

Hurst Life

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Local village talk,
by the village

Issue #31 : Oct. 2017

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New shops open on the High Street

p. 14

Looking back at The Great Storm

p. 18

Village People: Peter Ross

p. 32

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EDITORIAL

By David Tingley, Editor

Welcome to the October issue of Hurst Life!

Firstly, thank you to **Amanda Tait** who provided us with this month's cover photo. If you have some great photos of the village, we'd love to see them please. Do email them to us at photos@hurstlife.co.uk in their highest resolution if possible. Amanda will be the happy recipient of a £20 shopping voucher to spend locally now her photo has been used on the cover!

Talking of shopping – we have the **Hurst Traders** page on our centre spread (p.22). Here they are telling a story of just what it's possible to do, making the most of your local suppliers and shops. And don't forget to look out for the 'Where am I?' competition too!

Have you spotted the new shops on the High Street? If not, get the low-down on **page 14**.

Thanks to **Robert Sawyer** for keeping us up to date with the **Cricket Club** – see **page 10**.

On **page 12 Lindsey Jones** gives us some guidance about communicating effectively – it's fascinating stuff!

Page 18 is a fantastic article written by resident **Mike Clemens**. He has dug back into his archives and found images from the Great Storm back in 1987. Its 30th anniversary seems like as good a time as any to remind ourselves of the devastation caused to the South of England, and Hurst in particular.

Mike Thatcher gives us the cinema listings on **page 26**. **Clair Stanton** has been reading again and shares a review of **Slade House** on **page 35**. And **Belle Amatt** cooks something I have never heard of before but looks amazing – see **page 36**.

If October gets your 'spooky' juices flowing, then you had better turn to **page 30** where local resident Mirella meets Michele! And on **page 32 Peter Ross** takes the stand in our popular Village People feature!

Sudoku and What's On still sit at the back, as ever. Enjoy the month and the read!

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by Kipper



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We 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

Impressive year for GCSE results

By Nicki Burtson

Students at Downlands School in Hassocks, have achieved some excellent GCSE results. Some 82% earned a standard pass - grade 4 - or better in English & maths, while 39% of passes were at A and above (grade 7 and above). An impressive 36 students achieved grade 9, the highest possible grade in the new reformed GCSEs.

Headteacher Mark Wignall said: "We are celebrating another set of outstanding GCSE results and I congratulate our students on achieving such incredible outcomes. I would like to pay tribute to our amazing teaching staff for their exceptional professionalism and commitment during a time of unprecedented change in education. We are also very grateful to our extremely supportive governors and parents, without whom we could not deliver such great outcomes."



Congratulations to our students, we wish them well as they move into the next phase of their education or training.

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Hurst Ladies to play bowls for England

Hurstpierpoint's Ladies Over 55s bowling team will represent England next June in an international competition in Belfast, against the best teams from Northern Ireland, Wales, Scotland and the Channel Islands.

The four ladies (Chris Thomas, Jenny Goodman, Kathy Green and Brenda Davies), who all live in Hurst, had to beat the best teams in Sussex in order to represent Sussex in the National Championships this summer at Leamington. There they were up against the best from 37 other counties and, in a very arduous week of competition, they beat Warwickshire, Cumbria, Bedfordshire and Devon before overcoming Hertfordshire in the final. As national champions they have therefore qualified to represent England.

Two years ago, they also reached the final of the National Open competition but, on that occasion, were runners up. They were therefore delighted to go one better this year and be able to go on to play for England.

All four ladies have been Hurstpierpoint Bowling Club's champions at singles in recent years. Their success at Club, County and National level has encouraged many of the Club's newer lady members to enter the County competitions, with a steady growth in success.

The Club's Bowls and Beer Festival at the beginning of last month attracted 20 mixed teams of novice bowlers



from sports clubs, organisations and groups of friends. Their enthusiasm for the game and the way that they improved over the course of the afternoon was good to see. The winning team was three ladies from the cricket club – Sarah Ems, Tanya Tunley and Julie Rand. Other sports that brought their competitive spirit and skills to the bowling green were golf and rugby. The New Inn, after its success in the Club's recent Pro-am tournament, was also represented along with an RNLI team. One player, in a family team, was a young girl, proving to the many spectators that bowls can be enjoyed at any age!

More information and photographs can be found on the Club's website, www.hurstbowls.org.uk



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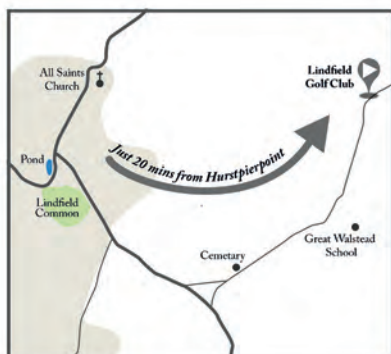


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St Lawrence Fair AGM: 12th October

The St Lawrence Fair committee will hold this year's post-Fair Annual General Meeting, which will be held on Thursday 12th October at 8pm in the New Inn.

Co-chair Gary Thomas said: "We will meet, as usual, in the back room of the pub and look forward to welcoming the village to come and join us for our annual debrief!"

The Fair was as popular as ever in July. You can watch videos which capture the day on the Hurst Life blog at <http://bit.ly/2w8MU8C>

Health Information Morning planned

Mid Sussex Health Care Patient Participation Group is essentially an independent support group working in association with the Practice, covering the three Health Centres in Hurstpierpoint, Hassocks and Ditchling.

The group acts as a link between the Practice and the community and advances the education of the public in health care by means of publications, lectures, special events and other activities.

The next event planned is a Health Information Morning, taking place in the Adastra Hall, Hassocks, on Saturday 14th October from 9.30am-12 noon. A variety of organisations will be taking part, some of which are: Chailey Heritage Foundation, Support 4 Diabetes, Mid-Sussex Know Dementia, ReMEMber, St Peter & St James Hospice, Age Concern, Prostate Cancer Support Group, Mid-Sussex Wellbeing, Action for Deafness, Multiple Sclerosis Society and Carers Support.

Members of these organisations will be on hand throughout the morning to discuss their activities with those who have special interest in their work. Some members of the PPG Committee will also be in attendance and available to discuss the work of the PPG.

Refreshments will be served during the morning, and there will also be a raffle.

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Wine Festival in Hurst next month

South Downs Cellars is delighted to announce that on Saturday 11th November, Hurstpierpoint's first Wine Festival will be held in the Scout HQ on Brown Twins Road, Hurstpierpoint. The event will bring together a selection of some of Sussex's best wine producers including Wiston Estate, being poured by the winemaker, Dermot Sugrue himself, as well as dozens of wines from around the world including wines from Portugal, Spain, France, Italy, Australia, New Zealand and more. For those requiring a palate cleanser, there will also be a selection of Sussex gins and craft beers available to purchase, as well as food and live music. The Festival will follow the typical format, with a £5 entry fee (which will get you your tasting glass). Tokens will then need to be purchased for £1 each, and exchanged for drinks of your choice. Depending on the value of the drink chosen, the number of tokens required per glass will vary.

This is just one of many events being organised by South Downs Cellars this Autumn. Other events include a Burgundy Masterclass being held at Ockenden Manor in Cuckfield on Thursday 5th October at 8pm, with wines presented by Richard Lashbrook MW, a man who has made his passion for wine, and most especially Burgundy, his life. Tickets cost £50 per person and include a tutored tasting of eight fine burgundies, accompanied by a selection of canapes laid on by Ockenden Manor.

Tickets for both events can be booked online at www.southdownscellars.co.uk or by phone on 01273 833830. Alternatively, pop in to either one of the shops in Hurstpierpoint or Lindfield.



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Time at the crease

HURSTPIERPOINT CRICKET CLUB

By Robert Sawyer

And so another cricket season comes to an end. I'll be summing up season 2017 in detail next month but for the 1st XI 2017 was very much a case of what might have been. Division 2 has been ridiculously tight all year and, with just a couple games to go, a side that had been chasing promotion suddenly was looking over its shoulder at relegation. Happily the last couple of games were successfully negotiated and disaster averted.

But while the 1st team was winning that game, the real drama was taking place at Fairfield Recreation Ground where the 2nd XI needed to win to guarantee promotion. In truth the victory was never very much in doubt with captain Kenton Green actually winning a toss and putting the opposition in allowing fast bowler John Wareham to blow away Lindfield with figures of 5 for 56. With promotion assured and the beer flowing in the pavilion, the unthinkable was happening in Crawley where Smallfield Manor, having led the division from the first game until the last, suddenly imploded and lost their last 8 wickets for 42 runs delivering the Championship to the Crusaders. It could be argued that Smallfield lost it rather the Hurst winning it, but the reason they lost those wickets was because they were feeling the pressure of the Hurst Crusaders delivering victory after victory with maximum bonus points week on week in the run in to the end of the season. At the end of a long season Hurst won more points than anyone else and deserved to be champions. Congratulations to everyone involved. The 42 players played ranged in age from teens to sixties, the very essence of village cricket.

Another triumph for Hurst CC came away from the cricket field when we entered a couple of teams into a tournament arranged by our good friends at Hurstpierpoint Bowls Club. Despite having never picked up a wood the Hurst Hoorahs triumphed, with a Crusaders side, nursing epic hangovers from the promotion celebrations, managing a creditable third place. Thanks to all at the bowls club for a brilliant day.

Next year the Hurst 3rd XI will enter the league structure playing competitive cricket but this season finished with a couple of friendlies at Wivelsfield and Southwick respectively. Congratulations to Emily Green and Isabella Sawyer, who made their senior debuts at Wivelsfield, and to skipper Richard Ball who achieved a scarcely believable triple wicket maiden during the game at Southwick.

Elsewhere the 300 year celebrations continued with a day at the home of Sussex cricket, the County Ground,

Hove. Proceedings kicked off with a junior softball competition featuring Hurst Under 9s and 10s together with teams invited from Rottingdean, Henfield, Ditchling and Ifield. Over 90 kids had a brilliant time. Throughout the day various Hurst teams competed, including a Reggies XI vs Sarah's XI and a Sharks Staff versus Hurst XI game. There was lots going on off the field too with burgers and hot dogs flying off the BBQ and quite a crowd of friends and parents looking on. It was a great thrill for Hurst players to play on a ground that has staged so many historic games and even seeing their names on a scoreboard that usually features the likes of Luke Wright and Chris Jordan. Last word to Arthur Tunley Lo, first team player and Hurst College student, who declared it one of the best days of his life. A huge vote of thanks should go to Matt Parsons for organising such a fantastic day of celebration for our club.

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Pupils go down to the woods

If you go down to the woods today... you will probably find one of new Year 7 tutor groups from Downlands School – the nearest secondary school to the village – discovering the fun and excitement of the woods in the corner of the school grounds.

Nestled at the foot of the South Downs, the school grounds are extensive and a quiet corner of the woods is easy to find. Together with Forest Schools expert Mr Stokes, each Year 7 tutor group has, over the last week or so, spent a day in the woods getting to know each other and taking part in awesome activities from building a fire, making woodland creatures out of clay, toasting marshmallows over the fire to gathering firewood.

But it wasn't just the younger students taking part - the Year 11 Prefects were helping Mr Stokes, along with the form tutors and teaching assistants.



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Maximising effective communication

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The art of effective communication is a complex mix of words and tone, speed of speech, eye contact, body language, smiles, depth and rate of breathing, rapport and so much more. For just now, let's keep it simple and only consider some of the words we choose to use; we could be so much more effective in communicating if we understood what we do with certain words in our heads.

To illustrate my point...let's consider some sports coaches I've been working with recently; as a starting point, I sat in and watched (and more importantly listened to) their sessions. They used a lot of what they thought was positive and encouraging language: 'oh don't worry...I know it's hard', 'don't put your head down', 'don't forget to straighten your legs', 'keep trying...don't give up'... you see the coaches were really good at reinforcing the unwanted negative, behaviours.

Imagine you have a long to-do list at work and it's stressing you out. If a well-meaning colleague says 'oh don't worry about it, relax!'... what's your immediate reaction, without realising it? You start to think about the to-do list. Maybe you make a picture of it in your head, look at all of the things on the list, maybe it looks huge, you can't see what needs to be done, you don't have time, it's a big list and now you're really worrying!

What happens is this: in order to process the negative (the 'don't' part of the sentence) the brain first has to 'rehearse' the rest; so if the coach says 'ok...don't miss it'...the brain first has to picture or rehearse, what a 'miss' looks like, sounds like and what it feels like to miss and then it has to say to itself 'ok I don't want to do that'. Sadly, what has happened in a nano-second, is that the brain has rehearsed 'missing' (or worrying). This results in a neural pathway being made in the brain and, simply put, the stronger the neural pathway and the more automatic the response becomes, we worry and we miss, really easily! And the more times we rehearse something (even in our heads) the better we get at it (ever watched the pilot of a bobsleigh team rehearsing the turns before the run itself?). This is great if we're rehearsing something positive but not so good if we're

instructed to rehearse a negative such as 'don't miss' or 'don't worry'.

Working with the coaches, we devised lots of new ways of giving the same instruction but using positive and specific language instead, so that the brain just rehearsed the positive behaviour and made strong neural connections to the preferred outcome. The coaches used phrases like: 'remember...straighten your legs', 'stand tall, head up high', 'spot the catch'; while 'don't worry' became 'ok, take a breath, now relax'. Focusing on the word 'try' for a moment... say 'I tried' to yourself, now say 'I did'. How do they feel, how do they feel different? Generally, there's a sense of failure with 'I tried'. Recognising this, we basically removed the word 'try' from the coaching vocabulary... we started using phrases like 'when you do it next time', 'let's just do it', 'ok, better... now do it like this...'. Understanding what we've talked about...imagine the impact of replacing the phrase 'don't worry...keep trying' (your brain processes this as 'worry and keep failing') with 'ok, take a breath... now, let's do it this way'. What a transformation!

The impact of just framing language in the positive and replacing the word 'try' was huge! I used many different techniques with the coaching staff, mixing and blending strategies, giving them tactics to allow them to maximise their effectiveness and refine their coaching 'style' and the results were impressive...even the coaches were far more confident.

Effective communication and affecting positive changes in behaviour are unwritten fundamentals in parenting, education, successful selling, people management, business meetings, team effectiveness... the list is endless. If nothing else, use the phrase 'have a cup of tea and relax' as it's immensely more powerful than 'don't worry, try and relax'.

For more information on effective communication contact: Lindsey at The NineDot Partnership Ltd call 07704 681 332, email info@ninedotpartnership.com or find out more at: www.ninedotpartnership.com



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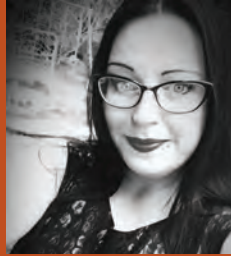
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Seamstress now open

A Hurstpierpoint resident opened a new shop in the village last month.

Maria Fox is a bridal seamstress and she's taken the shop at 108 High Street for her business that specialises in bridalwear, bridesmaids, prom dresses and occasion wear – but she also offers general alterations too.



Maria, who has been sewing for 15 years, comments: "I pride myself on being meticulous! I know it has to be just right. All dresses leave my shop fitting perfectly and my brides happy."

The shop is open between 9am and 3pm during the week and by appointment on Saturdays. If you'd like to know more pop in and say Hi, or find Maria Fox Bridal Seamstress on Facebook.



Chatt opens in Hurst

Keen eyed residents will have noticed that there's a new estate agent on the High Street at number 133.

Chatt Estates was founded by Peter Chatt and Alex Santry when they opened its first office in Ditchling in 2015. Having been born and bred in the area, Peter explained that opening in Hurstpierpoint last month was an 'obvious step' for the thriving agency.

"Our team is hungry, proactive and efficient, and has a combined 15 years of local property knowledge. Do drop in and say hello. You'll feel like you've know us forever," Peter commented.

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Remembering the Great Storm of October 1987

By Mike Clemens

We talk a lot about the weather in this country but recent events in the United States and the Caribbean make you realise that we have a pretty benign climate in Sussex, and we definitely don't have hurricanes here. It was therefore a bit of a surprise to the residents of Hurstpierpoint (and much of South East England) to wake up on the morning of 16th October 1987 to scenes of widespread devastation. It wasn't a hurricane, as weather forecaster Michael Fish had assured us the night before, but something pretty dramatic had certainly happened during the night. What had occurred was that a rapidly deepening depression had formed in the Bay of Biscay and then swept up the English Channel during the early hours of the morning. A wind speed of 100 knots (115 mph) was recorded at Shoreham.

My wife and I had moved into our house in Albourne Road just a few months previously and were pleased to find that our tough old 19th century property had withstood the phenomenal winds pretty well. On opening the front door, however, things were definitely not right and Albourne Road was not as it had been the day before. The morning was eerily quiet – no traffic! A quick glance up or down the road soon revealed why. All that could be seen to both east and west were horizontal trees – just a few of the 15 million that fell across the country that night. The road was strewn with bricks that had once been walls, and electricity poles were snapped like matchsticks. Somewhere in the tree canopy (now at ground level) were two cars that we had foolishly parked the previous evening in the lay-by near Pakyns Manor – including our much loved 1966 Morris Minor Convertible. Surprisingly, on penetrating the vegetation we found that both cars were completely unscathed! Not everyone got off so lightly however. One of our neighbours had more than a dozen holes in his roof caused by falling branches from a large tree behind



Albourne Road looking west

his property and he admitted that in the middle of the night he thought his end had come. Very sadly, there were indeed a number of fatalities in other parts of the country.

The aftermath of the Great Storm was a power cut that lasted for two weeks in our outlying part of the village. This was long before the days of UK Power Networks and those regular texts that update you with progress towards getting the power back. Engineers were drafted in from distant parts of the UK to deal with the unprecedented situation, and we recall the frustration of watching their vehicles driving past our cold and dark home without stopping (there was always a more urgent job elsewhere it seemed). One positive aspect of the situation was that it was a great way to get to know your neighbours better, and almost everyone showed amazing kindness in helping each other out.

But as we approach the 30th anniversary of this event let's keep things in perspective. It was of course a tragedy that people died in the Great Storm. However, our local problems were as nothing compared to what has happened recently to so many people in Texas, Florida and the islands of the eastern Caribbean. That said, I'd rather it didn't happen here again!



A lucky escape!



Splintered pole



Albourne Road looking east

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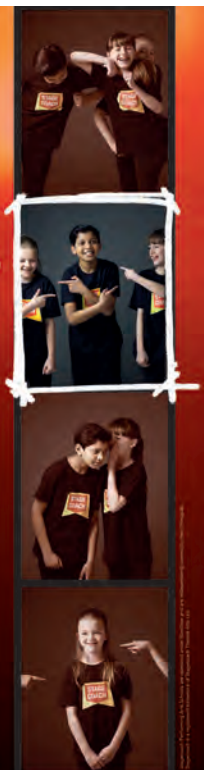
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1



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2



Now your tummy's catered for, the browsing and gift-buying can commence, with a multitude of shops offering every treat you can imagine. Jewellery, clothes, shoes, flowers, furniture and artwork can all be found here in Hurst High Street.

4



Now relaxed and indulged, looking your best, it must be time for lunch! Hurst High street can provide lunch on the go, or you can sit and let hours go by putting the world to rights.

5



Don't forget to pick up something from the wine shop as a thank-you gift for your next invite. Be sure to grab some fresh bread, meat and veg for your Sunday roast (and maybe a treat for the dog too!).

6

Whilst you wait for finish your day in style one of Hurst's many b that never disappoint Saturday and you've day you'll need a night



Military history events for the Autumn

'Education, not Glorification' - Remembering the People & Places of Mid Sussex

By Matt Taylor

Mid Sussex RED is a volunteer community group promoting Mid Sussex Military History & Education for residents of all ages. The Mid Sussex RED Military History Event 2017 has been designed to Remember, Educate & Develop knowledge and understanding of the roles people and places in Mid Sussex performed in World Wars I & II. There will be an exhibition, a museum and presentations.

- The Somme 1916 – Remembering Mid Sussex
- The Centenary of Passchendaele 1917-2017 – 'Mud, Blood & Devastation'
- (1940) The Battle of Britain, The Blitz and Evacuee Story
- (1942) El Alamein - 75th Anniversary – Life in Mid Sussex
- Numerous Exhibitors, Mini Museum of Genuine Artefacts
- Guest speakers on WWI and WWII topics

There will be three 'schools only' events for over 1,500 Mid Sussex schoolchildren to attend, plus a public event which will take place on 20th October at Clair Hall in Haywards Heath.

Across the events there will be more than 25 different charity, educational, museums and community groups displaying artefacts, exhibiting, delivering 20



8th Army (Desert Rats) Soldiers somewhere in the North African Desert 1942

to 45-minute presentations relating to WWI and WWII topics.

Please check our website - www.midsussexred.co.uk - for details of confirmed exhibitors and presentations for each event.

The public event on 20th October will be open between 10am and 4pm (£2 adults, children will be free).

The delivery of these events has been made possible due to funding received from Mid Sussex District Council and Haywards Heath Town Council.

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5 MINUTES WITH...

Luke Kendall

Luke Kendall is a domestic abuse practitioner, retained firefighter and a member of the board of trustees at Sussex Pathways. Passionate about social justice and people's capacity to change. He holds a Psychology BSc and used to play for Maidstone United.

How long have you lived in Hurstpierpoint?
16 months

What's the best thing about being here?
Dog walks over the South Downs

Favourite ice cream flavour?
Ben & Jerry's peanut butter ice cream

How many houses have you lived in?
Ten

Favourite holiday destination?
Florida

Your most enjoyable event in the village?
Christmas Fair

Do you share your home with anyone? (If so, who?)
I'm blessed to share my home with my amazing wife Daisy, our two daughters Sadie & Amelie, our son Louie, our labrador Onyx and cat Mittens

Song you play the most?
Sam Cooke - bring it on home to me

Mac or PC?
PC

Your most frequented village shop?
The New Inn

What's your proudest moment?
The birth of our children

Coke, juice or water?
Juice

Your advice for life?
Follow your heart, but take your brain with you

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!



By Mike Thatcher

At last, a new season upon us and with projector wiped and speakers tuned we present three very different films for October:

Wednesday 11th October 8pm Lady Macbeth

We open with Lady Macbeth, based on a Russian novella, not Shakespeare. Katherine is trapped in an arranged marriage in the North East at the turn of the last century, essentially kept prisoner by her vile father-in-law and dysfunctional son. Bored beyond belief she takes action, but flaunting convention cannot go unpunished. This dark and powerful psychological drama is both riveting and chilling and boasts a standout performance from Florence Pugh.

Friday 27th October 8pm Free Fire

A rare combination in a film; a gripping thriller which is also very funny. It's the early 70s and a group of IRA operatives meet a South African gunrunner in a Boston warehouse planning to take a cache of M16 rifles back to Ireland. The deal goes spectacularly wrong, and Brighton filmmaker Ben Wheatley treats us to one of the most epic shootouts in recent memory. Everyone has a gun but no one is in control. The story of double-crossing is as old as the hills but Free Fire tells it in a refreshing new way whilst parodying the insanity of gun violence. A good old-fashioned hoot!

Sunday 29th October 8pm Hidden Figures

Three unsung heroes of the 1960s space race are given their moment in the sun here. Their story is particularly inspiring because they were African American women who, as well as calculating the angles of re-entry, had to jump through hoops at NASA when racial segregation was still a fact of life. Every day, Math's whizz Katherine G Johnson must cross the grounds at Langley Research centre to use the 'colored ladies room', in a literal running gag, although it not inherently a laughing matter. This film presses all the right buttons for a blast of enlightening, upbeat entertainment.

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The High Street can be a tough environment for a business to survive, let alone thrive, but The Kitchen People is celebrating ten years at 61 High Street, Lindfield this month. Inside the award-winning kitchen design specialists Paul, Amy, Sarah and Daniel are waiting to help you create that dream space for the most important room in your home.



The Kitchen People | 61 High Street, Lindfield | 01444 484868 | www.kitchenpeople.co.uk



Offering outstanding customer service, award-winning design and competitive prices, it's no surprise that independent kitchen specialists The Kitchen People are celebrating ten years on Lindfield's charming High Street.

"Choosing and designing a kitchen can be a daunting process, but, as a small independent company with a wealth of experience, we can offer our clients the time and attention they need to get the best possible kitchen for their budget," explains Director Paul Edwards.

As planning and installing a new kitchen can feel like an overwhelming task, the personal service offered by The Kitchen People can really make a difference. The team, which includes designers Sarah Henshall, Daniel Redfern and Amy Betsworth, all take pride in building relationships with clients, so designs are tailored to individual lifestyles and preferences.

As one customer remarked: "Having tried the usual High Street kitchen companies, we found The Kitchen People's service to be on another level. We cannot recommend them highly enough."

At the initial planning stage, clients are encouraged to visit the showroom for an informal chat about their plans. This is followed by a home visit, after which a photographic quality image is produced of the proposed new kitchen design, which is then refined with the client.

The company uses a number of carefully selected suppliers offering a broad range of kitchen styles, so whether you're looking for a traditional Shaker kitchen or a suit sleek contemporary style, there is something to suit all tastes.

This choice also translates into price, with designs to accommodate most budgets. "We don't have to be expensive and can compete on price with any of the big kitchen companies," says Paul.

"The Kitchen people were fantastic, the design ideas inventive and the level of service provided was superb."

The team have an innate understanding of how to balance style and functionality, using their talent and expertise to create your dream kitchen. With advice on creative storage solutions, technology-led smart appliances and zoning work areas, they know how to maximise the available space, however large or small.

This approach is clearly appreciated by clients – 'We chose The Kitchen People over three other kitchen design companies for the quality of their design ideas'.

In fact the team are so successful their designs have been selected to feature in Real Homes Magazine and they have also won the Real Kitchen of the Year Award, sponsored by Second Nature Kitchens.

The benefits of providing such a personal service also allow for seamless project management. With four teams of highly skilled installers, The Kitchen People will not only install your kitchen but can also co-ordinate the trades, flooring, lighting and decoration too. This really helps to minimise the stress and disruption of having a new kitchen. With the fitting in such experienced hands, clients can relax in the knowledge that any issues can be easily addressed.

Next time you're in Lindfield, do pop in to meet the team.

Spooky goings on in Hurst

by Michèle Copeland

Mirella is truly a remarkable woman. Concerned about youngsters being able to enjoy Halloween to its true potential, she decided over ten years ago to treat her then eight year old son to a Halloween Spooktacular event from the safety of her own garden and front porch in Weald Close, Hurstpierpoint.

In anticipation, she prepares her garden at least two months ahead, with a yearly theme based Halloween storytelling event.

Over the years this event has grown so much that Mirella says: "I have had people come to me from as far as Lewes or Worthing and numbers have grown to 200 kids or so, with their families."

This number of people has bought about security concerns, but, undeterred, she has now gathered around enough help.

"Children from as young as two up to 15 years come. The fun starts around 4.30pm on the 31st October for the younger ones, and late into the night."

She continues: "I've even seen couples and families come with their dogs all dressed up as well!"

A couple of years ago she went for a Cruella theme



and even used it to parade at the St Lawrence Fair.

"I like to use my creativity in this way - it's just like the theatre," she says.

She has a collection box for those who would like to help support a charity of her choice, which she hopes to build up over the years.

Selfless in her desire to entertain the children, she did not even consider putting the event off when she was diagnosed with ovarian cancer last year. Thankfully, she is fully recovered now and looking forward to this year's event, and so are we!

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Peter Ross

VILLAGE PEOPLE



By Michèle Copeland

Peter Ross, who is Hurst based, has an interesting career history which enabled him to become involved with the Quicksilver 500 project from 1998 to 1999 as a project manager. This was a British wheel driven land speed record project. Running alongside this he became part of the Thrust SSC project from July 1995 to April 1998 as an engineering manager. Thrust SSC celebrates its 20th anniversary this 15th October in the Nevada desert.

Peter Ross grew up in Sussex. He has three children from a previous marriage, Ben, Abby and Ellen. The family used to be based in Hurstpierpoint. Peter subsequently remarried, but he is no longer in that relationship. Engineer trained, he got involved in and was responsible for the team recruitment and organisation of the Quicksilver 500 project from April 1998 to April 1999, which then led him to take part in the Supersonic Land Speed record Project, Thrust SSC 20 years ago. As an engineering Manager he was responsible for the initial build programming, acquiring sponsorship and recruitment and team placement. The Thrust supersonic car is a British jet-propelled car developed by Richard Noble, Glynne Bowsher, Ron Ayers and Jeremy Bliss. The car is 16.5 metres long and 3.7 metres wide and weighed nearly 10 tons, with a total thrust of 223 kN, equivalent to 763 miles or 1227.986km/h. It became the fastest car in the world and the first car to officially break the sound barrier. Thus the Thrust SSC became subsequently known as the Bloodhound Project.

The car was driven by Royal Air Force fighter pilot Wing Commander Andy Green in the Black Rock Desert in the state of Nevada on 15th October 1997. The team's aim was to enable the car to become the first land vehicle to officially break the sound barrier.

"It was no mean feat to achieve," remembers Richard Noble, who was part of the initial team with Andy Green

and Ron Ayers, to name but a few. "We virtually had to fight Britain to get the interest and this project off the ground," he remembers.

"The Thrust SSC is now displayed at the Coventry Transport Museum, as part of the Museum's redevelopment project," explains Beccy, who is Peter's carer and friend. "He visited it there with the team some years ago and was even invited to go to the Houses of Parliament!"

Five years ago Peter's life changed dramatically when he was hit by a severe stroke, which 'hit him out of the blue'. Unconscious for a long time, he had to be rehomed into rented accommodation, which had to be furnished and adapted for his needs. The stroke has left Peter paralysed on his left hand side and his speech has been greatly impaired. "Once a week, Peter goes to Newick to a Headway centre for people with brain damage," explains Beccy. Though their paths crossed because of Independent Life Styles, the agency that Beccy works for, which favours care from the home, they realised, on meeting, that their children had been to the same school.

Beccy has quite obviously spent some quality time in helping Peter settle into his small home, making it as comfortable as possible for him.

The idea of taking Peter to celebrate the 20th anniversary of Thrust SSC emanated from the group of friends who were involved in the project so many years ago and still keep in touch. They scraped the money together, with friends, to go there. Beccy will be going with them. They will be taking the plane to Nevada and then driving to the desert. An adventure to which Peter is clearly looking forward to, and he has decided to wear the T-Shirt that he wore all those years ago for the photo shoots.



Peter showed me the models he has of the car and, even to a novice like me, they are really a beautiful sight. There is truly pride in his eyes, as I view them with him.

Peter enjoys cooking curries in his spare time. "The meaty ones," he adds, and he also enjoys going up and down the Cuckfield Road on his motorised scooter. Some Hurst residents might even see him there, as I have before we met.

We wish him well in his celebratory trip with his team and Beccy and look forward to more pictures and feedback when he returns.



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The Award was launched in 2015 after an Endowment Fund was set up at Hurst College. The aim was to provide assisted places for academically gifted children who would flourish at the college, but who could not attend without some major financial support. As Hurst College has had close ties with the local community for more than 150 years, it seemed fitting that the beneficiaries of this fund should be children who live close to the college, in the BN6 postcode.

Further information about the BN6 Award is available on the Hurst College website www.hppc.co.uk or by contacting Christina Treadaway, Prep School Admissions Officer Christina.treadaway@hppc.co.uk The closing date for applications is 24th November 2017.



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Hurst Life



Slade House by David Mitchell

BOOK REVIEW

By Clair Stanton

On the last Saturday in October you may be invited to Slade House – it's hard to find your way, but you will be made very welcome when you arrive and you will never leave, no matter how hard you try.....

This short novel started out as a short story on Twitter and grew from there, inspired by the HG Wells tale 'The Door in the Wall'. This is a satisfying stand-alone read, but for long-time fans there are lots of references to characters from previous books by David Mitchell, who is my favourite contemporary author.

The book starts prosaically enough – a thirteen year old boy called Nathan Bishop is reluctantly accompanying his mother to a party, but when they arrive at Slade House it seems Yehudi Menuhin has turned up unexpectedly and would love to play a duet with Mrs Bishop, while Nathan is sent to play with a boy his own age who suggests a game called 'fox and hounds'. Nathan and his mother are never seen again.

Starting on Saturday 27th October 1979, the disappearance of the Bishops is just the start of a string of mysterious happenings at Slade House: there are five sections that take place at nine year intervals, ending on Saturday 31st October 2015, so this is a suitably spooky read for Halloween.

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

Tennis open day a great success

On Sunday 17th September Hurstpierpoint Tennis Club hosted an open day for the village community for The Hurst Festival. The main purpose of the event was to have fun and encourage as many non-members to participate in tennis as possible. It was a big success with over 130 people attending.

The club provided free tennis coaching tuition with local coach Sam Wotton, who managed to provide short sessions to 47 individuals ranging from complete beginners to rusty adults – many of whom hadn't held a racket in over 20 years!

The club had a speed gun to measure the speed of serves, which proved to be really popular. Lots of family members and friends were able to compete against each other and have some fun.

Professional tennis players such as Great Britain's Andy Murray & Joanna Konte will normally serve at speeds in excess of 117mph and 102mph respectively. So it was no surprise that almost everyone who participated was clocked with top speeds of no more than 70mph, which goes to show how good the top performers are. That said, the club's 1st team players Toby Lott and Jonny Goodall both managed speeds in excess of 90mph!

The club also ran a fun hand eye co-ordination test to see how nimble reflexes were. Lots of adults took nearly more than 25 seconds to complete the game and



it was seven year old Isabelle Bartoletti who won the competition with a time of just 19 seconds. Well done Isabelle!

The club is a vibrant part of the Hurstpierpoint community. It welcomes and accommodates all levels, with a strong schedule of activities each week. If you'd like to try out the club or enquire about membership, please contact secretary@hursttennis.org



Sweet Potato Truffles

FINE FOOD

Ingredients

- 1 cup (255g) mashed sweet potato; baked sweet potato works best in this recipe, boiled can be too wet. Bake for 30-40 minutes on a low heat. Must be cool before mixing.
- 1 cup (120g) ground almond*
- 1 tsp of ground cinnamon
- ½ tsp vanilla essence
- 20g dates, stones removed and sliced thinly
- 1 tsp cocoa powder
- Options for toppings - unsweetened desiccated coconut, linseeds, chia seeds, chopped goji berries, chocolate chips, cacao nibs (for rolling)



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Call Jamie at Stylo Renovations on 01273 634846 / 07766 914174

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.



This highly nutritious starchy vegetable is at the root of my Longevity Cookery Workshop and talks. Being an excellent source of some of the chief immune boosting nutrients, the sweet potato must surely take some of the credit for the great life spans of certain 'Blue Zones' where populations boast not only a high number of centenarians but an enhanced degree of health well into old age. There are many ways to incorporate this brightly coloured potato into our weekly repertoire of recipes. I have chosen this one as it's fun for the kids, perfect for messy play, easily digestible for those needing to boost their daily fibre and truly delicious. As the preparation process is a great creative opportunity, I'll be using this during my next workshop for the blind and partially sighted at the Torch Retreat to draw on the senses of taste, touch and smell.

Method

1. In a food processor blend all the ingredients (apart from the toppings) together until very well combined.
2. Gently form into 12 balls, if too sticky use a little flour on your hands. Chill for 15 mins in the fridge. Then using a large plate with your toppings sprinkled over, roll carefully so as not to squish the shape. This is where the creative process can be fun as interesting patterns can be made.

* The amount of ground almond needed may vary depending on the level of moisture in the potatoes.

Store in fridge

Glow Wild

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Wakehurst

For details visit kew.org/glowwild

Royal Botanic Gardens
Kew

Holiday snaps

As ever, Hurstpierpoint residents have taken their copy of the magazine away with them. Do send yours in to photos@hurstlife.co.uk



William Goody on Sidmouth Beach



Jake Smith snorkeling on Tiree



Charlie Hodges on the Zwölferhorn in Austria



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Probus Club is looking for new male members

By Brian Hudson

The word Probus is an abbreviation of the words professional and business. However, membership is not restricted to these two groups, we include members at Clayton Windmills Probus from all occupations and the only requirement is each member is a retired or semi-retired gentleman who has had some measure of responsibility in any field of worthy endeavour.

The primary purpose of a Probus Club is to provide meetings and fellowship for persons who value opportunities to meet with others of similar interest, enjoy hearing addresses by guest speakers on topical subjects, and visiting places and organisations of specific appeal to members.

Probus is non-political and non-sectarian.

What is the cost of joining? Nothing. There are no initiation charges and annual membership fees of existing clubs are minimal. We have two principal activities: We meet at Mid Sussex Golf Club on the third Thursday of the month for lunch, to which guests are welcome, usually from 12.30-3pm, including a guest speaker and questions. From time to time we also hold luncheon meetings and include spouses and guests. We also visit (between meetings) places and organisations of general interest.

There are already a number of Hurst resident members and I would be happy to introduce them as guests to see what goes on. If you are interested please contact Brian Hudson on 01273 842 929.

Is everything sorted?



Halloween
costume



Trick or Treat
sweets



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Stories of Holy Trinity

By Miriam Patrick

Having run monthly since January this year, Stories of Holy Trinity will soon draw to a close. However, we still have a very interesting talk to come in October when Claire Richard and Stewart Hall will introduce us to the lives, and perhaps also the deaths, of some of the men whose names appear on the village War Memorial and on the memorial in the Campion Chapel of Holy Trinity. Stewart has undertaken the research on which the talk will be based, while Claire will tell the stories, which will be illustrated by slides. You may well be surprised, as Claire and Stewart themselves were, by some of things they discovered.

As always, all are welcome to attend this event, which will take place in Holy Trinity Church on Saturday 28th October at 10.30am.

Please contact Miriam Patrick on 01273 832657 or mim.patrick54@gmail.com with any queries.



Time to remember

Holy Trinity Church is organising a special service this month for those who have lost loved ones.

'Time to Remember' will take place at 4pm on Sunday 29th October in the church.

All are welcome to attend the service of thanksgiving, which is becoming a much-appreciated annual event in the local church calendar.



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Sudoku #15

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

Find the solution to #15 in next month's magazine

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

#14 Solution

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



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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 – 7.45pm, 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

October

- 7th **RNLI Coffee Morning** – 10am-12 noon
Do come along to our coffee morning in aid of the RNLI. Enjoy a cup of coffee among friends and take this opportunity to purchase your Christmas cards, diaries, and calendars plus lifeboat souvenirs. Entry is £1 to include coffee and biscuits and there will also be a raffle.
- 10th **Horticultural Society** – 7.45pm
An illustrated talk by Laurie Mcmillan, a professional gardener for 13 years and lecturer for nine years.
- 14th **Heber Opera Craft Fair** – 10am-2pm
- 14th **Coffee Morning** – 10am-12 noon
Club Suite – In aid of the cat rehoming charity (Paws & Claws) based in Sayers Common, with home-made cakes, big book stall, DVDs, CDs, bric-a-brac, household, jewellery, prize a time tombola, gifts, toys, cards, raffle and refreshments
- 17th **Wolstonbury WI** – 7.45pm
'From cocoa bean to chocolate' Talk, including tasting, by Dawn Shriver.
Visitors welcome (01273 834421)
- 21st **Pat's Yoga** – Time TBC
- 23rd **U3A Meeting**
Hurst, Hassocks & Ditchling U3A talk: 'Guns, Fireworks and Superguns' with William McNaught

ADVANCED NOTICE

25th November – **RNLI Charity Casino Night** – 7.30pm
(further details in next issue!)

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

October

- 7th **Hurst Hedgehog Haven** – 11am
The New Inn (back room) – A family friendly workshop to encourage residents to become more hedgehog friendly towards these beautiful but endangered animals. Come along for facts, raffle, hoggie prizes and hedgehog cake! (More info Ann at Columbines 01273 833133)
- 11th **Mother's Union meeting** – 2.30pm
9 Orchard Way - Come and hear interesting stories behind the tea towels that members bring along! Everyone welcome. Non-members £2 to include tea and cake.
- 12th **St Lawrence Fair AGM** – 8pm
The New Inn – Go along and give your feedback and learn how to get involved next year
- 18th **Charity Bridge Afternoon** – 2pm
Danny House – in aid of the NSPCC
- 18th **Off The Fence Talk** – 8pm
Holy Trinity Church - Paul Young, the CEO of the Brighton based charity OFF THE FENCE, will be talking about the charity which helps those most in need in Brighton and Hove. All welcome. (Non Mothers' Union members £2 to include coffee and cake)
- 19th **Art Fund Talk** – 2pm
Danny House - talk by Daphne Lawson on Van Eyck and the pre-Raphaelites
- 21st **Knitting Demo & Sale** – 10am-12 noon
Holy Trinity Church - Coffee Morning with a group of keen knitters who will be demonstrating their skills and selling some of their work.
- 21st **60s Music Evening** – 7.30pm
Ditchling Village Hall – 60s music evening with DJ (01273 845361)
- 27th **History Talk** – 8pm
The Guide Hall, Trinity Road Car Park – Hurstpierpoint Historical & Geographical Society host talk 'Bishop Hannington of Hurst' by Peter Wilkinson, formerly of West Sussex Records Office. (All welcome, £3 fee)
- 31st **Halloween Fancy Dress Party** – 6-7.30pm
The New Inn – Ticketed event hosted by Poponin (£7.50pp), available from the High Street shop. Prizes for best fancy dress costume on the night

November

- 5th **Danny Park Bonfire** – 6.30pm
Danny Park – Bonfire and Fireworks in aid of various local charities

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