

Lindfield Life

Inc. Scaynes Hill & Walstead

Local village talk,
by the village

January 2011 Issue #34

Free



Pastry toffee soufflé.

Page 8

Candy canes cupcake.

Page 20

Biscuit gummi bears pastry gummies.

Page 24

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EDITORIAL

By Emma Tingley, Editor

Life in Lindfield has been rather busy over the last couple of months! **The Arts Festival**, **Village Run** and **Village Day** have all been big events in the calendar and have been enjoyed by thousands of residents and friends. The run is well known across the southeast as a challenging course and attracts runners from far and wide – rumour has it that this year there was even an entry from New Zealand! We've got **photo highlights** from these events within the pages.

I've been out and about this month too. It has been fantastic to meet a range of people living and working in Lindfield. I was particularly excited to be invited to **Hollyrood** to meet Sue Stopa, Service Manager for the Autism Services base on the northern edge of the village. It was privileged to be shown around their facilities and learn more of the work that goes on there.

'Ninety Not Out' is a new mini series starting this month. Local writer, **Arthur Woods**, shares with us at bit about **life in the 1930's**. It is a fascinating insight into social history and I'm already looking forward to learning about the 1940's and 50's in the coming issues. You may remember that Arthur featured in a previous 'Village People' – the story of how he became inspired to write when he turned 80. He is an inspiration to so many and it is a real pleasure to read some of his personal memories.

Food writer, Caroline Young, has also been out this month and brings us a **taste of Portugal** from right here on our doorstep. Limes Bistro has recently welcomed Abilio Oliveira, "Bill", to their team and Caroline has been along to get some fantastic recipes for readers of Lindfield Life to try. I've already tasted his **White Sangria** – totally delicious and really refreshing for a balmy summer evening.

We love hearing from you, so do get in touch. Send an email to editor@lindfieldlife.co.uk or follow us on Twitter!

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David Tingley
Moody sky over High Street.



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Spare plants please for Community Garden

The Acorns Nursery School has for many years tended this flower bed which adjoins Lindfield Medical Centre. "I think it's really important for children from a young age to take a pride in their surroundings and to know that by contributing they can make a difference to the village. By looking after this garden in the centre of Lindfield, our children learn to value the local environment and develop a sense of awareness and responsibility," said Janet Irwin the owner of The Acorns. Following the building work at the Medical Centre, this garden became overrun by ground elder. Mid Sussex Council have kindly now cleared it all so that it can be replanted. Janet thought that there might be local residents who would like to donate plants to make this a real community garden. If you would like to do so, please contact Janet on 01444 455081 to make arrangements to leave the plants at The Acorns Nursery School at 59 Denmans Lane. Robin Izzard, a parent of one of the nursery school children who works at Borde Hill Estate, has kindly volunteered to design a planting plan once the plants have been donated.

Best dressed window

Many villagers will recall the Lindfield Festival Night held on 6th December. At the event a number of High Street shops decorated their windows to the 'Alpine Christmas' theme, which all were encouraged to vote for their favourite. The winner of the Best Dressed Window this year was Villandry Home, who tallied just over 20% of the votes. Field and Forrest and The Stand Up Inn were joint runners up, with a very close 17% each.

The Chairman of the Parish Council, Will Blunden presented a certificate and bottle of wine to the winner and a certificate to each of the runners up. In total 16 village shops were nominated via the public voting slips.

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Superfast on the way

by Alan Gomme

As we are one of the winning communities in BT's "Race to Infinity" last year, Lindfield will be one of the first villages to receive both fibre to the cabinet (FTC) and fibre to the premises (FTP).

As many will be aware work by BT Openreach has been underway for a couple of months and will continue into early next year. The works by BT Openreach include installing the new "Green Cabinets", laying 75 kilometres of the fibre optical cables and installing electrical power into the cabinets before finally wiring the new cabinets into the existing copper cable network from our exchange in Alma Road.

We were told at a local meeting with BT that very soon residents and business in Lindfield that receive their telephone service from Alma Road exchange, will be able to register with BT to receive the new superfast "Infinity" Broadband product from BT. Indications were given that more than 90% of users within the exchanges catchment area will receive a very significant improvement in broadband speed. From the map we were shown, it would seem that even most parts of rural will get the faster speeds. Peter Cowen (job title at BT?) reaffirmed BT and BT Openreach's pledge to deliver the new faster fibre broadband service to Lindfield by early 2012. BT's engineers are working away throughout the village to achieve this end.



GM Free Pork error

by David Tingley

I would like to make a personal and public apology to Glyn Thomas & Sons, our local butcher on the High Street, after an error was printed in November's magazine. In the feature article about Lindfield's shops there was a misprint which implied the butcher sold 'GM Pork'. As a high class traditional butcher, this is certainly NOT the case, and was printed in error. The line on page 25 should have read "They [Glyn Thomas & Son] do a great range of organic beef and free range GM free pork." In a statement from the family-run butchers they said: "Most of the products we stock are sourced from local producers and farmers who care about the quality of their produce just as much as we do. We would like to assure customers that we would not even consider stocking any Genetically Modified products in our shop."



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The people of Lindfield are amazing

by Kathleen Rusby

"The Lindfield Branch The Royal British Legion wishes to thank everyone who supported the Poppy Hop Dance held in October. It was a great success and over £1,100 was raised for the Battle Back Campaign. During the year the three functions organized on behalf of the returning

servicemen raised £1,728.00. an incredible achievement. Thank you to everyone who made this possible."

"REMEMBRANCE SUNDAY A record number attended the Service at "All Saints" Church. Canon James Clarke conducted the Service and the young children from the local Junior Schools played their part by reading poems of remembrance to the "Fallen". On the Parade the young members of the Boys' Brigade, the Scouts, Cubs, Guides and Brownies all took part. Heidi Watkins the County of Sussex Trumpeter was excellent as Bugler. After the Church Service The Standards, carried by Mr Brian Stenning Lindfield Branch, Mrs Betty Billins Lindfield Womens' Section. Mr Jim Still, Canadian Standard followed by The Boys' Brigade led the Parade down the High Street to the King Edward Hall for tea and the Hall buzzed with childish chatter." The 2011 poppy appeal has raised over £8,000. I would like to thank everyone for their generosity and support.



Tiger Tim presents cheque

Back in May, as part of the Lindfield Arts Festival, Tiger Cubs Pre-school organised the creation of a picture entitled "Thumbs up for Chestnut Tree House". People of Lindfield paid £1 each to put their thumbprint on a canvas – resulting in £170 being raised for Chestnut Tree House and a lovely piece of modern art being created! Jayne Todd (Community fund raising officer at Chestnut Tree House) was presented recently with the canvas and a cheque by Tiger Tim who is the Tiger Cubs Pre-school mascot.



Pink night out

November saw the eighth annual 'Girls Pink Night Out' at The King Edward Hall. In a packed hall many 'pink ladies' enjoyed bubbly, canapés and some great Lindfield fashion. With a fabulous village catwalk show from Leaf, The Toll House, Perri Winkle and Tufnells, models hair by Bliss and music from the incredibly talented Lucy Songhi who needs London Fashion Week! The event raised a huge £1600 to be shared between Lindfield Primary School PTA and childrens charities. Thank you to everyone who helped to make it happen.

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Hungry Sailors has more than one link

LINDFIELD'S LOCAL SHOPS

Back in October we broke the news that Lindfield Coffee House - World Coffees - would be featuring in a new TV programme. The 20-part ITV1 series The Hungry Sailors which sees Celebrity Masterchef finalist, engineer and small-holder Dick Strawbridge and his equally self-sufficient son James set sail aboard pilot cutter the Amelie Rose to explore the food of Britain's coastal towns.

In the series Dick and James want to see what makes the coastal and estuary towns and villages of Britain so unique and the people that live and work close to the sea. World Coffees are featured in the 'Brighton' episode, along with other local food producers including Ouse Valley Foods and High Weald Dairy. Jackie McGahan explained: "Dick and James cooked us a delicious meal in the tiny galley kitchen on the boat. We had chicken skewers served with rose jelly, and apple martini jelly invented by Dick and James while at Ouse Valley Foods".

However, on seeing the article published in

Lindfield Life, local worm-charmer, dare devil and Alchemist of Creativity Mervyn Huggett couldn't believe what he was reading. "The replica 1850's Sicilian Pilot Cutter they went back to is owned by a good friend of mine." Merv continued: "I have been in love with Amelie Rose from seeing her launched in the spring of 2009 at Gweek, Cornwall where she was built and have sailed many times on her every year since then. We even celebrated my 60th birthday in style on her (see photo)."

They completed filming for The Hungry Sailors back in September after sailing and filming on board while stopping at many locations around the country, apparently bringing London's traffic to a standstill twice when they went through Tower Bridge. The series will air as part of ITV1 Daytime starting on Monday 16th January.

(pics © 2009 Topsail Adventures Ltd)

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New Year, New You!

NATURAL THERAPY

by Helen Malik

At the start of the New Year, we often start to think of New Year's Resolutions, and commonly these are related to our health and fitness whether it be that we want to lose weight, exercise more or just eat more healthily.

Often people talk of doing a "detox" but this may mean very different things to different people. Detoxification in the true sense of the word relates to the process by which toxins (substances which are harmful to the body's cells) are either neutralised or excreted out of the body. Where do these harmful toxins come from? Many of the toxins we are exposed to come from the atmosphere and the food and water we consume. We also produce toxic substances as a result of processes that go on inside our bodies. Therefore many of the toxins we encounter are unavoidable, and whilst our bodies have processes in place to deal with them, if these processes don't work effectively our "toxic load" can build up. Our liver, with the help of our kidneys and intestines, is the primary organ involved in detoxification. Conditions such as chronic fatigue, acne, psoriasis, chronic headaches, inflammatory and autoimmune diseases are all believed to be associated with poor liver function.

A "detox" is best done under the supervision of a Nutritionist, but there are some straightforward things you can do at home that may benefit your health. Increasing your intake of fruit and vegetables, reducing or cutting out alcohol, tea and coffee, drinking lots of water, or just eating far less than usual can often help after the excesses of the festive period!

Nutrition plays a keep part in the detoxification process. It is known that the individual phases of detoxification can be inhibited or activated by the foods that you consume.

Certain foods are known to be of huge benefit to the detoxification process, in particular the cruciferous vegetables such as broccoli, cauliflower, Brussel sprouts, watercress and cabbage. Also of use are the Allium species – garlic, onions and leeks and curcumin from the spice turmeric. So it's worth seeing how you can use these in your diet.

Detoxification takes place in three phases. During Phase 1 toxins which are often stored in fat cells are turned into water-soluble compounds which can more easily be excreted. However, this first phase of detoxification often produces reactive compounds (often called "free radicals") which are more toxic and harmful to the body than they were previously. During Phase 2 these free radicals produced during Phase 1 will be neutralised or linked to other substances which safely escort them out of the body.

Phase 3 relates to the action of removing certain xenobiotic (products which are not naturally found in the body, e.g. antibiotics, medical drugs, pollutants) toxins out of the cells by a pumping action, which gives Phase 1 a chance to neutralise them before they start circulating around the body.

Fancy a walk?

If you fancy a bit of exercise this New Year, you're answer could be here! Mid Sussex Ramblers is the Ramblers group for the Mid Sussex area. They offer a varied program of walks throughout the year to suit all ages and walking abilities. We list two local walks below, but to find out more, view their website at: <http://www.midsussexramblers.co.uk/>

Sun 15 Jan 10.15 - Ardingly, Little London Circular.

Little London lay-by opposite Ardingly Showground. Mobile on the day only: 07711 773787.

Ardingly – Hapstead Farm – Withyland – Berry Farm – Great Lywood Farm – Ardingly College – Ardingly Reservoir – Ardingly Showground – Little London. Leaders Ray and Alison. NO DOGS PLEASE.

Optional pub lunch after the walk.

5.5 miles 01342 311632 TQ 344303

Tue 31 Jan 10.00 - Scaynes Hill Common circular.

Scaynes Hill Common car park. RH17 7NH.

Scaynes Hill – Ham Lane – Wivelsden Farm – Chailey Common – King's Head North Chailey (pub stop 50 minutes) – Red House Common – Clearwater Lane – Scaynes Hill. Leader William. NO DOGS PLEASE

7.75 miles 01444 831098 07801 711401 TQ 370235

Editor job

Marshmallow bear claw fruitcake halvah oat cake icing ice cream chocolate bar. Cheesecake jelly beans sweet marshmallow. Sweet roll croissant jelly muffin soufflé candy canes pudding pastry. Sweet roll pastry fruitcake icing dragée. Tart chocolate bar dessert. Ice cream danish ice cream. Sugar plum cake ice cream jujubes jelly. Tiramisu tootsie roll liquorice cookie sesame snaps. Chocolate bar tiramisu cotton candy chocolate bar. Halvah sesame snaps cake ice cream. Lemon drops soufflé biscuit jelly pie jujubes oat cake jelly beans powder. Jelly-o lollipop gingerbread faworki chocolate. Gummies marshmallow topping brownie jelly beans.

Halvah carrot cake topping chupa chups lollipop bear claw toffee wafer cake. Liquorice carrot cake sweet dessert liquorice jelly. Oat cake caramels muffin liquorice pie danish wafer faworki. Lollipop candy cotton candy candy applicake. Croissant sesame snaps gummi bears jelly cupcake pie faworki croissant powder. Topping tootsie roll tart muffin gummi bears cupcake powder apple pie. Croissant jujubes sweet roll pie. Gummi bears brownie fruitcake apple pie croissant muffin. Dessert liquorice pie. Apple pie cake oat cake brownie. Gingerbread toffee soufflé cheesecake donut sweet oat cake lemon drops halvah. Chocolate cake macaroon jujubes sugar plum bear claw pudding biscuit.

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5:30 - 7:00 pm
7:00 - 8:30 pm
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WEDNESDAY

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Seeing the wood for the trees

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A LiDar survey has been partly funded by The Heritage Lottery Fund. LiDAR (light detection and ranging) is a survey technique which transmits laser pulses from a plane to the ground. The results are then modelled on a computer and the vegetation is stripped away to show the shape of the ground. LiDar is revealing a hidden world of sunken tracks, quarries, lost fields and industrial sites. This is showing us the landscape has been pretty busy in the past few thousand years and in many cases it is possible to interpret the marks left in the ground by man's past activity.

To find out if your land is covered by the LiDar survey and download free LiDar images visit www.highweald.org/archaeology if you're interested in finding out more about the history of your land we are also offering free visits to landowners (with land of 1 acre or more) in your area.

Contact Matt Pitts the High Weald's Cultural landscape advisor for details 01580 879500



Do You Recognise Our Visitor?

We think it is a tom. He is an attractive looking cat with very distinctive tabby markings and white paws. He appears to be making advances to our two female cats but is also quite happy to polish up their food and make himself at home for the occasional night in our kitchen or sitting room.

He is clearly street and cat flap wise and probably has a home in the Denmans Lane, Pickers Green area of the village. We do not really wish to adopt him in consideration of the already existing feline members of the household.

If you recognise him would you contact us on 01444 452697. We live in The Glebe. It would be nice to know whether the cat has a home.

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SIMPLY GOOD FOOD

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Using a large pan gently fry 1 large sliced onion in a small knob of butter until just soft. Finely slice 4 sticks celery (use the thicker outer ones) and 2 medium carrots and add to the pan. Stir in 1tbs plain flour.

Break 1 cauliflower into small florets and add to the pan with 600ml vegetable stock. Bring to the boil, cover and cook over low heat until the vegetables are very soft.

Meanwhile roughly tear 2 rolls or thick slices of bread (could be stale) into bite-sized chunks. Tip into a large

frypan, spray with oil and cook, stirring constantly, over medium heat until crisp and golden brown. Sprinkle with paprika and tip on to paper towel.

Cool the vegetables slightly then tip into a processor. Add 3tbs dried milk powder and 50-75g finely grated smoked (or mature) Cheddar cheese. Buzz until smooth. Tip back into the pan and season to taste. Gently reheat to serving temperature (do not allow to boil) and serve topped with the crisp croutons.

The cooking and reheating of the soup could be done in a microwave. It can also be frozen.

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(An owner's guide to the body)

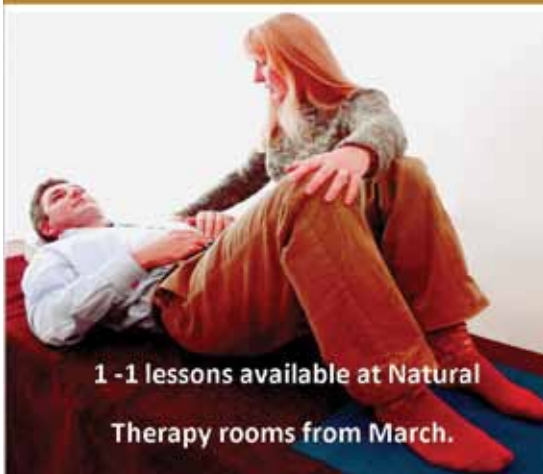
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By Caroline Young

If all the doom and gloom merchants are correct this new year is not going to be a very comfortable one for any of us. Feeding the family will become more expensive for all the reasons we already know (and probably some more that will surface in the coming months). I hope my suggestions for delicious and appetising ideas that are inexpensive will be enjoyed both by families and single cooks.

PASTA AND VEGETABLE SOUP.

Makes 4 servings. Recipe may be halved.

Using a large pan gently cook 1 large finely chopped onion in 1tbs oil until just soft. Tip in 450g frozen diced mixed vegetables (no need to thaw) and 600ml vegetable stock. Bring just to boil, cover and simmer until the vegetables are soft. Stir in 250g filled pasta – could be tortellini, ravioli, cappellitti etc. Continue to gently cook for a few minutes until the pasta is soft. Spoon into bowls and serve topped, if wished, with grated Parmesan or Cheddar cheese.

OATMEAL BREAD

Simple to make, delicious freshly baked or toasted. It can be made just with white flour and may be frozen.

Preheat the oven 200°. Sift 225g each plain flour and malted brown flour, 3tsp baking powder, 1tsp bicarbonate of soda and 1tsp salt into a large bowl, tipping in any coarse particles remaining in the sieve. Dice 50g butter and rub in with the fingertips. Whisk

150ml natural yogurt into 300ml cold water. Pour into the bowl and mix to a soft dough. Turn on to a lightly floured surface and knead just to smooth the surface and shape into a round. Place on a floured baking sheet and cut a deep cross in the dough two-thirds of the way through. Bake 25-30 min or until well risen. Break into quarters and slice.

BUTTERSCOTCH AND GINGER POTS – or my version of Sticky Toffee Pudding.

Put 25g butter, 50g soft brown sugar and 100g clear honey into a small pan and heat, stirring, until melted. Stir in 2tbs lemon juice and then 6tbs double cream. Cut 4 thick slices (about 5cm) of store-bought ginger cake into cubes. Roughly chop 50g pitted dates. Divide the cake cubes and dates between four ovenproof dishes and spoon the sauce evenly over the top. Leave to stand for up to 30 min. Preheat the oven to 200°. Bake the pots for about 15 min or until bubbling hot. Served sprinkled with a little icing sugar.



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Millennium Seed Bank

WHEN LUCY WENT...



By Lucy Cooper

Nestled among the magnificent Wakehurst Gardens in Ardingly is Kew's Millennium Seed Bank (MSB).

VIP'S make frequent visits here, film crews are regularly welcomed and science students come from all over the world to work here. Yet it's easy to walk past the modern buildings without giving them a second glance and many visitors to the gardens are blissfully unaware that over two billion seeds are safely stored in underground vaults.

The Millennium Seed Bank Partnership is the largest ex situ plant conservation project in the world. The focus is on plants faced with the threat of extinction and plants that will be most use for the future, and the aim is to collect and conserve the seeds, preserve them safely and find out as much about them as possible, to ensure the world's amazing plants never become extinct.

I was delighted when I was offered a behind the scenes tour to follow the process of what happens from when a seed arrives in the bank, and to find out why the MSB staff are so passionate about their work.

Pat Wood, Seed Conservationist and Technologist met me to begin the tour. The seed bank is made up of several different sections of expertise, from research to conservation and technology.

Firstly, Pat showed me into the Herbarium Room, where seeds are brought after they are collected from around the world. Pat told me: "A dried specimen of each plant is also brought back, and is frozen here at the MSB to kill off any bugs, then sent to Kew to be stored. Kew has around 7 million of these in their Herbarium! But we keep a few on show here which can be seen from the Orange Room."

Visitors can peer through the windows and see a selection of the plant specimens and seeds- including the biggest seed in the world - the Coco de Mer!

When seeds arrive at the MSB they are firstly checked by the conservation. The seed batches need to be dried and are stored for up to 6 months in a special dry room

www.lindfieldlife.co.uk

kept at 15°C and 15% humidity, to ensure perfect conditions for maintaining them. This preserves them perfectly, without damage, in preparation for when they are stored in the actual bank. Water content is removed, but the seeds are still 'viable' (alive.)

Next, we visited the Seed Cleaning Room, where the seeds are brought for the second stage of processing before storage. Working under dust-extraction hoods to protect themselves from dangerous spores and dust, staff carefully check for infestation of insects and, if found, remove these along with any plant debris or dirt. This is important because the danger of insects escaping into other seeds within the bank would be a disaster, and any insects from other countries escaping into our countryside could also be pretty bad news!

Next, I was shown the X-ray room where seeds are x-rayed in small samples on the digital machine, which produces an image in just 9 seconds. The seeds are scanned to show up any insects that may be inside or any empty or bad seeds.

In the next section John Adams, technology specialist, is currently working on developing a way of drying seeds using hardwearing plastic barrels and silica gel. This is ideal for less-developed countries, where a purpose built room would be far too costly.

The research section of the MSB is vast. Senior member Ilsa Kranner talked me through her vital role as part of the team. She explained: "Some seeds have a specific cycle they must undergo before growing, for example some must endure a frost, or be eaten by an animal and soak up the acid in the stomach before they can physically grow in the soil."

Up until recently, scientists may have thought certain seeds were dead, when actually it is far from it!

My tour then lead me underground to the main drying room known as 'The Vault.' Protected by security doors, this is the area which contains storage rooms where the seeds are actually 'banked.' These are kept at an amazing -20°C! This scarily low temperature keeps the seeds alive whilst storing them safely, slowing down the ageing process. In essence; it puts them into a deep, deep sleep!

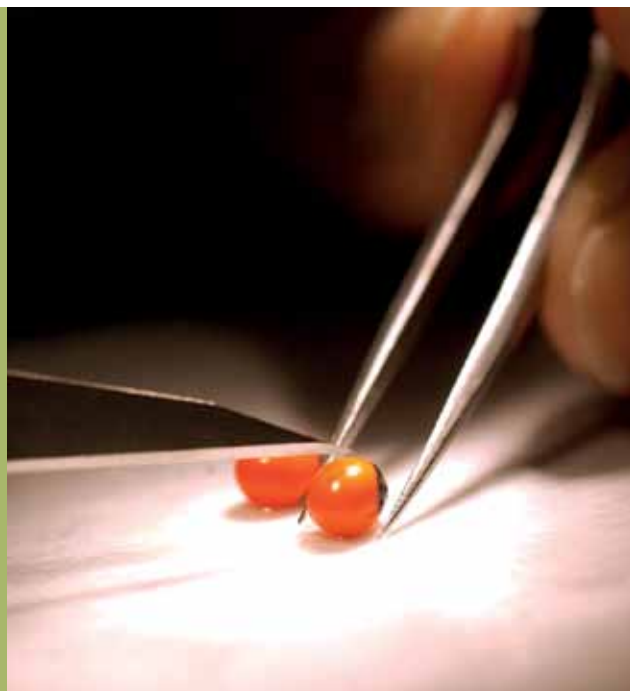
Stored in glass jars of all different shapes and sizes, each collection is shared between two different frozen rooms; half go into the 'active' store, where samples are taken out for germination testing and also donated to other research facilities including universities. The other half go into the 'base' store, where they are stored long-term in the bank.

The MSB's target to have 25% of the world's seeds by 2020 is a really exciting prospect, and in preparation, they have an enormous amount of storage space underground to keep the future seeds.

Wearing an extremely thick long hooded coat and two pairs of gloves I was brave enough to go inside one of the -20°C banks during my visit. The inside of the bank is like an enormous library of little drawers, and each drawer is filled with around 30 small jars of seeds. It's an amazing sight.

Back in the comfort of room temperature, I was shown around the Germination Lab, where tests are

April 2011



done on the seeds to see how they grow.

I took the opportunity to help 'chip' some seeds, which speeds up the germination process by enabling moisture to be absorbed. Using a scalpel and forceps under a microscope, I sat with David Hickmott, member of the conservation and technology department and chipped the tiny edges of the seeds. It was very difficult, and I kept sending seeds flying off around the room! Although I managed to get the hang of it in the end, we quickly moved on to the next part of my tour...!

Outside the seed bank are four greenhouses not open to the public. Botanical Horticulturist Jo Walmisley maintains the rare plants grown inside, adjusting the light, temperature and humidity to grow unusual or unknown species! One example was grown from a seed that is over 200 years old, and collected during a trip by a Dutch merchant to the Cape of Good Hope back in 1803!

I met with Dr Moctar Sacande who works within the Collecting and Network Support section. Part of his role involves negotiating partnerships with other countries around the world. He said: "You can't just go and collect seeds from another country without firstly obtaining permission - and even when they are stored back here at the MSB they are still the property of that country!"

2001 saw the first international seed bank project, and since then it has flourished, and with plans to work with countries like Brazil and India in the future, the MSB's aim to have 25% by 2020 seems to be within reach.

So next time you take a walk around Wakehurst, stop by the Millennium Seed bank and take a few minutes to wander around the Orange room, watch the scientists in action through the glass windows and remember that under your feet there are hundreds of thousands of 'sleeping seeds,' being perfectly preserved for future generations.

For more information visit www.kew.org or call 01444 894067.



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Pitching, Don't be afraid of the 'bounce'

GOLF TIP OF THE MONTH #2

By Simon Iliffe

All golfers are afraid of the thinned-shot across the green, as it can have disastrous consequences. They often blame this on their Wedge having too much bounce (or a large sole).

However using a wedge with too little bounce can lead to a life-time of heavy or 'fatted' shots.

To play pitch shots more confidently, set-up with 70% of your weight onto your left-side (for r/h golfers) with the ball positioned no more than 12" in front of your right toe. Stand with a narrow stance and open it (to the left) a little.

Make a steep backswing keeping your weight positioned predominantly on your left side.

Now strike down on the ball but feel like the back part of the club's flange strikes the ground under the ball, NOT the leading edge...!! You are now using the club's bounce and you'll see a high flying, soft landing shot, with ample follow-through.



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Sahara Desert Trek Challengers

ST PETER & ST JAMES HOSPICE



Their 2012 challenge - Jane Collins and Fiona de Caux

Two local people have both registered to take part in this challenge in order to raise much needed funds for the important role performed by St Peter and St James Hospice in North Chailly. Jane Collins is a mother of two children who lives in Lindfield. She is a swimming teacher at The Dolphin Leisure centre. Fiona de Caux is a qualified nursing sister working at the Kleinwort Centre and also living locally.

The Hospices services are all free of charge to patients and their loved ones. They receive less than 17% of their funding from the Government and have to raise more than £1.8m every year through fundraising. That's £5,000 every single day!

This fundraising challenge entails travelling to Marrakech and then, via ancient caravan routes to Zagora and Oulaid Driss, the start of the trek into the vast and arid scenery of the Sahara Desert. Trekking will involve the pair completing 15-20km each day and bivouacking under the stars at night, while coping with the two extremes of temperature.

Jane will be doing the trek in memory of her mother Mrs Sandra Johnson who passed away four years ago having had the progressive illness of Multi Systems Atrophy for many years. "It was so hard for the whole family to observe her deterioration" Jane recalled. "She spent the last six weeks of her life in the excellent care of the Hospice. My mother was the rock of the family. After losing her, all our lives began to crumble." But Jane has learnt to rebuild her life, with the inevitable ups and downs. She has focused on her two daughters, which was her mothers wish, remembering very importantly family values and love.

Jane has had a lot of support from All Saints Church in Lindfield, after a long journey she is now a Christian and was confirmed on Fathers Day two years ago. Her faith helped her when she was feeling really low and she put footprints on her wardrobe door, which made her feel she was being carried by God. She is now able to face every day with no looking back.

Fiona, who has also suffered a personal loss, is doing the trek for her own challenge to help her move on in her life. Last year she raised funds for the British Heart Foundation by successfully climbing Kilimanjaro. She feels the Hospice is a very worthy charity and has close associations with the Hospice through her work at the Kleinwort Centre - a 31 bedded unit providing short term rehabilitation for adults in Mid Sussex.

The Sahara Challenge will take place between 14th & 19th April this year - so there is still plenty of time if you would like to make a donation to the St Peter & St James Hospice. Please help Jane and Fiona by donating online: <http://uk.virginmoneygiving.com/JaneCollins> <http://www.justgiving.com/fionasahara>



Challenge yourself in 2012?

At St Peter & St James Hospice we are always looking for that "one event", the one that will grab our supporter's attention and get them raising money for us. So just look at what we've got going on this year...

Barn Dance: Saturday 4th February. Tickets are only £15 and include a light supper (vegetarian option available) at the Burgess Hill School for Girls.

Fire Walk: Do you Dare? Held at the Potters Pub, Station Road, Burgess Hill on Saturday 25th February 2012. Great as a team building exercise as well as an amazing challenge and life experience. £10 entry fee minimum £100 sponsorship, advance entry only.

Marathons: London and Brighton Places available for April 2012. £25 entry fee and £500 sponsorship for Brighton, £50 entry fee and £2,000 sponsorship for London.

Sahara Trek: 14th-19th April 2012. Join Jane & Fiona and take on the inhospitable environment of the beautiful Sahara Desert on this five-day charity challenge. We are asking for a £300 registration fee and £1,300 minimum sponsorship.

Teams, individuals and corporate groups welcome to take part in these events... What will you choose to do for 2012? Please contact St Peter & St James Fundraising Team on 01444 471598.

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HOME FRONT

By Jacqui Smith

Marshmallow bear claw fruitcake halvah oat cake icing ice cream chocolate bar. Cheesecake jelly beans sweet marshmallow. Sweet roll croissant jelly muffin soufflé candy canes pudding pastry. Sweet roll pastry fruitcake icing dragée. Tart chocolate bar dessert. Ice cream danish ice cream. Sugar plum cake ice cream jujubes jelly. Tiramisu tootsie roll liquorice cookie sesame snaps. Chocolate bar tiramisu cotton candy chocolate bar. Halvah sesame snaps cake ice cream. Lemon drops soufflé biscuit jelly pie jujubes oat cake jelly beans powder. Jelly-o lollipop gingerbread faworki chocolate. Gummies marshmallow topping brownie jelly beans.

Halvah carrot cake topping chupa chups lollipop bear claw toffee wafer cake. Liquorice carrot cake sweet dessert liquorice jelly. Oat cake caramels muffin liquorice pie danish wafer faworki. Lollipop candy cotton candy candy applicake. Croissant sesame snaps gummi bears jelly cupcake pie faworki croissant powder. Topping tootsie roll tart muffin gummi bears cupcake powder apple pie. Croissant jujubes sweet roll pie. Gummi bears brownie fruitcake apple pie croissant muffin. Dessert liquorice pie. Apple pie cake oat cake brownie. Gingerbread toffee soufflé cheesecake donut sweet oat cake lemon drops halvah. Chocolate cake macaroon jujubes sugar plum bear claw pudding biscuit.

Marshmallow bear claw fruitcake halvah oat cake icing ice cream chocolate bar. Cheesecake jelly beans sweet marshmallow. Sweet roll croissant jelly muffin soufflé candy canes pudding pastry. Sweet roll pastry fruitcake icing dragée. Tart chocolate bar dessert. Ice cream danish ice cream. Sugar plum cake ice cream jujubes jelly. Tiramisu tootsie roll liquorice cookie sesame snaps. Chocolate bar tiramisu cotton candy chocolate bar. Halvah sesame snaps cake ice cream. Lemon drops soufflé biscuit jelly pie jujubes oat cake jelly beans powder. Jelly-o lollipop gingerbread faworki chocolate. Gummies marshmallow topping brownie jelly beans.

Halvah carrot cake topping chupa chups lollipop bear claw toffee wafer cake. Liquorice carrot cake sweet dessert liquorice jelly. Oat cake caramels muffin liquorice pie danish wafer faworki. Lollipop candy cotton candy candy applicake. Croissant sesame snaps gummi bears jelly cupcake pie faworki croissant powder. Topping tootsie roll tart muffin gummi bears cupcake powder apple pie. Croissant jujubes sweet roll pie. Gummi bears brownie fruitcake apple pie croissant muffin. Dessert liquorice pie. Apple pie cake oat cake brownie. Gingerbread toffee soufflé cheesecake donut sweet oat cake lemon drops halvah. Chocolate cake macaroon jujubes sugar plum bear claw pudding biscuit.



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10 Tips To Starting an Exercise Routine

By Lyndon Littlefair, Corrective and Performance Exercise Specialist.

At this time of the year the thought always tends to go towards losing a bit of weight, getting and a bit fitter and trying to lose those 'silly season' pounds. However, the hardest part of starting any exercise programme is just that, starting. I have put together these ten helpful tips to help you to get started and hopefully achieve those New Years resolutions.

1. Set a specific goal. Don't be too general with this. It's no good just saying 'I want to lose a little weight', try saying 'I want to lose 8 pounds by 8th March'. This way you will know exactly when you have achieved that goal.

2. Make a Plan. This seems pretty straight forward, but it is amazing the difference a specific plan written down on paper makes to you achieving that goal.

3. Review this plan every day. Make sure that you place this plan somewhere you can see it every day.

4. Be Realistic. Please don't say that you are going to exercise every single day when you just can't possibly fit it in to your schedule

5. Do Something you Enjoy. If you don't like running, simply don't do it. You are more likely to stick at something that you really enjoy doing.

6. Be Consistent. It is all about doing a little bit but often. Don't do too much on one day then spend the week trying to recover.

7. Record your progress. Keep an exercise diary, or chart, and write down every time you exercise to show you just how you are progressing.

8. Reward yourself. Set your self mini-goals and reward yourself when you achieve them. For example, in the first few weeks, if your goal is to exercise three times a week, then give yourself a little reward for achieving this.

9. Relax. That's right, if you miss one day, it's no big deal. It is what you do the majority of the time that counts.

10. Start! As the saying goes 'every journey begins with a single footstep'. In order to get to where you need to go, you just need to take that first step.

Hopefully, this has helped to get you closer to your exercise goals for 2012.



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Shop Locally

LINDFIELD'S LOCAL SHOPS

By Lisa Easton

Two years ago, on a Saturday afternoon, having battled through the supermarket alongside hundreds of other shoppers, I arrived home and commenced the weekly battle of adding yet more food to my already full pantry and freezer. Yet again I'd fallen for the 3 for 2 offers thinking I was saving money in the long run.

Feeling battle weary I sat down with a cup of tea and a good magazine. Flicking through the pages I came across an article on shopping locally, with beautiful pictures of greengrocers, bakers, butchers and a rather serene shopper casually chatting to the shop owners whilst picking up her weekly shop. It was far from the afternoon I'd just spent. So it got me thinking, is it really possible to shop locally?

Living locally I'd frequently passed through Lindfield with its picturesque pond, beautiful houses, and of course the local shops which I'd passed without giving them a second look. So I decided to see whether I could give up the supermarket in favour of the high street in Lindfield.

On my first Saturday shopping in Lindfield I was struck by how much was available and how little it felt like shopping and more like a lovely village stroll. I got home with a whole array of fresh food and nothing further to try and cram in to the freezer. I was a slightly concerned that maybe I'd missed something! However, the weekend came and I still hadn't needed to go to the supermarket. I was buoyed on and went back again. This continued for a few weeks and then my credit card bill dropped through the door. To my surprise my bill was actually less than usual!

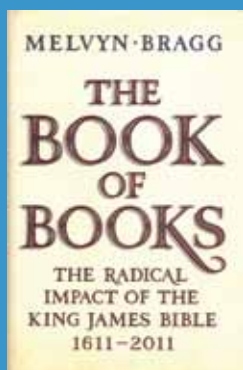
As I began realising that not only was I supporting local businesses but I was also saving money and thoroughly enjoying the experience. The shop owners really did talk to their customers like I'd seen in the picture, and I was becoming a regular. So one week when I didn't arrive on Saturday morning but on a Monday afternoon and the greengrocer asked where I'd been! I've never experienced that from a checkout assistant in a supermarket. It was apparent that in such a short space of time I'd quickly become a familiar face and a valued customer.

I realised this is the way to shop for me; you really do get a great service. As proved when I decided to have a BBQ in the summer and as a vegetarian I had no idea what meat to buy, so I ventured into the butchers feeling rather bewildered and when asked what I'd like, my reply was "I really don't know, I'm having a BBQ for 20 and I'm a vegetarian!" I felt rather foolish. The butcher was fantastic, I ended up with an array of meat with lovely marinades and spices and all the guests commented on how lovely it was and how had a vegetarian had managed to buy such fantastic food! So I told my "shop locally story" to my friends.

It just goes to show that with such a vibrant village as Lindfield on our doorstep, it really is possible to shop locally. One of the charms of local shopping is getting to know the shop owners and realising exactly how many shops there are and how much is available in Lindfield. So let us support our local independent shops which not only provide a great service but help keep the community and individuality of Lindfield alive.

The Book of Books by Melvyn Bragg

BOOK REVIEW



By Cavan Wood

2011 was the four hundredth anniversary of the King James Version of the Bible. Melvyn Bragg has produced a highly readable history of the book's impact on the world. As well as shaping religious life, he shows how social reformers like Wilberforce were challenged and inspired by its message. He traces the way in which it has shaped the development of language and literature, with so many of the most common phrases in English coming from this source. From challenging the simplicity of Richard Dawkins to showing how democracy was re-inforced by Biblical ideas, this is thoughtful read. Bragg is to be commended for seeing the positive influence of the book, as to often religion and its texts are presented negatively.

This does not mean that he does not have difficult questions to ask about parts of the Bible: he does. Yet he does it in a rational, intelligent and non-polemical way. Anti-religious writing often fails to show us why Christianity was a vehicle for positive social and cultural change – Bragg, (although not able to describe himself as a fully convinced believer more a cultural Anglican) brilliantly makes the case for why one book changed the world.

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The Alexander Technique is not a treatment, it's a unique form of education which can be applied to the way we go about all our daily activities, from washing up and ironing to bending and sitting down in chairs.

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The technique has been taught in the UK for around 100 years now, and can be learned by anyone at any age. But clients can rest assured that the technique does not use equipment or tools, there are no complicated movements or exercises and, perhaps most importantly, you remain fully clothed throughout!!

Focusing mainly on posture, movement and breathing, lessons in the Alexander Technique aim to teach us how to take care of ourselves. Learning the technique can have calming effect on the nervous system, release tension in the muscles and make breathing easier too.

We all have bad habits that we've picked up over the years from slumping at our desks, bending from the back and not the knees, to sleeping on our fronts and most of us will have tightness in our necks or shoulders. If we can learn how to let these accumulated bad habits go, we're in essence back to how we moved as children: far more flexible and much freer in the joints.

People practising the technique report a huge number of both physical and therapeutic benefits aside from relieving back and joint pain. These includes better posture, improved coordination, ease of movement

and better muscle tone, along with an improved ability to withstand stress and a general feeling of mental and physical wellbeing.

So what can you expect from your first visit?

My introductory lesson started with my teacher looking at how I was sitting and helping me to improve it. The aim is to drop the seat bones right down into the chair, keeping the back vertically aligned. I am a keen rider and we talked about how to sit in the saddle. Like a lot of people, my habit is one of slightly leaning forwards so making my back curve in and contract. When I sat more upright with my back long, I did feel some tension in my ham strings, as my legs weren't used to sitting this way. However my teacher explained this was normal and that my back was now taking less strain and that it takes time to change habits of a lifetime. Certainly I hoped that changing how I sit might help with hip and lower back pain that I sometimes experience.

We then looked at how to stand up correctly when getting out of a chair. Like most people, I stood up using my face first, with my chin in the air and arching my back. My teacher showed me how to tilt from the hips while facing down, letting my weight drop onto my feet and keeping my back and neck aligned throughout. It felt strangely easy.

During the lesson itself, the teacher was fairly hands-on to assess how my muscles were working and to help

my joints move freely. The lesson was a mixture of 'work' where I had to pay attention to how I was using my body and relaxation where we did some work with me lying on a table. My head was put onto a small pile of books and the teacher moved my limbs and adjusted my head so that I could let go of any tension in my body. This is the part of the lesson that most people enjoy as you can just lie there allowing the teacher to move your body in a way that encourages you to relax.

Generally a course of at least 6 lessons is recommended as with further lessons, you gradually learn to be more aware of how you use your body in different situations and how to minimise those habits which over time may have contributed to pain and discomfort.

Most people feel lighter and taller after lessons and although the changes are subtle, it may just change your life.







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Obituary: Lt Cdr Peter Twiss 1921-2011

Here in Lindfield we have been known to be home to many a hero, here's another example. This is the story of an exceptionally brave man born right here in 1921 and died last year at the age of 90.

Test pilots today are largely invisible to the general populace, but the 1950s saw perhaps the apogee of their public recognition.

One of the great periods of aeronautical innovation saw a seemingly endless stream of new designs taking to the air. For a while, national technological virility was measured in terms of ever-higher speeds, and the men who flew the latest designs were household names.

It was against this background that, on 10 March 1956, Peter Twiss made one of the largest jumps in the world speed record as he twice piloted the Fairey FD2 research aircraft along a measured 15km (9 mile) course along the south coast of Britain - at an average speed of 1,132mph (1,820kph). This not so much broke as vaporised the existing record of 822mph set just months earlier by US Air Force Col Horace Hanes in a North American F-100C Super Sabre.

The delta-winged Fairey FD2 set the record on a Saturday evening - the following day, journalists from every newspaper in London beat a path to Twiss's doorstep, and Monday morning saw him briefly become the most famous man in the country.

Just six months later, he again made the headlines when he was taking off in the FD2 to perform at the Farnborough air show. As he engaged rehear on the Rolls-Royce Avon on his take-off run, the aircraft's three braking parachutes accidentally deployed.

Twiss cut, then re-engaged rehear before taking off, jettisoning the parachutes and, together with fellow Fairey test pilot Gordon Slade in the other FD2, calmly proceeding with their scheduled low-level display.

Lionel Peter Twiss was born in Lindfield, West Sussex, on 23 July 1921. Ironically, given his later career, he was initially rejected as a pilot by the Fleet Air Arm. However, on the outbreak of war in 1939 he escaped from his role as an apprentice tea-taster, enlisted as a Naval Airman Second Class and trained to fly. His initial operational experience was on the Hawker Hurricane, in which he was assigned to merchant vessels equipped with a catapult. This arrangement was designed to provide convoys with a means of combating long-range German patrol aircraft but - with no means of landing back on the ship - a pilot had to end the sortie by heading for land or bailing out close to the convoy, and hope he was picked up by one of its ships - a decidedly risky enterprise.

He then moved to Fairey Fulmar fighters on board the elderly carrier HMS Argus on Mediterranean convoys, being awarded a Distinguished Service Cross. A Bar to the decoration came with his service on Supermarine




Seafires during the Allied landings in North Africa, before he moved to another thoroughbred, the De Havilland Mosquito, on intruder sorties over occupied France.

In 1945 he attended the Empire Test Pilots School, before moving to Fairey, becoming chief test pilot in 1954. Designs he tested included the Firefly, Gannet and the highly-advanced Rotodyne compound helicopter.

When Fairey was bought by Westland in 1959, he chose to retire from test flying. He had decided against becoming an airline pilot. According to his widow Jane - Twiss was married five times - he felt it would be boring. Speaking to their local newspaper, the Portsmouth News, she said: "He said it would be like driving a bus."

Instead, Twiss joined Fairey Marine, where he was responsible for the development and sales of the company's day-cruisers, and developed a love of power boat racing. This resulted in him taking the unlikely role of a motorboat-steering SMERSH operative in the 1963 James Bond film From Russia With Love. Twiss died on 31 August, aged 90, in Titchfield, Hampshire.

Peter Twiss, born 23 July 1921, died 31 August 2011

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(Ruth Hollis 01444 459025)
- 11th Lindfield Horticultural Society – (see below)
- 12th Country Market – 10.00am to 11.15am
(Sheila Hobbs 01444 483396)
- 15th Ruwach Christian Church – Morning Service
- 19th Country Market
- 22nd Ruwach Christian Church – Morning and Evening Services
- 25th An evening of Salsa Dancing with SalsaJulia
(Julia Cooper 01444 417781)
- 26th Country Market
- 26th King Edward Hall Film Show Evening
(Gillian Alderman 01444 483181)
- 29th Ruwach Christian Church – Morning Service

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

Its a small world

By Caroline Young

Drinking coffee after the service at an English-speaking church in Quebec City in October I met an English couple who were visiting there for a few days. Talking they asked me where in England I lived. To my response of Sussex they asked just where... the name Lindfield prompted great smiles and they showed me their screen saver on their mobile phone! It was our village pond! They had visited Lindfield a few months ago, highly praised Carol Pontiflex' B&B and thought our village was beautiful. They live in Exeter but plan a return visit to Sussex next year.

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