th August and all early rounds are to be played in the weeks before 28th September. The pistes at Beech Hurst are recommended for these rounds. The semi finals and final will be played at Marshalls in Cuckfield High Street, courtesy of Stephen and Judy Cockburn, on Saturday 28th September, commencing at 4pm with the victory cup and champagne awarded at about 7pm. This exciting event will be accompanied by a live jazz band, nibbles and Pimms.

Costs of entry into the competition will be £3 per person and entrance to the semifinals will be £5 for all players. Non players will be charged at £10 each. Tickets will be available from Wealden stores or WindowScene from 26th August.

We look forward to another exciting competition.

Date for your diary

**Christmas Party 14th December
at the Queen's Hall**

Impressario Mr Stephen Laing and much audience participation!



Photos: left, survivors of the steep climb up the castle tower at Wertheim. Lower left, group photo of hosts and visitors. Below, CEA chairman Andrew Symonds with Mayor of Karlstadt Dr Paul Kruck



A fantastic time with twinned Karlstadt

Cuckfield European Association's official twinning visit to Karlstadt in northern Bavaria took place on 7-11th June. Twenty of us went and joined up with Karlstadt's three other twin towns from France, Italy and the old East Germany.

Saturday was the official twinning day with music and dancing in the public square. Not to be outdone we performed a Cumberland Reel to the delight of the assembled crowds and our own surprise. In addition we took some typical English food and drink to sell from a stall around the perimeter of the square as part of the "Market of the Nations". We sold out!

In the evening we enjoyed a grand banquet for over 300 with speeches, gifts and contributions from all the twin towns. Our own contribution was well received for its brevity and for the songs we sang as a group; "thank you for your friendship....." set to ABBA's music and a lusty version of Jerusalem.

Sunday was a quiet day spent with our host families with whom we all stayed. Monday saw us gather as a group for a visit to the ancient castled town of Wertheim. We walked its medieval streets and climbed to the top of the ruined castle. This was followed by a boat ride on the river Main, which was now navigable as the flood waters had receded. At the unearthly hour of 4.45am on Tuesday morning we caught the coach to Frankfurt and got home in time for lunch.

Altogether an enjoyable and interesting occasion for the twinning Association, but especially for the six new members who went there for the first time. Karlstadt put on a really good show and we were made very welcome as always. The twinning with our German friends is in robust health and long may it continue so.

Sound like fun? Join CEA today....

If you like the sound of what we get up to, why not join us? We'd love to hear from you. Membership is just £10 per year. Talk to Janine Watts on 01444 454013 or by email at janine.watts@gmail.com. Or visit the website: www.cuckeuro.co.uk



It shouldn't work but it does...

ON YOUR TABLE

Beetroot & Chocolate Cake

Makes 12 muffins. Preheat the oven to 180°C/Gas 4

Ingredients:

- 75g/2½oz cocoa powder
- 180g/6½oz plain flour
- 2 tsp baking powder
- 250g/8½oz caster sugar
- 250g/8½oz cooked beetroot
- 3 large eggs
- 200ml/7fl oz corn, sunflower or vegetable oil
- 1 tsp vanilla extract
- icing sugar for dusting

Method:

1. Arrange paper muffin cases in a 12-mould muffin tin.
2. Sift the cocoa powder, flour and baking powder into a bowl. Mix in the sugar and set aside.
3. Purée the beetroot in a food processor. Add the eggs, one at a time, then add the vanilla and oil and blend until smooth. Make a well in the centre of the dry ingredients, add the beetroot mixture and lightly mix. Pour into the muffin cases.
4. Bake for 30 minutes or until the top is firm when pressed with a finger. Cool on a wire rack and dust with icing sugar to serve.

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**Enjoy
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By Caroline Whiteman

One of the most joyful aspects of cooking for family, friends or yourself is putting together ingredients or flavours that on paper don't look like an obvious match, only to find that something really works when you come to eat it.

Enjoying food can become an adventure when you are prepared to explore the possibilities of unusual partnerships. Turning classic dishes on their head can also be very rewarding and injects an element of fun to mealtimes. Currently very popular is the pairing of salt and caramel, and has anyone tried mackerel and rhubarb? If anyone has any unusual flavour combinations to share please do email me via the email address <editor@cuckfieldlife.co.uk> and let me know. I'm always keen to hear of readers successes. Meanwhile here are a couple of quirky recipes to try...



Savoury Flapjacks

From The Parents' Cook Book by Sure Start Parents' Network

Ingredients:

Drizzle of olive oil

1 onion, finely chopped

175g/6 oz grated carrot (approx 2 medium carrots)

150g/5 oz oats

150g/5 oz grated cheese (of choice)

1 egg

1 teaspoon marmite or soy sauce

1 tablespoon tomato puree

1 tablespoon sesame seeds (optional)

Other optional additions: pinch of black or chilli pepper/

1 clove chopped garlic/fresh or dried chopped herbs or peppers

Method:

1. Pre-heat oven to 170°C/325°F/gas 3.
2. Line an oven tray with baking parchment, or brush it with olive oil.
3. Fry onions/garlic in oil over low heat till soft.
4. Mix cheese, carrots & oats and add the onions.
5. Beat egg with marmite/soy sauce and tomato puree, and mix well with the oats mixture.
6. Press into a greased baking tin and sprinkle with sesame seeds, if using.
7. Bake for 20-30 minutes, until browned.
8. Cut into squares. Good hot or cold!

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Debbie walks the walks

By Kate Fleming

A flash of pink and a bouncy beagle, that's what you might see walking through Cuckfield, if you don't blink! It's Debbie Harris power-walking, in training for her multi challenge programme in aid of Breakthrough to Breast Cancer. Not one but two Moon Walks, one trek along the Inca Trail in Peru and, as a finale, the New York Marathon. An awesome programme for an awesome young woman.

For Debbie it is payback time. Ten years ago she found herself in intensive care as a patient instead of as a nurse. A near fatal motor bike accident necessitated this change in role; she dived with death, slipped in and out of consciousness and was the recipient, as opposed to the provider, of highly skilful nursing care. Her recovery was long, complicated and demanding but she made it and now is the time to say thank you.

She has already completed both the London and the Edinburgh Moon Walks and is currently in Peru acclimatising to the altitude before embarking on the 43km trek along the Inca Trail with her seven walking companions and their guides and porters.

The twenty six miles through the streets of London at the end of May was great, but for Debbie Edinburgh was special. The theme for the Scottish capital, each Moon Walk has its own theme, was 'Flower Power', leaving her design potential to be realised for the self-decorated bra in which to walk the night streets. They were, however, far from quiet. Music blasted out, the Scots supported, congratulated and welcomed the walkers, their hospitality was all-embracing, and food and drink was supplied along the route. The dramatic castle perched

high over the city gazed down in admiration on the walkers and was bathed in an appropriate pink light.

A woman waited with chocolates and a placard on which was written: "Thank you Moon Walkers, without you I wouldn't be here".

The Inca Trail in Peru, one of the new Seven Wonders of the World, will be different too. A small group of Walk the Walkers are trekking this magnificent and famous trail, through beautiful mountainscapes and sub tropical jungles, seeing mystical cloud forests and experiencing the remarkable ecosystem. At night they will sleep in tents and eat the food prepared by their Peruvian guides – apparently delicious. Magical Machu Picchu, the lost city of the Incas, marks the end of this remarkable, gruelling but hopefully rewarding challenge for Debbie.

Then in November she will complete her programme with the New York marathon, which she will walk because her knee is permanently damaged. A lifelong legacy from the motor bike accident.

When last year, already registered for the New York marathon, it was cancelled due to Hurricane Sandy, Debbie stayed in the crisis city and delivered food supplies to the stricken homeless New Yorkers. On her return to London, she proceeded to walk the twenty six miles in order to fulfil her commitment to her sponsors.

If you would like to sponsor this impressive young woman to WalktheWalk, her sponsorship page is at: http://www.walkthewalkfundraising.org/debbie_harris_9

What a state!

FROM THE MAYOR'S TABLE

By Lindy Elphick

If you are relatively new to the area you may not know the history and background to how and why we are an Independent State...

From 1951 until 1965 there was an annual Donkey Race meeting, held on August Bank Holiday, which was used by Cuckfield groups and organisations as an opportunity to raise much needed funds. Some 10,000 people and 20 bookmakers would attend the race meeting, where the highlight was the annual Donkey Grand National. The meeting became so well-known that it was featured in the British Tourist Board information.

However, in 1965 the farm fields used for the races were compulsory purchased by the Council so that they could be converted into the football and rugby pitches now located at Whitemans Green. A request was made that the Donkey Grand National be allowed to continue but to no avail.

This left the organisers with a problem. It was then that Peter Bowring suggested a Mayor's Election as an alternative way to raise funds. But over what should the elected Mayor preside? Rhodesia had recently issued a unilateral declaration of independence, so Cuckfield followed suit and the Independent State of Cuckfield was born.

When founded, the aims of the Independent State were to ensure the welfare of all Cuckfield's citizens, young and old, and to protect local surroundings. The early Mayor's Elections were billed as a contest between "Publicans and Sinners" and each vote cost "sixpence". Now, due to decimalisation, it is one new penny. Cuckfield's first Mayor, elected in 1966, was publican Joe Mitchell who at that time was landlord of the White Harte.

The Mayor's Election was followed the next day by the Mayor's Procession, when the newly elected Mayor paraded in the State Carriage around the streets of Cuckfield, accompanied by imaginatively decorated floats representing many of the Cuckfield groups and organisations.

As well as electing a Mayor, the newly Independent State issued Passports, stamps and currency. The currency was actually accepted in Cuckfield pubs and shops but was mostly kept as souvenirs.

Today, the aims of the Independent State are the same; achieved by supporting the wide and varied groups and organisations based in Cuckfield and the locale through the distribution of the money raised at the Mayor's Election. The Independent State also seeks to reinforce the sense of Cuckfield community through the participation of Cuckfield residents in the organisation of, and attendance at, the various Independent State of Cuckfield events.

Forty seven years from the first Cuckfield Mayor elections we ask you to support one or more of the candidates standing for election in October. Every penny raised gets distributed back into our community where it is needed.

[More on all the candidates in next months CL - Ed]



A colorful poster for the Cuckfield Vintage Emporium. The title "CUCKFIELD VINTAGE EMPORIUM" is written in large, stylized letters. Below it, the dates "11am - 4pm" and the location "QUEEN'S HALL High St, Cuckfield" are listed. A yellow banner at the bottom of the poster says "Friday 26th July 2013". The poster is decorated with illustrations of vintage items like a chair, a table, and various figurines. At the bottom, a small text reads "CUCKFIELD VINTAGE EMPORIUM RETURNS TO QUEEN'S HALL ON 25th SEPT 2013".



An advertisement for Tom Seymour BSc IT Support. It features logos for Microsoft Certified IT Professional, Network Certified, and A+ Certified. The text reads "Tom Seymour BSc IT SUPPORT" and "Providing IT support for small businesses and Home users, with over 10 years experience in IT." Below this, it says "Call out fee from £15 including first half hour." A list of services includes: Purchasing Advice, Installation and Disposal; Anti-Virus and Security; Automatic Maintenance; Remote support; and Training in your own Home. A QR code is provided for more information. Contact details include the phone number "01444 473606 - 07843 116783", the email "Help@TomSeymour.co.uk", and the website "http://www.TomSeymour.co.uk/". The advertisement also features the "Checkaprofessional.com" logo with the tagline "Where reputation matters".

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Upcycling

DESIGN AT HOME

By Fiona Evans, Limited Editions

Upcycling is the new recycling; a trend that is fun, creative, kind to the environment and above all inspirational. Amazing pieces of furniture are being made using items which are usually found in jumble sales, second-hand shops and on rubbish tips. I've seen many examples, some produced in the third world. All are inspired useful objects generated from the worn, torn and broken, such as hand bags crocheted using ripped plastic carrier bags, place mats made from newspaper, bar stools made from old tractor seats, used food cans as lampshades, recycled glass morphed into upcycled kitchen work tops, a china tea set piled high made into a lamp stand, an old metal turnstyle given a new lease of life as the centre support to a cocktail bar... the list goes on.

There's an easy way to add a feature chair or statement piece of furniture to an interior without it costing a fortune and that is to be creative and upcycle something you already have, or even better, something you are about to throw away. Across the country, vintage and Victorian furniture sourced from second-hand shops or the internet is being given a new lease of life by being coated in silky tones of grey or cream and is featured in homes everywhere. Antique pine furniture that was once laboriously stripped and polished back in the 70s is now super trendy painted in fashionable neutral and pastel tones, with the best results achieved using paint with an eggshell finish. Make sure the surfaces to be painted are clean, sanded and polish-free and apply eggshell paint over a base of undercoat/primer. The results look great simply painted. However, you could be more adventurous than that by adding unique finishing touches such as trying your hand at paint effects to achieve certain 'looks', for example distressed, shabby, marbling or the salvaged 'reclaimed look' with touches of old paintwork. Let your creative juices flow for kids furniture by stencilling flowers or spots, painting stripes, daubing hand prints, writing bold letters or numbers on door fronts or drawer panels.

It doesn't stop there... Be imaginative and creative with spray paint to be really unique. Spray through fabrics with unusual open textures such as lace or materials with a loose mesh, have a look around for unusual patterns. As always it's best to practise these ideas on paper first to make sure your idea works.

Consider using decoupage instead of paint on drawer fronts or cupboard tops. Using a design to link in with your interior, choose wall paper, maps, comics, photos, even newspaper. Cut shapes to fit, glue down well and make sure that all bubbles are removed. Apply a couple of coats of varnish and you're finished. Paint the drawer knobs to match, or replace with knobs or handles that enhance the scheme.

You can have a lot of fun with these ideas, and more techniques for paint effects and other sources of inspiration can be found online. Good luck!

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Trust keeps Edith Payne's memory alive

By Stephen Cockburn

Sharp eyed and curious visitors to the Cuckoo Fayre in May may have wondered why the Edith Payne Library Trust had taken a stall and was busy selling books. The Library in the Queen's Hall had closed during 2007 when it became apparent to the Trustees that the number of borrowers had fallen so low as no longer to justify the rent being paid to the Parish Council for use of the facilities, let alone the fact that the volunteer invigilators were less and less enthusiastic to sit there waiting for fewer and fewer visitors.

The Trustees of the Cuckfield Museum were invited to choose books of local interest which might enhance the Museum's Reference Collection and those selected were donated to the Museum. The Trustees arranged to sell the remainder of the library stock which raised nearly £500 and the unsold rump (of what had after all been a library of freely donated books at no cost to the Trustees) was donated to the Burgess Hill Lions Charity, which runs a second-hand bookshop to raise funds for good causes.

In 2010 the Trustees were approached by the Parish Council and resolved to donate £1,500, being a little over half the cost of digitizing the Cuckfield Burial Records so that access to such historical information should be available to researchers without putting at risk the fragile original records. The Trustees determined that this work was within the spirit of Miss Payne's original intention when she set up the funds for the Library under her will and in particular was closely connected to Cuckfield to which community and its people she was devoted.

Local history and the environment, education in its widest sense but also focused on local schools and their pupils, were her objectives and the Trustees believe they have been faithful to such intentions, albeit the revolution in communication technology since her death in 1933 has led them to support developments which were inconceivable in her lifetime.

In 2011 the Trustees agreed to donate £600 to the Cuckfield Museum Trust to pay for the transcribing of recorded conversations with elderly long-term residents of Cuckfield (most of whom since have died) to ensure an easily accessible written record of their memories of the Cuckfield of long ago.

During 2010 the Trustees received a legacy of books and maps from the Estate of the late Mrs Mary Jenner of London Lane. One volume with special Cuckfield connections was donated to the museum, some books were loaned for a temporary exhibition at the Museum and some were sold privately for £135. The Trustees intend to give most of those books to the World War II Museum at Balcombe now that it is a Registered Charity but it was the remaining volumes in that legacy which were being sold at the Cuckoo Fayre on 6th May. £120 was raised, with one particularly lucky buyer coming away with £30 worth of aeroplane and RAF focused books which we hope will bring years of pleasure to his flight mad son, who was busy cooking burgers during the Fayre to raise money for the scouts. Once again the unsold remainder was given to a charity shop in Haywards Heath.

Some readers will probably recall that 2012 was the 500th anniversary of the foundation of the first school in Cuckfield and to mark the Quincentenary, the PTA and the Independent State of Cuckfield and others raised the grand sum of £10,000 to install and furnish a new library at the very heart of Holy Trinity School in Glebe Road. The Trustees decided that this was just the sort of venture Edith Payne would have wanted her Trustees to support and so last December we donated £2,000 for the purchase of books and other learning material for this new library. An appropriate plaque on the wall of the Hall of the school records this gift and we hope keeps alive the name of a great benefactor of this proud village.

Holiday Bible Club 2013
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Polestub Lane, Cuckfield, RH17 5GP
01444 473531

Or download from www.cuckfieldbaptistchurch.co.uk

What's on this month

AT QUEEN'S HALL

AND ELSEWHERE

July

- 18th **Cuckfield Museum Talk**
'The History of St Francis Hospital'
Joe Hughes was a nurse at the hospital for many years and has researched the history of it from its beginning as a Sussex County Lunatic Asylum until modern times. He shares his knowledge with us in his illustrated talk.
8pm at The Council Chamber, Queen's Hall
Price: £3 for Museum members, £4 for non members.
To book please contact Ann Went on events@cuckfieldmuseum.org or 450982.

- 26th **Cuckfield Vintage Emporium**
Vintage Fair 11am-4pm



July

- 18th **Live music night with 'No Strings Attached' at The Talbot**
Local six piece vocal group No Strings Attached will be performing from 8pm. If you fancy a night with live music, fine ales and wines, and of course our full evening dinner menu, then pop down for an evening of contemporary folk music, fine beer and great food. Our restaurant will also be open that night, for those still wanting to dine in a quieter environment.
- 20th **Charity Race Night at the Rose & Crown**
Come and have a flutter on the horses and help raise funds for Mike Schlup's campaign to become Cuckfield Mayor. From 7.30pm. For more details, to book a table or to sponsor a race call Nikki at the Rose & Crown on 454046.
- 21st **Mid Sussex Ramblers Haywards Heath Circular Walk** 12 miles. Meet at Clair Hall car park 9.30am
Contact 07984 247882

- 25th-28th **Sussex Actors Studio presents... Romeo & Juliet**
Ham Cottage Amphitheatre, Highbrook, Ardingly RH17 6SR. 7pm performances and 2pm matinees
Running time approx 1h20m. Bring a picnic, doors open 6pm, bring something to sit on. Tickets £10/£5 www.hubtheatre.co.uk 01444 446840

August

- 2nd **'The Comedy of Errors' by The Rain or Shine Outdoor Theatre Company**
at Cuckfield Recreation Ground. The grounds open at 6pm for a picnic and the performance starts at 7.30pm. It's a lovely night out in the village. If it rains, it's inside to the Queen's Hall.
Tickets £12.50 or £10 concessions, £6 children available from the parish office on 451610 or from www.rainorshine.co.uk

- 10th **Cuckfield Local market**
Talbot Inn Courtyard, 9.30am-12.30pm
- 26th **Mammoth Rotary Charity Car Boot Sale**
Burgess Hill Rotary Club 9am until 1pm
Oakmeeds College, Station Road, Burgess Hill
Car pitches £10, Van pitches from £12. Pre-booked pitches (01273 8443140)
- 26th **Garden Open for Charity** Sussex Prairies at Morlands Farm, Wicketsheaf Road, Henfield
11am - 5pm Entry £6, children free
www.sussexprairies.co.uk

Promote your event: Email the details of your Cuckfield event to editor@cuckfieldlife.co.uk before 28th July.

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