

Hurst Life

Including Sayers Common & Albourne

Local village talk,
by the village

Issue #7 : October 2015

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Hurst brewers say cheers

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5 mins with Sonny

p. 12

Danny Bonfire details inside

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By David Tingley, Editor

The **village has been buzzing** with numerous events recently. Sadly, however, many of them we aren't able to report on at this stage owing to print deadlines. So, you'll have to wait for reports on Albourne's Village Show, Hurstpierpoint's Horticultural Show and the wonderful Hurst Festival - see the next issue.

In the meantime, we have a good full magazine here.

Pete Hampson shows us all we need to know about making some scary spider cakes on **page 20**. **David Saitch** brings us up to speed on the **Hurst Village Cinema** which is now fully back up and running, see **page 16**. And the usual **What's On** is shown at the back of the magazine on **page 26**.

Resident **Sonny Cutting** sits in the 'chair' for Five Minutes With this month on **page 12**. This feature is a lovely opportunity to find out a little about what makes us all tick. We could do with some more willing volunteers too, so do get in touch. In fact, see **page 22** to see all the ways you can **get involved** in Hurst Life. The more the merrier!

Talking of involvement, I would like to express my thanks publically to **Emily Volkert** who has held the role of **Editorial Assistant** for the past couple of months. Sadly, she is moving out of the area and so she's hanging up her reporting typewriter. But we wish her and the family all the best in their new location as they move in the coming months. Meet our **new recruit** for the role on **page 22!**

One of the last articles that Emily wrote was the story of **Hurst Brewery** - read it for yourself on **page 14**. It's a fascinating tale which goes back 150 years in Hurstpierpoint history.

Oh and, before I go, I know that people are going to be asking about the impressive annual **Bonfire & Fireworks** at Danny Park - so check the details on **page 6** - as it's just into November we thought we had better share this here rather than next month.

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Hurst Life Published by Kipper



 **Emily Volkert**
Hallow'een harvest at
the Hurst Allotments on
Albourne Road

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from the village

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

Chess star pupil

Downlands Community College was delighted to learn that Hurst resident Billy Twigge-Molecey came second in the Under 16 category at The British Chess Championships 2015 at the University of Warwick over the summer.

Having first become interested in chess playing at St Lawrence Primary School, Billy's interest and enthusiasm for chess has grown and grown. He has represented West Sussex for several years and, in the words of Emma Morris (Mathematics Teacher and Chess Coordinator at Downlands), Billy is a 'world class player'. Having travelled to many international chess tournaments all over the world, Billy is now sharing his natural ability by coaching other chess players and helping to run the Chess Club at the school in Hassocks.



All welcome at Fair AGM

By Racheal Babbister

The St Lawrence Fair committee would like to invite you to our Annual General Meeting, taking place on Thursday 22nd October from 8pm at the New Inn.

We really would welcome people from the village to come and see us; it's not going to be full of reports, so don't let that put you off! We will be giving out the cups, trophies and shields to all of our winners from Fair Day, so come and cheer them once more. After that we are going to be talking about the 2016 theme, a brilliant fundraiser for March and other fundraising ideas, but this is where we need YOU! We really want to have a chat with as many people as possible and get your ideas - this is your Fair after all, we just steer the ship!

We will need to do some official bits and bobs but we really won't mind if you want to leave at this stage - we always do those bits last.

We look forward to seeing you there with your ideas and enthusiasm, which we know you all have... Come and help us plan the 703rd St Lawrence Fair!



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Agents celebrate 1st birthday

This month Richards Estate Agents celebrate their first year in Hurstpierpoint, and they would like to thank the village for its support.

Simon Anckorn, director, says: "Many customers and residents have helped us grow our estate agency business into what we could only have dreamt of a year ago. For those who have used our services already, we hope that you will have found us to be straight talking, down to earth and, above all, experienced, enabling us to deal confidently with any situation that can arise. We are always very happy to meet you, so why not start with a cup of coffee and a piece of cake with us and help us celebrate our first year."

Simon and the team will be celebrating between 10am-12noon on Saturday 10th October. Just drop in!



Caroline helps Brave Blossoms

Hurst resident and sports massage therapist Caroline Telfer experienced a unique side of the Rugby World Cup recently.

Caroline was invited to be part of a small team of local therapists working with the Japanese rugby team at their base in Brighton recently.

"We worked with their own physio team providing post-training and post-match recovery massage too. I was deeply impressed with their physio team and watching them at work was a real treat," Caroline said.

Something must have worked as the team beat the two-time champions South Africa in the Pool B match. Caroline works locally as Muscle Balance - Sport & Remedial Massage Therapy, helping individuals with mobility and ease of movement - whatever they are doing!

Taxing times ahead!

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Family Bonfire & Fireworks to be held on 1st Nov.



The 20th Hurst Family Bonfire & Fireworks evening will be celebrated with a bumper display of fireworks from our regular pyrotechnic masters on Sunday 1st November.

Families are again welcome to share the event to be held in Danny Park, New Way Lane, Hurstpierpoint. The event is organised by Hurstpierpoint Gymnastics Club with assistance from Oldland Mill Trust and the Burgess Hill & District Lions. The Trust & the Gym Club, together with local schools, will benefit from your support.

The Hassocks will be running their ever popular BBQ, so come and enjoy the evening.

In the event of bad weather, check the website for up-to-date news: www.hurstpierpointgym.co.uk

Take a 'Guy' to the Best Guy Competition before 5.50pm and one child will be given free admission.

For safety reasons no private fireworks or sparklers are allowed anywhere on the site. There is free parking on-site (ground conditions permitting), plus there is the usual food available.

5.30pm Gates open
6pm Best Guy Competition Judging
6.30pm Fireworks Display
6.50pm Bonfire lit with all the Guys and the Best Guy on top

Advance ticket prices are by far the best value - still unchanged at last year's prices. Children under 3 or with a Guy are free (one Guy gives admittance to one child). Children or adults £5 on the gate or only £3 in advance. Families (up to two adults and three children) £15 but only £9 in advance.

Advance tickets will be available in Hurstpierpoint from the Mint House and Pierpoint Pets.

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Hassocks witches set to cast a spell over Hurstpierpoint

Michelle Bryant, Debbie McLean and Joanne Idle are all Hassocks girls through and through, having either been brought up in the town or currently living there. However, from the 28th-31st October they will be transforming themselves into three mischievous witches and casting a musical spell over Hurstpierpoint in the Burgess Hill Musical Theatre production of *The Witches of Eastwick*.

Based on the cult film of the same name, *The Witches of Eastwick* is a witty musical following the frustrated and bored witches and how their lives are transformed by the arrival of a charismatic stranger, Darryl Van Horne. They soon realise Darryl is not quite who he seems to be as sinister events begin to unfold.

Michelle, Debbie and Joanne have worked together before but they all agree they have really bonded while rehearsing together in these roles and are looking forward to providing Hurstpierpoint with a spell-binding Halloween! Performances take place at The Bury Theatre, Hurstpierpoint College and tickets can be purchased at www.ticketsource.co.uk/bhmts or call 01273 890347.



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The Alexander Technique

OPEN FOR BUSINESS

By Michèle Mac Donnell Copeland

What can it do for you?

The conditions of our modern lifestyle - bent over desks or slumped in cars - have caused us to lose the natural good use of the body that we were born with. As a result, our poor posture can lead to problems ranging from bad backs, stiff necks, headaches and irritability to lethargy and even depression.

The Alexander Technique is an approach to recognising our poor postural habits and how to correct them. By bringing to light and transforming habits of a lifetime we can relieve our bodies of the stresses of everyday life, and, in so doing, enhance our health.

People tend to associate The Alexander Technique with relaxation, alternative medicine, body massage and, in particular, with 'posture'. They are often unable to be more precise than that.

One way towards a clearer understanding of the Technique is to begin by stating what it is not. The Alexander Technique does not train its teachers to make a medical diagnosis of their students. Neither does it focus on or encourage any division between the mind and the body.

Above all, though, the Technique's main objective is to encourage people to use themselves, their bodies and minds, more effectively in their day-to-day lives.

How lessons can help

Lessons in the Alexander Technique can encourage the release and prevention of unnecessary wear on, and muscular tension in, the body. They can also aid breathing, improve posture and ease of movement. Learning the technique usually makes people more aware of their patterns of misuse, their habits and how they can consciously change them. It can enable people to preserve their energy with a minimum of effort and bring about improved physical and mental health.

The Teacher-pupil relationship

Teachers of The Alexander Technique seek to establish a relationship based on trust. They use their hands to encourage better co-ordination in their pupils, while at the same time giving verbal instruction and explanation.

Who can benefit from The Technique?

The people who can benefit from the Technique come from all walks of life. They may be motivated by specific symptoms resulting from 'misuse', which can be endemic, and are therefore seeking relief from aches and pains, headaches, backaches, stiff necks and frozen shoulders. They may be musicians, athletes, teachers, dentists, young mothers; anyone, in fact, who overstrains one area of their body on a regular basis through their work or private life. Alternatively, prospective pupils may simply experience a general lack



of poise and energy, which affects them both physically and mentally. They may wish to improve their overall co-ordination and body posture.

Although the Technique's main objective is prevention rather than cure, it does help to improve posture and relieve related pain. It can assist people with stress-related illnesses such as respiratory and gastro-intestinal problems, as well as psychosomatic psychological distress, such as depression, as well as facilitating recovery from accidents and injuries. It can assist people with mechanical problems, such as frozen shoulder, tennis elbow and arthritis. It helps promote muscle tone and general well-being as well as encouraging poise and flexibility.

It is International Alexander Awareness Week between 12th-18th October. There will be special individual taster sessions running throughout October. For more information see www.alexandertechniquehassocks.co.uk or call Michèle on 07805 644738.

Michèle Mac Donnell Copeland (MSTAT) lives in Hurstpierpoint and teaches Alexander Technique lessons and gives training seminars locally. She was educated at Sorbonne University in Paris and has a Bachelor of Arts degree and taught at Guildhall School of Music. She has been a qualified AT teacher and a member of the Back Pain Association for 20 years. Michèle has written 'Simple step-by-step Alexander Technique' published by Lorenz Books, from which she has taken some extracts for the purpose of this article.



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The Festive Menu

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Served with homemade piccalilli and granary toast

Smoked Trout and Salmon Rilette
Served with rocket and a lemon & chive dressing

Deep Fried Goat's Cheese
Served with beetroot salad and a basil pesto (v)

Main Courses

Traditional Roast Turkey
With chestnut stuffing, pigs in blankets, roast potatoes
and cranberry sauce

Grilled Fillet of Gilt Head Bream
With sauté new potatoes, curly kale, roasted garlic and a
red pepper sauce

Braised Feather Blade Beef in Guinness
Served with baby onions & thyme and creamed potato

Wild Mushroom Risotto
With Dolcelatte cheese and truffle oil (v)

Desserts

Christmas Pudding
With brandy sauce

Citrus Crème Brûlée
Served with shortbread biscuit and black cherry compôte

White Chocolate and Cranberry Bavaois
Served with a Grand Marnier syrup

Selection of Fine Cheeses
Served with biscuits, chutney & grapes

Coffee & Mints



5 MINUTES WITH...

Sonny Cutting

How long have you lived in Hurstpierpoint?
15 years.

What's the best thing about being here?
It's in the country, quiet and relaxed.

Favourite ice cream flavour?
White Magnum.

How many houses have you lived in?
10.

Favourite holiday destination?
La Rochelle, France. I adore the people and culture.

Your most enjoyable event in the village?
Open Gardens in Hurst. Always wonderful to get ideas about how the experts do their gardens.

Do you share your home with anyone?
My wonderful wife, Andrea, our twins Jack and Charlotte and Pebbles our, slightly bonkers, Cocker Spaniel.

Song you play the most?
Lose Yourself by Eminem. I find the lyrics of this song inspirational. Although I listen to varying styles of music including Jazz, Hip-hop and Blues.

Mac or PC?
PC.

Your most frequented village shop?
Mama Ghanoushe.

What's your proudest moment?
Becoming a dad on 27th June 2013 when our twins were born.

Coke, juice or water?
Apple Juice.

Your advice for life?
Stay fit, exercise your mind as well as your body and smile at least once a day.

If you'd like to take up the '5 mins' spot or recommend someone else – email in the answers and a photo to editor@hurstlife.co.uk

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Brighton Early Music Festival – born in Hurstpierpoint!

By Mike Clemens

Every autumn for the last 12 years or so the arts scene in Brighton has been enlivened by the Brighton Early Music Festival (BREMf). The festival - comprising three weekends of concerts and other events - has become widely recognized as of national and international importance, but what is less generally known is that BREMF has its origins in Hurstpierpoint.

In the 1990s one of the co-founders of the festival, Deborah Roberts, was living in the village. Deborah is a professional singer who for many years was a member of the renowned group The Tallis Scholars. She was one of their high sopranos and performed in many hundreds of concerts. Together with the London-based singer Clare Norburn, Deborah had the idea to start a festival of professional early music in this area, and Clare and Deborah have continued to be the joint Artistic Directors of BREMF ever since. To help form an organization that could get the project launched, Deborah recruited several of her Brighton Consort singers and among these were Hurstpierpoint residents Heide Hughes (who became Festival Secretary), Jenny Clemens (BREMf Publicity Officer) and Mike Clemens (the first Chairman of the Festival).

This year's festival promises to be the most exciting yet. Taking as its theme 'Women – Creators, Enquirers, Muses, Enchanters', it takes place between 23rd October and 8th November in a range of Brighton venues.

For full programme information please visit www.bremf.org.uk



Above: Joglearesa, performing on 23rd October

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Continuing the tradition

THE STORY OF HURST BREWERY

By Emily Volkert

One late night in a pub in Hurst, four local real ale enthusiasts sat musing over an old picture on the wall of the historic Hurst Brewery's horse-drawn dray. Thoughts of what was, and what could have been, soon turned to discussions of 'what could be once again'. Little did the group know that, a few years later, their 'what ifs' would be turned into a reality which would see the revival of a brewery that had been started 150 years before.

Brewing in Hurstpierpoint began in 1862, when George Thomas Saltmarsh established the Hurst Brewery in Cuckfield Road. He chose the location because it was considered to be the site of the best spring water in the area, being at the foot of the South Downs.

The brewery was handed over in 1884 to Philip Smith, also landlord of the New Inn, who gave it up three years later to John Edwin Couchman, 'brewer, maltster, retail spirit merchant and mineral water manufacturer'. At this time, beer and mineral water were delivered by dray horse as far afield as Partridge Green and the barrels were manufactured on the brewery premises.

In 1912, the brewery was taken over by the Brighton brewery Smithers and Sons, who were later bought out by the ubiquitous Brighton brewers, Tamplins. And this is where Hurstpierpoint's early romance with brewing came to an end; after the First World War, the brewery building became a cheese factory, before ownership passed to sports manufacturer Slazenger. Maxim Lamps began manufacturing in the old brewery and malt house in 1951 and finally in 2004, the establishment became what we know it as today, Brewery Mews.

Hurst's first brush with brewing may have been buried within the walls of residential properties but its spirit very much lives on in the village. Fast forward to the present

day and I'm sitting across the table from Jayne Davis, co-founder of the new Hurstpierpoint Brewery, who is telling me the fascinating story of how she and a few friends turned their late night musings into brewing.

"It really is an amazing story," says Jayne, now Sales and Marketing Director for the brewery. "It began one night when a group of us were pondering over a picture of the original Hurst Brewery dray, which amazingly is now the pump clip for our signature ale Founder's Best Bitter; we were saying, 'wouldn't it be great if...' , you know, that kind of thing.

"Usually such conversations are forgotten by morning but I woke up still thinking it was a great idea, so I did some research and got straight on the phone to John - one of the guys from the night before - and said "Look, I think we can really do this!" He already had some experience in brewing, so, after a few lengthy discussions, we followed through."

Quite literally on their doorstep, finding premises was the easiest part explains Jayne: "Our brewhouse is situated at the top of Western Road, behind the White Horse. Until October 2012, it had at various times served as a garage, a storage area and a village shop! In order to become home to the Hurstpierpoint Brewing Company, our first job was to completely refurbish the building and then kit it out with the apparatus necessary for the running of a four-barrel brewing operation."

That is where John's expertise came in handy. As well as a strong interest, John Troake, fellow co-founder and director of the brewery, had some experience in cider making and small distribution, so he knew what they needed to get set up. "I dealt with the technical side and got the brewing up and running but now we are fortunate enough to have talented brewer and ex-Hurst resident



Top (left to right): Brewer Ali Somers with co-founders Jayne Davis and John Troake. Above: the original brewing team c1862.

Ali Somers on board who carries out most of the day to day brewing operation."

"We started by doing an early brew in 2012 called Summer 700, especially to mark the 700th anniversary of the granting of a charter for the St Lawrence Fair," says Jayne. "It went down really well, so I set about talking to local pubs to see if they were interested, which they were; we have now supplied around 150 pubs between South London and Brighton, including the Grand Hotel and Hotel du Vin."

Since starting the brewery, the team have been inundated with artefacts, old photos and stories from the original Hurst Brewery, contributed by enthusiastic Hurst residents. "The response from villagers since we have opened has been incredible," explains Jayne. "We were given the original brewing diaries by one village resident, which was a real honour."

"The drayman in the 1912 photograph of the Hurst Brewery dray was identified by another resident as a former landlord of the White Horse, who gave up his work at the pub to work in the brewery. A descendant of his, who lives in the village, recognised him from the photograph and got in touch to give us the story."

"Amazingly, we had a call from someone who lives in Cornwall. He actually used to live in the area and sent us an image of an old Hurst Brewery pump clip image for Pale Dinner ale. We are not sure when it was from exactly but it was when the third owner, J Edwin Couchman, had the brewery."

Interestingly, this was a time when ale was the drink of choice for most people, including women and children, hence the name 'Dinner Ale'. Light or weak ale, as it was known, was considered to be a safer choice than the water of the time, as all water used in the brewing

process is boiled; it would have been a much weaker strength than today and was commonly brewed at home by the women, known as 'Brewsters'.

In reviving the Hurstpierpoint brewing tradition, the team have remained mindful of both Hurst's rich history and beautiful downland location. They use these concepts to inspire the beers that they brew and the values by which they work. "Our values are tradition and regionality," explains Jayne.

"We endeavour to produce beers which Sussex people can both identify with and enjoy, and thus our strapline is 'Continuing the Tradition'. For example, our Oldland Sussex Pale Ale was brewed to celebrate the Oldland Mill volunteers who won the English Heritage Angel Award in 2014 for their restoration of the Oldland Windmill in Keymer."

"Our Winter Watchtower Porter celebrates a well-known Hurstpierpoint landmark – the flint folly, built in 1826, which you can see behind the New Inn; its picture is featured on the pump clip. Our Keeper's Golden Ale celebrates the history of beekeeping along the base of the Downs in the area and features local beekeeper Philip O'Connell on the pump clip. We even use a small amount of his honey in the final stages of the brew!"

Due to the brewery's success, the team are now looking to expand into larger premises as their current brewhouse in Western Road has exceeded capacity.

"For the last three years we have kept the fine brewing traditions established by Hurst Brewery brewers of the past alive and well, but now we aim to spread the Hurst Brewery name much further afield than founder brewer George Thomas Saltmarsh could ever have imagined, and definitely further afield than that Hurst Brewery dray horse could have managed in the course of one day!"



HURST VILLAGE CINEMA

By David Saitch

Hello. The Village Cinema is now back and firing on all cylinders.

There is some exciting news that we have had to keep under our hats but can now reveal. The Kenneth Branagh Theatre Company will be streaming a number of performances live from its home at the Garrick Theatre in London and we will be showing them. The productions feature stellar casts, with some of the cream of British acting talent. The first screening is its production of Shakespeare's magical comedy 'The Winter's Tale', with Dame Judi Dench and Kenneth Branagh in lead roles. It was certainly interesting to read Kenneth Branagh's interview about live broadcasts and how the fact that the cast is always so aware that their performance on the broadcast night will be seen by millions of people, not just in Britain but around the world, tends to keep them on their toes and turn in what is usually one of the best performance of the run.

The other great news is that we have once again been shortlisted for a number of awards in the Community Cinema of the Year Awards run by Cinema for All, formerly the British Federation of Film Societies. I can't say we are that optimistic of winning, looking at the amazing competition on the shortlists, but given that Cinema for All have over 900 Film Societies and Community Cinemas under their purview, even being shortlisted is something of an achievement.

Just a reminder about our October films. Our first film is Force Majeure (15), a deliciously deadpan drama from Sweden that has to be seen. Later in the month we have one of the most thrillingly entertaining films of the last year, Whiplash (15). This tale of a music student and the maestro who runs the elite college band with a rod of iron is a fantastic film that will keep everybody gripped and entertained.

The first Saturday Cinema film to provide fun for all the family is the very funny recent film Mr Peabody and Sherman (U) and our Sunday Cinema season kicks off with the wonderful recent adaptation of Thomas Hardy's Far From the Madding Crowd (12A).


For further details and to buy tickets and memberships, please visit our website at www.hurstfilms.com

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Hurstpierpoint FC needs you!

By Lucy Webb

It's that time of year again; evenings are drawing in, there's a nip in the air and there's a real feeling of autumn on its way. With autumn comes the start of the new football season, with matches beginning in earnest from the top Premiership leagues to local village teams.

However, instead of paying the astronomical prices for tickets to visit your favourite team, why not consider supporting a football team a bit closer to home? Wouldn't you rather cheer on your Dad, brother or friend on a Saturday rather than an overpaid professional footballer or, better yet, join in yourself?

I spoke with club secretary Jamie Dunne to learn a bit more about Hurstpierpoint FC, the local village team founded in 1886. The pitch is at the Fairfield Rec, towards the end of the Cuckfield Road on the right just before the fire station, and has been for around 50 years.

Jamie explained that although the club has had more downs than ups in terms of identity and position in the county-wide league in the past few years, it is looking forward to a brand new, positive start. His goal (pardon the pun) is to generate more interest in the club, with emphasis on fresh new local members and support.

He explained his hopes and dreams for the club for the forthcoming year: "We've come from a difficult place but the only way is up now. Our aim short term is to finish the season towards the middle of the league and build from there.

"Next season we are looking to create strong ties and links with the local community, either joining as players or helping out in the clubhouse bar, to even washing kit. Although we already have some sponsors, we are always looking to grow financial backing of the club too."

Jamie is enthusiastic about what the future holds in terms of growing other areas of the club: "We're keen to link up with other local clubs in the future and grow our under 18s side, so that the players from these teams can feed into the men's team, like a production line of players. We also want to set up a women's team too next season, so we have lots to look forward to."



If the whole team have this positivity about the future of HFC, the sky's the limit for their place in the league, and if you fancy a great family day out, come and support your truly local team.

Interested in playing?

Contact Dudley Christensen (07711 916803)
Or email the club on hurstpierpointfc@gmail.com

Interested in sponsoring?

Contact Adam Smith (07845 265399)
awsmith04@gmail.com

Interested in helping out?

email hurstpierpointfc@gmail.com or just pop down on match days
www.pitchero.com/clubs/hurstpierpointfootballclub

Be a winner, be a supporter

St Peter & St James Hospice joined forces with an exciting fundraising initiative, Local Hospice Lottery, one year ago. In that time there have been 37 winners, with 1,168 people currently playing in support of St Peter & St James Hospice each week.

The weekly lottery, which already works with a number of hospices throughout Great Britain, gives people in the areas where St Peter & St James works the chance to win up to £1,500 each week and to win a roll-over prize that can reach as high as £10,000!

Each chance to take part in the lottery costs just £1 and the draw takes place every Friday, with a top weekly prize of £1,500, a second prize of £400 which, if not won, can roll-over to £10,000, a third prize of £100 and 100 prizes of £10 each.

Sue Adams, Director of Fundraising and Marketing, said: "By joining the Local Hospice Lottery you have a great chance of winning while helping to support St Peter & St James Hospice. Every day we need to raise over £7,200 to run St Peter & St James Hospice services and every entry really does make a difference to the people receiving our care."

To join Local Hospice Lottery, please call free phone 0800 316 0645 or you can join online at the website: www.localhospicelottery.org

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FINE FOOD

Spider Cupcakes

(makes 12)

Ingredients:

- 100g plain flour
- 20g cocoa powder
- 140g caster sugar
- 1 1/2 tsp baking powder
- pinch of salt
- 40g unsalted butter (room temp... very important)
- 120ml whole milk
- 1 egg
- 1/4 tsp vanilla extract
- Plus you'll need paper cases and a cake tin

Heat oven to 170C(325F) Gas 3

Put the flour, cocoa powder, sugar, baking powder, salt and butter in a free standing electric mixer with paddle

attachment and beat on a slow speed until you get a sandy consistency and everything is combined.

Whisk the milk, egg and vanilla extract together in a jug, then slowly pour about half into the flour mixture, beat to combine and turn the mixer up to high speed (scrape any unmixed ingredients from the side of the bowl with a rubber spatula). Add the remaining egg mixture. Continue mixing for a couple more minutes until the mixture is smooth. Do not over mix.

Spoon the mixture into the paper cases until two-thirds full and bake in a preheated oven for 20-25 minutes or until the sponge bounces back when touched. A skewer inserted in the center should come out clean. Leave the cupcakes to cool slightly in the tray before turning out on to a wire cooling rack to cool completely.

When the cupcakes are cooled, spread the frosting on with a pallet knife and decorate with chocolate strands.

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Head Chef at the New Inn, Pete Hampson gets in the Halloween spirit and whips up the scariest cake he could think of.

Pete has lived in Hurstpierpoint since he was two and his ambition is to complete his recipe book before he gets too old to remember all the recipes!



For the frosting:

- 300g icing sugar
- 100g unsalted butter (room temp)
- 40g cocoa powder
- 40ml milk
- 6 squares of Cadburys milk chocolate

Beat the icing sugar, butter and cocoa powder together in freestanding electric mixer on medium/slow speed until the mixture comes together and is well mixed. Turn the mixer down to a slower speed. Add the milk to the butter mixture a couple of tablespoons at a time.

When the milk has been incorporated, add the melted chocolate.

Once all the chocolate has been combined, turn the mixer up to a high speed

Continue beating for about 5 minutes, until it is light and fluffy. The longer the frosting is beaten, the lighter and fluffier it becomes! Spread on your cupcakes.

For the decoration:

- White writing icing for the cobweb
- Black plate
- Liquorice Allsorts for the eyes
- Matchmakers for the legs

Snap a Matchmaker to the required length. Place the shorter end into the cupcake, balance the longer end on to this and put a lighter underneath for a few seconds. This is quite awkward and easy to overheat. Once the legs are in place, put the cake in the fridge for the legs to set.



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Lucy Webb in editorial assistant role

By David Tingley

It's my pleasure and privilege to introduce you, dear readers, to your new editorial assistant on Hurst Life: Lucy Webb.

Lucy lives in the village with her husband David, daughter Scarlett and stepson Craig. She has lived in Hurstpierpoint for nearly 10 years and is an unashamed raving fan of everything Hurst! Whilst her background is in fashion design, Lucy spent four years as the fashion editor of International Textiles magazine and is very much looking forward to getting back to using those dormant writing skills.

As the editorial assistant Lucy will be the first point of contact on emails to Hurst Life and she'll also be out and about getting items of local news and talking to residents in order to put together great articles. Do say a virtual 'Hi' (editor@hurstlife.co.uk) or just holler across the street when you see her!



How you can be involved...

As your local magazine we want as many residents and friends of Hurstpierpoint to be involved in every issue as possible. Here's a few ideas about how you might do just that. We'd love to hear from you!



As well as contributing to the content of the magazine, we also need you to use the services of our advertisers - and don't forget to mention Hurst Life when you call or email! Remember, these advertisers make it possible for us to create and deliver your magazine to you completely free-of-charge every month.



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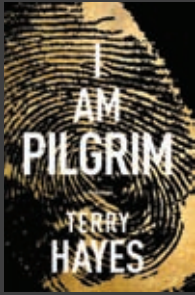
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I am Pilgrim by Terry Hayes

BOOK REVIEW

By Deb Hollywood

As a screenwriter, Terry Hayes brought *Mad Max 2* and *Dead Calm* to cinema screens. *I am Pilgrim*, his debut novel, has been marketed as 'the only thriller you need to read this year'. When we looked at this as a potential Mint House Book Group read we wondered if his mum had written the reviews!

I am Pilgrim has a credible US intelligence agent, codenamed Pilgrim, as its protagonist who has to pit his wits against a jihadist, known as the Saracen. The Saracen, having been radicalised by watching his father's beheading and subsequent time fighting in Afghanistan, is hell-bent on punishing the USA in a form of terrorism, post 9/11, which is horrific in its plausibility. Travelling from Turkey to Germany unimpeded, he is able, as a result of his religious beliefs, to gain employment in a pharmaceutical company and bring his plans to their culmination, which brings about a page-turning race against time. The subplot, which starts with what appears to be the 'perfect' murder, is enough for a novel in itself. There is plenty to keep the reader busy. We are given an insight into both Pilgrim's and the Saracen's backgrounds and histories, rendering them three dimensional and therefore credible and it's this which has probably made the book such a good read for both men and women. Having said that, the split in our book group was 50/50 and personally I can see that this an attractive read for men. Last year MGM bought the movie rights for the book and is set to target a series of films, similar to the Bond franchise; it's going to be a blockbuster!

Open Studios event a success

After all the forecasts of rain and wind, the sun broke through and painted the perfect backdrop for a successful 2015 Open Studios. The team of artists who opened their studio doors to the public last month, as part of this year's Hurst Festival, made over £700 for The West Sussex Association for Disabled People.

Event co-organiser and exhibitor Sylvia Thornhill, who provided the refreshments at her home and studio in Pit Lane, said: "We had an amazingly busy weekend and it was a joy talking to so many interesting and interested people. WSAD really benefited from the number of people we had for lunches; we ran out of bacon and had to shop for more! More rolls were made on Sunday morning too!"

"The funds we raised will fund bus hire for several months; it's a great achievement. I must thank all those who came, the wonderful helpers who come each year and all those who made and donated bread rolls, soup and so many delicious cakes. It was very tiring but so worthwhile."

Fellow artists and participants Karen Burt and Susan Skinner were also very impressed by the people who came through their doors. The pair, who were collecting for the Syrian refugees, commented: "Everyone was really friendly, perceptive and generous, and apart from



looking round at our work, our visitors asked questions and engaged us in many a conversation."

"Somebody even asked if my dog Alfie was for sale!" Susan added. "How valuable these encounters were in their own right; they reinforced our sense of the lively community that makes up Hurstpierpoint. As for Karen and myself, we were delighted to share the fruits of our passion for paint and printing, calligraphy and photography. Although there was a lot of hard work behind the scenes, we both agreed it was a happy and rewarding weekend."

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"I was chuffed to sell my bike straight away by putting it in Hurst Life Classified column last month"

Talula

What's on this month

AT THE VILLAGE CENTRE

AND ELSEWHERE

- 6th **Hurst Afternoon Club**, 2.15pm
'Eating for health' talk by Belle Amatt
A talk on some of the most common digestive complaints which I see in practice, these include gastric reflux and IBS type symptoms. We will consider the potential causes of these problems and how we may change our eating habits to reduce or resolve them. Come along, even if you're not a member (Pam 01273 831705)
- 10th **RNLI Coffee Morning**, 10am-12noon
In aid of the Hurstpierpoint & District RNLI Branch. Enjoy a cup of coffee among friends and take this opportunity to purchase your Christmas cards, diaries and calendars, along with lifeboat souvenirs. There will also be sales of produce, bric-a-brac and books etc. (Entry £1 to include coffee and biscuits - Details: Jo, 01273 843857)
- 17th **Heber Opera Craft Fair**, 10am-2pm
Wide variety of stalls with crafts and refreshments available throughout the day. Why not come along and start your Christmas shopping? (Admission 50p, to include a cup of tea or coffee, or a glass of orange juice. Stallholders please contact Jenny Letton on 01273 834703 or jenny.letton@btinternet.com)
- 31st **Coffee Morning for Paws & Claws**
10am-12 noon, at the Club Suite, Village Centre
The local cat rehoming charity, run entirely by volunteers and serving Mid Sussex. A variety of stalls to browse and to tempt, including delicious homemade cakes, lots of toys at pocket money prices, bric-a-brac, household items, lovely jewellery and toiletries, prize every time tombola, raffle, cards and calendars, DVDs and a big book stall with a wide selection at great prices. Refreshments served. Do come along, meet your friends and make a start on your Christmas shopping.
- 8th **Hurst Village Cinema – Force Majeure** (15), 8pm
Players Theatre
- 10th **Flu Clinics** – Hurstpierpoint Surgery 8.30-11am.
No appointment necessary. Must fulfil specific criteria.
- 10th **Black Market III Concert**, Hurst Social Club,
doors open 7.30pm. Red hot band focused on playing blues, American roots and rock.
- 10th **Rotary Club Beach Party** – Aadastra Hall, Hassocks
8pm. Dance the night away with West Coast. Bring your own bottle and snacks. In aid of St Peter & St James Hospice. (Tickets £12 from the Cook Shop, Hurst)
- 11th **Big Draw** – Nymans Gardens, Handcross
Every drawing tells a story – event for children of all ages. 11am-4pm
- 15th **NT Live - Hamlet** (12A) (SOLD OUT)
16th Hurst Village Cinema, Players Theatre
- 17th **Traditional Songs of the Sussex Downs and Coast**
St John the Evangelist Church, Newtimber, 7pm
By Chris Hare and his group of singers. (Tickets: £10 / £5 – Shirley Murrell at 01273 857353)
- 21st-
24th **The Weald of Sussex Art Club Annual Exhibition**
The Martlets Hall, Burgess Hill – Opening times:
Wed-Fri 10am-5pm, Sat 10am-3.45pm
- 22nd **St Lawrence Fair Committee AGM**, 8pm
The New Inn
- 23rd **Hurst Village Cinema – Whiplash** (15), 8pm
Players Theatre
- 24th **Hurst Village Cinema – Mr Peabody & Sherman** (U)
3pm, Players Theatre
- 24th **Evening of live Rock'n'Roll** – Danny House
reMEmber's fundraiser with Michael Gverney and friends will play hit songs from the 1950s and 1960s.
- 24th **A Night with the Stars** – Scout Hall, 7.45pm
A night of music, food, fancy dress and fun! Come dressed as your favourite star of stage, screen or TV. (Tickets £10 from Vanilla)
- 25th **Hurst Village Cinema – Far From the Madding Crowd** (12A), 3pm, Players Theatre
- 31st **'Cuckoo in the Nest' Comp** – Washbrooks Farm, 9am
- 31st **Halloween at Morleys** – Morleys Bistro, 6pm
A sweet hunt through our garden for children

November

- 1st **Danny Bonfire & Fireworks** – 6.30pm (see p. 6)

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