

# Cuckfield Life

Inc. Brook St, Ansty & Staplefield

Local village talk,  
by the village

Issue #7 : May/June 2013

Free



Cuckoo Fayre photo round up

**page 16**

Meet Olympian Kate Foster

**page 22**

Spice up your life with our recipes...

**page 26**

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**EDITORIAL**

**By David Tingley, Editor**

First off, congratulations to the Cuckfield athletes who ran the **Brighton Marathon** last month. A brief follow up article is on **page 7**.

We begin to get into the summer season of **events** in this month's magazine - with lots going on in and around the village. See the usual **'Whats On'** guide on **page 30**.

In this magazine we catch up with local hairdresser **Debbie Day** as she tells a bit of her story and we find out why she wanted to pilot **hot air balloons**. See **page 14**.

If you've never heard of **wakesurfing**, and think you may be interested in the relatively new watersport, do read about Cuckfield Olympian **Kate Foster** on **page 22**. Claire talks to her about her past sporting career and how she's been involved in trying to get Britain wakesurfing in recent years.

Elsewhere we can enjoy the second part to **Lyndon Littlefair's** article; this month he focuses on stress and exercise, so maybe 'enjoy' isn't the right word! However there is lots of useful advice and know-how on offer on **page 28**.

Plus **Fiona Evans** talks **interior design** on **page 12**, **Helly Eaton** keeps it **green and local** on **page 20** and **Lindy Elphick** goes shopping in the village on **page 21**.

We are also delighted to hear that previously featured resident **Don Cranefield** has been decorated with an Arctic Star for his work in the Navy during WWII. Read about the news on **page 11**.

On a personal note I'd like to say how nice it was to meet so many folk from the village when Claire and I, along with my wife, had our stall at this year's **Cuckoo Fayre**. As a **community magazine** it's really important for us to forge and reinforce those links with individuals and groups in Cuckfield - so it was really great to see so many. See the **photo round up** of the Independent State of Cuckfield event on **page 16**.

Keep the content and comments coming!

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

## Cuckfield gardens open

Residents and visitors will be able to enjoy a range of gardens at the NSPCC Open Garden afternoon on 9th June. From small courtyards to landscaped gardens with ponds there will be plenty to see in and around Cuckfield. Sites to visit also include the village allotments and the Primary School with its eco green house made of bottles.

Visitors will find a mix of borders from herbaceous, perennials, shrubs, roses and wild flowers. In some gardens there will also be afternoon tea on offer as well as plants for sale.

The combined admission is £5, with children free. Admittance is by programme which is on sale now from Wealden Stores or from any of the participating gardens on the day.

Open Gardens will be well sign-posted on the day and will be open between 2-6pm.



## Form, colour, mood

An exhibition by local artist Michael Loveridge opens on 10th May at The Green Tree Gallery, Borde Hill Garden.

The Exhibition includes Sussex landscapes, Cornish seascapes and Life drawings and paintings, showing the range of Michael's art.

He says: "The foundation of my work is drawing. Then the colouring is for me the most creative stage as it expresses the mood of the painting. Hence the title, Form Colour Mood."

Two of the owners of The Green Tree Gallery are Cuckfield residents. Textile artist Sam Phillips and Sculptor Julie Janvrin, who made the Christmas crib figures that feature in Holy Trinity Church.

Form Colour Mood runs from 11-25th May at The Green Tree Gallery. [www.greentreegallery.co.uk](http://www.greentreegallery.co.uk)



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# Baby to become a pub regular at Rose & Crown

As home to the former district hospital Cuckfield has been the birthplace for thousands of babies over the years, but little Evaline Rose Russell decided to be a little bit different!

Evaline made her dramatic entry into the world in the car park outside the Rose and Crown pub – delivered by dad Ben on the back seat of the couple's Ford Fiesta!

"We thought we had plenty of time to get from our home in Horsham to the Princess Royal, and were even planning to stop at my parent's house in Haywards Heath," said Ben. "But as we were driving along Whiteman's Green my wife Kate suddenly told me to stop the car."

Ben pulled into the Rose and Crown car park and phoned for an ambulance. "The operator could sense that things were developing quickly so she stayed on the line," said Ben. "I'm glad she did because when she asked me to check my wife's progress the head had appeared!"

"She told me I would have to deliver the baby myself! It's not every morning you get a crash course in delivering a baby!"

Five minutes later 7lb 11oz Evaline was snuggled in mum Kate's arms. "Kate was absolutely brilliant," said Ben. "She stayed so calm even though she had gone through the whole birth with no pain relief."

Evaline is the third child for Ben and Kate – a little



sister for Elliot, 7, and Eleanor, 3. The couple hadn't finalised a middle name, but after such a dramatic arrival there was one obvious choice. "It just had to be Evaline Rose," said Ben. "It's a lovely name and will always have a special meaning."

Owner of the Rose and Crown Nikki Kemp (pictured) and her son Sam were delighted to meet baby Evaline when the family visited a few days after the birth. Plans are already being made to hold the Christening party at the pub followed by birthday parties and other special occasions in the years to come.

Sam, who watched the drama unfold from his bedroom window, said: "We were so relieved when Ben called us later in the day to tell us everything was fine and we are delighted that they named the baby Evaline Rose."

Ben added: "As my wife joked to the ambulance men – 'It's a good job the pub wasn't called The Nag's Head!'"

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## Midsummer night of opera



Last year a new choir was born. Coro Nuovo is an exciting choir consisting of experienced singers from top local choirs, with Andrew Rees the international Welsh tenor as its Music Director.

Coro Nuovo wants to encourage people who not only enjoy performing but enjoy listening to music and is looking forward to welcoming families and concert goers to its Midsummer Opera concert at St Wilfrid's Church, Haywards Heath on 23rd June. This promises to be a stunning evening and will include some well-known opera choral pieces and also some top local soloists. Nick Houghton (Organ Continuo) will be playing the fabulous Tickell organ and also featuring Gareth Hancock from the Royal Academy of Music and repetiteur at Glyndebourne Opera.

Coro Nuovo is excited about future concerts of different musical genres and the Coro Sixteen will be performing with Mid Sussex Sinfonia on 14th December 2013 at Perrymount Methodist Church. Tickets available from [www.coronuovo.org.uk](http://www.coronuovo.org.uk)



## Off to BRIT School

Warden Park Head Boy Jacob Markham has earned himself a place at the notable BRIT School to study Broadcast & Digital Communication.

The college in Selhurst, Croydon is known for having turned out many performers who have gone on to have successful careers in the entertainment industry, like Adele, Jessie J and Leona Lewis to name a few.

However, Jacob isn't craving a job in the limelight as he says his dream job is working behind the camera: "I'd love to be a cinematographer working on movies. I am fascinated by how films are crafted and have enjoyed shooting and editing my own movies for years."

Jacob heard about the course from a friend. However, the popular college only has three or four places available 'out of catchment' for the course. He begins his two year studies in September.

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# Runners come home

Congratulations to Cuckfield's marathon runners, who not only completed the gruelling 26 mile course but clocked up some fantastic times.

First of the Cuckfield runners to cross the line was James Mark, with a time of 3hrs 41. "Bizarrely I ran the second half faster than the first!" he said.

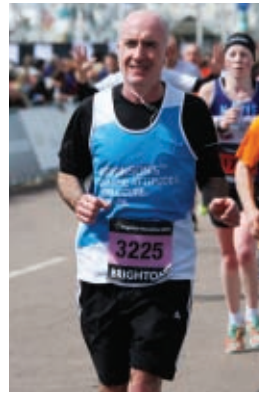
"It went really well, was a beautiful sunny day with loads of people out in streets watching. But I'm glad it's all over now - no more training and I can have my life back."

James has already raised more than £800 for Parkinsons UK and would be happy to receive further donations on [uk.virginmoneygiving.com/jamesmark1](http://uk.virginmoneygiving.com/jamesmark1)

Warden Park teacher Shubs Hore, who had been battling a knee injury in the weeks leading up to the event, was close behind with a time of 3hrs 53. "I was really pleased to go under four hours but the last two miles were hell!" he said.

Shubs is raising money for Cancer Research UK and can still be sponsored via [www.justgiving.com/downhousemarathon](http://www.justgiving.com/downhousemarathon)

Andrew, Paul and Jane Watson all completed the marathon in 4hrs 24, 4hrs 58 and 5hrs 02. They have raised in excess of £6,000 for the St Peter and St James Hospice in Wivelsfield in memory of their dad who spent his last few days in their care.



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# Dramatic Society hosts murder thriller

Cuckfield Dramatic Society (CDS) stages a play this month called 'Murder in Company'. The story, by Philip King and John Boland, is of a dramatic society in the process of assembling on stage to rehearse a production of a mystery thriller. The rehearsal proceeds under difficulties until the mysterious death brings the situation of the 'whodunit' even more closely into real life. It transpires that almost everyone might, and could have, murdered the dead person – eventually the identity of both killer and prowler is revealed!

CDS is an established drama group which started in the village some 19 years ago. They produce two major performances a year, held in the Queen's Hall during the May and October half term holidays.

There are plenty of opportunities to be involved with CDS, be it on stage, back stage or 'front of house'. If you have no experience, members would be delighted to pass on their knowledge and mentor you in any of the roles for which you show an interest. The Society does not have a junior section of the society but members are happy to be joined by anyone from the age of 16 upwards. Contact Caroline Denholm on 01444 410574 for more information.

Murder in Company is on at Queen's Hall 30th May to 1st June, starting at 8pm. Mansell McTaggart are the Box Office for ticket sales or call 01444 452911.

[www.cuckfielddramaticsociety.com](http://www.cuckfielddramaticsociety.com)



Oddity, one of the winning businesses, comprising of George Barnes, Emma Tonkinson, Harry Collins, Lily Hossini, Harriet Smith, Jacob Hamilton, Tom Kane, Cameron Ebbage, Hannah Gowlett, James Charrington and Nikolaos Tsigkas-Garces

## Business project winners

Warden Park School had a very successful afternoon at the Young Enterprise Mid Sussex Awards Event earlier this month. Green Gekko who produce jewellery made from up-cycling bicycle tyres were the winners of the Best Year 10 Company. Oddity, a company specialising in phone cases, won the Best Website competition for their website [www.odditycorp.co.uk](http://www.odditycorp.co.uk). Oddity (pictured) are going on to represent Mid Sussex in the Best Website category at the Sussex Final in East Grinstead later in May. Three other companies, Identity, Spectrum and Genuine also impressed the judges with their products and presentations.

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10

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## Arctic Star for WWII veteran

By Claire Cooper

Cuckfield artist and World War II veteran Don Cranefield has received a very special delivery – after a wait of more than 60 years.

Don is one of the recipients of the 'Arctic Star', a new medal awarded to survivors of the Arctic Convoys.

The Arctic convoys, reportedly called the "worst journey in the world" by Winston Churchill, took supplies to the Soviet Union from 1941 to 1945.

More than 3,000 men died while on the convoys.

From his home in Chatfield Road, Don spoke of his feelings at receiving the medal and of the memories which came flooding back:

"Receiving the Arctic Star has been a strange experience for an old man in his 90th year; an award for service rendered when he was a youthful 19! The main thing has been the revival of memories which had been almost lost in the very long passage of the years.

It was during the months of January to April 1943, as a seaman serving on HMS Ledbury, a Hunt Class escort vessel, that I became involved in Russian Convoys.

I remember how, it being winter time in the Arctic,

it was therefore very cold; cold enough for the sea to freeze, and spray to freeze on the face. Then there was the daily routine of chipping ice from our guns to keep them ready for use. I remember how it was accepted that should a man fall overboard (not that unlikely with icy decks in stormy weather) they would perish immediately in the icy seas.

"I recall how the convoys were very slow, the merchant ships so small, almost lost sight of in the heavy swell of dark water. I remember how we were detached from the convoy to search for the German Battleship, Tirpitz. A distant smudge of smoke, thought to be Tirpitz, quickly disappeared. Soon, not only had we lost the Tirpitz but we ourselves were lost in among the ice floes.

"Before we managed to return to Iceland, I remember, we were reduced to 'hard tack', the proverbial 'ship's biscuit'. The one and only pleasure of the convoys was the occasional visit to Iceland. As with Denmark, it was neutral in the war. Therefore, at night there was no blackout, the lights were on and the shops full of nice things. All this came back to me with the 'Star'. So, yes, I'm glad I've got it!"

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# Vintage style

## DESIGN AT HOME

By Fiona Evans, Limited Editions

You may have a fabulous chair untouched since your great aunt left it to you or a standard lamp, a relic of the sixties, sitting in the garage wanted but out of place in your home. So for a new look that need not be expensive, how about designing a scheme with those objects as inspiration?

Vintage style is super trendy right now, using items passed down from Granny or hidden away in cupboards from times gone by. Using vintage items as inspiration for styling an interior creates a unique focus. As a starting point, choose an article that you like either for its pattern, colour, shape or form.

Dictionaries say that an object is considered antique if it is 'at least a hundred years old' and vintage means 'something of good quality that represents and is characteristic to the era that it was made'. Retro furnishings imitate styles from within the last hundred years and there are so many choices at the moment. Choosing a vintage look gives you the choice of many styles: Art Deco with its geometric lines and angles, shiny black surfaces, references to the aerodrome such as propellers. Alternatively, how about glamorous Early Hollywood style, which would be great for a bedroom inspired by a favourite vintage movie using, for example, fake furs, rows of light bulbs above mirrors, posters, lush fabrics and a lot of bling. You could really have a great deal of fun creating an interior inspired from past movie icons and stories from a bygone age. The 1960s provide a huge amount of scope for that vintage-inspired interior. If you have a piece of G Plan teak furniture tucked away somewhere, such as a coffee table, add to the look by sourcing a lamp or a rug from that time complemented by cushions or an accent wall in a retro pattern. Or even go crazy with psychedelic colours (groovy man), just a small amount, fabulous with a pop art print or a 'lava' lamp.

Vintage furnishings and accessories are highly popular and reasonably easy to source once you have started to collect a style for your home. Finding just what you need from junk shops, ebay and antique shops can be a lot of fun and covers all price ranges. There are many modern wallpapers mimicking past designs which can be used alongside up-to-date choices and neutrals. Bring in as many objects or pieces of furniture you feel would complete the look but be careful not to be a slave to the period – you don't want your home to resemble a museum. Choose colours from an article you particularly like and spin out a design.

Groups of posters, pictures or mirrors work well hung in threes or fives (depending on size). Vintage bevelled mirrors hung on chains look great this way. Don't forget lighting – a vintage lampshade, standard lamp or chandelier will all add to the appeal but be careful to choose one that hides the low energy bulb. Most of all have fun!

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Village Run | 13

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# Up, up and away for Debbie

**By Claire Cooper**

A Cuckfield businesswoman with a 'hair-raising' hobby has reached new heights!

Self-employed hairdresser Debbie Day, who works at Hairworks salon in the High Street, has recently qualified as a hot air balloon pilot.

And since returning from Italy, where she completed the final part of her training, Debbie's feet have hardly touched the ground!

"I'm absolutely over the moon," said Debbie. "It's been three years of hard work and studying but it's all been worth it!"

Before she discovered ballooning, Debbie's life revolved around marathon running and bringing up her two children and her feet were planted firmly on the ground. "As an 'elite runner' I spent most of my time in training," said Debbie, who has completed a staggering 25 official marathons. "I used to watch the hot air balloons fly over our house in Bolney on summer evenings but I never dreamt I would ever go up in one, let alone fly one!"

But all that changed when Debbie met hot air balloon enthusiast Mike Scholes.

Mike ran a highly successful hot air balloon company but was forced to give up his record-breaking ballooning adventures after he was diagnosed with a hereditary visual impairment.

"I met Mike at the Haywards Heath Harriers and we hit it off straight away," said Debbie. "At that time I wasn't aware of Mike's achievements as a hot air balloon pilot.

"Mike was training for an expedition to the North Pole and I was training for a marathon, so we started spending our evenings in the gym together."

It was six months after meeting that Mike invited Debbie for her first hot air balloon flight.

"We took off from Lindfield Common with friends in Mike's 'baby balloon' Chad – it was just amazing – I was absolutely hooked! From then on I just wanted to fly all the time!

"It's the feeling of freedom which I enjoy the most. It's

like nothing else I've ever experienced. You just go where the wind takes you. It's also highly challenging as you don't know what's going to happen!"

It was Mike who first suggested Debbie should train to become a pilot. "I didn't think I was smart enough. Studying was alien to me," said Debbie.

"But I had the advantage of having Mike and other people to help me, so I decided to have a go." Training took three years and included exams in balloon systems, human performance, navigation, meteorology and air law.

"Navigation is tricky as you have to transfer data from ordinance survey maps on to air maps – a lot of the literature is the same as studying to fly a plane," said Debbie.

Although she found it hard, Debbie passed four of the exams on the first attempt and passed the navigation exam on the second try, with a score of 94%.

Getting the required number of flying hours was another challenge. "You have to complete between 16 and 25 flying hours within two years, which is not easy with our British weather!"

So, earlier this year Debbie travelled to Italy to complete her practical flying assessments.

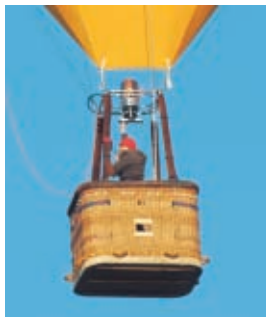
"I spent eight days in Italy flying twice a day and exercises included taking out the pilot light during a flight," she said. "The realisation that you are in the air with several tanks of propane really helps to focus the mind!"

Three weeks after returning home, Debbie took her first solo flight from Sheffield Park to Ardingly, watched by an examiner on the ground. "I flew for around 1 hour 40 minutes," she said. "It was great fun – my best flight yet!"

Debbie is now qualified to take private passengers in her balloon but is looking forward to spending quality time flying with Mike. "Since Mike's eyesight has failed we have always been part of a crew but now I'm a pilot we can fly together which will be lovely," said Debbie.

And with Mike still busy training for marathons, the pair have devised a way of combining both their hobbies. "We compromise by taking a balloon flight and, after landing, running back to fetch the car before packing up and going home!"

Debbie is also looking forward to flying in other countries and taking a flight with another very special person in her life. "I'm really looking forward to flying with my mum," she said. "That will be a very proud moment for me."





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# The Cuckoo Fayre 2013

## PHOTO ROUND-UP



As well as brilliant sunshine and warm temperatures on Bank Holiday Monday Cuckfield was also treated to plenty more fun in store at the annual Cuckoo Fayre, organised by the Independent State of Cuckfield. Mayor Lindy Elphick officially opened the Fayre after entering the grounds by chauffeur driven Rolls Royce. Alongside the dozens of stalls set up around the edge of the recreational ground there was a village band, BPM Dance Academy and Punch & Judy performed for the crowds. There was also train and fun fair rides, plus animals for children to enjoy, and the annual Pet Show which announced the 'Best in Show' winner to be 'Snowtzer'.



Photos shown here by Tony Taylor, Becky Smith, Claire Mitchell & David Tingley







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When asked 'What made you want to live in the village?' Richard responds: "I suppose it's a case of practising what you preach! I feel extremely fortunate to have been able to buy a house in Cuckfield. It's a wonderful place to live, work and bring up my children. The village itself offers something for everyone and takes little selling to other people. As well as being wonderfully picturesque, it's very convenient and provides an idyllic and safe environment in which to raise a family and enjoy life."

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# Make a difference

## VILLAGE GREEN

by Helly Eaton, Cuckfield Local

Someone recently said to me it's time to be positive, so here are some simple suggestions that could make all the difference...

### SEED BOMBS

These are a fun and effective way of spreading pollinator-friendly flowers that local bees and other pollinators will love...

- 1) Find some clay (mole hills in clay areas are great) and crumble into a bowl.
- 2) Add a generous sprinkle of wild flower seed (best if it's native and pollinator-friendly). Mix with the crumbled clay.
- 3) Spray in or slowly add some water, mixing until it makes a stiff paste (like pastry).
- 4) Roll into small balls and leave to dry (egg cartons are useful for drying and storing).
- 5) Spread or throw in hard-to-reach parts of your own land or wherever you feel appropriate (please be responsible and get permission on other private land and in conservation areas).

Useful tip: Here's a link to a how-to video on how to make seed bombs: <http://bit.ly/b43n3K>

### PINE CONE BIRD FEEDER

When the weather's bad, birds often struggle to feed themselves all season. So here's an attractive way to help...

- 1) Find an open pine cone – if it's closed, just bring it indoors and after a while the warmth should open it.
- 2) Take a jar of low-salt, low-sugar peanut butter.
- 3) Using a blunt knife or spatula, dab bits of peanut butter over the pine cone.
- 4) Sprinkle some wild bird seed mix over the pine cone (best done over a tray to catch any bits).
- 5) Hang it outdoors with ribbon or raffia.

Useful tip: Anyone with a peanut allergy can use lard instead.

### 'KIND' RUBBISH TIPS

When we throw things away, it's good to make sure we cause as little harm to wildlife as we can. Curious creatures can forage where rubbish accumulates. Here are some suggestions to safeguard them:

- 1) Cut through any complete 'circles' (especially plastic ring packs, bag handles and elastic bands) so birds and other creatures don't get their necks trapped in them.
- 2) Tie a knot in any plastic bags, so curious creatures can't suffocate inside.
- 3) Clean cans and containers, drop lids inside and then pinch cans shut to prevent hedgehogs and other small animals getting their heads caught.
- 4) Avoid releasing balloons and lanterns into the sky.
- 5) Cut unwanted fishing tackle into small pieces before putting in the bin.

Useful tip: <http://www.rspca.org.uk/allaboutanimals/helpandadvice/litter>

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## When I went shopping in Cuckfield

### FROM THE MAYOR'S TABLE

By Lindy Elphick

Do you remember the game 'I went on a car journey and in my case I packed...'? Well, it struck me what a great variety of things we can buy right here in Cuckfield.

What do you think of my shopping trip?

I went shopping in our village the other day and this is what I bought...

Three lovely greetings cards & wrapping paper, a lamp and shade, a tutu for my grand daughter, a wooden train, hand-made chocolates, flowers and a bottle of wine... stamps, lottery ticket, a loaf of bread...

Meat from Clive Millers (Hurstpierpoint butcher) from the freezer at Wealden Stores.

Sun-glasses and a new pair of reading glasses.

A bathroom tap, a fab giant floor cushion, aftershave, a pair of wellies.

When I needed a break I had the choice of five places for coffee and ten places for lunch... (and nine places for dinner as of mid-May).

Refreshed, I bought a classic designer jacket at a fraction of the new price and I bought a fabulous pair of shoes, hand bag and a new dress in our other ladies' shops. I even bought a fleece for my husband.

I finished off with a pair of curtains for the lounge and some fab material for making some cushions and wonderful ribbon trimming and matching thread.

I could also buy an antique table, a house and a car if my bank manager let me!

That was quite a shopping trip... and all in Cuckfield. No need for me to traipse around the M25 and go to Bluewater after all.

If you haven't already, please take the time to visit all our shops and see the wonderful variety of items we have right here on our doorstep.

No petrol costs/ no parking costs/ low car maintenance/ no traffic stress!

It then struck me – how could we ensure everyone who does visit our traders gets to know what else is on offer? I've had a mad idea – what if a few of us from ISOC got together with some of the Traders and set up a bit of a fun quiz paper asking where to get a list of items or how much variety could you buy in the village? Each business – including our largest employer, Ockenden Manor Hotel – could encourage their employees to take some time to complete the quiz. This way we could encourage say a chambermaid, receptionist, nail beautician, saddle fitter, a chimney sweep... to chat with their customers and point them in the direction of what else there is on offer here in our village! Let's go for it and get the economy in Cuckfield booming!



# Kate Foster

VILLAGE PEOPLE



Photo: Dunx/SCUK/The Brits

After conquering the world's snowboarding slopes, Cuckfield Olympian Kate Foster is taking to the water in a bid to introduce Britain to a brand new sport.

Kate, who has just returned from the British Snowboarding Championships in France where she added a second silver to her collection of medals, will spend the summer wakesurfing - and is keen to encourage others to have a go.

"I'm trying to get the word out about this amazing new sport, which is perfect for all fitness levels as well as anyone who has or hasn't done any water sports or board sports!" said Kate.

"As much as I love the winter, I am looking forward to kicking the boots off and getting my flip flops on and heading to the sunshine!"

Kate, who works as a fitness coach in Curves gym in Haywards Heath, is well known in the village for her amazing achievements in snowboarding. "My recent silver medal means I've been British halfpipe champion five times and runner up twice," said Kate, who was also in France to support the GB Junior Freestyle team, which she coaches with her brother.

"They all did really well and I'm so proud they returned with six golds, three silvers and a bronze."

Although the Foster family originate from Cuckfield (her grandfather arrived in the village as an evacuee in 1939 and her mum was a former Miss Cuckfield!), Kate was brought up in Canada where her parents were working. "They were only supposed to be going for two years but ended up staying for 30!" said Kate.

The move meant the Foster children were introduced to winter sports from an early age - and their talent was quickly spotted and nurtured.

"My brother came to Europe to join the British team and I followed soon afterwards, joining the British Development Team which got through to the World Cup."

After studying with the Open University, Kate qualified as a coach, working with Interski and coaching parties of school children. At the same time, Kate's snowboarding was steadily improving - she came 22nd in the World Cup in Whistler, Canada in 2006, and 16th the following year in Switzerland. 2005 also saw Kate pick up third place in the European Championships and claim Gold in the Europa Cup.

But the icing on the cake came in 2006 when Kate was selected as part of the British Winter Olympic team. "That has to be the highlight of my career so far," said Kate. "It seems a long time ago now but the memories of representing GB in the Olympics will stay with me forever."

"Just qualifying was amazing. The year before I had travelled all over the world with the World Cup team, and when you have lived and worked with the team for months and months the camaraderie is so special."

Kate finished 20th in the Women's Snowboard Halfpipe competition - the highest placed Team GB competitor.

Despite hundreds of falls Kate has remained remarkably unscathed, although she



recalled one particularly nasty fall in the European championships. "After completing a good first run, I fell on my second round, skidding with my face on the ice," she recalled. "The first thing I did was check that I still had all my teeth! I was so relieved to find them all in place I didn't mind that I was badly cut, with blood pouring down one side of my face. When it came to the prizegiving, I only had pictures taken of one side of my face!"

Despite her huge success, Kate hasn't made a fortune from the sport. "My biggest prize was £200," she said. "After the Olympics I was actually in debt!"

Keen to try a new sport, and one that didn't require layers of winter clothing, Kate tried her hand at wakesurfing and was quickly hooked. "The two sports complement each other beautifully," she said. "If you can control a snow board, then you can wake surf. Best of all, it gives us something to do when the snow melts!"

Wakesurfing is similar to surfing but uses the wave of a boat on a freshwater lake instead of using the motion of the ocean. "The boat is specially designed with a V shaped hull and is weighed down with over 3000lbs of ballasts to create this huge wave," explained Kate.

"Wakesurfing has no impact, no tow ropes, no paddling out. Just you, the boat and a never-ending wave!"

"With wakesurfing your feet are not strapped in – it's just bare feet on the board. Makes a nice change from wearing boots! The boat travels at around 9 miles an hour, which means if you fall, you go down gently!!"

The sport is not well known in Britain but Kate hopes to change all that. "The nice thing about wakesurfing is that you don't need the surf," said Kate. "The boat creates the wave which means you can surf on a lake."

Kate has been looking for a suitable place to run wakesurfing camps in Britain and has settled on the Lake District. "The water has to be deep, so The Lakes is perfect," she said. "The camps will give British children a chance to try it and, if they like it, then they can join one of the established camps in France."

After reaching the top of her sport, Kate is more than happy to pass on her skills to the next generation of snowboarders and wakesurfers. "I love coaching – the kids are great, they absorb everything so easily and are so keen to learn. They get so excited when they win something – there's a real feel good factor for the whole team.

"One of my ambitions is to take a junior team to the Olympics – that would be fantastic."

Despite travelling around the world, the Foster family have always thought of Cuckfield as home, and Kate has now settled into her Grandmother's old house at the top of the High Street. "We always enjoyed coming back to Cuckfield to visit my grandparents and have always felt we belonged here. My parents were married in Holy Trinity Church and we were all christened there," said Kate.

"This summer my sister is bringing her daughter to Cuckfield to have her christened, so we'll be keeping up the family tradition!"



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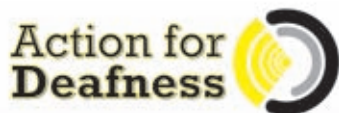
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# Spice it up

ON YOUR TABLE

## Sag Aloo: Potato & Spinach Curry

Serves 3-4 people. Add a little water if it seems too dry. Serve with boiled or pilau rice, or with a naan bread.

### Ingredients

1 large onion, peeled  
500g new potatoes, scrubbed and cut into 2 cm chunks (no need to peel them)  
¼ teaspoon salt  
2 cm piece of fresh ginger  
2 cloves garlic  
1 or 2 chillies, red or green (optional)  
1 teaspoon each of cumin, coriander and turmeric  
4 large tomatoes, sliced  
300g spinach  
20g creamed coconut, grated  
1 tablespoon coriander leaves, chopped  
lime or lemon juice  
salt and pepper

### Method

1. Heat the oil in a large pan.
2. Slice onion and fry it in the oil until it is soft (not brown).
3. Put the potatoes into a saucepan with the salt, cover with cold water and bring to the boil. Turn heat down and simmer for ten minutes. Then drain through a colander and set aside.
4. Peel and finely grate the ginger. Finely chop the garlic. Deseed and finely chop the chillies. Add to the onions and fry for a further 5 minutes.
5. Stir in the spices and fry for a minute. Add the potatoes and stir everything up.
6. Add the tomatoes to the pan and simmer for 10 mins.
7. Wash the spinach well and chop it roughly. Add it to the pan and cook until it has wilted – about 5-10mins.
8. Add the coconut cream and let it dissolve in the pan. Stir in the coriander and lime juice and taste. Add seasoning if necessary.

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By Caroline Whiteman

Curry night doesn't have to mean ordering a takeaway. You can easily create wonderfully authentic curries at home. When you make curry yourself you can be safe in the knowledge it is likely to be lower in fat and probably better for you, plus it's guaranteed to be significantly tastier than anything you can buy in the supermarket. Whilst curry sauces in jars can be a handy store cupboard standby, they can't compare to making the whole thing from scratch using fresh ginger, chillies and spices.

Both these curry recipes are easily adapted to make the most of the vegetables in season. The Bangladeshi curry is excellent with courgette, pumpkin or squash instead of the aubergine (just cook for little longer) and the Sag Aloo is gorgeous made with chard or kale to replace the spinach.

## Bangladeshi Aubergine Curry

### Ingredients:

small handful of brown or black mustard seeds  
1 medium onion  
2 thumb lengths ginger  
1 bulb garlic  
small handful cumin seeds  
sunflower oil  
2 green chillies, cut lengthways into quarters  
2 teaspoons chilli powder (or to taste)  
2 tablespoons turmeric  
1 tablespoon coriander  
1 tablespoon garam masala or curry powder  
2 teaspoons salt  
juice of 1 lemon  
2 aubergines, cut into small cubes  
tin of tomatoes  
tin of coconut milk  
a handful fresh coriander

### Method

1. Dry roast the mustard seeds in a frying pan until they start to pop and change to a darker colour. Blend onion, ginger, garlic, mustard seeds and cumin seeds together in a blender or food processor – you may need to add a little water.
2. Heat 2mm depth of oil in a saucepan. When it's very hot put in the blended onion mix. Add the green chillies and simmer for 10 minutes on a medium heat.
3. Add the spices, salt and lemon. Cover and simmer for a further 5 minutes, adding a little water if necessary. You should have a fairly thick paste.
4. Add the aubergine, tomatoes and coconut milk. Replace the lid, bring to the boil and then simmer for 25 minutes or until the aubergine is tender.
5. Finely chop the coriander and add at the end.

Recipe serves 6. Great with naan bread and mango chutney.

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# “Your body is a product of your lifestyle”

By Lyndon Littlefair, Cuckfield Personal Training

Last month we covered how making some simple changes to lifestyle factors such as sleep and nutrition can make major changes to your body and overall health. This month we take things further and start to look at the impact of exercise and stress on the body and how you can make some modification to these to improve your health and fitness.

Let's start by looking at exercise. Exercise in whatever form you choose should be three things, consistent, consistent, consistent!

It is a matter of finding a mode of exercise that you enjoy, start it and then repeat it as part of your everyday routine. You can look at adding some incidental exercise into your daily routine, such as walking to the station, walking to the shop instead of driving or even going for a run instead of that long Sunday morning lie-in.

Next look at the mode of exercise that you have chosen and work out if this is having a positive or negative effect on your body. Is it causing pain? Is it getting you the results that you want? Is it causing injury?

If it is not having a positive effect on your body, then change it. Not everyone is designed to do all sorts of exercise and also not all forms of exercise are right for every body. Just as the one size fits all approach to nutrition doesn't work, the one size fits all doesn't necessarily work with exercise. Search out a good local expert and have them analyse your body to determine which exercises will be perfect for you.

Now on to stress. The word alone starts a process in your body that makes you want to 'fight or flight'. The body's natural response to stress is not a good one. Stress has been linked to all sorts of diseases and breakdowns in the body from heart disease to cancer. It is responsible for a lot more human ailments than anyone thought possible. The full effects are just beginning to be unfolded.

Stress itself can come in many forms, from emotional stress to financial stress to nutritional stress. Yes, the foods that you eat can create a stress reaction in the body. Stress causes a lot of undue loading on the body and can upset your circadian rhythms, which can upset your sleep patterns, which in turn can create more stress from being tired.

An increase in stress can also cause an increase in cortisol. Cortisol is the hormone that helps get you up in the morning, however if there is too much of it the body is in a constant state of 'fight or flight'. Cortisol levels are designed to decrease in the evening and melatonin increases in order to help you to sleep. If this balance is incorrect you will have trouble sleeping at night and so the cycle repeats itself.

So when you start to look at the big picture of lifestyle, you can break it down and determine where you could make small changes to help you to change your body.

If you are not happy with what you see, then look at your lifestyle and start to make the changes. Good luck!



A vintage-style poster for a market event. At the top, there's a central illustration of a wooden chair with a crown on top, flanked by two blue birds. Below this, the text 'CUCKFIELD VINTAGE EMPORIUM' is written in large, bold, red and pink letters. Underneath, it says '11am - 4pm' in a smaller font. The location 'QUEEN'S HALL High St, Cuckfield' is written in a cursive font, followed by a yellow banner that says 'Friday 21st June 2013'. The bottom of the poster features a blue illustration of a building. Below the illustration, there's text: 'A FANTASTIC ASSORTMENT OF STALL HOLDERS OFFERING VINTAGE HOME & GARDEN WARES, COLLECTABLES AND CLOTHING... £1 ENTRANCE'. At the very bottom, it says 'TEAROOM SERVING HOMEMADE CAKES, TEAS AND COFFEES.' and includes social media links for Twitter and Facebook.

**CUCKFIELD VINTAGE EMPORIUM**  
11am - 4pm  
QUEEN'S HALL  
High St, Cuckfield  
Friday 21st June 2013

A FANTASTIC ASSORTMENT OF STALL HOLDERS  
OFFERING VINTAGE HOME & GARDEN WARES,  
COLLECTABLES AND CLOTHING... £1 ENTRANCE

TEAROOM SERVING HOMEMADE  
CAKES, TEAS AND COFFEES.

Twitter.com/darceyvintage Facebook.com/cuckfieldvintageemporium



A poster for Hilary May, a garden designer. The name 'HILARY MAY (DA HONJ)' is written in large, green, serif letters at the top, with 'GARDEN DESIGNER' in smaller green letters below it. A small green plant icon is centered below the text. The main text reads 'Design schemes/planting plans to suit all gardens - large or small'. Below this is a photograph of a garden with a white arched gate and various flowers. Underneath the photo, it says 'Bring your garden to life with colour, form and fragrance'. At the bottom, there's contact information: 'Tel: 01444 414674', 'Email: maygardens@virginmedia.com', and 'www.hilarymaygardens.co.uk'.

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## Tea treat for support group

Mid Sussex Breast Cancer Support Group enjoyed the beautiful surroundings of Ockenden Manor last month for a special ladies' tea party. Organiser Ginny Rogers was pleased the social meeting was a success as ten ladies were given the royal treatment at the Cuckfield venue: "They even made us special pink cupcakes!"

The event was the first social for the regular support group that meets in The Old School in the village once a month. Those meetings are run by a Macmillan nurse. The next meeting of the group is on 10th June when the ladies will be the audience to Dr Richard Simcock, expert oncologist at Brighton Hospital. The meeting starts at 2pm and usually finishes by 4pm.

Meanwhile Ginny is planning more social occasions for the like-minded ladies. Next on the cards is a pub lunch but in October she'd love to take a group up to the Breast Cancer Care UK national fashion show at Grosvenor House Hotel in London. For more information about the support group call Teresa Hoskins on 01273 696955 Ext 4111.

## Saddle up for Air Ambulance bike ride

Life-saving charity Kent, Surrey & Sussex Air Ambulance is appealing for cyclists to join its new-look Double 100 bike ride this summer.

The 100 mile or 100km ride on 23rd June will this year start and finish at the Surrey and Sussex helicopter base at Redhill Aerodrome.

Both new routes take in all counties covered by the two helicopters and the 100-mile route will pass through Marden in Kent – the home of Kent Air Ambulance.

Tim Foulkes, partner at Howard Cundey one of the sponsors, said; "With a network of offices based around the counties covered by the Air Ambulance, we are delighted to be the main sponsors of the charity's 2013 Double 100.

"We look forward to welcoming the weary riders to our Forest Row branch, which is going to be a much-needed feeding station on the day."

The Double 100 is open to regular and occasional cyclists, with feeding stations along the scenic route.

To register go to [www.kssairambulance.org.uk/FundRaising/Double100CycleChallenge](http://www.kssairambulance.org.uk/FundRaising/Double100CycleChallenge).

For more information call Julie Clare on 01622 833833 or email [juliec@kssairambulance.org.uk](mailto:juliec@kssairambulance.org.uk)

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# What's on this month

## AT THE QUEEN'S HALL

### May

17th **Cuckfield Crafts and Market** An eclectic mix of traditional crafts and stalls 9.30am - 1pm

19th **Unveiling of the Evacuee Plaque**  
Ceremony at 12noon

30th May - 1st June  
**'Murder in Company' by Cuckfield Dramatic Society** at 8pm. Box Office: Mansell McTaggart or call 01444 452911

### June

- 4th **Cuckfield Museum Talk**  
'The mass observation archive at Sussex University'. Speaker: Prof Dorothy Sheridan  
£3 for Museum members, £4 for non members.  
To book please contact Ann Went on [events@cuckfieldmuseum.org](mailto:events@cuckfieldmuseum.org) or 450982
- 14th **Cuckfield Crafts and Market** An eclectic mix of traditional crafts and stalls. 9.30am - 1pm
- 21st **Cuckfield Vintage Emporium** Vintage finds and decorative antiques 11am - 4pm

## AND ELSEWHERE

### May

- 18th **NSPCC Plant Sale** 10.15am - 1.30pm  
A large selection of perennials, patio and vegetable plants. Light refreshments.  
Entrance is FREE. Held at Brinkley Lodge, London Road, Cuckfield
- 19th **Mid Sussex Ramblers 40th Anniversary Walk**  
Haywards Heath to Balcombe, meeting at 1.30pm at HH Railway Station. After the walk there will be a celebration tea in the Victory Hall, Balcombe from 4pm  
[www.midsussexramblers.co.uk](http://www.midsussexramblers.co.uk)
- 25th **Sussex Chorus 'A Spring Celebration'** HAYDN: 'The Creation' - a Brighton Festival Concert at 7.30pm in St Bartholomew's Church, Brighton  
Tickets: £15, concessions £12, students & children under 16 £5  
Available from: Sussex Chorus Ticket Manager 01444 412579, website [www.sussexchorus.org](http://www.sussexchorus.org) [www.brightonfringe.org](http://www.brightonfringe.org) or 01273 912727 & [WeGotTickets.com](http://WeGotTickets.com)
- 29th **Ansty Garden Club Evening visit to Rushfield** with a talk on Roses

### June

- 1/2nd **Copyhold Hollow** near Borde Hill, **NGS Open Gardens** for Charity. 1-4pm  
Plants for sale. Teas and Cakes.
- 7th **Sussex Mineral and Lapidary Society Illustrated talk** - 'Field trip to the Eifel region of Germany' - Dr Trevor Devon. 7.30 for 8pm at the Redwood Centre, Perrymount Road, HH.  
Call 01444 483041. [www.smls.org.uk](http://www.smls.org.uk)
- 8th **Cuckfield Local market**  
Talbot Inn courtyard  
9.30am - 12.30pm
- 9th **NSPCC Open Garden afternoon**  
Buy a programme from local shops to find list of venues
- 14th **Cuckfield Society Strawberry Soiree & Auction**  
Celebrate 50 years of the Cuckfield Society at Holy Trinity Church Cuckfield. Tickets £15 per person, to include a drinks reception with strawberries & cream, available from Wealden Stores, Window Scene & Flaneur or email [cuckfield.society@gmail.com](mailto:cuckfield.society@gmail.com)
- 23rd **Midsummer Opera with Andrew Rees and the Coro Nuovo Choir**  
St Wilfrids Church, Haywards Heath. 7.30pm  
Tickets available from [www.coronuovo.org.uk](http://www.coronuovo.org.uk)

**CUCKFIELD DRAMATIC SOCIETY**  
Presents

**MURDER IN COMPANY**  
by King and Boland

**QUEEN'S HALL CUCKFIELD**  
Thursday 30 May - Saturday 1 June 2013  
8 pm

Box Office:  
Mansell McTaggart or call 01444 452911  
Tickets: Thurs £7.50; Fri & Sat £9.00

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