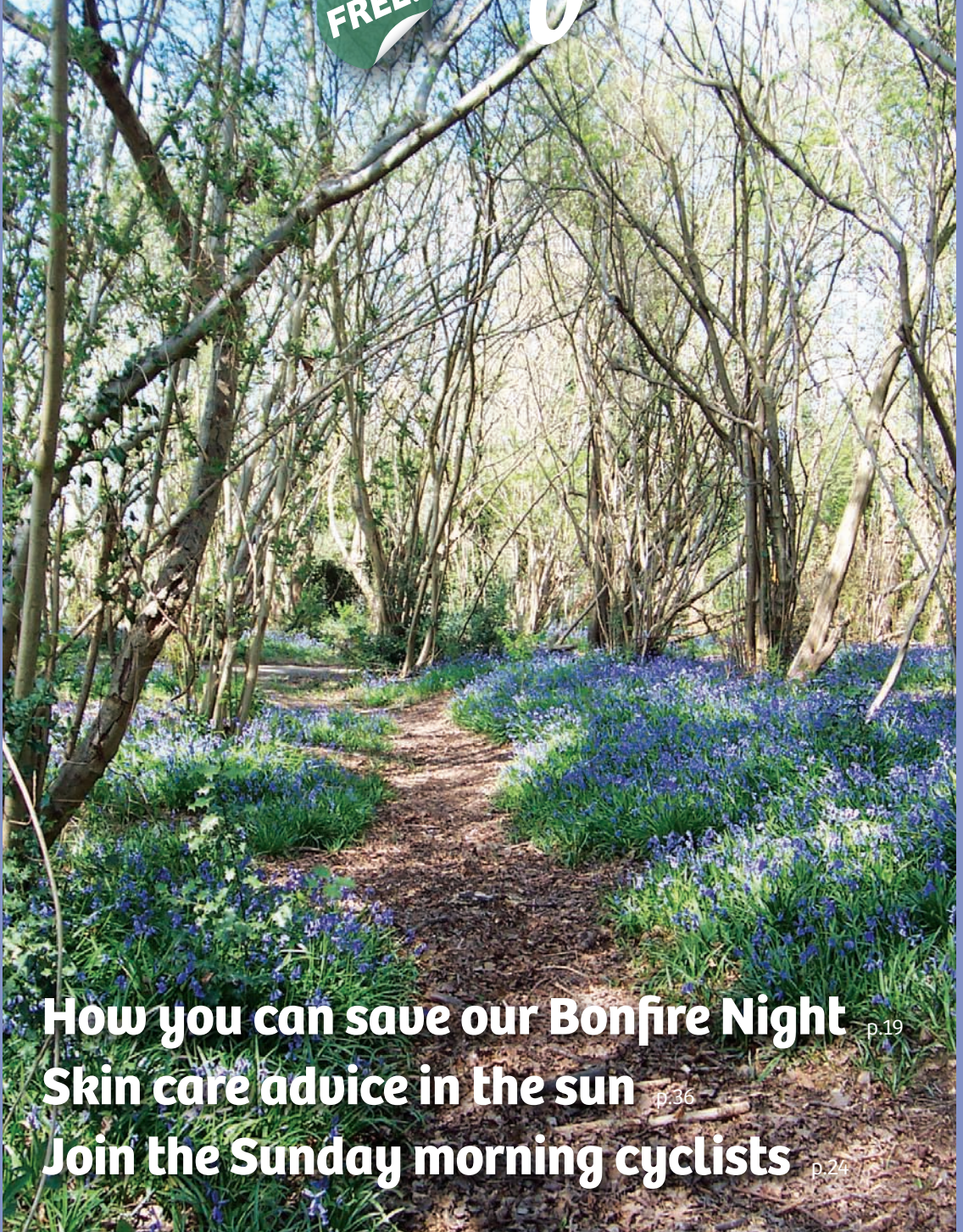


Lindfield Life

*Local village talk,
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May 2010 Issue #14

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Lindfield Life



📷 Sharon Hastings
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THIS MONTH SEES history in the making! The first Lindfield Arts Festival will be taking place on Saturday 15th May and it looks set to be a fantastic village event. There will be something for everyone; from workshops that will stretch your creative talents to those that will teach you new skills. The High Street will be the centre of the activities with exhibitions taking place at a number of venues from All Saints at the top to the common at the bottom. Huge thanks go to festival organisers Leesa Le May and Claire Fuller for bringing us such a great opportunity to celebrate the arts here on our doorstep.

Village People this month introduces us to Robin and Rebecca Belfield of Yellowtale Theatre Company. As part of the Arts Festival, this professional team will be giving us a unique opportunity to be a part of the premiere of a new play by a Sussex-based playwright, Venison. Following the festival the play will be going to The Hawth in Crawley on 4th June but you can catch it in Lindfield first!

Another prestigious event, British Silver Week, will be taking place in our village shortly. With one of only 15 nationwide events taking place in the village, John Higgins is inviting residents of Lindfield to come and see some of the best in contemporary British silverwork (see p.6).

We have a special charity pull-out centre this month too. Two of our local groups are desperate for support in order to keep going – the Bonfire Society and the Scouts are both inviting us to take action and respond to their request for support. So pull out the centre pages and fill them in to show your support of these two groups that provide so much for our community over the year.

Our two-wheeled cycling enthusiast John Barling continues his series with a report from his ride with some Sunday morning cyclists, fashion correspondent Victoria Verner introduces us to the new shop on the High Street – Doodie Stark.

Put your feet up and enjoy Lindfield Life!

Emma Tingley, Editor

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Editor: Emma Tingley <editor@lindfieldlife.co.uk>

Advertising: David Tingley <ads@lindfieldlife.co.uk>

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The Pond: truth and lies!

Richard Mason, Assistant Pond Warden

SOME READERS will remember that my article last month gave details of explorative work at Lindfield Pond. Much of what was said remains true but part was fabricated in the spirit of 1st April and the time honoured ritual of embellishing fact with fiction.

Starting with the facts, Lindfield is home to tunnels. In the 14th Century, where persecution was the fate of some and with the death penalty a severe penalty for the most mundane of crimes, the opportunity of escaping the noose by vanishing was as high a priority then as keeping a weather eye open for speed traps is today. That Lindfield had its own executioner and a designated area at Hangmans Acre says much for the enthusiasm of some to see unfortunates at the end of a rope.

The Tiger Inn, Lindfield's third oldest building and despite the purity of its beginnings as a close colleague to All Saints, had a smugglers connection and its Lordlord Edward Michelbourne did exist and he was a privateer. The use of the River Ouse as a smuggling route is well identified in literature detailing the village's past glories.

Also the facts on the Knights Templar and the Privateer Stede Bonnett are correct. The former were fabulously wealthy and much of their treasure did disappear following the execution of their last Grand Master, Jacques de Molay, in 1314 much to the disgust of the King Philip IV of France who had engineered a deal with the Pope of the day to get hold of the Templar's assets.

Stede Bonnett, also known as the Gentlemans Pirate as he both farmed a thousand acres in Barbados and amongst other civic duties was a Justice of the Peace, existed achieving credence as the only pirate to have a salaried crew of seventy and notoriety as the inventor of the practice of walking the plank. He captured 28 ships with the occasional help of the infamous Blackbeard and was eventually hanged whilst carrying a bouquet of flowers.

The cartel known as the Sugar Interest also existed and their role in the protection of this most lucrative of early international trading is an inspiration to all those engaged in political "spin".

The possibility of finding a fortune under Lindfield Pond is unlikely. To many residents of this most beautiful of villages the pond is and always will be its crowning glory. It is a village asset almost certainly by default and owes its existence to a long ago dried up and forgotten spring. The rainwater running down the High Street now feeds it.

Dr Philip Winsor, John Winkworth and David Roles do not exist nor does the South African mining company Exploratiou.

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The Arts Festival is here at last...

THE LINDFIELD ARTS Festival will be more than exhibitions, performances and workshops. It is a celebration of Lindfield, its community, traditions and people. As the village has so much to offer, the festival has tried to include as much as possible of local culture in the event.

The festival will open on the 15th May with a quarter peal of the bells from the bell ringers of All Saints church, making a beautiful traditional start to the festival day. The Lindfield Bonfire Society will exhibit a series of photographs giving us an insight into the work throughout the year culminating in the Bonfire Night celebrations that we all enjoy so much. Sheep will return to the Common courtesy of Woodland Products who will be creating a chainsaw woodcarving during the day. There will also be an opportunity for everyone to help create Lindfield Community Bunting to be used at future village events.

The festival will also be supporting a number of charities with money raised during the event: - Chestnut Tree House children's hospice, Sussex, The Sussex Community Day Centre, Wivelsfield, (which will be exhibiting some of the art produced by the very talented artists amongst the physically disabled), The British Heart Foundation (who will be receiving donations from Memo at Pierpoint House), the High Street (a collection of local artists showcasing two unique exhibitions) and the Kicheche Community Project in Kenya (wildlife photographer



Janice Tipping will be donating all the proceeds from her talk about her travels through the Masai Mara and Antarctica - 2pm Tiger Lounge).

From 10am on 15th May, the main festival day, Lindfield will be alive with music, dance, performances, exhibitions and much more, something for the whole family. Come and support your community and this new and exciting event. To find out about our exciting workshops and our great end of festival events, visit our website or call Debbie on 01825 790397. Look out for our official festival brochure out soon.

www.lindfieldartsfestival.com

The Jewellery Workshop



Debbie Smith is a qualified jewellery maker and designer, specialising in silver. She has many years experience working within the industry and has now opened up her workshop for the benefit of students who wish to learn the techniques or improve on existing skills

Small classes of up to 5 students allow personal coaching and ensure that all necessary safety measures and equipment use are learnt at an early stage.

Everyone has their own individual workbench and all tools are provided.



Six week beginners courses initially run as a set programme to introduce the student to basic skills, and the opportunity to make some specific pieces of jewellery.

Students then progress to the improver course where they are encouraged to use their skills under expert tuition to produce individual pieces from their own designs

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Celebrate the summer of silver

JOHN HIGGINS Contemporary Silver will exhibit the work of more than twenty contemporary silversmiths from across the UK as part of British Silver Week 2010. His invitation-only selling exhibition, where all the pieces on show are available for visitors to buy, will take place in Lindfield from 7th to 17th June.

This unique event will see all exhibits displayed on open shelves, giving visitors the rare opportunity to pick up and handle the pieces, rather than looking at them through glass cabinets. John says: "I really like people to pick up and touch contemporary silver so they can begin to get familiar with the pieces; it's really important."

John wants to create an informal, relaxed atmosphere for customers to enjoy the exhibition and he will be on hand to answer any questions about the art of silversmithing or any of the 80+ pieces on display. He says: "This is a wonderful opportunity for people to come along, enjoy some refreshments and see beautiful stylish silver from some of the best British talents, all under one roof. Issuing invitations to people means I can provide visitors with sufficient space so they can see everything in their own time and people can easily ask questions."

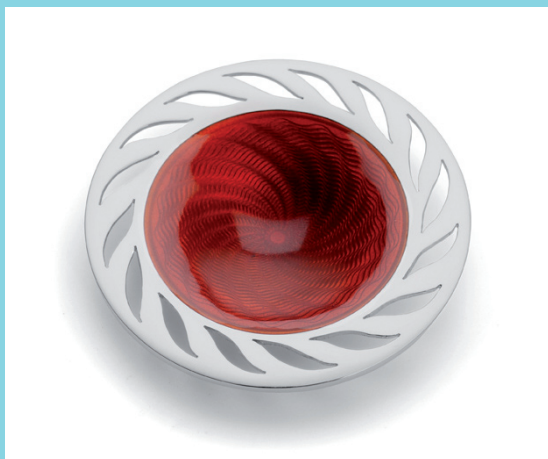
Among the silversmiths showing at John Higgins Contemporary Silver are two of the ambassadors of British Silver Week 2010, Theresa Nguyen and Clare Ransom. Also taking part will be four of Britain's finest master craftsmen, engraver Malcolm Appleby and silversmith Rod Kelly, as well as Angus McFadyen and Brian Williamson. Other confirmed silversmiths include Abigail Brown, Adi Toch, Alan Craxford, Brett Payne, Esther Lord, James Dougall, Marion Kane, Miriam Hanid, Musa Butt, Rebecca Joselyn and Ryan McClean.

Some of the silversmiths' pieces are unique commissions that have been specially made for this exhibition and will not be seen anywhere else. John has hand-selected each and every item on display. He says: "I'm a collector as well as a dealer and I have to like the things I sell. This is more than just a commercial venture – I would be happy to have any of the pieces in my personal collection."

Modern silversmithing in the UK is enjoying a renaissance unparalleled since the 18th century. Contemporary design in silverware is crossing the boundaries between art and functionality – stylish, modern, statement pieces of silverware that reflect modern living.

Now in its third year, British Silver Week is aiming to promote contemporary British silversmithing to an even wider audience in 2010. This year there will be more than 15 selling events held in galleries and specialist shops across the UK, taking place from 7th June. Every exhibition will give the public the rare chance to see the best in British design talent using one of the most precious of metals: silver.

As John likes to give customers time and space to enjoy the exhibition, the event is being held on an invitation-only basis. Anyone wishing to request an invitation to this exclusive, unique event should call him on 07715 491686 or email contemporarysilver@live.com. For more information and news, visit www.britishsilverweek.co.uk.



New chick on the block!

By Victoria Verner



LIKE MANY WOMEN in Lindfield, I was excited to hear about the opening of a new Ladieswear Boutique on the High Street. Imagine my excitement when I was asked to attend the opening of Doodie Stark on 4th March and find out all about it!

My enthusiasm was confirmed as I discovered I was the first to arrive. I was welcomed by the Proprietor's mother, who'd come all the way from Canada to help out with the final weeks of organising. The shop looks fantastic! The decor is just right - a perfect mix of old and new. Contemporary lighting mixed with exposed brickwork and wood flooring. The perfect backdrop for the beautiful clothes.

I was then introduced to the owner, Liz Jefferson, who was obviously running high on adrenalin, nerves and excitement. We had a great chat and then as more people arrived, she greeted and talked 'shop' to all the ladies of Lindfield who had come out to play! By this time delicious canapés were making their way round the room and I felt positively decadent drinking champagne.

So read on to find out more about Doodie Stark and where it all began!

So Liz, what's your background? You've had quite a glamorous career by the sounds of it!

'When I was 18, I went to the London College of Fashion and did a 4 year degree course in Clothing management. Our 3rd year was spent on work placement and I was lucky enough to land a job with John Galiano. ... They offered me a full time position as assistant to the production manager for when I graduated. It was an amazing 3 years as we were involved in the fashion shows each season. It was supermodel era so I was dressing models such as Christy Turlington and Linda Evangelista! Yes, quite glamorous.'

It sounds an amazing experience - where did you go from there?

After working as the Sales Manager for Valentino Jeans UK, I then moved to a company called Sticky Fingers to

sell their women's suiting collections. Finally, I moved to French Connection where I was employed as Head of Sales for the Great Plains brand. I spent 13 years developing the collection and running the sales teams in the UK and abroad.'

It sounds like setting up your own boutique was the next step. Why did you choose Lindfield?

"We spoke to a lot of women around the area who told us that they were always too busy to drive to Brighton and Tunbridge Wells because they usually have to pick up children from school. City centre shopping can be very time consuming."

"We wanted to create a destination shopping experience and attract women from the surrounding areas who want a good selection of brands at affordable prices that can't easily be found on every high street. A lot of women in this area have moved from London and miss the choice of clothing brands that they were used to. We aim to bring a bit of London to their doorstep!"

Where did the name Doodie Stark come from?

"Doodie was my nickname when I was younger and Stark is my maiden name. When I was a little girl I was called Doodie Stark."

It's a great name! The shop looks fantastic - tell us a bit about how you achieved this.

"There were a few hurdles that we encountered as it's an old listed building. We couldn't screw into the walls up stairs so the rails had to be designed to screw into the beams, etc. The fixtures - the tables, cabinets, armoire, etc were the result of endless trips to Kempton Park antiques fair at 6.30am on a Tuesday morning. My husband and I loved rummaging around, trying to find pieces that would be in keeping with the character of the shop. We wanted to create a very warm environment where customers are happy to come and browse at leisure. We've had a lot of lovely comments about the shop fit."



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The clothes are lovely, but how will you ensure that we don't all end up walking around in the same top?

"I have an entry price brand which is Great Plains that provides everyday basics such as long and short sleeved t-shirts and vests that I will carry all year long. The other brands are more exclusive and I only buy a few pieces of each for exactly that reason. I have had customers re-visiting for the 2nd, 3rd, 4th time and they are looking for something new. My aim is to keep refreshing the stock every few weeks."

What other brands do you stock? How did you decide on them?

"Stella Forest, 7 For all Mankind, Paige Premium Denim, Orla Keily, Maison Scotch, Great Plains, Michael Stars, Pyrus, 0039 Italy, Des Petits Hauts, Deeday. I have a lot

of friends/contacts who have independent boutiques around the country. They all gave me advice in abundance and told me what brands to look at and what to steer clear of! I chose the brands that I thought would work well and complement each other in the store and that my customers would love wearing."

"I have ordered from another 6 exciting European brands for Winter and we're also including some footwear into the mix which should arrive in a few weeks time....so watch this space!"

Shoes - Great! You also sell some lovely jewellery – where does it come from?

"I have a few jewellery brands that all do different jobs: Lola Rose for semi precious stones; Big Metal and Ruby Rocket for inexpensive costume jewellery and Fiona Paxton for blow the budget one-off pieces!"

So it looks like Doodie Stark has everything covered for your perfect summer wardrobe. It's so nice to have another option when it comes to shopping for clothes locally. If you haven't visited yet, add it to your list - I guarantee you won't want to leave empty-handed!

At the time of going to press, Doodie Stark unfortunately has just been the victims of a burglary but, I'm pleased to say, they are open for business as usual.



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Heber Opera visits Lindfield

THIS MAY Heber Opera are joined by Sussex-based tenor Andrew Mackenzie-Wicks, who has appeared in leading roles with many of the major British opera companies. Andrew will sing the role of Nemorino in L'Elisir d'Amore, or The Elixir of Love, one of the most performed of Donizetti's many operas.

Nemorino is a poor peasant consumed with love for haughty landowner Adina. His declarations of love are met only with derision and in desperation he buys a love potion from a wandering physician. The potion is in fact only wine but the confidence it gives him unnerves Adina, who tries to take revenge by agreeing to marry Sergeant Belcore (in Heber Opera's production a lifeguard). After another bottle of the elixir however, and a little more suffering for both parties, all is happily resolved, especially for the doctor who is convinced of the efficacy of his potion.

This is a comic opera with much fun and laughter but also with genuine emotion expressed in Donizetti's lyrical melodies. Heber Opera's seaside setting brings freshness to the comedy of the piece but we still care about Nemorino's fate and smile at the happy ending.

The performances will be in Heber Opera's signature in the round style, with the audience involved in the action.

The other solo roles are taken by Veronica Brooks, Steve Hawksley, Nick Forrest and Ann-Marie Forster, supported by chorus and orchestra under the direction of Peter Fender.

Heber Opera will be performing at The King Edward Hall at 7.30pm on Friday 21st May.

Tickets are £12 (£10 concessions) for reserved seats, and £10 (£8 concessions) for non-reserved seats. Call the box office on 01273 736272 (office hours).



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By Emma Tingley

RATHER APTLY IN the spotlight this month are two relative newcomers to the village. Robin and Rebecca Belfield, along with 2-year-old daughter Cora, moved to Lindfield during 2009. Rebecca was brought up near the Ashdown Forest and so when they were looking for a new home within a vibrant Sussex community, for them Lindfield ticked all the boxes. From the outset I really got the feeling that they are both passionate about community and all that brings to family life. And that is not surprising when their professional lives are all about community too - the strong community that is built around life in the theatre.

Rebecca's face beams as she tells me about her memories of her mother taking her to the theatre as a little girl. That magical feeling as the lights go down and the play begins. "I became absolutely fascinated by it" she recalls. But it was a school trip to Stratford that really inspired her to want to make a career of it. "I remember the feeling of standing in what felt like the vast space of the stage and looking out over the auditorium. I use to dream about performing on that stage and I just wanted to work in an environment that I loved" says Rebecca. To make it a reality she studied drama and literature at the University of Essex, but it was during her time there that she began



to become more interested in the business of theatre and how it all came together so she moved into production.

Originally from the Bahamas, Robin's first memory of theatre was of being dragged by a friend to a local amateur dramatics production in his hometown of Royston in Hertfordshire. "From that moment, I was hooked!" he smiles. "The thing that gets you hooked is that theatre is all about community and it becomes your family. You make great friends in such an intensive and creative environment and you get a real sense of achievement. Everyone is there because they want to be and are committed to create something together" explains Robin. Like Rebecca, he too thought that he wanted to be an actor. "Well, that's the bit that everyone sees!" he laughs. So he studied Drama at the University of Bristol and had a great time working at the Bristol Old Vic as well as some smaller fringe venues. But it was during his time there that he too realised that life on stage may not be for him and he began to develop his skills as a director.

After graduating Robin was awarded the prestigious then Channel 4 Theatre Directors Scheme bursary and was placed at the Nuffield Theatre in Southampton. The scheme recognises that good film and television directors often start in theatre and each year three young directors are selected from hundreds of applicants and are placed in regional theatres to learn the ropes with some of Britain's finest. He shadowed the artistic director, and as the assistant director he also learned about the highly uncreative but necessary aspects of theatre such as budgeting, funding applications, policy writing and board meetings.

And it was here that he and Rebecca first met and worked together, directing and producing 'Skinny Dipping', Robin's adaptation of Christopher Marlowe's unfinished poem 'Hero & Leander'. This mythological poem relates the legend of two young people living on opposite sides of the water in what is now north west Turkey. At the festival of Venus, Hero, a young devotee of the goddess of love, is seen by Leander who falls in love with her. She is not allowed to marry a foreigner but Leander convinces

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her to abandon her fears so that they may be together. Robin and Rebecca describe the production in such a way that I actually feel disappointed that I never saw it. The promenade piece started in the studio theatre where the words of the poem ended as the dawn breaks. It was then continued across the road at a swimming pool, where the audience watched from the sides as the water was illuminated with diver's glow sticks. The challenge for a director and producer for a piece of work such as this is to create something out of a non-theatre space, which will still engage with the audience. To the amazement of the audience the actress playing Hero was a silver medalist in the Barcelona Olympics and performed an incredible piece of synchronized swimming.

From this first piece of collaborative work Yellowtale Theatre Company was born and Robin's next brief was to develop a play that was inspired by his heritage. The Bahamas, known as a millionaire's playground and tax haven, is actually a very rural and developing country made up of 700 islands. 'That Bahamian T'ing' was the result and delighted audiences in Southampton so much that it then toured nationally. This personal exploration of his roots tells the story of his parents; the story of a young man discovering new people and a new way of life, the Methodist missionary living in the Bahamas who fell in love with a local girl. His father's diary became the manuscript for the play and both of his parents were crucial in helping Robin and Rebecca to get the atmosphere and the essence of the Bahamian way of life right. "It was a great opportunity to be able to respect my parents and give something back to them" explains Robin, "It was a celebration of their relationship and although they were a little anxious at first, they loved it and were its biggest fans!".


Robin is keen to blend his heritage and artistic values in his work, and now uses the influence of the rural Sussex community in his work. Although currently a staff director at The National Theatre in London, working again with the best of British directors, Yellowtale is his passion and he and Rebecca are developing work that aims to make theatre accessible to people of all ages. From workshops that use drama to demonstrate how you can work together and learn that taking care of the props is just as important to the final production as the leading role, to teaching theatre skills and producing high quality theatre, Yellowtale is committed to creating bold, innovative theatre, designed to delight and inspire.

And their latest project is about to start right here in Lindfield. It's a beautiful and moving Sussex love-story from one of the UK's most exciting young playwrights, Sussex-based Tom Morton-Smith. 'Venison' is a darkly humorous tale of country-pubs, car accidents and the impacts and collisions of finding love. It is the story of Martin, a man who makes his money hunting deer on the Ashdown forest with his 4x4, providing black-market

meat to local pubs and restaurants. He is drawn to the enigmatic figure of Robyn, a waitress who has never truly been close to anybody. Yellowtale are giving us all the opportunity to be a part of this premiere performance as part of the Lindfield Arts Festival on Saturday 15th May. Robin, along with Tom and professional actors, will be leading a workshop where they will be devising and rehearsing this new play. It will then be performed in the evening – so if treading the boards is not for you, then you can still be part of this unique experience by coming along to watch. "If you want to be involved, you don't have to have had any theatre experience. It's going to be about creating an environment for the characters to have a conversation in" explains Rebecca, "It's a fantastic opportunity to be involved in an original piece of work – come and be an artist – help to create something that will only happen on that day." Robin adds, "In my workshops, the participants and I are always surprised by what they can achieve in a short space of time. The skill of a director is not as a dictator but to take what talents are in the room and get the very best from them. It's about helping people to do things that they didn't expect to be able to do, to inspire them and increase their confidence. I love what different people can bring to a production." So be inspired, and become a part of it. You never know, you may discover a part of you that you never knew existed.

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Björn Again – The music of Abba

IT'S HARD TO believe that more than a quarter of a century has passed since ABBA last performed. Their wonderful music retains its global appeal today, with the phenomenally successful stage show *Mamma Mia* about to celebrate its 10th birthday. The film of the same name was a worldwide smash and has brought "The Music" to a new audience.

Since their first outing in 1988, Björn Again have played more than 3500 shows to people all over the world. They provide a feast for the eyes and ears with their authentic ABBA costumes and great sound, not to mention their Scandinavian-ish accents! The Björn Again musical experience has the power to unite young and old in an uplifting evening of dance, song and celebration.

Join us at Wiston House for what promises to be a fantastic opening night to this year's bigger-than-ever Steyning Festival. Hot food and cash bar available on site.

Our appointed sole charity we have chosen to support is The Point Foundation which is Sally Gunnel's charity that sends aid out to Africa and help with Orphanages. Please see more at <http://www.pointfoundation.co.uk/>



Date: 29th May 2010

Venue: Wiston House, Steyning

Time: 4pm gates open

Ticket Prices: £15 Child, £18 Adult,
£60 Family (2 Under 16, 2 Adults)

Available from the Steyning Festival Box Office:
01903 812062.

The Steyning Bookshop, 106 High Street, Steyning,
BN44 3RD.

More Information: info@parkproductions.com



Internationally acclaimed BJÖRN AGAIN show was created and founded in 1988 in Melbourne, by Australian Director and Musician ROD STEPHEN. Not seen as a copy or tribute band but as a satirical parody of ABBA and a brand in its own right, his highly acclaimed show rapidly achieved worldwide cult status. Nowadays Rod's company bjornagain.com, based in Nth London, employs professional session singers and musicians. In the last 21 years the production has grossed more than 35 million pounds from over 3500 performances in 50 countries across the Northern Hemisphere.

Recently endorsed by ABBA's blonde vocalist Agnetha Fältskog, Rod aims to keep his production at the top and continue for as long as people want to hear the much-loved ABBA repertoire performed the way only the Björn Again show does (hopefully for another 20 years!)

**"BJÖRN AGAIN has been
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Benny Andersson
(The Observer OMM, Mamma Mia Film Interview
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Simply Good Food...

By Caroline Young

1ST MAY, May Day, was celebrated in England from the time of the ancient Celts, when cattle were taken up to the lush hillside meadows for the summer, long before the advent of our traditional maypole on the village green. Originally extremely tall and a symbol of virility, the smaller version was introduced in the 19th century from Europe along with the crowning of the May Queen and the dance of plaiting the ribbons.

"All around the maypole we will trot
from the very bottom to the very top
On the first of May first come the
buttercups

Then come the daisies' then come the
gentles, then come the ladies"

Happily, Whitsun also falls in May and brings with it the promise of warmer weather and spring blossoms. It is also the time when some of the very first new season's home-grown vegetables appear, the first Cornish new potatoes and slender crisp spears of English asparagus. Make them the star of your menus.

Asparagus with Bacon

Serves 2

Steaming is the traditional way of cooking this wonderful vegetable to serve with melted butter or Hollandaise Sauce but I prefer to grill, roast or stir-fry after snapping off the woody base of the stems.

First make the dressing: put 2tbs olive oil, 2tsp white wine vinegar and 1tsp wholegrain mustard into a small bowl. Whisk to combine and season to taste.

Cook 150g penne pasta to packet directions.

Cut 115g smoked back bacon into narrow strips. Cut 225g trimmed asparagus diagonally into 5cm lengths.

In a wok or large frypan cook 1 small finely sliced onion in 2tsp olive oil until just beginning to brown. Add the bacon and cook until just crisp. Drain off any excess fat, add the asparagus and cook, stirring, until just tender when pierced with a knife.

Thoroughly drain the pasta and add to the wok with the dressing. Gently combine and serve topped with shaved Parmesan cheese.

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Hot Potato and Herb Salad

Serves 2-3

Cook 450g new season's baby potatoes until just tender.

Meanwhile, in a salad bowl, whisk together 2tbs white wine vinegar, 1tbs clear honey, 50ml olive oil and a good seasoning of salt and pepper.

Drain the potatoes and immediately add to the dressing, gently stirring until they are all coated. Add 4 finely sliced spring onions and 2tbs each chopped chives and parsley.

Serve warm with freshly cooked soft-boiled eggs or thick slices of home-cooked boiled bacon. Delicious !



Pineapple Crush and Mocha Swirls

Two quick desserts to appeal to the children.

Pineapple Crush: drain a 425g can crushed pineapple over a measuring jug and add water to the juice to make 150ml. Add a 135g pineapple jelly tablet and heat to dissolve (1-2 min in the m/wave). Stir into the pineapple and leave until cool.

Whip 150ml whipping cream to soft peaks and fold into the jelly. Spoon into individual glasses and chill.

Mocha Swirls: stir 1tsp instant coffee into 150ml milk and heat to dissolve (1 min m/wave). Add 100g miniature marshmallows and heat (2min m/wave). Stir until smooth. Leave to stand until cool but not set (stir once or twice).

Whip 300ml whipping cream to soft peaks with a drop of vanilla extract. Fold into the cooled mixture.

Melt 50g chocolate (broken or drops). Add one third of the marshmallow mixture and gently fold in. Spoon the chocolate cream over the vanilla cream and very lightly mix together to give a marbled effect. Spoon into individual glasses and chill.

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Desperate plea to save Lindfield's Bonfire Night

Photo by Andrew Forsythe



Community pull-out Special

DUE TO NEW Health & Safety regulations being imposed and the rising costs of materials, the Lindfield Bonfire Society is struggling to raise enough money to keep this historic tradition alive. With costs of approximately £9,000 to stage a Bonfire Night (which is solely raised by donations and Lindfield Bonfire Society fundraising throughout the year), we desperately need the financial support of the people and organisations of Lindfield.

How can you help?

We are asking the people of Lindfield for just £10.00 per year by becoming a member of the Lindfield Bonfire Society. For this, you will receive our monthly newsletter and be a part of supporting this local event. If you are able to offer more, please fill in the form stating your desired amount.

We are also looking for corporate sponsorship which, depending on the package, could include your organisation's name in fireworks on Bonfire Night, free advertising in our society programme, a VIP area from which to watch the fireworks and you will also receive our monthly newsletter to keep abreast of the Society's fundraising activities.

Please dig deep into your pockets to keep this unique village tradition going by completing the standing order form overleaf and returning it to either:

Alison Eggert-Hobbs, Field View, Spring Lane, Lindfield, West Sussex, RH16 2RF or a LBS standing order box situated in The Standup Inn in Lindfield High Street.

Please contact Alison Eggert-Hobbs on 01444 484752/ alison@lawnevents.co.uk for more information on corporate sponsorship opportunities or Jenny Denyer 01444 482500 for membership enquiries.

See over...

Standing Order Mandate

Please complete and return this form to Lindfield Bonfire Society, c/o Alison Eggert-Hobbs, Field View, Spring Lane, Lindfield, West Sussex, RH16 2RF, or a LBS standing order box situated in The Standup Inn in Lindfield High Street. We will take a copy and forward it to your bank or building society. Thank you.

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Sort Code: 20-49-76

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Support Lindfield Bonfire Society to save Bonfire Night



1st Lindfield Scout Group – Grand Summer Raffle 2010

By Nick Hagger

WE HOPE YOU will buy these tickets (see over) for our Grand Summer Raffle 2010 to help us rebuild our scout hut. Please return the ticket stubs and money to: Heart and Soul Gifts Shop, 66 High Street, Lindfield, RH16 2HL where extra tickets can be bought. The draw takes place on Saturday 5th June 2010 at Lindfield Village Day on Lindfield Common, where 1st Lindfield Scout Group will be promoting scout activities and selling BBQ burgers and soft drinks. The raffle prizes include: £250 cash, £150 sailing course voucher from the Ardingly Activity Centre, £100 Touch Screen Mobile Phone, £100 Millets/Blacks Gift Card, plus many other prizes. Ten percent of the raffle takings will go towards the St Dunstan's Charity for blind ex-servicemen and women. Mike Scholes, a Lindfield resident and former hot air balloonist but who became severely sight impaired in November 2007, has been raising funds for St Dunstan's Charity by walking to the North Pole in April 2010 pulling a 50kg sledge. You can still donate to his charity by visiting his website at www.northpole2010.org.

1st Lindfield Scout Group, formed in 1912, is one of the oldest scout groups in the country. Its scout hut is located on Eastern Road, Lindfield. It is a former WWII Canadian Air Force hut but is now well beyond its economic life and has become increasingly expensive to maintain. We plan to rebuild the hut in the next 2-3 years. To that end, we have significantly increased our fundraising activities. For 2010 these include: Lindfield Arts Festival, Lindfield Village Day, BHF London to Brighton Bike Ride (20 June), Barn Dance (July), Haywards Heath Emergency Day (Sept), Quiz Night (Oct), Lindfield Bonfire Night, Lindfield Village Night (Dec), Bag Packing at Sainsburys (Dec) and The Great 1860s Lindfield Treasure Hunt (end Dec).

1st Lindfield Scout Group has expanded significantly in the last couple of years. Currently, the Group comprises approximately 40 Scouts (ages 10-14), 30 Cubs (ages 8-10) and 30 Beavers (ages 6-8). 30% of our Scouts are girls. Each section has a waiting list. The Group has some 20 adult leaders, Assistant Leaders and parent helpers. We also have other groups which use the hut including Haywards Heath District Explorers (ages 14-18) and 150 children from a local dance group (ages 4-16).

The Scout Association in the UK provides adventure activities and personal development opportunities for 400,000 young people aged 6-25. Internationally there are over 28 million young people enjoying the benefits of Scouting across 216 countries. 1st Lindfield Scouts is one

of 14 groups in the new Mid Sussex Scout District which offers a fun, exciting and balanced educational programme for young children to learn life skills. There are six Programmes for the Scouts: Beliefs and Attitudes, Community, Fit for Life, Creative Expression, Global, Outdoor and Adventure. The Programme is a continuous progression of training, activities and awards that covers everything that young people do in Scouting.

Scouting is about being with friends as well as part of a team. Scouts are encouraged to participate in a wide range of activities as part of their programme. Their achievements are recognised with Challenge Awards and badges. The Scout section has 69 Activity badges and six Programme badges. Their ultimate target is to achieve the Chief Scout's Gold Award. Half of the Programme is outdoors participating in traditional Scouting skills such as: camping, cooking, hiking, climbing, abseiling, canoeing and sailing. On 27th/28th March, 8 1st Lindfield Scouts successfully participated with 280 other scouts and explorers to hike 25 miles for the 2 day annual Overland Hike on the South Downs carrying rucksacks, food and camping equipment. The Group is also involved in community service and protecting the environment. The Group has adopted a local Nature Reserve in Lindfield as a long-term conservation project.

In the UK there are over 30,000 young people on waiting lists to join scout groups due to the lack of adult volunteers. If more adults helped out this would allow more young people to experience the adventure of Scouting. Why don't you spend more time with your child to learn and teach new skills and contribute to your community by volunteering? Everyone has a skill or ability that they can pass on to our young people. We always welcome any help from adults. Any queries relating to 1st Lindfield Scouts, please go to the contact page on our website at <http://www.lindfieldscouts.org/contact-us/>

Raffle tickets on next page>>>

1st Lindfield Scout Group
Grand Summer Raffle 2010

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1st Lindfield Scout Group
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GRAND SUMMER RAFFLE 2010

... In aid of rebuilding 1st Lindfield Scout Hut ...

1st Prize: £250 cash

2nd Prize: £150 Sailing Course Voucher for Ardingly Activity Centre

3rd Prize: £100 Touch Screen Mobile Phone 4th Prize: £100 Millets/Blacks Gift Card

... and many more prizes ...

To be drawn on 5th June 2010, at Lindfield Village Day, Lindfield Common

Promoter: 1st Lindfield Scout Group, 55 Noahs Ark Lane, Lindfield, West Sussex RH16 2LU
Registered under the Gambling Act 2005 with Mid Sussex District Council

• Tickets £1 each •

10% of the raffle will be donated to St Dunstan's Charity for the Blind ex-servicemen and women
Please see the article on 1st Lindfield Scouts in Lindfield Life - May 2010

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Cycling in Sussex

Back by popular demand our roving correspondent on two wheels sets us off on the right course for a summer on the bike!



By John Barling

VENTURE UP the High Street around a quarter to nine on a Sunday morning and you might see the regulars collecting their newspapers or a few early churchgoers, but if you happen to glance down Denman's Lane you might just spot a group of lycra clad cyclists mustering for their weekly excursion into the quiet Sussex byways.

Led by Bob White, a familiar face to many parents in the village as Head of Lindfield Primary School, this informal and friendly group of cyclists has grown from its humble beginnings 4 years ago to its present complement of around 8. Bob, a keen Crystal Palace supporter and with a passion for cricket, was prevented from continuing in competitive football due to a knee injury but still manages to lead an early morning, midweek, cross country group as well as taking to two wheels most Sunday mornings. "We're usually back by 11 at the latest", explained Bob "so that we can still spend time with family or pursue other interests." A great way to keep fit and enjoy good company, I thought. "We have riders from different walks of life – a traffic policemen, an IT expert, a school governor, a trainee teacher, parents and a hairdresser". Hilary is probably better known in Lindfield for her barbering and hairdressing skills but is also an accomplished cyclist.

You don't have to be superfit to join the group – Bob welcomes new riders – and you don't have to come every week either. Just turn up at 8.45am. Favourite

routes are the round trip to Fletching (see Lindfield Life – April 2009), to the South Downs via Hundred Acre Lane through Streat or up on to the Ashdown Forest via Danehill or Nutley. Bikes range from sleek racing machines to friendly hybrids, like Bob's, with chunkier tyres. Conversation generally steers clear of work after

first introductions and drifts into politics, the economy, books or music as well as the usual friendly banter. Hmm...I might just learn a thing or two here.

When I joined Alan, Henry and another Bob recently for a taster ride on to the Ashdown Forest, these established 'members' were friendly and welcoming and always waited for me at the top of any long climb, so my ordinary (and occasionally off-road) hybrid didn't feel one bit intimidated by carbon fibre frames and super sleek racing tyres. I thoroughly enjoyed the experience. Thanks, guys. So, if you're tempted to get the bike out and try a taster yourself, why not drop Bob an email at rwhite@wsqfl.org.uk. Alternatively, try

the following route first, either in whole or part, at your own pace – and then get in touch with Bob.

Leave Lindfield along the Lewes Road towards the A272, turning right to cross this fast and busy road with care, and then left down Slugwash Lane through quiet woodland and open country to Wivelsfield Green. Freewheeling down the initial fast descent should be tempered with judicious braking to avoid a spill at the sharp right hander at the bottom. At the next T-junction, after a short sharp climb and gentle descent, turn left and then right opposite the builders merchants, past the new Primary School, taking the right fork into Hundred Acre Lane. Carry on for another mile or so past working farms and mature houses, turning left and then



(l to r) Bob, Henry, Alan, Bob White and Pete, 'mustering' on Denman's Lane

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Andy Hannah, 74 Fieldway, Lindfield





almost immediately right, over the level crossing on the Eastbourne line and continue to the picturesque hamlet of Streat, nestling in woodland under the watchful spire of Beacon Church.

If the ground is reasonably dry it's worth a diversion along the bridleway, almost opposite the church, to Plumpton Racecourse.

The racecourse began life in the late 1870s as a hare coursing ground on the site of Ashurst Farm but was later turned over to steeplechasing (so called because of its origins in races on horseback between neighbouring church steeples), hurdles and flat racing which continue to the present day. The first horse race meeting was in 1884. The course has also seen many other activities over the years to support the business – pop concerts, conferences, camps etc. Last year its staff won the coveted National Hunt Groundsmen of the Year Award, beating the likes of Cheltenham and other big names.

The bridleway emerges on to the lane south of Plumpton Green, which if pursued southwards emerges on to the B2116 directly opposite a further bridleway which climbs steeply westwards on to the South Downs. Such routes up the steep northerly escarpment of the Downs are known locally as 'bostals'. The view from the top on a clear day is really quite stunning, stretching from Plumpton College immediately below to the Ashdown Forest on the northern horizon. Off-road enthusiasts can enjoy the westerly route

along the Downs via Ditchling Beacon to Jack and Jill windmills overlooking the village of Clayton, sharing it on a fine weekend with other cyclists, walkers and horseriders.

If time allows, visit Jill windmill on a summer Sunday afternoon and explore its inner workings as one of the many volunteers recounts its recent history. The present structure is believed to have been built on the outskirts of Brighton in 1821 and hauled to its present site by oxen. Falling into disuse in 1906 as a working mill it served for a time as a guest house but was later lovingly restored, commencing in the late 1970s until Jill started producing flour again in 1986.

The safest route down to Underhill Lane in Clayton is to follow the bridleway along the fenceline from the far end of the car park, across the field and through a small wooded area; avoid the busy A273 if possible – the descent is fast and the right turn difficult in traffic. Turn right and follow the lane eastwards to the foot of the Beacon. Cross the road

and continue along the easterly leg of Underhill Lane, joining the B2116 at Westmeston where the road again follows the foot of the Downs. After another mile watch out for the left turn to Streat, which is reached after a gentle freewheel and slow climb back up to the church. The route home simply retraces the outward journey. My iPhone Cyclometer App shows this memorable route to have been approximately 25 miles – in my view one of the prettiest 25 miles around. I'm sure Bob would agree.

Next month we'll be looking at child friendly cycle routes within a short drive of Lindfield and also getting ready for the annual invasion of 27,000 riders en route to Brighton for the British Heart Foundation.



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CARING HOMES

At work in the village

OPEN FOR BUSINESS

By Gabrielle Hall

LINDFIELD IS FORTUNATE to have a fantastic selection of specialist shops and none more so than Artyfect. Since opening the doors of its art shop in September 2007 and launching a hugely successful website www.artyfect.com, the business has gone from strength to strength. It now supplies an incredible variety of fine art materials to customers far and wide.

Artyfect is very much a family concern for artist and mum Julia, and two of her sons Alex and Nick. Julia runs the studio and gallery in Ardingly, which is home to her work and a programme of classes, whilst Alex and Nick take care of the retail and online shops from two different premises in Lindfield. I met up with Alex who runs the art shop to find out more.

As someone who enjoys drawing, painting and generally allowing her creative juices to flow, I felt like a child walking into a sweet shop. Artyfect is full to the brim with paints, pastels, pencils and paper, in every colour imaginable. With over 22,000 products spanning 8,000 different product lines it is easy to see why it has become such a popular destination store. From professional artists and designers, to students and teachers, and parents needing to amuse children during rainy days at home, there's something to suit every age and ability.

"First class customer service is crucial to our business" says Alex. "For me it's really important to provide reliable and honest advice and I like to ensure that customers take away exactly what they need. It's easy to spend a lot on specialist materials, especially when starting a course and the very first 'shopping list' can seem a little daunting. I would rather see customers try the basics and return to buy higher quality, more expensive materials as their confidence and experience grow" he continues. "Our aim here is to provide premium products and a premium service."

The range at Artyfect can certainly be described as 'extensive'. With over 60 designs of easels in stock I would hardly know where to begin and I feel it's essential to be guided. "The warehouse has helped enormously as we can buy larger quantities now and have a much stronger buying power. This means we can offer our customers excellent prices and we often run special offers and promotions, especially on the web" says Alex.

One of my favourite products is Decopatch which is based on the craft of decoupage, using small pieces of

decorative paper to embellish a variety of objects. There are some wonderful figures available to decorate and a colourful range of papers. Passers-by can't fail to notice the colourful Decopatch giraffe that sits outside the shop and welcomes visitors in!



Artyfect is one of the sponsors for the Lindfield Arts Festival which takes place this May. "We are providing prizes for the competitions" say Alex. "I am really excited about the festival, it's going to be a great way to introduce the local community in Mid Sussex to the world of art".

So come along, be inspired by Lindfield and the wonderful world of Artyfect. Visit the retail

shop at 43 High Street in Lindfield and online at www.artyfect.com and until next time readers ... creatively yours x

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The only children's hospice in Sussex:

AT LAST MAY is here! Later on this month the many people who have been involved in the organisation of Lindfield's first Arts Festival will be able to breathe a sigh of relief as all the hard work and heartache involved in pulling together such a big event will be over. On 15th May, Lindfield Arts Festival will be in full swing and for the residents of the village and the surrounding area it will be a fantastic opportunity to experience a wide range of arts as well as raising some much needed funds for the only children's hospice in Sussex, Chestnut Tree House.

Chestnut Tree House near Arundel cares for children and young adults from 0-19 years of age with progressive life-limiting and life-threatening illnesses from all over the county. Completed in 2003, the hospice provides a 'home from home' environment with 10 children's bedrooms plus 8 family rooms, a wet and dry play area, computer and music rooms, a multi sensory room and hydrotherapy pool. The house is set in beautiful gardens within an area of outstanding natural beauty.

There are potentially 400 families with life-limited children in Sussex. Chestnut Tree House offers support for the whole family including psychological support, care in bereavement therapy, end of life and respite care and sibling support. It costs approximately £2 million per year to provide the hospice's services. Families are not charged for their care and the hospice receives very

little government funding, so it relies almost entirely on the generosity, help and support of the people of Sussex. Every year they help hundreds of families to cope with awful sadness and suffering, giving them the support they need to face this most difficult of experiences with courage and confidence.

Caring for a sick child is a round the clock, exhausting job so it is important for the whole family to have a break, to take time out and relax. Chestnut Tree House provides care for children and young people who have life-limiting illnesses - such as Muscular Dystrophy, Cystic Fibrosis, Hunters Syndrome, Spinal Muscular Atrophy, multiple disabilities, cancer and progressive genetic disorders - which means that they will probably die before they reach adulthood. No two days are alike at Chestnut Tree House but the team, which includes nurses, carers and play & music therapists, endeavour to create a home from home atmosphere, somewhere where it is possible for the children and families to spend time together, to do things they wouldn't normally be able to do and to create special memories together.

The care provided at Chestnut Tree House is 'holistic', meaning that they care for the whole family by providing practical support, enriching experiences and the ability to live life to the full in a very special place. That care and support extends to mums, dads, grandparents, brothers

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Chestnut Tree House

and sisters. They offer a truly holistic approach, caring for the whole family - providing recuperation and relaxation for exhausted parents, making siblings feel special and giving grandparents the chance get involved. Chestnut Tree House really does make a difference in the day-to-day lives of these special families. They aim to offer a fun and relaxed atmosphere and a place for building memories, for fun, for laughter, for friendship - meeting with people who know you for who you are. Chestnut Tree House is a place for living, and for living life to the full.

This very special children's hospice offers a range of services that includes:

- Specialist advice about treatment, medication and medical conditions
- Support for families, children, and young people following diagnosis is provided and short breaks within the hospice or family home.
- Nursing care, practical and emotional support in the family's home
- Teaching, supervision and support for parents, colleagues and other professionals
- 24 hour support for children requiring care in the terminal stages of their illnesses
- Bereavement support for families and carers

Support 'CHESTNUT'S CHALLENGE'



For every life-limited local child that Chestnut Tree House is caring for, there is another child somewhere in Sussex that we are not caring for. Please help us meet the challenge of reaching every one of them. Without our support, families with life-limited children face overwhelming hardship and we simply cannot let that happen. That's why we have launched Chestnut's Challenge. This major project involves everyone in Sussex - and works in three crucial ways.

Chestnut's Challenge:

- For our Care Team - to find and care for every life-limited child in Sussex who needs our support. We've given ourselves three years to meet that challenge.
- For local life-limited children and their families, to make the most of every precious day they have together.
- For you, is to help us raise the money we need to pay for that care.

TAKE THE
CHALLENGE,
PASS IT ON

'Take the challenge, Pass it on' is Chestnut Tree House's online challenge. It's free and will only take a minute or two of your time. Best of all - it will help every life-limited child in Sussex!

We would like you to actively help create awareness for Chestnut's Challenge by passing on the series of films we're creating in 2010. It's very simple - just visit www.challengesussex.org.uk. This will take you to the 'Take the Challenge, Pass it on' webpage. Here, you can watch the first film in a series featuring our Chestnut's Challenger characters, together with lots of other entertaining items to watch.

You can also 'Take the Challenge and Pass It On' by visiting our Facebook Group, Challenge Sussex, or by following us on Twitter at Challenge Sussex.

So we hope that you enjoy the Lindfield Arts Festival & make it a fantastic fundraising event for our local children's hospice. www.chestnut-tree-house.org.uk



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Inheritance Tax – The Voluntary Tax?

By Stephen Gallico

FOR ANY PERSON or couple whose assets are worth more than £325,000 (for a single person) or £650,000 (for a married couple) Inheritance Tax ("IHT") is a major threat to the inheritance they want to leave to their children. IHT is payable from your Estate at a flat rate of 40% on all assets over the limits shown above. Remember your Estate may include substantial lump sums from life assurance and pension policies. It is an uncomfortable thought that many people are financially better off dead than alive.

However, there are ways of avoiding large IHT bills for your children. For example:

- Existing life policies and pension plans should be written into a flexible trust for your partner and children. If not 40% of any lump sum can be lost in tax.
- Short or medium term policies can be set up in trust for your children, particularly for the costs of their upbringing and education. These can provide generous protection at little cost.
- Grandparents can set up tax-free trust funds for their grandchildren.



IHT can be a particular disaster if a couple die leaving young or teenage children. The tax is just the same as for a couple who live into old age. Proper arrangements can greatly reduce the tax.

Life assurance and pension plans should be arranged only with independent financial advice. However, proper trust arrangements are essential as part of overall planning and we are happy to advise as required.

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By Jacqui Smith, interior designer

THESE DAYS THE kitchen fulfils so many different briefs, no longer used solely for the storage and preparation of food but now a space for entertaining, working and playing. Whilst aesthetics are important, a kitchen should be practical and functional, working with and for the family living in it. When planning a new kitchen consider first who will be using it and for what purpose; do you entertain a lot, do your pets eat and sleep in the kitchen, is the space used for homework or do you run a business from it or is it the nerve centre for household admin?

Start by assessing the space. Does the footprint of the room afford enough space for your needs, could you extend? Try to start from a blank canvas – the four walls, windows and doors rather than being too influenced by what you have now. Consider where the key elements of your kitchen might go. The work triangle (the relative positions of your sink, oven and fridge) is the best starting point and the locations of these key components require thought for practical as well as safety reasons. Is having your sink beneath a window key for you? Do you need to accommodate a large American style fridge freezer; will you want a range style cooker or split hob and oven? Perhaps you might like to incorporate a breakfast bar or island unit or, if space permits, a table?

A realistic assessment of your storage needs is key. Consider what you have, what you might wish to display and what doesn't work in the room at the moment. Well thought out lighting schemes help define the different areas of the space and allow you to create the appropriate moods. You will of course need task lighting for cooking; usually a combination of directional ceiling spots or down lighters. Under cabinet lights will add an extra layer of light for tasks, creating a softer mood when dimmed. A warmer kitchen mood can also be achieved by fitting lights at kickboard height, washing the floor with a soft pool of light. Pendants on dimmers are ideal for over the table allowing enough light for homework and dimmable for an intimate dinner.

Whilst kitchens can be freestanding as well as fitted, a combination of the two can provide a more unique look to a kitchen. Painted wall cabinets against wooden base units achieves a less fitted look and free standing dressers and sideboards made to match have the added benefit of being movable should you decide to move house.

Like any scheme a kitchen design will work best when you stick to a palate of colours; two base colours usually defined by your cabinetwork, worktops and flooring and then the injection of an accent colour usually in the form of accessories, window treatments or perhaps your Aga. I have a friend who designed her entire kitchen diner around her much yearned-for red KitchenAid mixer.

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A funny thing happened to me on the way to my garden

Neal McNamara, Lindfield Horticulture Society

YOU CANNOT OPEN a newspaper at this time of year without being bombarded from almost every page by advertisements trying to persuade one to purchase this and that gardening implement which will totally revolutionise your garden working habits. It appears everything is going to be so much quicker, easier and the end result will be much better; promises, promises, promises just like politicians. Have you seen any advertisements for bargain priced Floating Duck Houses or for Moat Cleaning?!

Grass Mowing is looming on the horizon but not much has changed or improved with lawnmowers since they were introduced in the 1800's except the addition of motors. Advertisements for these machines always show a beautiful green, even and level sward which is rarely seen in ordinary gardens.

Our lawn, a misnomer if ever there was one, is a nice green, a moss green; it is sorely in need of a good scarifying.

Our elder son's dog has done his best in this direction but is a bit haphazard. There I go again, another area where improvements have been made to equipment to the great benefit and relief of keen gardeners.

Unless you are blessed with a very small lawn endless hours of raking with a flimsy wire lawn rake seem only to create back pain and an almost unquenchable thirst for hot coffee. Now this business of frequent coffee breaks is very important for as every good gardener knows "Life is too short to drink bad coffee".

Electric lawn scarifiers have contributed to an improvement in lawns generally and a reduction in the medical profession's workload on Mondays to relieve back pain.

It will not be long now before funny little seedlings start appearing in lawns. Yes, Hazel saplings making their presence known and indicating the presence of the Grey Squirrel salting away nuts for their larder. Unfortunately they either store more than they need or their memories are getting fragile just like us gardeners. If you live in Formby, Lancashire or a few other sites in Great Britain you can see the Red Squirrel which does not pose a threat to our wildlife. The Greys do untold damage to birds, raiding nests for eggs, even taking small hatchlings. Digging holes in the lawn to bury nuts is I suppose a form of aeration so perhaps they do serve some use.

*Pain?

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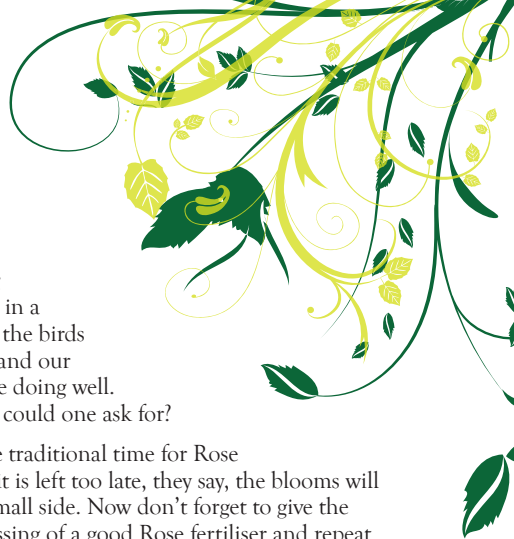
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This now takes us on nicely to the important spring lawn preparation, to get it into fine fettle for the summer which we are told is yet again to be a BBQ summer. Good aeration is important to help drainage and let oxygen get to the roots. On small lawns a garden fork can be of use but may result in sore feet and a need for another coffee. There are implements advertised which are alleged to make this task easier and more effective but I have yet to be convinced as these machines are too light. For larger lawns there are motor driven models which are good and heavy and have hollow tines and are very expensive. Tool hire shops no longer stock these machines; they say they broke down too often to be cost effective. You can overcome this problem as there are firms that will take on the health of your lawn like your doctor looks after you.

You will be able to maintain a good lawn as long as you give it a good boost by dressing it with a fertiliser early and throughout the growing year and stop the grandchildren playing football on it when it is very wet.

We once had an elderly neighbour who was a very keen and successful gardener who used to complain that nothing was growing as it was too dry, as soon as it rained he would moan that all the weeds were growing too fast!

Positive, yes let's be positive, spring is here at last (at least for a few days). Daffodils are in bloom, early Magnolia

are doing well and our borders are showing early shoots in a vivid green, the birds are nesting and our seedlings are doing well. What more could one ask for?

Easter is the traditional time for Rose pruning; if it is left too late, they say, the blooms will be on the small side. Now don't forget to give the Roses a dressing of a good Rose fertiliser and repeat at intervals during the growing season. Do all this and you will have blooms to exhibit at the Lindfield Horticultural Society Summer Show.

What is better than home grown salads? If you do not have an allotment or space for growing vegetables, why not grow your own salads in large pots? It is quite easy. I use two large plastic pots about eighteen inches in diameter, one for Cut and Come Again Lettuce, the other for Rocket which I can keep going all the year round, both a great saving food expenditure.

Now that grass, it really does need a cut.



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Good4you

By Christian Bates

Can't shift the weight?

HAVE YOU EVER tried a weight loss programme that worked for a friend but not for you? Or are you eating really well and exercising and the weight is still not shifting? In cases like these it probably means that the weight loss diet you are using isn't right for your metabolism, or the exercise programme you are using is not at the correct intensity for you. Let's look at two simple examples, perhaps you are on a low fat diet, and it isn't working. This would indicate that potentially you would be better on a diet higher in protein and fats than carbohydrate. Or it might be the other way around and you might lose weight on a more vegetarian/carbohydrate diet. What about exercise? If you are working really intensely, but at the same time you have a lot of stress in your life your body may take intense exercise as more stress and actually hold on to the weight in a protective manner for future fuel!

Other underlying problems of weight gain include hormone imbalances. Women tend to suffer more with these, and problems in their monthly cycle can give clues here. The weight gain when the female hormones are out of balance tends to be all over but especially on the buttocks and breasts. However, the adrenal gland hormones, cortisol and adrenaline, can have a major effect on men and women and usually the weight gain area that indicates this is around the tummy. The thyroid is another hormone producing gland that weight gain can be blamed on. Symptoms related to a sluggish thyroid include constipation, cold hands and feet, tiredness, lack of energy, thinning hair and weight gain on the thighs to name a few. A simple test to check your thyroid is to take your temperature first thing in the morning, before you have even got out of bed, for 5 consecutive days. If your temperature is consistently under 36.6°C then you may be low thyroid and this might be playing a part in your weight gain. For further investigation you would have to consult your GP for a blood or saliva test.

Food allergies and digestive issues can also make the pounds go on. Many patients comment that after removing wheat from their diet they lose a lot of "water retention", and very rapidly. I would say this is more down to an intolerance to the wheat rather than truly losing fat cells. Food allergies go hand in hand with digestion problems, like heart burn, irritable bowel or constipation etc which can play a role in the cause of the intolerance.

So for a complete approach to weight loss, have a look at your whole health and lifestyle. Do you have digestive problems, food intolerances, stress or emotional issues or hormone imbalances that you know of? Try tackling each of these in addition to improving your diet.

POETRY CORNER

Snugglers

by Wendy Swinton-Eagle

We snuggle down together,
The cat, the Mutt and me.
Some people say, "How scandalous-
Two pillows between three"

They cry, "How unhygienic
Four legs to share with two!"
But on these chilly winter nights
We're safe and warm -Are you?

BOOK REVIEW

Beast Quest - Ferno The Fire Dragon

by Adam Blade

Dylan Harries (aged 8)



Beast Quest is about a young boy who goes on quests. Every time he faces a new magical beast he has to either defeat or free the beast and when he finishes the quest he gets a magic gift which helps him on his journey. The boy's name is Tom.

Tom starts off as an ordinary boy but when he takes a trip to see the King a wizard who is sitting next to the king realises that he is the boy who will free six beasts who are under an evil spell caused by Malvel the dark wizard.

Tom must go into the mountains to face the first beast, Ferno the fire dragon. On the way to the mountains Tom meets a girl called Eleana who has a pet wolf and who will help him along his journey.

There are lots of books to collect in the Beast Quest series, why don't you try some?

If you'd like to have a go at writing a book review, or are part of a reading group and would like to review a book together – do get in touch at editor@lindfieldlife.co.uk

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£4.00 per session

Skin Cancer Awareness



Mr Paul Banwell FRCS(Plast), Consultant Plastic Surgeon, McIndoe Surgical Centre

Q: Tell us a little bit about skin cancer

Skin cancer is now the commonest cancer in the world. There are essentially two different types: non-melanoma skin cancer (NMSC) and melanoma. The latter is less common, but has the highest death rate and it can affect younger people. The lifetime risk of developing skin cancer in Australia is one in three, compared to about one in 40 in the UK. While the incidence of skin cancer in the UK is significantly less than Australia, our death rates are higher and the number of people who have skin cancer in this country is expected to dramatically increase in the next decade. Raising awareness is therefore vital, as early prevention and diagnosis is the key to successful treatment. Getting a tan is no longer cool and the attitude 'it won't happen to me' just doesn't cut anymore – for instance, in Kent and Sussex we have seen an alarming trend in skin cancers affecting the younger age-groups. Changing behaviour and educating parents and their children is therefore vital.

Q: What should we look out for?

Look out for new or existing moles that are darkly pigmented, change in colour and/or size, have an irregular outline and itch, bleed or crust. If you are unsure

or concerned that you may have one or more of these symptoms, visit your GP. He or she will examine your skin and would be able to refer you to a Plastic Surgeon with a specialist interest in skin cancer.

Q: How can we reduce the risk of developing skin cancer?

Australia has dramatically decreased rates of skin cancer with the introduction of sun protection programmes, such as the 'slip, slop, slap, now wrap' campaign – sun awareness is vital and really does have an effect. Avoid the midday sun (between 11am and 3pm), apply liberal amounts of sunscreen with a Sun Protection Factor (SPF) of 30+ and wear a hat, loose clothes (tightly woven) and sunglasses. The face and neck are the areas most commonly affected by sun damage, so be sure to apply sunscreen to lips, ears, around eyes, neck and scalp if your hair is thinning.

A history of sunburn when young puts people at an increased risk of developing skin cancer later in life. Fifty per cent of total lifetime sunlight exposure occurs in childhood, so be particularly careful with children; if they are exposed to the sun, dress them in sun-suits or long-sleeves, hats and sunglasses and apply a liberal amount of high SPF sunscreen regularly.

The dangers of sunbeds have also been under the media spotlight recently. There is no doubt they are a serious health risk.

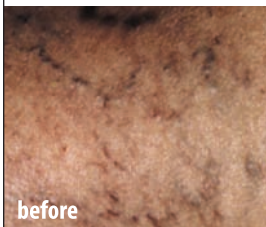
Q: What else should we know about sun protection?

It is possible that the increased use of sun creams may give people a false sense of security which may encourage people to go into the sun more and, as a result, cause an increase in the risk of developing skin cancers. Sunscreens only partially protect your skin; therefore using sun creams does not mean that you can sunbathe for long periods without harm. Australia leads the way in sun protection with its 'THINK ZINC!' campaign. Zinc oxide provides the best sun protection but, when applied, its appearance is white (as commonly seen with professional cricketers). This is not very 'cosmetically elegant' so scientists have recently patented revolutionary technology to make zinc oxide become transparent, which is more acceptable to consumers. Niacinamide serum is another exciting breakthrough and is now available to patients in the UK. Research has shown it has significant anti-skin cancer properties, as well as reducing skin damage and areas of pigmentation.

Concerned about your moles?

Visit your GP or come along to the McIndoe Surgical Centre in East Grinstead for our 'Mole Check Day' on 5th June. Call 0800 917 4922 to book a free check with one of our surgeons.

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What's on at King Edward Hall

- 2nd Ruwach Christian Church – Morning and Evening Services (Ruth Hollis 459025)
- 4th Mid Sussex Wine Society Jubilee Room 8pm Presentation and Wine Tasting by Carr Taylor English Wines. (Angela Seward 484447)
- 6th Country Market (Sheila Hobbs 483396)
- 8th Lindfield Horticultural Society – Coffee Morning (Mrs Alison Elliott 483039)
Ruwach Christian Church – Youth Service (Ruth Hollis 459025)
- 9th Ruwach Christian Church – Morning and Evening Service (Ruth Hollis 459025)
- 12th Lindfield Horticultural Society – Guest Speaker (Mrs Alison Elliott 483039)
- 13th Country Market (Sheila Hobbs 483396)
- 15th Lindfield Arts Festival (www.lindfieldartsfestival.com)
- 19th Salsa Julia – An evening of Salsa Dancing (Julia Cooper 417781)
- 20th Country Market (Sheila Hobbs 483396)
- 21st Lindfield Crafts and Market (Beverley Smith 440274)
Heber Opera Performance
Donizetti's 'The Elixir of Love'
Roger Clow 01273 736272
- 23rd Ruwach Christian Church – Morning and Evening Services (Ruth Hollis 459025)
- 26th Salsa Julia – An evening of Salsa Dancing (Julia Cooper 417781)
- 27th Country Market (Sheila Hobbs 483396)
- 28th Lindfield Dramatic Club
- /29th Series of Rehearsal Readings with an American Theme. Entertainment and meal – tickets £7.50 (Rex Cooper 831512)
- 31st Village Run and Fun Run (Nikki Smith 07971 442723 or www.kingedwardhall.org.uk)

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

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

What's on elsewhere in Lindfield

Saturday 8 May Coffee Morning and Plant Sale

Usually the busiest of the plant sales and a chance to have a coffee and a chat with village friends too. In the King Edward Hall from 10 – 12.

Wednesday 12th May 2010 1.00pm

All Saints Church Lindfield, Tiger Arts presents

Emily Heathcote (Clarinet) & Jason Anderson (Piano)

Emily was the prize winner in the Mid-Sussex Youth Woodwind competition for 2009. Light lunches served in the Tiger Lounge from 12.15pm. Admission free. Collection to help cover expenses.

Wednesday 12th May, King Edward Hall at 8pm

David Mills, owner of The British Wildlife Centre in Lingfield, will give the final talk before the summer break. The Centre is home to over 40 different native wild animal species and provides visitors with the opportunity to see many animals rarely seen in the wild. David will explain why he established the Centre and why educating the public is so important in the fight to conserve our native species for future generations to enjoy. He will also explore how this fits with the greater challenge of our planet's survival.



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NEXT CONCERT

15th May 2010

KATHERINE JENKINSON (cello)
and ALISON FARR (piano)



In 1998 Katherine won a scholarship to study at the Royal Academy of Music, where she gained a first class degree, ten Academy prizes, a distinction in Performance diploma and the acclaimed DipRAM. Since then

she has performed as soloist throughout Europe, and in Africa and Asia. She gave her Wigmore Hall debut with pianist Alison Farr in 2004 and has since returned there three times. Their concert will include works by Vivaldi, Beethoven and Grieg.

STOP PRESS: 26th Sep 2010 DENISE LEIGH (sop)
Joint winner of BBC's 'Operatunity' competition
Put this celebrity concert in your diary NOW!

The concert will be held at 7.45 pm in St Wilfrid's Church, Haywards Heath.

Tickets £12, conc 'ns £11, member's discount £3
Family rate: 2 adults half price with under-18 (£3)

For further information, telephone 01444-456227, or visit:
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