

Hurst Life

Including Sayers Common & Albourton

Local village talk,
by the village

Issue #23 : February 2017

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Hurst's link to support a Nepal school

p.15

A proper bike ride

p.34

Village People: Janice Kent

p.20

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EDITORIAL

By David Tingley, Editor

Welcome to this month's edition and the regular celebration of life here in Hurstpierpoint.

On page 6 **Rupert Bates** shows us another side of the **Village Fair** - its desire to support the community. Thanks Rupert for keeping us up to date.

Talking of annual events, the **Hurst Festival** is looking for a festival director in 2018 - could you manage this role perhaps? There is plenty of time to learn from this year's team, so you won't just be thrown in at the deep end! Read more about the requirements on page 28.

On page 12 we highlight the work of **Albourne Pre-school**, while on page 15 we move further afield to **Andrew Hair's** visit to a school still feeling the effects of the earthquake eruption in Nepal some years ago.

Many will know long term Hurst resident **Janice Kent** who takes her turn in our regular Village People feature on page 20. Herself and Bill have work tirelessly over the years with their charity to support those feeling the effects of ME. **Michèle Copeland** finds out more.

For those wanting something different this **Shrove Tuesday**, turn to **Belle Amatt's recipe** on page 24. Could you be daring and try an alternative this year? Let us know how you get on.

On page 26 **Margaret Taylor** shares her passion for the national youth organisation **The Girls' Brigade**. Page 30 see **David Saitch** revealing the month's movie options at the Players Theatre. And, on page 31, **Ray Traynor** gets a brief introduction in our '5 mins with...' feature. We can always use more volunteers for this item, so do please email in your own answers before our next copy date 21st February.

Talking of dates, with our **2017 copy dates** changing slightly, our March issue comes out on 7th March - so don't panic if you think you've not had it delivered!

Keep your stories, news, events, cover photos and suggestions coming. **We love to hear from you all.**

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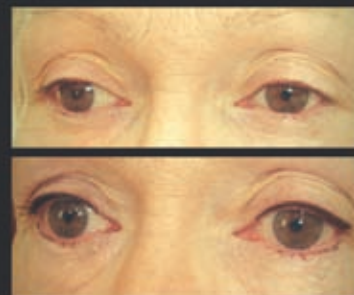
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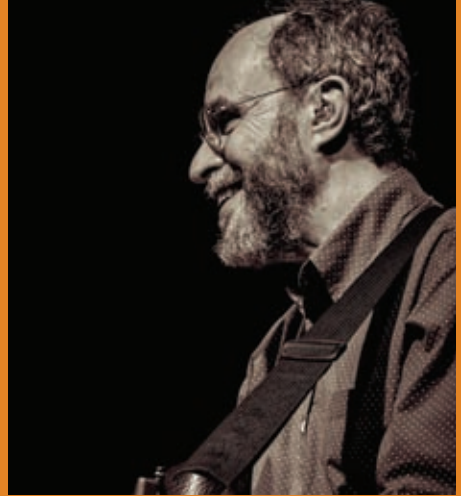
We'd love to hear from groups, organisations and individuals about what's happening locally. Include a photo if you can. Email your stories to editor@hurstlife.co.uk

Guitar/vocal concert at church

Mike Reinstein has been writing and performing songs all his life. Back in the 1970s he was in a band called Doris playing folk clubs and colleges. Following her demise, he set forth on a career path that included delivering false teeth, writing for Melody Maker, cold-calling, being a drama therapist in forensic settings and most recently an specially, singing with children in primary schools. He also sings with young people at LVS Hassocks, the school for children with autism and Asperger's Syndrome in Sayers Common. And he has always sung in clubs and continued to write and record songs.

Mike released his second album *A Long March Home* on the Irregular Records label in 2015 to great critical acclaim. His previous album, *More to be Revealed*, came out in 2011, with an equally warm reception from the press

Mike, and his wife Reina, can be heard in concert on Saturday 18th February at The Holy Trinity Church in Hurstpierpoint, 6pm to 7.30pm. Tickets on the door are £5.



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Vacancy for Parish Councillor

Hurstpierpoint & Sayers Common Parish Council has a vacancy for a Councillor in the Hurstpierpoint Ward.

This position would be by co-option and the successful candidate would be in post until May 2019, when they would be eligible to re-stand or step down.

An additional information session is being held next month (March date TBC) in the Village Centre for anyone who would like to find out more about the role. There is no obligation for anyone who attends the session to apply.

The deadline for the Parish Council to receive the application form is Monday 13th March at noon, by post or email.

For more information contact the Parish Office by email to: hurstpierpoint.pc@btinternet.com or call 01273 833264.



Tree collection raises an amazing £4,150!

Ours readers will no doubt remember how Hurst based resident Paul Wilkinson, who has been running a successful landscaping business for the last 13 years, collected £3,000 for Cancervive, last year, by disposing and recycling our used Christmas trees. This Hurst based Charity, was set up to offer support to family & friends of cancer sufferers in times of need.

He decided to repeat this service again this Christmas, but splitting the proceeds between two charities: Cancervive and St Peters & St James Hospice. The latter being solely reliant on fundraising to run their day to day care for those with life-limiting, or terminal illness.

This year Paul has surpassed himself by collecting an amazing £4,150 for the charities.

He says: "It's good to be able to give back to the Hurstpierpoint community when I've been living here for nearly 30 years".

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Fair supports community

HURSTPIERPOINT VILLAGE FAIR

Lee and Andrée Tite, owners of Pierpoint Pet Supplies, have spoken of the 'amazing support' from the village community following the fire last September that devastated their popular High Street pet shop.

The couple received a cheque from Hurstpierpoint Village Fair and they have been overwhelmed by the generosity of the village, including crowdfunding and bucket collections to help them pay suppliers and replace lost stock, with anything salvageable from the ashes given to the Kit Wilson Trust for Animal Welfare.

"Trade since the fire has been down about 65%, but is slowly starting to rise. I think standing outside our shop in the High Street selling our Christmas stock in the freezing cold reminded people we are still trading," says Lee (pictured, right).

"The support from so many people in the village has been fantastic and humbling. We would like to thank every single one of them."

Pierpoint Pet Supplies is currently operating from a pop up shop at Washbrooks Farm, while they also run free local deliveries twice a week.

"Peter and Jess at Washbrooks supplied us with their old office portakabin which they moved with a tractor from the bottom of a field to the car park. We are so grateful to them," said Andrée. "And the dog-friendly tea room helps, not to mention a village of animal lovers!"

Both born and bred in the village, Lee and Andrée are hopeful that building work will start soon to restore their high street shop, which was founded by father and daughter Bob and Andrée Ward in 1991, with Andrée and Lee fully taking over the family business nine years ago.

The couple, who have two daughters Tallulah and Roberta, ran Hurstpierpoint Youth Club for 21 years; have worked in the village pubs and Andrée volunteers at Hurst Rainbows, who are sure to create a colourful float for the Fair procession, while Lee will be driving the Cottis Playgroup float.

"We have seen the Fair change over the last four decades and in our opinion it is now the best it has ever been with a real carnival atmosphere," says Lee.

The Village Fair committee also presented certificates recently to the Hurstpierpoint Army Cadet Force, who help out on Fair day fetching and carrying, setting up and breaking down stalls – last year in torrential rain – with their work going towards their Duke of Edinburgh Awards.

Above: Phil Willoughby, Cpl Taylor, Cpl James, Cpl Maidment, L/Cpl Dance, Cdt Bullied, Cdt Prevett and Gary Thomas



The ACF has been in the village for over 100 years and is one of the oldest youth organisations in the country.

"We currently recruit from Hurstpierpoint, Hassocks, Sayers Common, Albourne and Keymer," says Craig Harvey, Sergeant Instructor and Detachment Commander. "We accept applications from children aged 12 years and three months and cadets will leave on their 18th birthday. We offer exciting training opportunities, including mountain biking, climbing, canoeing, athletics and shooting as well as more typical subjects such as drill training and map reading.

"There are regular training weekends which focus on a particular topic such as shooting or First Aid and where we meet up with other Sussex ACF detachments. We were very grateful to the Co-chairs of the Fair who attended our detachment on the last parade night of 2016 and presented the cadets with certificates thanking them for their efforts on the day."

Co-chair Phil Willoughby commented: "We are very grateful for their help and we should be really proud of our village ACF."

If you are interested in joining the ACF Please email Craig on 9756harve@armymail.mod.uk

If you would like to help the Village Fair in any way please email stlawrencefair@gmail.com

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Exciting times for local creative agency

Hurst born and bred creative agency, Calico, well known for building local brands by providing a brand, marketing, print and web service has flown the nest and relocated to its new home in Crawley.

Having joined forces with Xpress Group, a specialist large format and digital printers, in November, they're now offering an even bigger and better service that includes signage and display for exhibitions, way finding, shop signage POS and vehicle branding.

Calico founder Alistair Veness said: "We're extremely proud of what we've achieved over our 10 years in business. Hurstpierpoint and Hassocks is where our heart is and we continue to work with many of its local businesses including Columbine, Washbrooks Farm, Black Dog Hill Vineyard and Garden Sage."

The New Year is a time when many businesses start thinking about revamping their branding or website. Calico offer a free consultation and their tagline, '45 minutes is all it takes' is based on the premise that they can gather information during a 45-minute chat to come back with a free proposal of how they can improve on a brand or website.



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Hurst runner supports childrens hospice

Renate Parkinson will do the Vitality Brighton Half Marathon later this month for Chestnut Tree House.

Hurst based Renate is a Project Manager for an events company in Brighton. She completed a 10k marathon in London last year, for a wildlife charity and ran it in an elephant onesie!

Undeterred, she wanted another challenge and has decided to run for Chestnut Tree House, because of contacts with carers and nurses, who encouraged her to do this.

She will be doing the 13 mile Vitality Brighton Half Marathon on 26th February.

She trains by doing the park runs - 5K every Saturday in Brighton and does 2 to 3 extra runs during the week.

She says: 'It's hard to get yourself motivated to do the runs in the Winter, but I'm motivated enough to do this for such a worthwhile cause'.

Her aim is to raise £3000 over this coming year.

Chestnut Tree House provides specialist palliative care to children and young people with life-shortening illnesses and provides support for the whole family.

To support Renate go onto the justgiving link: www.justgiving.com/fundraising/Rens-Challenges

For more information on Chestnut Tree House from: www.chestnut-tree-house.org.uk



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Meet the Albourne Preschool team

by Michèle Copeland

The preschool in Albourne (Albourne Under 5s) is an OFSTED registered establishment. It's been established since 1978 and was founded by Sue White, who retired recently after 38 years of dedicated work.

The school is co-run by Eve Gerhold and Tina Ware (part of the pre-existing team), who now share its responsibility.

It is based at the Albourne Village Hall, near the primary school and shares links equally with St Lawrence (Hurst) and Twineham.

Albourne Preschool offers a warm, nurturing, small, safe and rural community environment for your toddlers aged two to four and operates on a flexi-time arrangement from one to five times a week depending on needs, or even if Nan wants a day off from babysitting!

It was obvious to me, as a mum of a now grown-up daughter, that all the activities are chosen with care. Emphasis is placed on stimulating the child's natural curiosity, with themed nature-seasoned activities.

Ofsted commented in its last report: 'Interesting activities engage children and they are eager to take part. For example, children became engrossed as they peeled and carefully cut up an onion'.

"One of the great favourites," says Eve, "are the welly walks, inspired by Forest schooling, which is a form of outdoor schooling where emphasis can be placed on managing a wildlife garden, cooking on a camp fire or even making a pirate ship."

The next planned outdoor activity will be a trip in March to see the lambing at Saddlescombe Farm, near Devil's Dyke.

More information is available from www.albourneunder5s.com or like them on Facebook.



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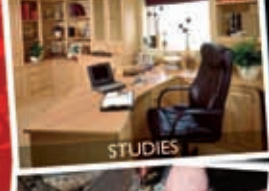
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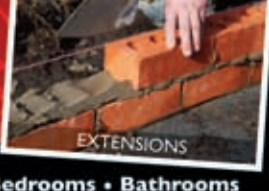
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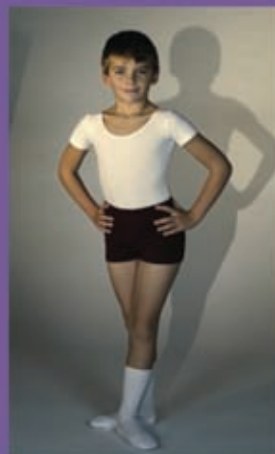
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Support for earthquake-hit school

By Andrew Hair

Last year, I was fortunate enough to visit Nepal and went to one of the schools in Kathmandu. Hit by the earthquake, several buildings needed rebuilding. Classes were still being held in a rusty cycle shed on the playground - without walls and open to the rain of the monsoon. I was struck by the optimism of both the staff and children in the face of disaster and difficulties.

The school was very proud of its library, which contained books which in England would have been updated years ago.

In Nepal, 40% of children do not attend school. The school I visited has fees of £150 a year, which for some families that earn less than £10 a week is out of reach.

Following an appeal to the parents of Hurstpierpoint Gymnastics Club parents, I was able to take some things there in December.

Subsequently, all the 150 books were exhibited in the playground, as it was much warmer outside than inside the school! Children and staff alike had never seen such colourful books (e.g. Dangerous Animals), with pop-ups (e.g. Ten Little Caterpillars) or texture (e.g. That's Not My Fairy). The school was keen to put them all directly into the library for children to access once a week. No school books had ever been allowed home before. I persuaded them to experiment with a Book Bag scheme for home reading. They were reluctant but agreed to give it a go.

I organised named Book Bags and four classes, approximately school Years 2, 3 and 4 consisting of one hundred children, took books home for the first time ever. Some of the families did not have a single book in their home. Every book was safely returned and exchanged, having been read to all the family. The children in Years 5, 6 & 7 wanted to have books too, but more would be needed to expand the scheme. The staff told me that about 10% of the parents were illiterate in Nepalese and even more in English. With no heating, many classrooms having no windows (just a hole in the wall), a very small library and no hall, I organised an outdoor classroom. To combine these needs I started a Shared/Paired Reading time each day, where Year 2s

were paired with a partner from Year 5 (Year 3 & 6, Year 4 & 7) to read alternate sentences, help with words and storylines. More often than not, the younger partner assisted the older one! This was so successful, that the staff agreed to add this activity to the timetable.

I left the school with heartfelt thanks to all of you ringing in my ears from everyone at the school.

The immediate needs are for more books to maintain and extend the schemes started, and for book covering material to extend the life of the books. The largest wholesaler in Nepal hadn't ever stocked 'sticky back plastic'. We need more books - new or nearly new and colourful.

To help finance the carriage, we have been given an executive pair of tickets for a West Ham game, including Two Directors Box tickets, with two Academy Lounge Passes for pre-match & half-time refreshments and two Boardroom Passes for full-time drinks with the Chairman, David Gold. These will be auctioned this half term - best bid for this magnificent prize by 17th February. The tickets must be sold to someone connected to the Club in any way and not re-auctioned via eBay or similar. Bids currently stand at £80 (at the time of going to print). Bids can be made in person or via emails. I will keep the latest top bid listed on our website under news.

Get in touch via: www.hurstpierpointgym.co.uk



Easter Sports Camps at Hurst College

Hurst College will be holding two-day Netball and Hockey sports camps for children in the school Easter holidays this April.

A netball camp will be open to girls on Monday 10th and Tuesday 11th April, and a hockey camp will be running for girls and boys on Wednesday 12th and Thursday 13th April. Both camps are open to children in Years 3 to 8 from any school or club. Parents can sign their children up for one or two days.

The aim of these camps is to help develop netball and hockey playing skills. The sessions will consist of coaching and games appropriate to the children's age. The camps are led by fully qualified coaches - many at county level.

If you are interested in booking your child on to one of the Hurst College sports camps, please email sportscmps@hppc.co.uk for more information or visit www.hppc.co.uk/events



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Outstanding secondary on the doorstep

DOWNLANDS COMMUNITY SCHOOL

Staff and students at nearby Downlands Community School in Hassocks are celebrating after a recent inspection by Ofsted judged the school as 'Outstanding'.

Ofsted carried out its inspection towards the end of November 2016. It praised exceptionally strong teaching, outstanding outcomes and found that students behaviour was exemplary.

Mark Wignall, Headteacher, said: "We are delighted to receive the 'Outstanding' Ofsted judgement which reflects the hard work and commitment of our talented staff over a number of years. I would also like to pay tribute to our wonderfully supportive Governing Body as well as our amazing students and parents/carers. This has been a real team effort and a triumph for our school

community. The report successfully describes the fantastic quality of provision at Downlands."

The report highlighted a number key elements to the schools success within it, including: 'A culture of care and community pervades the school' and 'it [the school] makes an exemplary contribution to the community; it is a community school in action as well as in name'.

Chair of Governors, Diana Hunt, said: "The hard work, professionalism and dedication of all our staff has been recognised by this Ofsted judgement. We congratulate them, our students and everyone connected to the school and look forward to the future with added confidence and enthusiasm."

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Janice Kent

VILLAGE PEOPLE

By Michéle Copeland

Scottish-born Janice Kent arrived in Hurstpierpoint with her husband Bill and their two children, one at Sixth Form College and one at Secondary School, when they moved into their new family home 30 years ago.

Janice had decided to retrain in a new career, which took a little time and was very rewarding. It was only when she collapsed at work in January 1995 that she realised that something was seriously amiss. It took some time to get a diagnosis, but she received this when she was referred to St Bart's in London, where her daughter was working at the time. She was diagnosed as having Chronic Fatigue Syndrome, also known as ME.

In 1999 she decided to set up her charity with her husband Bill when he retired and she was feeling somewhat better – reMEember (The Chronic Fatigue Society) was the first registered charity in Sussex to be set up to help patients and is based in Hurst.

One of the local patrons is none other than Howard Flight (now Lord Flight). He readily became a patron because one of his old school masters was severely affected by ME and he understood the problems that patients could experience.

Both Janice and Bill then spent some time contacting local ME groups around Sussex to assess their needs and concerns. What was needed was diagnosis and support for patients, who are badly affected with many symptoms not just fatigue. They also have poor prospects, as many of them are far too unwell to work, even part time, let alone have a career, as many of them did before they were unwell.

In 2000 they started their first newsletter.

“The way to cope with a chronic illness is to help yourself.”

In 2001 they started running self-management courses in Hassocks with a colleague, Graham Wood, as he and Bill had vast experience of running self-management courses. They had both trained as trainers at Sunningdale (the Civil Service College). With Janice's

professional experience in pharmacy, working with patients and her holistic Yoga training, they were well placed to develop a course tailored to the specific needs of ME patients. Graham attended the same school as Lord Flight and knew about the problems patients faced too.

Philip Bedingham testifies: “I have had ME/CFS since 1999, and I was a participant on one of the first self-management courses that Janice and Bill ran. I found the course really helpful

and encouraging. The importance of pacing* was clearly explained, which is a key factor in managing CFS. The less we do, the less we are able to do, and so we have to continually gently push at our boundaries while not pushing ourselves too far. A tricky balance to keep!”



*Pacing is a technique used where ME sufferers are encouraged to split their activities into small bites and be in control of their time and activity.

Another milestone was reached in 2003, when all those concerned in Sussex were invited to express their needs and concerns at a meeting called by Lord Flight, with an invited member from the Mid Sussex Primary Care Group (NHS body). After further discussions with him and reMEMber, the Trust agreed to commission a service for the whole of Sussex. The Public Health specialist from the Mid Sussex Trust put in a bid to the Department of Health for funding, that was released after the Chief Medical Officer's Working Group reported. Janice was a member of that group. The Sussex-wide CFS/ME Service was launched in 2005 and is based in Haywards Heath.

Following this, in 2005 the Mid Sussex District Council, Mid Sussex Times and local Bright Radio presented reMEMber with the Mid Sussex Charity of the Year award.

Rachel Whitlam (pictured with her daughter) says that she was 40 years old when a blood specialist from Tunbridge Wells told her that she had CFS/ME. "He didn't diagnose it exactly," she says, "rather he just dropped it in to the end of a half hour consultation about my blood disorder. I had asked if it was normal for someone with chronic immune neutrophils to have visual problems and pins and needles with extreme tiredness. He said it was exactly what he would expect from someone who had CFS. It was something of a groundbreaking moment and the start of my journey to recognise what had been wrong with me for the best part of my life."



After reading an article that Janice had written on ME/CFS and reMEMber, Rachel says: "I rang the charity helpline and spoke, for the first time in my life, to someone who actually seemed to know exactly what I had been going through."

Since then the charity has grown on a worldwide basis and the newsletter is dispatched as far as the USA and Australia and has developed nationally as well.

Bernie was diagnosed with ME in 2010. After many years of struggling on her own, she came across reMEMber. "I found the course of managing the illness life changing," she emphasises, "and talking with other people with similar problems certainly improved the feeling of isolation and gave me hope for the future. The main strategy which helped me was pacing."

Janice and Bill have been asked to join the APPG (All Party Parliamentary Group) on ME, of which Sir Nicolas Soames is a member and patron of reMEMber. Sir Peter Bottomley is the Chair of the APPG. In addition the Countess of Mar invited them to join her group (Forward ME) at the House of Lords.

In 2015, reMEMber was awarded the Queen's Award for Voluntary Service. The award was presented by Susan Pyper, the Lord-Lieutenant of West Sussex at a ceremony at Danny House in November 2015. Janice and Bill were also invited to a garden party at Buckingham Palace in May the same year.

This year reMEMber was awarded a small lottery grant from Awards for All, to develop a new website.

"The way forward to cope with a chronic illness is to help yourself," Janice says. "To change my life and focus on what I am still able to do."

As for the charity that she and husband Bill started all those years ago: "It has been a pleasure to see our charity grow and help hundreds of people with long-term illness, and we are grateful to our trustees and volunteers who have worked so hard to make this happen."

reMEMber regularly organises a number of fundraising events. The next one will be at Danny House on Friday 3rd February at 7.30pm. An Evening with Peter Owen Jones promises to be an entertaining night with an excellent speaker and well-known television presenter. Tickets cost £15, including wine/soft drink in the interval, and can be purchased from Vanilla on the High Street or direct from Janice on 01273 831733.

Friday 3 February, 2017, 7.30pm

Danny House, New Way Lane, Hurstpierpoint, BN6 9BB

An evening with Peter Owen Jones, Rector of Firle, Glynde and Beddingham



Peter Owen Jones

Peter Owen Jones is a well known television presenter. His works include the series Around the World in 80 Days, In Search of England's Green and Pleasant Land, The Battle for Britain's Soul (a history of Christianity in Britain) and How to Live a Single Life (in which he tries to turn his back on consumerism). He is an excellent and entertaining speaker.

Tickets available from
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Janice Kent by phone: 01273 831733 or
email me_cfs@hotmail.com www.remembercfs.org.uk

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reMEMber, PO Box 1647, Hassocks, West Sussex BN6 9GQ
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Japanese Pancakes

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2 eggs
60g all-purpose flour
100 ml vegetable stock (cooled)
250g shredded cabbage (as finely as you can)
3 spring onions (sliced finely)
2tsp freshly grated ginger
2tsp vegetable oil

Serve with Okonomiyaki sauce and, if desired, a little mayo. Can be garnished with sushi ginger and spring onion.

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The advertisement features a background image of a laptop on a wooden desk with a cup of coffee and a vase of colorful flowers.

Belle Amatt is a Hurst resident and nutrition consultant, author and lecturer in Naturopathic Nutrition. She holds workshops and talks on a variety of healthy eating topics.



Tuesday 28th February is Pancake Day. It's a day which always makes me wonder why we don't eat pancakes more often. They are so simple and versatile. Here's an idea for something a little different. I have chosen this Japanese street food dish to share with you as traditional food from this part of the world is generally fresh and healthy; something I always give focus to in my Longevity Nutrition workshops.

Okonomiyaki is a Japanese savoury pancake containing a variety of ingredients. The name is derived from the word okonomi, meaning 'how you like or what you like', and yaki meaning 'grill'. So this is my kind of pancake as it contains simple ingredients of your choice so can be adapted to personal taste.

How to:

Beat together the eggs, flour and stock. Add a little salt. Stir in the shredded cabbage, half the onions and ginger.

Heat the oil in a non-stick frying pan. Pour in the mixture and tilt the pan enabling the pancake mix to spread evenly as you would with your usual pancake making.

Cover and cook on a low heat for around five minutes or until the base is crispy and golden. Then carefully invert on to a plate, now pop it back into the pan so the other side can cook. The pancake is done when the mixture is set and both sides are golden.

Garnish with the rest of the onion plus sushi ginger if

desired but remember this pancake is about 'what you like'. So I would go for the addition of fresh coriander. But more traditional variations include bacon, beansprouts or even noodles. This is the basic recipe but additional options are endless.

These pancakes are traditionally served with Okonomiyaki sauce which can be purchased from Asian supermarkets or try making your own. Whisk up the following with a fork in a small bowl: 4tbsp ketchup, 3½tbsp Worcestershire Sauce (or Japanese Usutah So-su), 2tbsp oyster sauce and 1tbsp honey. TIP: Some people just use HP sauce!

Happy Pancake Day!

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Girls adventures in Hurst

THE GIRLS' BRIGADE

By Margaret Taylor

The Girls' Brigade (GB) is nearly 125 years old and will be celebrating this milestone in 2018 locally, nationally and internationally. It all started in Dublin in 1897 when girls who attended Sunday School asked their Sunday School Teacher, Miss Margaret Little, if they could come together for different activities on a week night and that's exactly what happened. It was called The Girls' Brigade of Ireland. A few years later, in Scotland, there was something similar, The Girls' Guildry, and then, in England and Wales, The Girls' Life Brigade (GLB) was born. These three organisations came together in 1965 to form The Girls' Brigade (GB).

GLB started in Hurstpierpoint some time before 1947 with girls meeting at the Evangelical Church. However, in 1947 it moved to the Methodist Church, retaining its title of 1st Hurstpierpoint Girls' Life Brigade which is unusual. Normally, if a company closes in one church, it cannot retain its name after transferring to another church.

The first Captain was Miss Ruth Clark, followed by Mrs Gina Upton (1964-1979), then Mrs Daphne Cooper (1979-1987) and from 1987 to date Mrs Margaret Taylor. Between these Captains, they have seen over 800 girls pass through the Company.

The Company is divided into four sections, Explorers aged from school Reception Class to Year 3, Juniors Year 4 to Year 6, Seniors Year 7 to Year 9 and Brigaders Year 10 and above. Each girl works for a badge every half-term, the Explorers come under the heading of n:vestigate, Juniors n:gage, Seniors n:counter and Brigaders n:spire. When a girl satisfactorily completes a subject, she is awarded her badge and a certificate. As well as enjoying working for badges, there is plenty of time for craft and games during the evening, and the older girls always seem to incorporate some form of cooking or food sampling during their session!

Every year we take girls to canvas camp either to a site in East Sussex or, for the older girls, a lakeside campsite near Ringwood. The girls enjoy looking after their tents, vying with each squad for Best Tent Award or Squad Points which all add up to prizes at the end of the week. They love playing wide games, their visit to the seaside for beach activities and 'Hunt the Officer' and, of course, the nightly camp fire.

Other activities that some of the older girls and Leaders have been able to do is taking part in the National Remembrance Day Parade in Whitehall, watching the regiments at the Trooping of the Colour to celebrate the Queen's Official Birthday, seeing Prince William and Kate Middleton before and after their Wedding Ceremony as they travelled in an open coach through Horse Guards Parade and, from a vantage point, on Westminster Bridge viewing the Water Pageant celebrating the Queen's 90th Birthday. One of the current leaders has also had the opportunity to travel to



Australia and Thailand as part of the delegation at GB's International Conferences in those countries.

The Company was fortunate in gaining the Best Dressed Stall award at the 2016 St Lawrence Fair.

GB encourages the girls to take part in Social Action. Recent events have been supporting the Guide Dogs for the Blind Association, holding a Skip-a-thon and putting together Christmas Shoeboxes which are sent abroad so that children who would not otherwise have anything to open on Christmas morning receive a shoebox full of presents.

We have a very nice uniform, which many of you will have seen as the girls march in the Village Remembrance Sunday Parade every year.

The Girls' Brigade is a Christian organisation and, in Hurstpierpoint, meets at the Methodist Church in Cuckfield Road on Wednesdays in term time 5.15-6.30pm for the Explorers and 6.30-8pm for the other sections. We do have vacancies in all our sections, so if you have a daughter who you think would like to join GB, please contact Margaret Taylor on 01273 832286 or margaret@taylor24.plus.com



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Festival seeks new chairperson for 2018

Hurst Festival is entering its 13th year in 2017. Since its inception, the Festival has grown into a multi-stranded celebration of arts and local culture with around 80 events for the local community. Now firmly established on the Sussex festival calendar, the Festival takes place during the last two weeks of September every year, selling around 2,000 tickets annually.

Hurst Festival is run by a vibrant, friendly and hands-on committee of volunteers, and we are looking for a new Chairperson to lead the organisation of the Festival in 2018. The organisers' main aim for the Festival is to add value to what local people enjoy and encourage them to try new things. Fun and fine art, entertainment and enlightenment are all equally welcomed on our programme.

So what is the Chairperson responsible for?

The Hurst Festival Chairperson will be responsible for determining the structure and content of the 2018 Festival with a core programme of 35 events and around 35 umbrella events which are run on our behalf by partner organisations.

The Chairperson will work with the Festival Committee to arrange events, market the programme and organise logistics. The Chairperson has the support of a part-time paid Administrator.

The Chairperson arranges and runs ten monthly committee meetings, usually on a Monday evening.



The 2018 Chairperson would ideally:

- Live in or near Hurstpierpoint - or know the village well
- Have a passion for the arts and local culture
- Bring fresh ideas to the Festival
- Have some experience of working with committees
- Be available to work on a voluntary basis from January to October
- Be able to shadow the 2017 Chairperson from March/April onwards this year

If you would like to be considered for the position, please email a CV and covering note to info@hurstfestival.org. If you would like to speak to someone about the position, please call Michel Olszewski, (Chair of Trustees) on 01273 834372.


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HURST VILLAGE CINEMA

By David Saitch

Our 2nd February NT Live Broadcast of Amadeus is sold out, but there are still tickets left for the 16th February NT Live broadcast of the Donmar Warehouse production of Bernard's Shaw's Saint Joan, starring Gemma Arteton. This production is getting excellent reviews, and Gemma Arterton's performance has been called 'electrifying', 'radiantly persuasive', 'luminescent and full of bright vitality'.

There are also tickets available for the New adaptation of Henrik Ibsen's Hedda Gabler (9th March), with Ruth Wilson in the title role. This modern version is adapted by Patrick Marber and directed by Ivo van Hove, whose production of A View from the Bridge stunned audiences in two sell-out broadcasts. This play has received rapturous reviews and musn't be missed.

Tickets are also now on sale for the NT Live broadcast of Twelfth Night on Thursday 6th April, with Tasmin Greig as Malvolia in a new twist on Shakespeare's classic comedy of mistaken identity.

Our film in February, on Thursday 9th, is Pedro Almodovar's wonderful new film Julieta (15). Julieta is leaving Madrid for Portugal to start a new life with her lover. But a chance meeting with a childhood friend of her estranged daughter sideswipes Julieta's future plans. Instead of leaving, she returns to her apartment and starts feverishly to write about her life. We are transported back to the 80s to meet the younger Julieta and follow the story of her life and the mystery of her relationship with her daughter. Almodovar's most moving and entrancing work in years is a sumptuous and moving study of the viral nature of guilt, the mystery of memory and the often unendurable power of love.

On Friday 24th February we have the satirical Greek drama Chevalier (18). Six affluent, middle-class men aboard an expensive yacht on a fishing holiday. Bored one evening, the talk starts to get very competitive and ends up with them starting a competition to decide who is the 'best in general' over the rest of the trip. Each equipped with a notebook to score the others, nothing is off bounds; posture, shoes, how long they can hold their breath. A funny and invigorating comedy of male manners and satire on aspiration and snobbery.

Our family film of Saturday 25th February is The Secret Life of Pets (U) and our Sunday Cinema film on 26th February is the gripping and moving drama Room (15).

Tickets for both films and Live Broadcasts can be bought online at www.hurstfilms.com or Mishon Mackay.



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5 MINUTES WITH...

Ray Traynor

Every month we put one village resident in the spotlight to learn more or meet them for the first time perhaps. Ray Traynor is a consultant defence and flood risk management engineer and has helped for a number of years with the annual Hurst Festival.

How long have you lived in Hurstpierpoint?
14 years.

What's the best thing about being here?
Village life.

Favorite ice cream flavour?
Vanilla.

Favourite holiday destination?
India.

How many houses have you lived in?
Seven so far.

Your most enjoyable event in the village?
Difficult choice, both the Hurst Festival and regular Village Cinema.

Who do you share a house with?
My wife Stephanie.

Song you play the most?
Youngstown, by Bruce Springsteen.

Mac or PC?
PC.

Your most frequented village shop?
Probably the charity shop.

What's your proudest moment?
Getting married.

Coke, juice or water?
Water.

Your advice for life?
Enjoy your life and do things you dream of now, don't put them off until later.

If you would like to provide your own answers for 5 Minutes With, simply email them to editor@hurstlife.co.uk along with a photo of yourself, or do please encourage a friend to send their answers in!



Eligible by Curtis Sittenfeld

BOOK REVIEW

By Clair Stanton

With Valentine's Day just around the corner why not try reading 'Eligible', a witty and engaging look at courtship that is also a retelling of Jane Austen's great love story 'Pride and Prejudice', with the action moved to contemporary Cincinnati. I avoided the other books released by the Austen Project (Sense and Sensibility by Joanna Trollope, Northanger Abbey by Val McDermid and Emma by Alexander McCall Smith) but was tempted to give this one a try as I enjoyed the author's previous work.

When the story begins Mr Bennett has suffered a heart attack, which brings career girls Jane and Liz home from New York. It soon becomes clear that the Bennett home is in a state of disrepair and there doesn't appear to be much money available to fix anything, although Mr and Mrs Bennett deny they have money worries. The New Yorkers soon find that being back in the family home with their parents and three younger sisters causes them to revert to childhood patterns of behaviour, with Jane as peacemaker while Liz is infuriated by her extravagant mother and workshy siblings.

Curtis Sittenfeld has wisely chosen not to try to recreate the classic novel but to pay homage to it, the same approach used for 'Bridget Jones's Diary': most of the names and situations will be recognisable, but this is a book than can be read and enjoyed without spoiling the original.

Pick up a copy on your next visit to Hurst Library, there will be copies on display throughout February.



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Go north to Handcross

ON YOUR BIKE

This month's ride is suitable for intermediate riders and takes the riders 38 miles through some stunning country lanes and villages to Handcross. Our cycling correspondent Ross McCracken says not to ride it in the pouring rain..... or on a Wednesday..... Trust him!

By Ross McCracken

Once again the route starts at Proper Cycling & Coffee in Hassocks and heads out under the railway bridge and straight over the crossroads towards Hustpierpoint.

Just after the Hustpierpoint 'welcome' sign take a right turn into College Lane.

Continue until you reach Hustpierpoint College and turn left (mind the enormous pothole!). Take the next right, being careful on the bend, into Danworth Lane.

Danworth Lane is a lovely, quiet lane but avoid it in bad weather. The rain brings a lot of debris on to the road, the centre of which is green and slippery with moss in places.

Just over a mile on Danworth Lane (it does turn into High Hatch Lane but just keep on going) continue over Cuckfield Road by The Sportsman pub into Bishopstone Lane. The lane is marked as a dead end but fear not! It is open for cyclists and pedestrians.

Continue on until you reach the main road. Go straight over the main road and fork right continuing on Bishopstone Lane.

Continue on this quiet, largely traffic-free, road and after a relatively flat route so far it's time to enjoy some more undulating terrain to get a bit of warmth in those legs. Take care again if it's damp here and stay clear of the moss in the centre of the road.

At the end of the lane cross the main road and continue straight on. Again, take care crossing the main road as visibility is limited.

You are now on Pickwell Lane, another fine example of the beautiful lanes available to us here in West Sussex. Sadly, currently ruined by flytippers - very disappointing and such a shame. Don't let it put you off however and enjoy a few more short, sharp climbs.

At the end of the road turn right into Broxmead Lane, signposted to Cuckfield.

Remember to sit up as you ride here and enjoy the views over the hills to your left.

There are some lovely houses here, too, demonstrating several periods of differing architecture.

At the end of the lane, after a steep climb, turn left on to the B2115 then take the first right on to Mallions Lane. It's a small turning so don't miss it!

Continue for around a mile. Watch out for the 'Slow Ducks Crossing' (they must be of the lazy variety) and keep an eye out for the plastic deer on your left in the woods (yes, you read that correctly). Then turn right into Staplefield Lane.



At the end of the road continue straight over and ride down the side of the cricket pitch to the T-junction with the B2114 Cuckfield Road. Turn left and head up the hill towards Handcross.

Continue through Handcross High Street to the roundabout and take the second exit continuing on the B2110, High Beeches Lane. Just over a mile later on that road you will find the coffee stop, High Beeches, on your right hand side.

Unless you have come on a Wednesday, you will find a warm welcome and great coffee here. I was, however, met with locked gates and a feeling I should have googled the opening times before I set off!

Assuming you've had more luck than I did and enjoyed your refreshments, leave High Beeches the way you came and head back through Handcross (a great pub, the Red Lion, here is an alternative stop if you fancy something stronger, or it's a Wednesday!). Head down the hill back to the cricket pitch turning right back the way you came. Once you've gone back up the side of the cricket pitch this time turn right on to Staplefield Road towards Slaugham (population 2,226... a little educational fact there!).

Go through the tunnels under the A23 on to quieter roads.

As the road opens up go through Slaugham (I'd recommend The Chequers pub here if you've not already stopped) and turn left about a mile further on into Slaugham Lane, heading south towards Warninglid.

Continue past the primary school and the Half Moon pub and go straight over the B2115.

The route gets a little lumpy here, so it's a good opportunity to work off at least some of the coffee stop. Bear left at the next junction heading towards Wineham

and go straight over the A272 on to Wineham Lane. There is a good opportunity to pick up some local produce for sale at the side of the road here... even the bales of hay are very reasonably priced if you can get one in your saddle bag! There are also a number of palm trees along the road. Not very Sussex but it seems to work here for some reason!

A few miles later bear left on to Henfield Road towards Woodmancote and turn right into Blackstone Lane. Go through Blackstone into Woodmancote to the A281. Turn right then immediate left on to Bramlands Lane. Do be careful at the junction here, it's not got the best visibility and scooting across the road having missed a cleat is a scary experience.

Continue on Bramlands Lane (take the first left hand fork), then turn right after the bridge into Clappers Lane.

Enjoy the undulating countryside here and the challenge of a few tough climbs with the descents as a reward. There's a great view of the Downs here, too, just before you enter Fulking.

Take care in the wet, it's slippery, and take a left at the end of the road. Now follow the base of the Downs on Poynings Road.

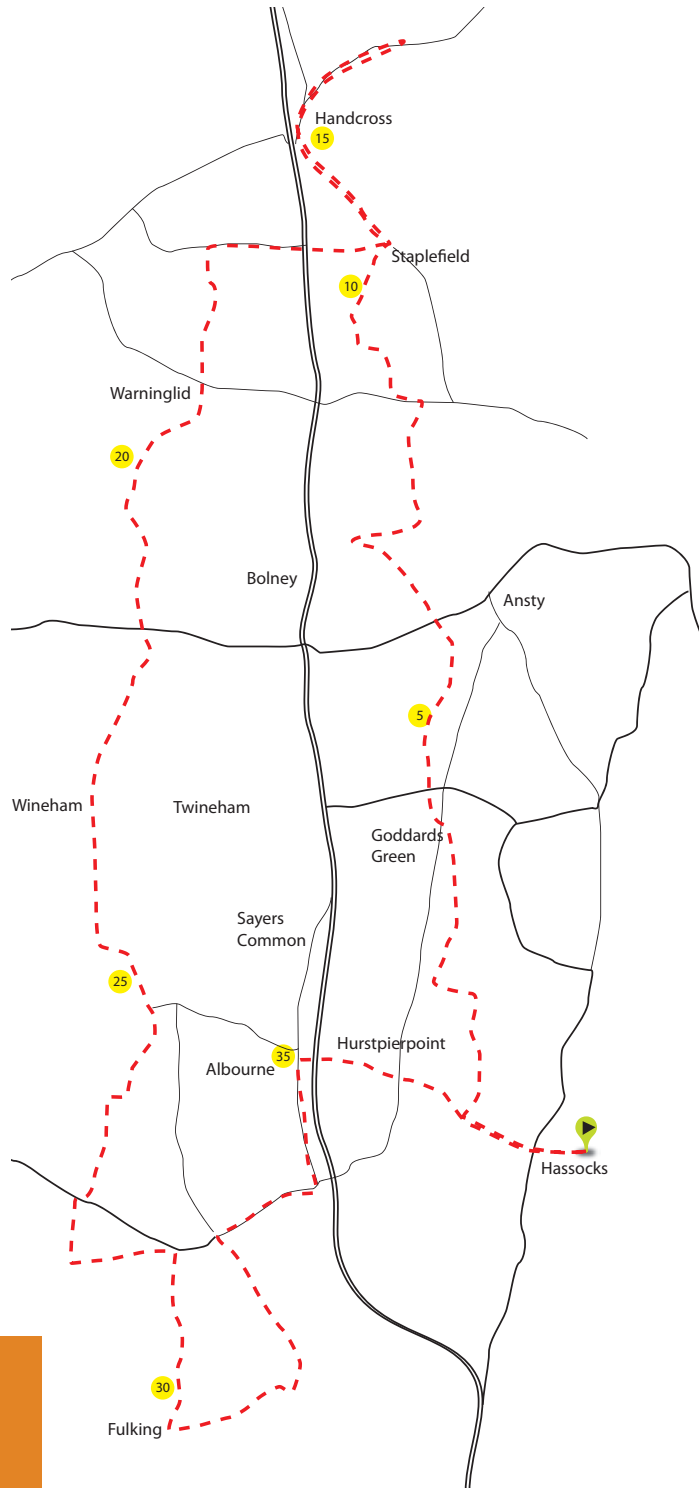
Once through Poynings past the Broad Oak pub on your left, turn right, signposted to Devils Dyke, just after the church. Be ready for a steep climb here but remember, you are only five miles or so from that next coffee and cake at Proper Cycling & Coffee (they do beers and wines too!).

At the top of the hill turn left on to Saddlescombe Road. Head down the hill while your legs recover and take the second exit at the roundabout signposted towards Henfield and Horsham. You are now on the A281 so take care on this faster, busier road. One mile further on turn right at the Ginger Fox pub on to the B2117.

Continue past the golf course, up the hill and turn left on to the B2118 to Albourne. At the crossroads, turn right on to Albourne Road and continue through Hustpierpoint back to Hassocks where you can congratulate yourself on 38 miles. Well done!

Proper Cycling Club rides every Sunday and Wednesday evenings in the summer months. New members are welcome.

Visit www.propercycling.club for more information on the club and the ride.



The Garmin route link is
<http://bit.ly/2jMgnCr>



Albourne Village Hall Cinema
Friday, 10th February,
Bar opens 8.00pm, Film showing 8.30pm
Advance Tickets from - www.TouringCinema.com
Or Advance Box Office at Sayers Common Community Shop
Tickets £6



Choir recruiting now

Ditchling-based a cappella choir Vivace! helped to raise over £3,600 last year for charities, churches and other good causes throughout the Sussex area. The choir has now raised a total of over £110,000 during its 14 year history and currently performs eight to ten concerts a year.

Last year the choir gave a concert of festive music at Danny House and helped raise over £700 for the St Peter & St James Hospice. Plans for 2017 include a concert to raise funds for the Hurst Players' theatre renovation project, as featured in Hurst Life December 2016 issue.

Vivace! now wishes to build on their phenomenal fundraising success and are currently looking for new members - especially tenors. The choir's musical repertoire is eclectic - anything from ABBA to Swingle, and Baroque to Rock. No formal auditions are required but the ability to read music is a must. Rehearsals are held weekly (except August) 7.30-9.30pm in Ditchling.

If you are interested in joining Vivace! please contact Mark Lambert for further information on 01273 842994 or email markhassocks@gmail.com



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Sudoku #7

	5		7					
9	1					8		
6				3	1	2		
		7				3		4
	9				6			
8				5				
5			9			1	2	
			2					
						5	4	3

Find the solution to #7 in next month's magazine

#6 Solution

7	1	2	3	4	6	9	5	8
4	6	8	1	5	9	7	2	3
3	5	9	8	2	7	1	4	6
8	3	1	4	6	2	5	9	7
2	9	4	7	8	5	6	3	1
5	7	6	9	1	3	2	8	4
9	2	3	6	7	4	8	1	5
6	8	5	2	3	1	4	7	9
1	4	7	5	9	8	3	6	2

Courtesy of <http://andrews-sudoku.blogspot.co.uk>



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What's on this month

AT THE VILLAGE CENTRE

AND ELSEWHERE

Regular events

- Sun **Sunday Afternoon Cream Tea Dance** – 2-4.30pm, nearly every Sunday
- Mon **The Sanctuary** – 9.30-11.30am, weekly (term time only) – a welcoming place where friendships can form over coffee and cake
- Tues **Afternoon Club** – 2-4pm, 1st Tuesday
Wolstonbury WI – 7.45 pm, 3rd Tuesday
Scottish Dancing – 7-10pm, weekly
- Fri **Star Dance School** – from 6.45pm, weekly
- Sat **Hurstpierpoint Dance Club** – 8pm, 3rd Saturday Ballroom and Latin dance, any skill level welcome

February

- 7th **Hurst Afternoon Club** – 2.15pm
'Story of a Life: Crime & Justice' by Margaret Carey. Margaret has worked within the Criminal Justice system for more than 25 years, as a magistrate, as the founder of several charities and as a member of the Parole Board. (Thelma on 01273 834964 or thelmaathurst@tiscali.co.uk)
- 14th **Hurstpierpoint Horticultural Society** – 7.45pm
'The Modern Kitchen Garden' by Barry Newman NDH, FNVS. Barry is a well known grower, exhibitor, lecturer and judge. He is member of the Royal Horticultural Society's Fruit, Vegetable and Herb Committee and a former Chairman of the National Vegetable Society. As well as being a senior NVS judge, Barry serves on the judging and lecturing panel of the RHS. He is also a Britain in Bloom judge and a member of the South of England Agricultural Society's Horticultural Committee. (Enquiries: greenhpp@tiscali.co.uk or 01273 842857)
- 21st **Wolstonbury WI** – 7.45pm
Illicit drug prevention – awareness in the community. The speaker will be Jamie Goldrick. Visitors welcomed. (01273 834421)

March

- 7th **Hurst Afternoon Club** – 2.15pm
'A Musical Journey' by Belinda Sharpe

Hurstpierpoint Village Centre, Trinity Road BN6 9QT
www.hurstvillagecentre.org

February

- 8th **Mothers Union** – 2.30pm
Harvesters, Mossey Mile, Albourne Road
David Billam is giving a talk 'A Celebration of Faith'. Homemade cakes and tea included in £2 entrance for visitors. All welcome.
- 10th **Albourne Cinema Night** – 8.30pm
Sully starring Tom Hanks
The Pop up Pub will open at 8pm. Tickets available from Sayers Common Community Shop or ta.higginson@gmail.com
- 15th **Mothers Union** – 8pm
Holy Trinity Church, Hurstpierpoint
Talk by Karen Hill 'We are created by God'
Homemade cakes and tea included in £2 entrance for visitors. All welcome.
- 18th **Monthly Coffee Morning** – 10am-12noon
Holy Trinity Church
A special treat as Lauren Finch will be entertaining guest at 10.30am with some of her favourite piano pieces. Coffee, stalls selling cakes, jams and chutneys, good as new, and two community charity shop stalls. All welcome. Free admission.
- 24th **Hurstpierpoint Historical and Geographical Society** – 8pm
Hurstpierpoint Guide Hall (Trinity Road car park)
'The Influence of Invasions on the English Language' by Peter Lovett (£3 for non members - £2 to members of other historical societies)

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