

Hurst *Life*

Including Sayers Common & Albourne

Local village talk,
by the village

Issue #8 : November 2015

Free
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yourself!

Hurst Festival photo round-up


p.16

Village People: Linda Levett

p.12

The art behind The Dene

p.26



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EDITORIAL

By David Tingley, Editor

This month we appear to be all about the 'round up'! On **page 16** we cover the wonderful **Hurst Festival**. On **page 29**, the **Hurstpierpoint Horticultural Society's Autumn Show**. And on **page 22** **The Albourne Show**, which you can see was a very successful day indeed.

We always do our best to include information about events like this where possible – but people do sometimes ask me why things can be delayed in being covered in the magazine. The answer is simple: deadlines!

Our **copydate** is always the **18th of the month** before - this in a mean that if events takes place at the end of the month it feels like its a long time coming.

However, when we know copy is coming in, we always try and work round deadlines where possible – so do please give us a heads-up if you can, even before you have any information to give us.

Words for articles, news, and what's on events can all be sent to the **editor@hurstlife.co.uk** address. If you take a photo of the village - we would love to see it. Email these to **photos@hurstlife.co.uk** and tell us when you took it.

Elsewhere in this magazine I am very pleased to feature **Linda Levett** in our **Village People** slot on **page 12**. Read more about the lady who you may know from a variety of roles in village life including behind the bar at the New Inn.

We are always pleased to celebrate with groups, and **Hurst Village Cinema** (p.7) and **Hurst Bowls Club** (p.6) both have cause to be very happy.

Lucy Webb, our editorial assistant, followed the story of art from the festival back to **The Dene** and writes about what she found on **page 26**.

Have a great November and next month we'll talk Christmas!

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Hurst Life
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NEWS

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

Cancer charity coffee morning a success



£750 was raised for Macmillan Cancer Support at a coffee morning held at Hurstpierpoint Bowls Club at the end of September.

Ninety people came along on what was a beautiful sunny morning to show their support. The organisers

said: "We would like to thank everyone who came, those who gave raffle prizes and those who made a donation and to The Bowls Club for letting us use their facilities. Without you all, we would not have been able to achieve such an amazing result."

Hurst *Life*

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New football kit unveiled for Hurst Colts

By Bob Emms

Hurst Colts is a football club dedicated to providing a fun and safe environment for Hurstpierpoint boys and girls. It's aim is to help young footballers thrive in a team environment, from U6s (school Year 1) through to U16s. The club is run by a committee of volunteers and a group of dedicated coaches, without whom it could not function.

We are very grateful to Paul (pictured) and Cathy from PD Electrical who have part-funded the purchase of our new football kit which means all our players now have one.

The club would be very interested in any other local businesses who would be willing to be either an age group kit sponsor, training jacket sponsor or sponsor our very popular yearly tournament which is the last weekend in June next year. Please contact me, club chairman, details on our website: www.hurstcolts.co.uk



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Hurstpierpoint ladies reach national Fours Bowls final



Jazz Night for RNLI

By Jo Kaddish, Chairman Hurstpierpoint and District RNLI Branch

Do come along to our Jazz Night on Saturday 28th November at 7.30pm in Hurstpierpoint Village Centre. Featuring 'The Jazz Dukes' - back by popular demand. Tickets, at £12.50, which includes a ploughmans supper, will be available from the Mint House, Hurstpierpoint and from committee members.

There will be a licensed bar and a raffle. Do come along and join us for an entertaining and fun evening and support this worthy cause at the same time!

At the end of the summer Hurstpierpoint Bowling Club's Ladies Fours team played six games over three days beating county teams from all over the country to win through to the National Finals at Leamington Spa. Unfortunately the ultimate victory eluded them. However, to reach the final was a great achievement for a small village club with all of the ladies living in Hurstpierpoint.

Pictured from left to right are: Chris Thomas, Jenny Goodman, Kathy Green and Brenda Davies.

The dark side of opera

Heber Opera will be performing an exciting concert in November exploring the darker side of opera: Fairies, Phantoms and Fiends.

Opera usually focuses on love and death but very often it is the supernatural influence that determines the outcome, so Heber Opera is looking at the operas where witches meddle with fate and fairies plague mortals, and where heroines fall in love with ghosts and ghosts make unreasonable demands of heroes. Oh, and vampires!

Heber Opera's musical director Michael Withers will be guiding the audience through all the excerpts during the evening with an informative narrative that will put the operas into context and provide fascinating background information about the works and their composers.

Michael Withers explains: "When we watch an opera we are usually thinking about the love story or the power struggle that forms the main story, but the real stars are often the supernatural elements that drive the main characters: just think of the witches in Macbeth or Mephistopheles in the Faust legends! And very often these supernatural characters inspire a composer's best music."

Heber Opera's concert Fairies, phantoms and fiends will take place on 29th November at Hurstpierpoint Village Centre at 6pm.

Tickets are £12 (£10 concessions) and can be bought online at www.heberopera.ticketsource.co.uk, or by calling the box office on 01273 495220 .

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Village Cinema scoop awards

Hurst Village Cinema was recently awarded commendations for Best Film Programme and Best Marketing in the annual Film Society of the Year Awards, which are run by Cinema for All, the umbrella organisation that has been supporting the Film Society and Community Cinema movement since 1946.

Not only this, they were shortlisted for the overall award for Film Society of the Year. That award was eventually won by an organisation from Sheffield, but so highly was Hurst Village Cinema's overall work and the quality of what they do considered, it was decided to give a Special Mention award to our local community cinema.

Cinema for All is the new trading name for the British Federation of Film Societies and they have hundreds of local cinema groups across the country under their purview. Every year they hold a national conference in Sheffield to bring community cinema organisations together to meet, share news, advice and experiences. The Village Cinema team got to meet people from the film industry, licence holders and funding bodies, attend workshops and panel sessions and also see advance screenings of films.

The Film Society of the Year awards is held at a ceremony in central Sheffield and these awards are designed to celebrate and reward the efforts of volunteer led community cinema. Cinema for All gather information about the year's programmes, publicity materials, community work and events from all film societies and community cinemas around the country who are affiliated to them. These are then evaluated and a shortlist for each award is put together to be judged by an independent body. Any film societies who have demonstrated excellence in a number of categories are then considered for the overall Engholm Prize for Film Society of the Year.

Given the numbers and quality of the community cinemas being considered, even making the shortlists is an achievement, and receiving the Special Mention in the overall award demonstrates that Hurst Village Cinema is regarded as one of the best community cinemas in the country.

For more information contact: info@hurstfilms.com


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The Festive Menu

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Ham Hock & Apricot Terrine
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

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Flexible childcare on your doorstep

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If you have children of school age or younger then you have probably considered, or are considering, some form of childcare for them. If that's you then did you know about the Hurstpierpoint & District Childminders Group?

The association is a group of 14 registered childminders who are all local to the village, all are mums and all have a passion for taking care of children.

Abi Powell, one of the group and a childminder for the past seven years, commented: "Many parents don't understand the benefits of using a childminder and therefore have not even considered it."

Childminders, for instance, are all Ofsted inspected on a regular basis, keep learning journals for each child in their care and also write in a daily diary too. "The child's learning is a big part of our work and we are very proud that everyone in our group has been scored as Good or Outstanding by Ofsted," Abi continued.

One of the key benefits of a childminder is flexibility. The members of this group offer hours from 7.30am-6.30pm and can create tailored contracts which fit around the parents' working hours - many charging in half and quarter hour periods. Suzy Bennett, a parent of two boys and client for the last six years, comments: "We really appreciate the flexibility and adaptability on the odd occasion that we have needed to change an arrangement."

The minders here in Hurst can also offer additionally useful services like pick-up and drop-off to/from local schools and pre-schools. Gill, a childminder for four years, says that the school run also offers other perks: "As well as the obvious exercise and road safety training the children also meet many other people en-route too. In fact, one parent said to me recently that more people say hello to her son when she's out in the High Street than to her!"

This sense of socialisation is important too. There is a fortnightly meeting in the village for the local childminders where they bring together all the children, plus many of the group choose to meet up and go out on other occasions too. Carole, a childminder for 26 years, knows the children love it: "Whether it's to nearby

"Our daughter thrives under the care of her childminder. She feels secure, loved and has a great sense of continuity between there and home."

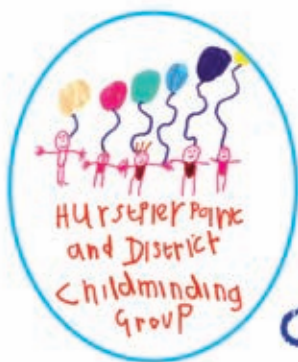
Washbrooks Farm, round to another minders home or just up to the park after school, the children always enjoy being out and about with their friends. For this reason we do it as much as possible."

Sarah Solomon, another Hurstpierpoint parent, comments: "Our daughter thrives under the care of her childminder. Having looked after her from babyhood she feels secure, loved and has a great sense of continuity." Childminders are also able to mirror the routines at home which can be a great bonus for parents. Sarah goes on: "The strong bond she has with her childminder will last a lifetime." Carole, now minding the children of children who were once in her care, explained: "Some older children - now at secondary school - still like to pop in, they say 'Hi', grab a snack and see their siblings before going home - which is just lovely."

Each minder in the Hurstpierpoint & District Childminders Group works hard to create a homely environment that is both loving and educational. And with the support and backup of other local childminders this means makes the services they offer a great opportunity for parents living in/around the village.

Joanna Herbert, mum of Aimee, summed it up like this: "It can be a worrying time trying to find the right childcare, not only do you want someone who you trust to look after and care for your child but also someone who can fit in with a busy schedule. Our minder is able to do all of this which is why both my husband and I were so pleased to find her."

All the childminders in the group are listed on the opposite page. If you are considering childcare for your children please call any of the ladies. They will be pleased to discuss your requirements and arrange to meet up.



Hurstpierpoint & District CHILD MindERS

Home From Home.
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Clare Stevens: 07912 567 313

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Jo Wilton: 07763 245 934

Judy Leech: 01273 833954

Kelly Boniface: 07989 809 823

Linda Spinner: 07480 204 774

Nicki Smith: 07812 571 113

Sandie Stace: 07795 165 012 (Sayers Common)



Linda Levett

VILLAGE PEOPLE



By Lucy Webb

Linda Levett might be among the busiest retired people I have ever met! A Hurstpierpoint resident for eight years, Linda lives with her husband John. She is a fundraiser for Alzheimer's Research UK, helps to run the bar at the St Lawrence Fair, Hurst-Bar-Point, not to mention spending time with her family (including eight grandchildren) and pursuing all her interests and hobbies - bird watching, walking and supporting Portsmouth Football Club! She also helped out as Assistant Editor for Hurst Life in the early months, but most impressive of all, she is currently the High Chief Ranger (National President) of the Foresters Friendly Society.

I managed to pin this busy lady down and get her to explain a bit more about the Society she has been a lifelong member of. On first hearing about The Foresters Friendly Society, I imagined a group of tree loving folk, but Linda and her husband John soon filled me in about this age old, countrywide Branch Society founded in Leeds in 1834.

"We don't know exactly why the Society was called this, perhaps forestry was a dangerous business to be in and the Society was established to give financial assistance to the workers and their families if they were injured or killed?"

The Ancient Order of Foresters (AOF) became a registered Friendly Society in 1834, although there is evidence that it existed as a society as early as 1790.

In the late 19th century, Forestry spread throughout the world, particularly to the British colonies but also to the United States. In 1892 the Order was opened to women with the formation of female courts. In the 20th century, between the wars, the AOF was an approved society operating within the National Health Insurance Scheme, so it had both voluntary and state members. Unlike many others, it survived the slump in

friendly society membership after the creation of the National Health Service in relatively good order, and still flourishes, offering both financial services and social activities, and has 190 branches (known as Courts) and around 80,000 members in the UK.

Linda is a committed, traditional Forester, and was joined into the Society by her father, Jack Arlow, at birth. Growing up in South East London, Linda and her sister, Shelagh, attended many social functions with their parents and their first High Court (Annual Conference) – of many – was in 1957. Their father was a delegate and they would spend the week playing on the beach and joining in the various social events in the evenings. Linda was initiated into the Order when she was 14 years old and is a strong believer in the mutual ethos of friendly societies.

When her daughters Georgina and Alexandra were very young, Linda's husband left, and she had no choice but to seek part-time work, commuting into the City of London to support her young family. Indeed life as a single mother must have been hard, but her commitment to her family and strength of character won through, and she brought her children up single handed. This was surely the birth of the drive in her to succeed at all costs, a strength and determination that has got her to where she is today.

The Foresters Friendly Society continued as a secure and solid part of Linda's life and even introduced her to her husband John, who is also a staunch member and a Past High Chief Ranger himself. John is originally from Portsmouth (hence the football team) but was living in Dorset when they got together. They had known each other for around 30 years, meeting frequently at Foresters' conferences held around the country.

Linda told me that: "five years ago we both discovered



we were single, so John asked for my phone number. John lost the number but asked a mutual friend and eventually called me six months later and the rest, as they say, is history!" They were married in November 2012 at the Hickstead Hotel.

Linda relocated to West Sussex from Bromley, Kent, to care for her late mother, who had broken her hip and had the onset of dementia. Both her daughters and their families, and her sister, all live in Hurstpierpoint too, so Linda is able to enjoy having her immediate family on her doorstep. When John and Linda got together, John fell in love with the village and soon became one of the quiz masters in the New Inn!

Linda's journey as a member of The Foresters Friendly Society continued to ascend, when having previously been elected District Chief Ranger of South London in 1997 and two years ago Chief Ranger (Chairman) of the Southern Home Counties Area, she was installed with the highly coveted title of High Chief Ranger on 15th June this year. Her duties include chairing meetings, attending and speaking at functions and events around the UK, Linda's name is inscribed on the impressive gold Chain of Office she wears to official functions.

She told me with undisguised pride that she, "is only the sixth woman in 181 years of the Foresters Society to become a High Chief Ranger!" Quite an achievement considering she is currently battling serious illness, something that through sheer determination and strength Linda is hopefully overcoming.

It was the experience of nursing her mother through dementia that led Linda to feel compelled to raise money for Alzheimer's Research UK during her term of office. After a Foresters' Conference in Torquay, Linda visited a National Trust property, Buckfast Abbey, and in the shop they were selling old fashioned traditional sweets

"John asked for my phone number, lost it, asked a mutual friend for it and eventually called me six months later! The rest, as they say, is history!"

in small packets and these seemed perfect to sell and raise money for dementia – using the theme 'Memory Lane'. Linda contacted the company but they were not happy selling to non-retail outlet. However, she told me that, after three months of persuasion, they finally agreed and she is now selling the sweets with all profits going to Alzheimer's Research UK. The branches in the Foresters also hold various events and raffles with many of them donating the proceeds to her charity. Recently five members did the Three Peaks Challenge in Yorkshire. This was a great achievement as they live in Lincolnshire which is very flat... Last month Linda had a runner in the Great South Run – and at least one, so far, in the London Marathon next year. All monies raised will go to Alzheimer's Research UK.

The New Inn in Hurstpierpoint holds a Quiz Night every first Tuesday of the month and this year all money raised is for Linda's charity. The next quiz is on 3rd November at 8pm if you want a fun night out and donate to a very worthy cause – and John will be quiz master!

Linda is also holding a Charity Ball in aid of Alzheimer's Research in Eastbourne on Saturday 16th April 2016, in The Floral Hall. For more information on this contact Linda at linda.levett@hotmail.com

Glow Wild

Winter Lantern Festival



Glow Wild at Wakehurst this winter
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Have you heard The Bothy Singers?

By Lucy Webb

My first question to Heather Hush, one of the founding members of The Bothy Singers is, "Where did the name come from?"

She explained that renowned jazz musician Herbie Flowers, who – among other accomplishments – wrote the bass line to 'Walk on the Wild Side', decided to set up a local choir in Ditchling. Heather, who is a piano teacher at St Lawrence and St Paul's schools, went along.

From that choir some of the ladies got together to form a smaller all female vocal group. Herbie at his house has an old lambing shed, or 'bothy' in his back garden. (A bothy is an old Irish term for a farmworkers quarters or mountain shelter.) The old flint building was put to good use when he installed his Yamaha piano, creating an ideal space for his music making. In the beginning, Herbie generously allowed the group access to the bothy in order to rehearse; The Bothy Singers began.

In its current form the singing group consists of some of the core members of Herbie Flowers' choir, and has grown to 11 singers, that live, work and rehearse around Hurstpierpoint. They have enjoyed recent success at their soiree evening as part of the Hurst Festival, and the West Galleria series of concerts.

All members can read music and have some musical experience, with the group's direction coming mainly from Heather. She explained to me that the group, "enjoy singing a repertoire of songs that you wouldn't normally find in a choral setting. For example, our unofficial theme-song is Bohemian Rhapsody by Queen!"

The Bothy Singers are pleased to announce details of their forthcoming Seasonal Celebration concert on Saturday 28th November. The singers will be joined by the local prestigious ten-piece group Brass Fusion, promising to provide a wonderful evening of entertainment.

The concert is being held at Holy Trinity Church, Hurstpierpoint and will start at 6pm. Tickets are priced at £7 and are available to purchase on the door.

If you would like any more information please contact Heather Hush on 01273 831023.

Or visit The Bothy Singers page on Facebook for more information.

Hurst Late Night Shopping event

The traders in the village will be holding their annual Christmas Late Night Shopping event next month.

The popular event that sees crowds turn out in all weathers is a chance for residents to spend some time browsing (and buying) from local retailers to tick off a few Christmas presents from the list.

This year's event will take place on Thursday 3rd December from 6pm.

More information in our December issue.



Hurst Festival 2015

PHOTO ROUND-UP

© Jim Carey Photograph

By Margaret Carey, Trustee

The overwhelming impression of this year's Hurst Festival – amazingly, this was the eleventh one – has been of happy people enjoying themselves at a huge variety of events aimed at people of every age.

Baby Sensory Workshops were for children of 13 months (yes, months!) or younger, and the Hurst Afternoon Club and Cake at the College tea parties was for people at the other end of the age range! The scope and quality of this year's programme and the excellence of the brochure which was delivered to more or less every home in Hurstpierpoint and Sayers Common, has been outstanding. You will all have your favourite events so please tell us what you liked best, and even what you didn't, so we can begin planning for next year during the next few weeks. New ideas, contacts, helpers, performers and artists will be warmly welcomed. And if you didn't get your first choice of tickets because small audience events sell out quickly, do consider joining the Friends of Hurst Festival which will give you priority booking in future. The Festival is always in the second half of September, so put it in your diary now!







5 MINUTES WITH...

Clive Miller

How long have you lived in Hurstpierpoint?

All my life – and I'm old now!

What's the best thing about being here?

It's a beautiful village with a wonderful community.

Favourite ice cream flavour?

Vanilla.

How many houses have you lived in?

Four. Three in Hurst, one in Albourne where I am living now.

Favourite holiday destination?

The Gambia – happy, smiley people.

Your most enjoyable event in the village?

St Lawrence Fair – without a doubt.

Do you share your home with anyone?

My partner Sally and my Boxer dog called Shaun.

Song you play the most?

Ripples by Genesis – It's Heaven music!

Mac or PC?

Mac.

Your most frequented village shop?

Paul at Gibsons.

What's your proudest moment?

Seeing my children born.

Coke, juice or water?

What about red wine?

Your advice for life?

You don't know what's around the corner, so be happy and live life to the full.

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

No 16 Hurstpierpoint Detachment Sussex Army Cadet Force is recruiting now!

If you want to aim higher, feel more confident and get a head start on your future join the Army Cadets.

Every year thousands of young people and adult volunteers join the Army Cadets for fun, friendship, action and adventure.

Become an Army Cadet and you'll be spending your spare time taking part in adventurous activities like rock climbing, mountain biking, archery and abseiling. There will also be plenty of chance to play all your favourite sports because the ACF has competitions for both boys and girls at county, regional and national level.

Okay, so you might end up a little wet and muddy, but wouldn't you rather be having the time of your life with some great new mates, instead of just sitting in front of a TV or computer alone in your room

Parade Evenings are Monday and Thursday 7.30-9.30pm meeting in Hurstpierpoint. For more information go to armycadets.com/sussex or email sussex16@serfca.org or follow us on twitter @SXArmyCadet16. You can also pay us a visit at Drill Hall, 91 High Street, Hurstpierpoint, BN6 9RE.

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By David Saitch

Great news, it seems we are officially one of the top community cinemas in the country. We all trooped up to Sheffield and came back with a number of awards. There are more details elsewhere, but why not come and see why we are award winning?

In November, we open with the superb drama **Ida** (15), on Thursday 12th November. In a mere 80 minutes, this film explores more than many films of two or three hours do. Stunningly shot in monochrome, the film tells the story of a novice nun who is sent by her Mother Superior to meet her sole surviving relative before she takes her final vows. After meeting, they set off on a trip to discover what happened to the rest of their family. Many themes are explored with the lightest of touches and in subtle depth and this wonderful film is a compact masterpiece.

Then on Thursday 19th November we are screening the NT Live Broadcast of **Of Mice and Men** starring James Franco and Chris O'Dowd. This screening comes from the Broadway production and received ecstatic reviews. Many people queued round the block to see the Hollywood actor James Franco on stage, but they left blown away by the performance of Chris O'Dowd.

Our first Kenneth Branagh Theatre Company Live broadcast is of **The Winter's Tale**, starring Judi Dench is sold out.

Our film on Friday 27th November is the terrific comedy **While We're Young** (15). Ben Stiller and Naomi Watts play a fortysomething couple whose life is in a bit of a rut. When they meet a twentysomething couple and strike up a friendship they rediscover some of their youthful zest and start to reassess their life, much to the bemusement of their peers. A terrific satire on hipster lifestyle and mid-life crises, this film is properly funny and is stuffed with brilliant gags as well as being genuinely thought provoking.

Then our family film on Saturday 28th November is the wonderful Disney film **Basil, The Great Mouse Detective** (U). Exciting and beautifully animated, this is a genuinely exciting, a well-told tale that is entertaining to both children and adults. All tickets for the family films are £4.

Our Sunday Cinema in November is the gripping and thought provoking war time drama **The Imitation Game** (PG). This film features a superb central performance from Benedict Cumberbatch as the code breaker Alan Turing and the race to crack the unbreakable codes of Germany's Enigma Machine. All tickets for the Sunday Cinema are £3 and the film screens on Sunday 29th November at 3.30pm.

Tickets for our films can be bought online at www.hurstfilms.com or at Mishon Mackay on Hurstpierpoint High Street.



Monkfish on the menu

FINE FOOD

Monkfish Thai Green Curry with Mussels

For 4

This was one of our favourite dishes at the New Inn so here's your chance to recreate it. If you don't want the hassle of making your own curry paste buy a decent one.

- 2 monkfish tails cut to make four even pieces. You may have some wastage
- You will want about 6/8 mussels each
- 6 spring onions
- 2 red chillies
- 3 teaspoons green Thai curry paste
- 1 teaspoon garlic purée
- 2 teaspoons fish bouillon
- 2 teaspoons fish sauce
- 10 kaffir lime leaves
- 1 tablespoon dark brown sugar
- 2/3 tins of coconut milk
- Some butter for frying

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Head Chef at the New Inn, Pete Hampson turns his hand to a delicious fish recipe with chillies to keep you warm as the weather turns!



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!

Method:

Slice the spring onions on a diagonal, keeping two back for decoration. Slice the chillies on a diagonal and keep these back for decoration. Make sure you wash your hands afterwards!

Gently fry the spring onions in the butter and add the fish sauce, fish bouillon, garlic purée and Thai paste. Cook on a gentle heat for 2 mins. Add the sugar and lime leaves. Gently add the coconut milk. Keep tasting. Remember you are cooking for yourself. If you like it hot, add more paste, if you like it sweeter add more sugar, if you like it milder add more coconut or simply add some cream.

Season the monkfish and place on a baking sheet in a preheated oven 180C. The fish will take about ten mins but keep checking as it will depend on the size of the tails.

Meanwhile steam the mussels and discard any that don't open.

Cook some rice and place in the middle of a bowl. Pour the sauce round the rice adding some mussels as you go. Place the fish on top of the rice. Scatter with spring onions and chillies and some course ground black pepper. For extra cheffyness we place some lemongrass cut in half lengthways but this is optional.

If you would like a recipe for the Thai paste why not pop in to the pub and I will happily write you one out.

Happy cooking!

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Albourne Village Show 2015

PHOTO ROUND UP

By Mike Gratton

This year's show took place on Saturday 5th September on the village green, and, whilst the weather was not quite up to its usual standard, the village again turned out in force, joined by many visitors from elsewhere.

Class entries were down 8%, driven by falls in the flower and vegetable sections, presumably reflecting the difficult growing season. However, the number of entrants rose by 2% and the changes made to the photography and children's classes for this year resulted in big increases in the number of entries in these sections. Arts and Crafts exhibits also saw a significant rise from last year.

Best Exhibit winners were:

Stan Cartwright for his stunning Dahlias in the Floral section;

Trudi Jupp for her beautiful cooking apples in the Fruit section;

Michelle Zeidler for her amazing basket of vegetables, which was also awarded the overall Best in Show award;

Best Culinary Exhibit was Diane Holmes' scrumptious crab-apple jelly;

Sue Lee, the Best Wines & Spirits award with her plum gin, which was greatly enjoyed by the judges (hic!);

The Best Children's Exhibit was Emily Pesquero's beautifully executed and creative "Hidden Surprise" pot and cover. Emily's pot was judged runner up in the overall Best in Show award;

The Best Exhibit Made from Recycled Materials was won by Daisy Cooper;

The Photography section saw Sarah Knee's Transport entry judged Best Exhibit;

The Arts and Crafts section Best Exhibit went to Gordon Eaton for his outstanding turned Laburnum honey pot and dipper;

The Flower Arranging section was won by Jos Kingston for her stunning arrangement of garden flowers.

As usual the raffle was a great success and we are enormously grateful to all those who donated prizes, including many local business. The Bedlam Bar did its usual great trade and Clive Miller's BBQ sold large quantities of excellent burgers and hot dogs. We were also grateful this year to local historian Brian Stevens who organised a village history exhibition from his huge collection. This was particularly well received and will be repeated next year. The show again saw a fine collection of vehicles and engines; all 'policed' for the first time by two beautifully restored vintage police vehicles. As usual we are hugely grateful to Bernie Stevens for organising this part of the show. Our usual two big steam vehicles were missing this year (due to a clash with the Dorset Steam Fair) but should be back for next year's show. Live music was again provided by the Patcham Silver Band and our excellent local band Sold As Seen.

We would like to repeat that our show remains totally independent and receives no council, other official funding or grant aid – we are totally dependent on the takings on the day, our annual fundraising efforts and, of course, the hugely valuable sponsorship provided by local companies. Our aim has always been to put on a great show that provides a platform for all our village organisations to raise money for their various needs.

The committee is once againxx enormously grateful to all those who helped before, during and after the show. So many people help in so many different ways. So THANK YOU, ALBOURNE and to all the many from elsewhere.

See you next year on Saturday 10th September 2016.



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Angel's wings are heavy things

By Lucy Webb

Remember how good it felt to have your picture displayed on a wall at school, or to listen to applause after playing in a concert or the release of emotion in a daily diary entry? Lead of Occupational Therapy and Education at The Dene, Jo Watters-Pawlowski explains how creativity can have a part to play with in-patients recovery.

The Dene itself is a large facility tucked away in Goddards Green, which provides medium, low and acute secure services for men and women with mental illness and personality disorder.

The Dene and its patients came to my attention after it exhibited patient's artwork at The Holy Trinity church in September. Not only is the artwork really good, modern, honest, often bursting with colour, it's heartfelt and moving in its simplicity and vibrancy. I wanted to find out a bit more about the artists and the people behind their creative journey.

On arrival at The Dene, reception is friendly but brisk, modern and bright, no mobile phones and security is paramount here.

I'm greeted by the very welcoming and friendly Jo Watters-Pawlowski (inset). Quietly spoken and calm, she's just as I imagine her to be; arty, cool, but with a steely sense of protection towards the patients at The Dene. It's obvious from the start she's immensely proud of their work and achievements.



Jo works very closely with the Occupational Therapy team who are equally driven and talented people some who specialise in art, music and creative writing. Combined they deliver art-based therapeutic intervention and results of this work are exhibited around the hospital, submitted to external art competitions and community art venues.

"We use creative therapies to support people with mental health issues, and try to channel new techniques and creative thinking to help the patients find out 'who they are'. The outing to the exhibition at The Holy Trinity church was a confident step towards developing a feeling of social inclusion, and to allow the exhibitors to see themselves not just as patients, but as artists."

She told me about how the Koestler Trust invited a patient to submit a piece of art work to be included in a special book to commemorate the 50th Anniversary of the Koestler Trust in 2012. The Koestler Trust Awards is the UK's best known charity for art by offenders, detainees and secure patients. This was founded by Arthur Koestler who established the Koestler Trust in 1962 after his own experience of being incarcerated and the need to use creative arts as a catharsis to imprisonment.

The Koestler trust sent Jo a beautiful piece of hand-made paper for one of the patients to paint or



Photos by Kris Pawlowski

draw on. The work submitted for the Koestler Trust 50th Anniversary formed a page in a unique book of art created by prisoners, secure patients, youth offenders and other detainees from across the British Isles.

The patient seemed reluctant to do it, dismissing the project at first. Jo explained: "The hardest thing is helping the patients to overcome their sense of failure, as they have very high expectations of themselves. It's our role as facilitators to reduce that anxiety and help them have fun creating whatever it is they want to create."

At last the patient painted the most wonderful, vibrant tree, laden with heavy fruit, and a positive, perhaps subconscious message of hope.

The title of a heartbreaking and seerily honest book of poems by one of the patients, 'Angel's wings are heavy things' sums up the benefit and importance of Jo's work, proving that creativity is often the best form of communication when all others have failed.

Your feedback on The Dene is very welcome. Please email us at editor@hurstlife.co.uk and we'll happily forward any comments.

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News from the Fair AGM

The recently held St Lawrence Fair Annual General Meeting saw well-attended back room at The New Inn and lots of information from the committee.

Rachael Babister, Nicola Stenning and Adrian Thompson led the collected residents and friends of the fair through awards, visitor feedback, finance and plans for next year.

There were numerous awards presented including one for Mocca the rabbit (although Sarah Bucksey collected it!) and Harvey the dog took his trophy along with owners Millie and Imogen Preissner. The three-year champion of the Under 16 fun run Tom Roberts was also congratulated.

Many folk were thanked too as it was commented that it takes a good number of truly committed individuals to make this big event happen every year.

Adrian Thompson shared the fact that the Fair had made a healthy profit of £3,000 this year, after last year's significant loss. After the 2016 event the committee hope to be able to support charities through their surplus funds again.

Next year's St Lawrence Fair will take place on 2nd July and will take on the theme of 'Swinging 60s'! The team are already hard at work on fundraising for 2016, and they'll be more information in next month's magazine about the Superstar DJ event coming up in March.

There was plenty of opportunity for feedback from the floor about this year's Fair. It was noted that the committee are actively seeking new ways of fundraising.

One such opportunity will be the 50:50 Raffle in December which will be launched at Late Night Shopping Night on Thursday 3rd December. The winner, drawn out of the hat later in the month, will simply receive half of the raffle fund with the other half going to SLF. The team will also be recruiting for helpers with a sign-up sheet on the night.

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A year of growth to show

HORTICULTURAL SOCIETY AUTUMN SHOW



By Kathy Green

Despite a disappointing summer of dismal and inconsistent growing conditions, Hurstpierpoint Horticultural Society Autumn Show was bursting with colourful flowers, aromatic fruit and tasty vegetables. The eye-catching large flowered chrysanthemums and the giant cactus dahlias certainly had the 'wow' factor and stopped people in their tracks as they entered the hall. However, this year the silver medal for the finest chrysanthemum exhibit was awarded to a wonderful vase of spray chrysanthemums exhibited by T. Golds and the silver medal for the finest dahlia exhibit was won by R. Hilson for his vase of exquisite mixed dahlias.

Now, can one get excited by a collection of potatoes? Yes, of course one can, if they are as good as those exhibited by Alan Brown. Three different unusual varieties, spotless, gleaming and perfectly matched. A worthy winner of the Todd Cup for the best in show, beating off strong competition from giant onions, luscious red tomatoes, multi-coloured squash and a host of other autumn fruit and vegetables.

And then, in the cookery section, there was a bit of a stir!! Treasurer of the Society, Martin Sadler, well-known for his stringent bookkeeping and excellent fruit growing (he, once again, won first prize for his basket of fruit) beat all the ladies hands down winning first prize and much praise from the judge for his cherry cake (the writer can

vouch for the fact that it was very delicious!) He also won first prize for his rock cakes in the men only class.

But the ladies also had their champions. For the first time ever a lady won the prestigious RHS Banksian Medal for the most prizes gained overall in the Spring, Summer and Autumn shows combined. Congratulations go to Sue Brooks for her well-deserved victory. Girl power also prevailed in the children's section with Poppy Collins sweeping the board winning the Junior Autumn Cup, the Junior Vegetable Cup for most points in all three shows for vegetables and the Fleming Cup for the most points won in all children's classes in all three shows combined. Well done Poppy!

The next show will be at the end of March when, as well as all the usual classes and spring flowers, the public will judge the photography and floral art and there is the annual plant sale. Exhibiting is free and open to all. New members are always most welcome. Benefits include a substantial discount on Suttons Seeds, a ten percent discount voucher scheme on plants at Southdown Nurseries and convivial monthly meetings throughout winter and spring with a variety of guest speakers. For more information please contact the secretary, Patrick Haworth, on 01273 842857.

What's on this month

AT THE VILLAGE CENTRE

- 1st **Tea Dance** – 2-4pm
- 3rd **Hurst Afternoon Club** – 2-4pm
Quiz and Cake session
- 8th **Tea Dance** – 2-4pm
- 10th **Hurstpierpoint Horticultural Society** – 7.45pm
'Soil our Misunderstood Best Friend' an illustrated talk by Ross Unsworth who is a lecturer at Plumpton College with 13 years experience specialising in plant and soil science. All welcome. £1 members £2 non-members.
- 10th **Knit 'n' Knatter** – 2-4pm
- 14th **Hassocks Badminton Quiz** – from 7pm
- 15th **Tea Dance** – 2-4pm
- 17th **Wolstonbury WI meeting** – 7.45-9.45pm
AGM and members talk on Brazil.
Visitors welcome
- 21st **NSPCC Christmas Coffee Morning** – 10am-1pm
- 22nd **Tea Dance** – 2-4pm
- 27th **Hurstpierpoint Christmas Fair** – 6.30-9pm
Come and enjoy your Christmas shopping in the warm, welcoming atmosphere of the Village Centre. A large variety of stalls selling hand made scarves; children's books; home-made preserves; cards; knit ware; bath products; jewellery; wood turned gifts; and many more unusual and unique gifts will be available. Children free admission, adults admission 50p to include a cup of tea or coffee. Delicious hot and cold refreshments, prepared by Hurst Gym Club volunteers, will be available throughout the event.
- 28th **Hurstpierpoint Christmas Fair** – 9.30am-1pm
If you are interested in having a stall, please contact Rebecca via r_p_hair@yahoo.co.uk
- 28th **Hurstpierpoint & District Branch RNLI** – 7.30pm
Jazz night featuring the 'Jazz Dukes' (Tickets at £12.50, which includes a ploughman's supper, will be available from the Mint House)
- 29th **Hebra Opera** – 6pm
Fairies, Phantoms and Fiends (Tickets are £12 (£10 concessions) and can be bought online at www.heberopera.ticketsource.co.uk, or by calling the box office on 01273 495220)

AND ELSEWHERE

- 1st **Time to Remember** – 4pm
Holy Trinity Church
A service of thanksgiving for those who have died. After the service there will be refreshments available if you would like to stay and chat.
- 8th **Remembrance Parade** – 10.45am
Leaving from South Avenue. Organised by the Hurstpierpoint & Albourne Branch of the Royal British Legion. The Parade will assemble in South Avenue at 10.35am and march off at 10.45am through the High Street to the War Memorial. Wreath laying and reading out of names of the fallen will then take place prior to a service in the Holy Trinity Church led by the Rev Jane Willis. Following the service the Parade will form up outside of the church and march to Trinity Road. If wet the Parade will assemble in the Army Cadet Force Drill Hall (behind the Co-op) and then march straight to the Holy Trinity Church where the full service will be held. (More details: Trevor Evans 01273 833037 Parade Marshal, Royal British Legion)
- 11th **An informal Remembrance Service** – 11am
At the War Memorial, all are invited
- 17th **reMEMber Award Ceremony** – Danny House
The Lord Lieutenant of West Sussex will present reMEMber with the Queen's Award for Voluntary Service
- 28th **ASCAT Churches Christmas Fair & Father Christmas** – 10.30am-2pm, Sayers Common Church Hall. Pop Up Cafe, Bake Off Vintage & other stalls. Games and fun for children and not so young!
- 28th **The Bothy Singers Concert** – 6pm
Holy Trinity Church. The singers will be joined by the local prestigious 10 piece group 'Brass Fusion' in order to provide a wonderful evening of entertainment. (Tickets £7 and are available to purchase on the door)

December

- 3rd **Hurst Late Night Shopping Night** – 5.30-9pm
Shops open and various activities including: Reindeer, Santa's Grotto and a Snow Machine

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