

Hurst Life

Including Sayers Common & Albourne

Local village talk,
by the village

Issue #35 : Feb. 2018

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yourself!



Hurstpierpoint village news

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All you need to know about hedgehogs

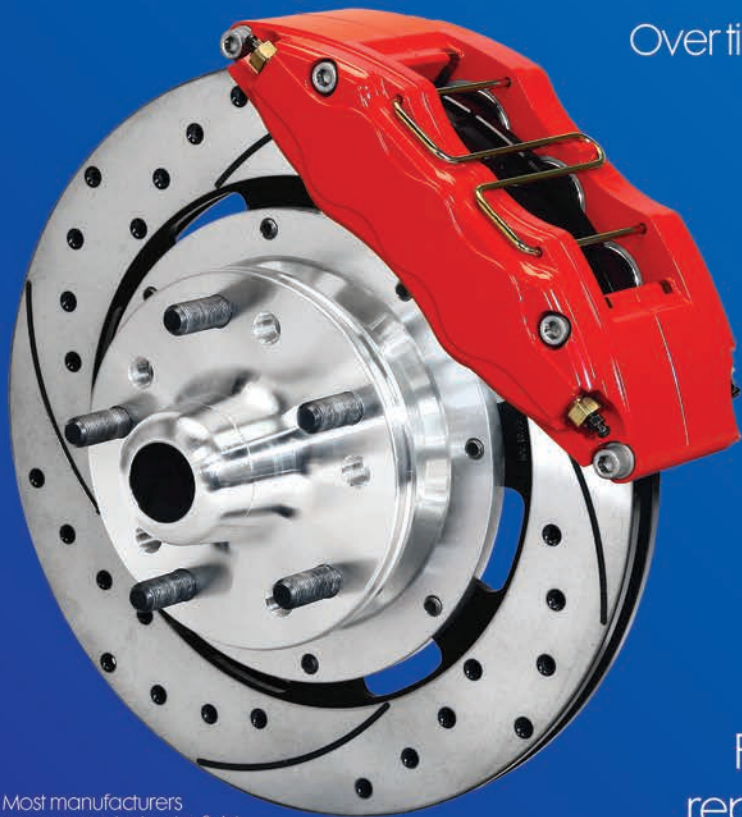
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Where is the nearest defibrillator?

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EDITORIAL



By David Tingley, Editor

We often find that magazines this side of Christmas are a little on the light side, so don't panic at our more slender weight this month! As I write this I am looking at the bright winter sunshine outside (rare this year!) but this will soon give way to warmer spring days – and that's when all sorts of community events start to take place in and around Hurst.

Until then, we have plenty to amuse you.

We take to the High Street on **page 5** when we meet new manager at **Lewesiana, Amandine Saison** and another introduction to retail newcomers **Lindsay Thompson** and **Tony Walsh** who are opening **RetroSpective** at **number 89** – see **page 7**. The rest of the **Hurst Traders** share their news on **pages 24-25**.

Want to try something new in the kitchen? **Belle Amatt** shows us how to cook up **Squash Pancakes** on **page 20**.

Other new things on this month's pages include a couple of the newest parish councillors in the form of **Claire Majsai (p.12)** and **Peter Griffiths (p.13)**. And, on **page 17**, there is some early information about this year's **Hurst Festival** – courtesy of **Katherine Jackman**.

On **page 22** I invite you to meet artist **Mike Cheetham** and on **page 23** **Bridget Hamilton** answers our **5 minutes with...** questions – if you don't know them already, of course!

Resident of the twinned French town St Martin de Boscherville, **Victoria Lefrancois**, tells us what happened on her humanitarian mission trip in **Madagascar** on **page 31**.

Page 27 holds an article on the local **'First Responders'** group, followed by a map showing the locations of the village's **defibrillators** – we hope that sharing this information will be useful to know – check it out!

Do keep in touch with us, let us know what's going on, and send in your **holiday snaps** with Hurst Life in hand!

Issue #35 – February 2018 –
4,200 copies printed

Next magazine copydate:
13th February 2018

Next magazine published:
27th February 2018

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NEWS

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

College first time champions

The Hurst College team emerged victorious in the Schools' Challenge South Central Regional Championships for the first time in the school's history.



The Hurst team took a while to get going as they lost their first match against Hampton School. They bounced back to convincingly beat Lady Eleanor Holles School in the next game, and advanced to the semi-finals as the highest-scoring group runners-up.

A tight semi-final against last year's winners Kingston Grammar went right down to the wire, and the final was against tournament stalwarts RGS Guildford, eventually completing a 720-600 point victory.

Hurst will now progress to the inter-regional play-off against the South West winner, and the winners of this contest will progress to the National Finals in April.

Paul's trees total

Hurstpierpoint resident Paul Wilkinson has completed all collection of expired Christmas trees and has collected a record total to boot!

He was keen to beat the total from last year, which came in at an impressive £4,050 – and he smashed it, taking £5,500.

Paul commented: "Firstly I need to say a massive thank you to all those who have helped me with this year's fundraising, including Southdowns Garden Centre, Hurst Life and, of course, all of the people who gave up their time to deliver leaflets through almost every door in the local area... I couldn't have done it without you!"

Paul gave £2,250 to Cancervive and the same to Hope – both Hurst-based charities. But he decided to add in another recipient of the funds, giving the remaining £1,000 to support village resident James Taylor's campaign to raise money for Sarcoma UK too.



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Amandine takes the reins at flower shop

High Street flower shop Lewesiana has recently changed its manager.

Amandine Saison has worked at the shop since October, but took over running the store before Christmas.

Amandine moved to the UK from France five months ago to be with her boyfriend, Elliott, who is Head Chef at Jeremy's Restaurant in Haywards Heath. She knows England well, having some family here, and she was also an au pair for a family in Brighton three years ago.

"The people here are nice," she commented. "I love being part of a small English village; Hurstpierpoint is a great!" Amandine, who trained in floristry in Brittany, also says that the style over here is different from France. "I like the 'country style' bouquets that are typically popular here in England."

Lewesiana is open 9.30am-4.30pm Tuesday to Saturday at 52 High Street.



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Charity shop reopening ceremony

On a bright, sunny January morning, David Gold and fiancé Leslie Manning reopened the charity shop building, which has prevailed in the village for 23 years, alongside Michael Barnes, chairman of the trustees, manager Wendy Box and Roselyn Stenning, retired manager.

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High Street gets new retro shop

Hurstpierpoint High Street will be the home to a new retail outlet later this month when RetroSpective opens at number 89 – in the former Jam Pot shop.

The business is the brainchild of Lindsay Thompson and Tony Walsh who have had a stall in My Vintage, Hassocks for the last four years. Now the pair are going it alone, and are inviting like-minded potential stallholders to get in touch. "If you know someone who has a penchant for antiques and vintage items, or local high quality arts and crafts, then we'd love to talk to them," Lindsay commented.

The shop will stock various types of products including upcycled furniture and accessories for every room in the house. But there will also be other items such as organic lavender products and pre-loved clothing for sale too.

Lindsay, who grew up in nearby Hassocks, says that Hurst is the perfect place to set up in business. "Hurstpierpoint is a lovely, historic and growing village (and one I very much enjoyed in my misspent youth!). We believe that the residents are keen to support their local high street, and we are keen to be part of that community and ensuring that it continues to thrive."

At the time of going to print, the shop is currently undergoing a refit and it looks likely that RetroSpective will open its doors during February. Its hours will be 9.30am-5.30pm Monday to Saturday and Sunday's 10am-4pm.

For more information call Lindsay on 07789 397284.



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An exciting year at the Bowling Club



By Bob Mitchell

If you regularly visit the recreation ground in South Avenue, you will not have failed to notice the building work taking place on the eastern side of the clubhouse, if only because of the huge scaffold 'tent' erected to avoid work being delayed because of bad weather! As a consequence work is ahead of schedule and, by the time you read this, the scaffolding should be down and the external building work close to completion.

The Club has very much appreciated the forbearance of its neighbours in South Avenue and other Hurst residents using the footpath across the recreation ground. The good news is that by early spring, the Club, and its building contractor Closewall Ltd, aim to have things back to normal.

Apart from offering its members better facilities, the Club's aim is for the finished clubhouse and its surrounds to enhance the overall appearance of the recreation ground, following other improvements made in recent years, by the Parish Council to the children's playground, and by the Tennis Club.

The extended Clubhouse will give the Club much larger changing rooms, a bar, better kitchen facilities and, most importantly, for the first time, provide sufficient space in the main clubroom in which to play bowls indoors from October to March.

The Club is expecting its membership to increase again this year, as many Hurst residents tried, and enjoyed, bowls for the first time at the 2017 St Lawrence Day Fair and at the Club's Bowls & Beer Festival last September. If you missed these opportunities to try bowls, they will be available again this year.

However, as the 2018 outdoor bowls season starts in April, it is not too early to contact the Club if you think you might like to try bowls and might be thinking of joining the Club. The Club's website is www.hurstbowls.org.uk and you can make contact through it, or by ringing one of the phone numbers mentioned on its website.



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From the board room to shop floor

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For Jo O'Connor moving to Hurstpierpoint represented a key milestone in her family's life. But the shift began to happen a little earlier, when she jacked in her 'high flyer' career in order to pursue a lifelong ambition to run her own business.

Five years ago Jo was Chief Executive Officer of an international retail corporation, a role she was proud to have achieved having worked for 30 years in the sector, working her way up from product buyer at Levi Strauss. But, for her, it was time to leave the fast-paced corporate life in London in order to take on a new challenge and find the perfect home for her family.

They moved away from Surrey in 2013, as Jo was looking for a suitable business to run, and moved to Wivelsfield. "I had always dreamt of having my own business," Jo commented, "and the personal freedom that comes with it. The boardroom was no easy place to work and the pressure was enormous and constant. In truth, I had had enough of being bossed around!"

It was only as Jo got into her 50s that she felt she had the confidence to try something totally different. She soon located Battle House of Flowers, based in Battle; a florist with a reputation for good flowers but in need of some help.

Jo was not a florist, so undertook training immediately, but she knew about retail. She rebranded the business, reorganised the shop and set about putting together a fantastic team of florists. Now the business employs ten, including two staff who worked for the previous owner, and sells 50% more flowers

than it did when she bought it. The store also boasts an expanded flower range to include exotic varieties with over 40 different types in stock every day.

"There were a number of key learnings in the early days," explains Jo. "For a start, we deal in a fresh product which has a limited shelf life. So one of the first things we trained the whole team on was wastage quotas – a key factor to profitability!" She also recognised the fact that staff needed to be able to deal with potentially fragile and vulnerable customers – especially in the form of funeral and sympathy flowers – and so she quickly created a consultation area in which to talk privately.

Back at home, Jo and husband Kevin (a retired teacher) were still on the lookout for that perfect location to live. Easy access to college for their youngest children, Lucy and Harry, in an outstanding community with spirit. Hurstpierpoint was an obvious choice, and they eventually found and bought their dream house 'to retire in' during October last year.

The tagline for Battle House of Flowers is 'exceptional flowers at everyday prices' and this principal reflects Jo's own background in fashion/beauty and also her passion for interiors. "Many customers (and recipients) of our flowers say the arrangements have an 'architectural' look about them which they love," she explained. This 'London style' of florist is what she was looking to replicate here in Sussex.

The team create flower arrangements for the usual variety of situations: weddings, funerals, births, arrangements for offices and business bouquets, general gifts and, of course, the key flower events of



Valentine's Day this month, and Mother's Day on Sunday 11th March.

Whilst arrangements are created in the workroom in Battle, they can be delivered to anywhere in the UK next day for just £6.50, after Jo instigated a close relationship with a national courier network. "We send our flowers in a specially designed box in a transport gel, which will keep the flowers fresh for up to 48 hours. How they arrive at their recipient is really important to us, so packaging and presentation is vital – it's well tested to ensure it works every time!"

However, Jo's team also deliver locally to Hurstpierpoint and the surrounding area in one of the shop vans.

Jo's husband Kevin works as a driver in the business two days a week. "Being a driver is really hard," Jo explains. "The address can be wrong, they may have to negotiate dogs and/or neighbours and timing can be everything for some deliveries. But seeing the faces of those receiving the beautiful flowers makes it all worth it!"

Ordering flowers from Battle House of Flowers is easy – you can either order by calling the shop on 01424 773493 or via the website www.battlehouseofflowers.co.uk - something which Jo has ensured is simple and easy to use. When ordering online, select the Signature Bouquet range to see the best of the team's creative arrangements – from just £30 – which stay spectacular right up to the door!



February 2018



Jo's cut flower tips

A key task of any florist is to condition their flowers before they go on sale. This involves using freshly sterilised containers, correct cutting, leaf stripping, feeding and storing appropriately. Whether you buy your flowers from a local florist or a local supermarket, there are five simple steps for prolonging the life of your blooms.

- Start with a clean vase (bleach it!) filled with fresh tap water- they don't need Evian!
- Add a sprinkling of flower food from the little packet provided with the bouquet. A word on the flower food - it contains sugar (nutrients), an acidifier (to maintain the water's PH level and help the stems soak up water) and bleach (to reduce bacteria in the water). Flowers live longer and look brighter when the food is used.
- Cut the stems on a 45 degree angle to ensure the flower is drinking. The stem will seal up seconds after cutting so make sure you cut and plunge!
- Check the water level daily and change/top up daily. The more flowers in the vase, the greater the water need!
- Choose where to put your flowers wisely. The best place is a cool environment, away from direct sunlight, heater vents and entry doors. NB: you can also put your flowers in the fridge over night to prolong their life.



Welcome the new Parish Councillor...

My name is Claire Majsai and in October I was co-opted on to Hurstpierpoint Parish Council. This is an exciting opportunity to become more involved in the village and use my skills and experience to contribute to improving the day-to-day life of its residents. I trained as a primary school teacher and have spent most of my career working with children with special educational needs, latterly in senior management roles. I am fortunate now to be working at Hurstpierpoint Preschool, and you may have seen me out and about with a crocodile of children in high-vis jackets!

I have lived in Hurstpierpoint for over 25 years, so am very aware of the joys of living here, such as walking through the beautiful countryside, enjoying friendly shops, pubs and restaurants and joining in community events. I am also very aware of the challenges we face, such as the ongoing issues with traffic, affordable housing etc.

I am still learning about what being a parish councillor entails, but it is exciting to be involved in the first rung of local democracy and be given this opportunity to make a difference in my community. Do please say 'hello' if you see me around!

Cycling trishaw demo day

Cycling Without Age Hurst & Hassocks is running a crowdfunding campaign until 19th February to raise £7,000 for a trishaw. This will get lonely elderly residents out on a bike and back into the community.

Look out for the demo trishaw in the villages on Saturday 10th Feb. Please visit our Facebook page (cwahurstandhassocks) for more details and the link to our crowdfunding campaign page.



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...and another one!

By Peter Griffiths

I was delighted to be co-opted as Ward Member for Sayers Common on the Hurstpierpoint and Sayers Common Parish Council.

I retired from public service as the local County Councillor in May last year after a 12 year innings but want to use that experience to help our communities. I am a full-time carer for my wife, who has Alzheimer's, and I want to 'put my shoulder to the wheel' for the Parish Council's initiative to become Dementia Friendly.

I am lucky enough to have had four careers: As an officer in the Royal Tank Regiment, a negociant elevreur in the wine country of Pomerol, in BT Global Finance sales and marketing team and, finally, as a public servant at County Council, particularly in Education. I am also a governor in two local schools. I aim to use this wide experience to make a positive difference to our lives in the parish where my family and I have lived for 24 years.

I look forward to hearing from readers of Hurst Life. I am a good listener and doer. You can contact me by phone: 07802158469 and email: peter.a.d.griffiths@btinternet.com

Talk to the councillors

There will be another Councillors' Clinic in side room at The New Inn later this month.

After a very successful clinic in November the council has decided to host another on 24th February at 11am.

Mid Sussex Councillor Colin Trumble commented: "A number of people came to meet their District and County Councillors and we were able to answer a range of queries and follow up on a number of other matters. Your County Councillor and District Councillors will be at the clinic to meet you, talk with you and look into or answer issues you raise. We look forward to seeing you."

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A MAN CALLED OVE

HURST VILLAGE CINEMA


By Mike Thatcher

Busy month coming up with three films and a live NT broadcast. We start on **Thursday 8th February 8pm** with **A Man Called Ove (15)**. It's a fairly tried and tested formula; the cantankerous old man whose life is transformed and mellowed by the arrival of a new family next door, but this Scandinavian film manages to tell it afresh. Both touching and funny, it strikes a unique tone.

Thursday 22nd February 7pm we present **NT Live - Cat on a Hot Tin Roof**, starring Sienna Miller, Jack O'Connell and Colm Meany. A bold reimagining of Tennessee Williams' masterpiece set in the scorching heat of Mississippi. Secrets, lies and sexual tension are all in the mix in this classic of modern theatre.

Friday 23rd February 8pm we show **The Handmaiden (18)**. Sarah Waters' novel Fingersmith gets an exotic makeover in this masterly Korean adaptation, set in the 1930s, with the film weaving a complex tale of deception and betrayal. A con man installs a young thief as handmaiden to his niece with the goal of relieving her of her considerable fortune. Needless to say all is not that simple, and with myriad plot twists and shock revelations along the way the film thrills and seduces in equal measure.

Finally we end on **Sunday 25th February 3pm** with **Lion (12A)**. The incredible true story of five year old Saroo who gets lost on a train which travels across India away from his family. He learns to survive in a new city before ultimately being adopted by an Australian family. As a young adult he then begins the process of tracing his roots to try and find his family. The film avoids the usual pitfalls of this sort of film and produces a remarkably moving account of a man's unwavering determination to find his roots.



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A great Festival ahead for 2018

By Katherine Jackman

Hurst Festival is delighted to announce Hurst Festival 2018 dates of Saturday 15th September – Sunday 30th September 2018.

Bringing together local, national and international talent, Hurst Festival caters for all with a varied programme including Children's Workshops, Classical Music Soirees, Theatre, Art Exhibitions, Talks, Comedy, Cinema, Walks and Bushcraft.

One of the themes in 2018 will be around PEACE, to commemorate 100 years since the peace terms were discussed at Danny House, Hurstpierpoint in October 1918 for the armistice that brought peace at the end of the First World War.

Hurst Festival organisers say they will be encouraging performers and artists to involve the theme of PEACE, if they wish, within their work. This could be any form of expression to show the ways that people find peace in their lives, peace in our world, peace in our time or whatever your concept of peace may be.

Hurst Festival is a not-for-profit organisation run by a committee of volunteers, and the diversity of the events we offer is only possible thanks to the generous financial support of

the Hurstpierpoint Community Charity Shop and Hurstpierpoint and Sayers Common Parish Council.

We are open to proposals for events and venues and as a community organisation we are always looking for enthusiastic people to join our committee or to volunteer at events. If you're interested or wish to advertise in the Hurst Festival Brochure (11,500 circ.) please email info@hurstfestival.org.



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Protecting Hurst's hedgehogs

by Michèle Copeland

It's not often that I find the time to go to an evening event organised by the Hurstpierpoint & District Horticultural Society at the Village Centre, but I was determined to do so this time to support Ann Winney, from Columbines, who was going to give a talk about hedgehogs.

The Club Room was crammed full of members - about 60 strong. Patrick Howarth, committee member, said: "I was delighted to see so many members at the talk."

Classified now as an endangered species, it is estimated that the number of hedgehogs has dwindled to a mere 1.5 million from 30 million in the 1950s. Ann was so alarmed by the plight of hedgehogs that (a few months ago) she decided to set up 'Hurst Hedgehog Haven' on Facebook to help Hurst residents to make the small changes necessary in their gardens to help sustain hedgehogs in their natural habitat. In a very entertaining account of her encounters with hedgehogs, Ann suggested that we could create a wild space at the bottom of our gardens to encourage them to dwell there. Creating appropriate holes through mutual fencing enables hedgehogs to roam freely from garden to garden at night.

With the help of Wildlife Rescue & Ambulance Service (WRAS), the British Hedgehog Society and the British Hedgehog Preservation Society, the following ten following tips were given during the evening to help us achieve this aim:

1. To check our gardens for uncovered drains and holes hedgehogs could fall down, and make sure they are covered.
2. To ensure chemicals, paint, oil, antifreeze is safely stored away where hedgehogs can't get covered in or be poisoned by them.
3. If a hedgehog were to fall into your pond could it get out easily? If not try putting some weld mesh or a ramp in, or ensuring there is a gently sloping edge they can walk out of.
4. To safely put away children's football goals, garden netting or other similar netting which a hedgehog could become entangled in. Garden netting to protect plants should be lifted off the ground or boarded around the base.
5. To clear up litter or rubbish to avoid hedgehogs getting caught or injured.
6. Before using strimmers, garden forks or other garden equipment, check the area you are working on for hidden hedgehogs to avoid causing them injury.
7. Avoid blocking up gaps in fences. Hedgehogs need to roam at least 12 gardens per night, so ensure they can get in and out safely. They only need a hole the size of a CD to get through.
8. Try to avoid using slug pellets, try alternatives like copper tape on plant pots, soot, ash from your fire or crushed eggshells to deter slugs.



9. If you have a dog, let it out on a lead into your garden to let hedgehogs have a chance to run away, or fence off areas so your dog can't get to any visiting hedgehogs.
10. Before lighting a bonfire, check it for hedgehogs – rebuild it or use broom handles to lift it up and check underneath. Only light on one side to ensure any animals inside can get out.

If, by chance, you find a struggling hedgehog or hoglet in your patch of garden, do not give it milk to drink but a bowl of water and preferably dried dog or cat food. You can easily make a feeding station using a not too big plastic storage box and making a hole in it for easy access. If you need any help you can reach the British Hedgehog Preservation Society on their rescue line on 07815 078234, or call Ann.

Ann is organising another workshop on 21st April at the Guide Hut and has invited Trevor Week from WRAS to give the next talk.

Contact Ann for any further information on 01273 833 133.





Hurst College host U9 Rugby Festival

Hurst Prep School hosted 24 teams from ten local prep schools for the U9 Rugby Festival in December.

Competitions were held for all abilities with a range of A, B and C teams on show. It was the largest and most successful tournament in recent memory with over 250 players taking part.

The standard of rugby from all teams and participants was extremely high, as was the enjoyment factor throughout. Hazelwood School were the eventual winners in all categories but all the boys who took part came away with their heads held high.

Ben Dewey, Head of Boys Sport at Hurst Prep School, said: "Huge thanks must go to all coaches, parents and players who made this such a wonderful occasion and a pleasure to host. We look forward to next year's event which will hopefully be even larger to encourage more competition for all."

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Squash Pancakes

FINE FOOD

Ingredients

180g leftover roasted butternut squash
Chilli flakes (a pinch, or more if you like a chilli kick)
2 sprigs of fresh rosemary
30g Parmesan cheese, plus extra to serve
1 large free-range egg

280ml semi-skimmed milk
150g buckwheat flour (or plain flour)
½ teaspoon baking powder
olive oil



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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.



February is the month in which we remember the humble pancake with its simple, store cupboard ingredients. The basic pancake idea is incredibly versatile and open to plenty of creativity. Originally intended within Christian teachings as a way of using up 'luxury food items' before a period of fasting. It is interesting today that the concept of 'luxury items' has morphed into such recipes as 'Buttery Vanilla Crepes Stuffed with Nutella and Marshmallows'! The recipe below is at the other end of the spectrum offering an example of how wholesome pancakes can be. You may not get away with this pancake on Shrove Tuesday as the kids hand you the Nutella, but it's a great mid-week dinner on any February evening. A filling alternative to a plain pancake and designed to work as a meal in itself, it's delicious served alongside a simple green salad of rocket, cucumber and cherry tomatoes.

Method

Remove the skin from the roasted squash. Pick and finely chop the rosemary leaves, discarding the stalks, and finely grate the Parmesan.

In a large bowl, mash the squash with a fork, then whisk in the egg, milk and flour. Add the chilli, rosemary and Parmesan.

Heat a little oil in a small frying pan and, once hot, add half a ladle of mixture per pancake into the pan. Cook for 1 to 2 mins on each side, until golden and crisp.

Keep warm in a low oven until ready, then serve with and extra grating of Parmesan and green salad.

Adapted from a recipe by Jamie Oliver

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ARTIST OF THE MONTH

By Mike Cheetham

I have had quite a number of creative hobbies over the years starting with the restoration of cars, including a 1937 BMW and a 1962 Porsche. Then restoration of oil-paintings and the frames of antique mirrors. Painting was taken up about 30 years ago, initially watercolours, then acrylics, mostly landscapes, and in strong vibrant colours. I started the Hurst Open Studios about 15 years ago, and largely as a result of this, quite a number of my efforts are to be found in the houses of local residents.



After the tragic death of our son in 2000, I felt moved to try and create a portrait of him in stone, and managed to complete this after a week's tuition at Skelton Studios at Streat. Stone-carving seemed to suit me, perhaps more than painting, so I bought some tools and stone, but didn't touch them again until 2013, after moving house and losing our lovely studio at Amwell Cottage.

Abandoning painting, I started sculpting again, one morning a week, at Skelton's, and have produced carvings ever since. Subjects were initially people and dogs, but gradually more and more abstracts emerged. Stone of irregular shape is picked up from quarries etc., and if there is any beauty in there, tools and hard work bring it out - I hope!



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5 MINUTES WITH...

Bridget Hamilton

Bridget has two businesses: one helps design agencies win more work and the other is a kid-free, quiet pop-up campsite in Albourne. She loves being outdoors and being surprised by the Brighton Festival.

How long have you lived in Hurstpierpoint?
12 years

What's the best thing about being here?
Wolstonbury Hill

Favourite ice cream flavour?
Salted caramel

How many houses have you lived in?
14

Favourite holiday destination?
Cambodia

Your most enjoyable event in the village?
Snow days when everyone goes sledging in Danny Park (doesn't happen often but such fun when it does)

Do you share your home with anyone?
My daughters Georgia & Romy, plus Ed our Jack Russell

Song you play the most?
Babies by Pulp

Mac or PC?
Mac

Your most frequented village shop?
Greengrocer

What's your proudest moment?
Becoming a 'Cycling Without Age' Affiliate – see p.12

Coke, juice or water?
Water

Your advice for life?
Be kind and always give new things a go

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!

News from your Hurst Traders...

Whether Valentine's is your favourite time of the year, or you are the valentine's grinch, you can be sure to find the perfect romantic gesture for that special person at Hurst High Street.

In case you find you are lacking inspiration this year, we've listed our top five Hurst picks for this Valentine's.

1

For the romantics amongst you, a candlelight dinner always sends the right message, but be sure to get your reservation in early!

2

On the other hand, a beautiful gift never fails to impress. With so many gifts to choose from at Hurst you will be spoilt for choice. Why not a hamper with all the best bits - maybe a candle, a scarf, something special for your home and of course, it wouldn't be valentines without jewellery!

3

Maybe they're not the gifting type? Keep it chilled with a wonder through the high street, window shopping with coffee in hand, finishing up with a walk through the park.

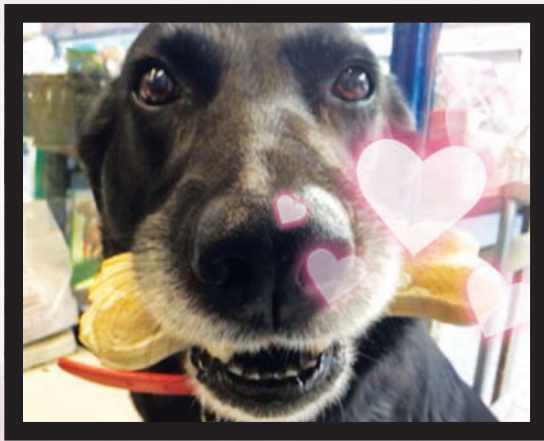
4

For the classic and elegant Valentine, a flower delivery of 12 long stemmed red roses is always a win.

5

Or for the foodies, keep the day just for the two of you. Collect your Valentine's favourite meat from the butchers and add the extra special touches for a dinner at home with fresh goodies from the baker and grocer!

These will certainly make one Valentine's day you won't forget in a hurry!



Stella from **Pierpoint Pet Supplies** says don't be a bone head and forget your pets this Valentine's Day! Dog cakes fresh from the **Barking Bakery** available.

Comp winners from last month:

Bronwen
& Octavia



February News

RetroSpective - opening mid-February in the Jam Pot building - they are looking for stall holders to rent a space, interested? retrospective.sussex@yahoo.com.



What's New | Offers

- **Clive Miller** - 10% off steaks for Valentine's day
- **Marram** - New Glass take away cups in store, make the environmental choice and grab a discount
- **Poportun** - Lots of creative arty fun to keep you busy in Half Term
- **Raven** - Beautiful handmade Belgian Chocolate for Valentine's Day or, just for yourself



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Vinegar Girl by Anne Tyler

BOOK REVIEW

By Clair Stanton

This novel is part of the Hogarth Shakespeare project which aims to reimagine Shakespeare, creating works that stand alone and bring the original stories to life for contemporary audiences. Anne Tyler is an unusual choice to take part: she has admitted to not really enjoying Shakespeare – and has a particular aversion to 'The Taming of the Shrew', on which 'Vinegar Girl' is based.

Tyler takes a fresh approach to the material: her Kate is a nursery assistant who is loved by the children in her care, although she is rather less popular with their parents. She lives with her widowed father (Dr Battista) and younger sister (Bunny) and runs the household according to her father's extremely eccentric rules. He is a fond, but absent parent – very wrapped up in his scientific research, expecting Kate to keep things running smoothly at home (which is becoming more difficult as Bunny is starting to rebel).

Dr Battista appears to be on the verge of a scientific breakthrough, but his hopes for an academic triumph are endangered by the immigration status of his brilliant young assistant, Pyotr..... Surely he can rely on Kate to help out?

This is a short book, and I read it in one sitting as I was enjoying it so much. It's a very funny, unusual love story and although I knew how it should end I was still gripped by the twists and turns of the plot.

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

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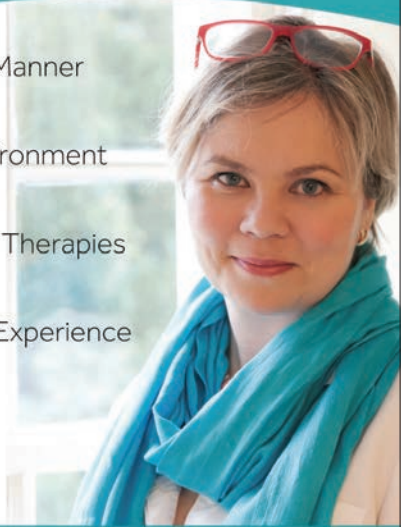
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First Responders Branch for Hurst, Hassocks and Ditchling

Have you ever wondered about what volunteering as a First Responder for the Hurst, Hassocks and Ditchling Branch is about?

Nickie Smale says: "The South Mid Sussex Community First Responders are members of the public who volunteer to help their community by responding to Medical Emergencies. South East Coast Ambulance Service (SECAmb) train us in order that we can respond to emergencies received by the 999 system in our own community before the arrival of an emergency ambulance," she continues. "We are not a replacement for the Ambulance Service, but we are a vital link in the chain of survival and are part of a team that provides life support to those in need."

Knowing how to use a defibrillator is not necessarily for the faint-hearted, but is a useful skill for the committed to have.

"In certain cases the Team's intervention can literally mean the difference between life and death," she remarks, and then adds: "In cases of cardiac arrest, a patient's heart stops beating effectively. Without defibrillation and CPR (cardiopulmonary resuscitation) their chances of survival decrease as every minute goes by. Community Responders are trained to use

Automatic Defibrillators and can therefore provide vital intervention in such cases."

When a Community Responder is on duty they are mobilized by the Emergency Operations Centre following a 999 call. Not all calls are deemed suitable for a Community Responder to attend, and below are listed the types of call they routinely attend:

- Cardiac Arrests
- Unconscious patients
- Patients suffering from Chest Pains
- Patients with Breathing difficulties
- Epileptic Seizures
- Diabetic problems
- Cerebral Vascular Accidents (Strokes)
- Medical Collapses – Abdominal pains etc
- Minor Trauma – Fractures, bleeding etc
- Care link alarms
- Falls

They also install/maintain and offer awareness training for the defibrillators in their local areas, in partnership with The District Lions.

The First Responders branch for Hurst, Hassocks and Ditchling meets every first Thursday of the month at 7.30pm at the Hurst Methodist Church Hall.

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Holiday snap



Zach and Yasmine Ismail at Portst Charles, Barbados. Send your holiday snaps to us via email: photos@hurstlife.co.uk

Life-saving knowledge

Where's your nearest defibrillator?

With 2018 now well underway, many of us will have made (and broken!) a range of New Year resolutions.

However, here's one way you can still make a really positive start to the New Year – by making one very simple resolution which could potentially save a life.

We'd like to encourage everyone living and working in the village to familiarise themselves with the sites of the lifesaving defibrillator machines and learn how to use them.

An estimated 60,000 people each year in the UK have an out-of-hospital cardiac arrest and, sadly, less than 10% of those people will survive. Yet if a bystander is able to start CPR they could double a person's chances of survival.

Hurstpierpoint has two machines that we know of – one at the Fairfield Rec and one situated in the Bowls Club on South Avenue Rec. Sayers Common has a defib mounted on the outside wall of the Community Shop (by the door to the hall). And we know there is a unit at the Gym of Wickwoods Country Club in Albourne.

All of the machines are portable and contain full

instructions, but why not give yourself a head start with an online tutorial?

The Resuscitation Council (UK) have produced plenty of information to help us all learn more about what to do in these dramatic and highly pressured times, should we find ourselves involved.

You can watch videos and play interactive games to increase your understanding. You can even download an app - see www.resus.org.uk/apps/lifesaver for more information.

At Hurst Life we will commit to reprinting this map and information on a repeated basis, in order to familiarise the whole village regarding access to this life-saving equipment - which can be used by anyone.

If anyone knows of any other publically available defibs in the area, do please email us (editor@hurstlife.co.uk) and we'll update the map for next time.

Please give it a go. With our emergency services so overworked, we as communities can get better at helping ourselves, and it really does make a difference.



Photo: Jackie Eke Photography

Great response since Parade

By Trevor Evans, RBL Parade Marshal

Following last year's Remembrance Parade I have been overwhelmed by the response of villages telling me how much they appreciate the Parade. In my last report I omitted to mention the escorts and my Standard Bearer Brian Hames. Brian does not live in the villagers but comes down from Horley each year to parade our standard. This year will be a special year. Sunday 11th November falls exactly on Armistice Day and 100 years to the day all the guns fell silent in the fields where now the poppies grow.

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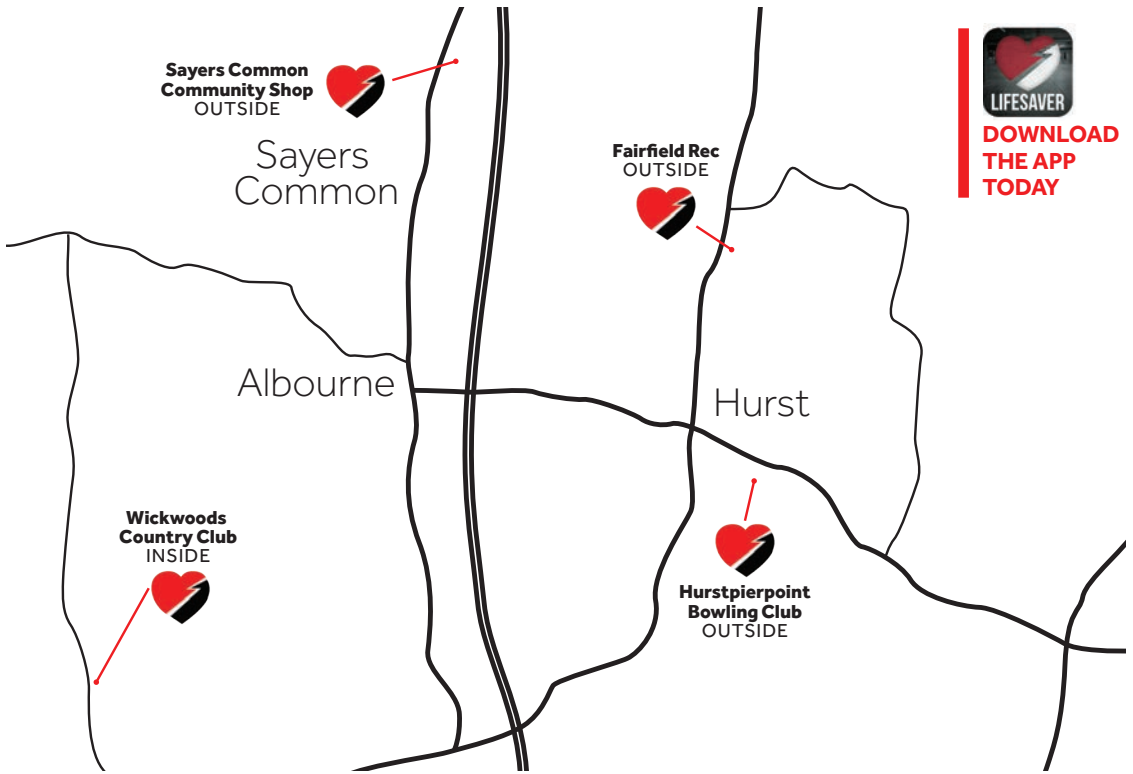
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Beers and cheers: current historical display

The original Hurst Brewery started life in the village in 1862 operating from the premises in Cuckfield Road. Since those days there have been many changes, including its reincarnation in 2012, followed by an even more recent lease of life in 2017 as Hurst Brewery Ltd. Over the past ten years many small craft brewers have started up, bringing more variety to the drinker. Not just in Hurstpierpoint but other surrounding towns and villages too.

Visit the Hurstpierpoint Museum & Heritage Group exhibition in the Village Centre, Trinity Road this month to learn about the variety of brewing in the area.

The Centre is open Mon-Weds 9am-1.30pm, Thurs-Fri 9am-5pm and Sat 9am-1pm. Free entry to see the collected artefacts which are on display in the cabinets. The exhibition will run until mid March.

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Women's Day of Prayer

The interdenominational movement of the Women's World Day of Prayer invites everyone to attend one of over 5,000 services being held on Friday 2nd March with the title 'All God's Creation is Very Good!' The UK will join an estimated three million people all around the world that day in a service which has been written this year by the women of Suriname in South America.

Starting in Samoa as the sun rises, and ending as the sun sets off the coast of American Samoa, the service will have been translated into more than 95 languages and 1,000 dialects as we are reminded that we have responsibilities in caring for this wonderful world we live in. With its vast rainforest and wealth of resources, Suriname folk will ask those attending to pray for conservation and the protection of wildlife, through an awareness of pollution, misuse and abuse, as well as for the situation in Suriname and concerns for the future.

This year's local service will be held at the Methodist Church in Cuckfield Road at 10.30am on 2nd March and will be followed by coffee after the service.

www.wwdp.org.uk



My mission in Madagascar

This is an account of a life-changing trip that our friends from St Martin de Boscherville, Normandy undertook. They are from the French village that Hurstpierpoint is twinned with. Victoria is the youngest daughter of the family. She is seen here with her newly found friend the lemur!

By Victoria Lefrancois

In August, I went for two weeks to a very poor country called Andasibe in Madagascar with Project Abroad. There are about 12,000 inhabitants, but lots of them are illiterate, sick and very poor. So, my mission was to teach children and participate in their development.

The first week, I gave courses to children from 8 to 17 years old.

The first day was very difficult because I didn't know the children, I hadn't the necessary equipment and the children were not at all studious! In my classroom I hadn't anything to write with on the board, and the children hadn't anything to write the lesson with. Fortunately I brought a lot of school materials from France, and I was able to help all my class.



I taught French, English and Mathematics, which are the main subjects in their country. It was great because I like to share my knowledge, but my main difficulty was to advance all the children. Indeed, some of them knew how to do an addition, to introduce themselves in English, but the smallest of them knew scarcely any counting! But unfortunately, in these countries, there are very few suitable premises in which to study, and especially very few adults able to teach without diplomas.

Also, the classroom was very dark and was not as pleasant as the classroom that one can find in France. So, I decided to fix it: at the end of the day, I left a free

time for the children so that, they could draw to cheer this room. They were very talented!

The second week I worked with younger children, between the ages of three to eight. The situation was better because we were in a structure called 'the care' which was built by other volunteers last year. As the children were smaller, we were doing much more playful activities such as puzzles, painting and games outside. In their homes, children don't have toys except for pebbles or pieces of plastics. So, when we gave them the opportunity to play with real games brought from France, they were very excited! And the best part of it is that children are very grateful for all that can be brought for them, and they pass it on to us by many love and many hugs. The most important in this mission is to give them all the love they need.



Some of them have a dozen siblings, whose parents cannot care. As a result, I can bring them many smiles, hugs and affection; that's what they need the most.

This experience was very rewarding and engraved memories that I would never forget. What I am most proud of is giving children so much happiness. Seeing them smiling and progressing through my help is very honourable.

I hope to remake the experience again in a few years, hoping to see these children again, because I have become very attached to them and I already miss this country so much.

Article printed courtesy of reMEmber Winter 2017



Open Morning Invitation

Tuesday 6th February 2018

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Sudoku #19

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

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

Find the solution to #19 in next month's magazine

#18 Solution

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



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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
- Weight Watchers** – 9.30-10.30am, weekly in the Club Suite
- Mon **The Sanctuary** – 9.30-11.30am, weekly (term time only) – a welcoming place where friendships can form over coffee and cake
- Tues **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

- 10th **Garden Design Course** – 10am-4pm
By Manuka Landscapes
- 13th **Hurstpierpoint Horticultural Society** – 7.45pm
'125 Years of Borde Hill Gardens' an illustrated talk by Andrew John Stephenson Clarke, current owner of the Gardens
- 17th **DIY Framing Course**
& 18th
- 20th **Wolstonbury WI Meeting** – 7.45pm
The National Coast Watch at Shoreham by Laurie Hays. Visitors welcomed. (Enquiries 01273 834421)

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

February

- 1st **Hurst Allotments Annual Seeds Swap** – 8pm
The New Inn (Back Room) – Bring any seeds you wish to give away and pick up something new to try this year. Everybody welcome.
- 14th **Mothers' Union Meeting** – 2.30pm
Harvesters, Mossy Mile – 'Reflections for Lent' - Everyone most welcome. (£2 for non-members to include tea and home-made cake)
- 21st **Craft MU Meeting** – 8pm
Holy Trinity Church - Mothers' Union meeting 'Making a Prayer Bracelet' with Vicki Macken (£2 for non-members to include tea/coffee and home-made cake. Everyone most welcome.)
- 23rd **HHGS Meeting** – 8pm
The Guide Hall, Trinity Road car park – 'Brighton Boozers: Aspects of Brighton's public house history' talk by Dr Geoffrey Mead for Hurstpierpoint Historical & Geographical Society (non-members welcome £3)
- 24th **Councillors Clinic** – 11am
The New Inn, Hurstpierpoint - an informal chance to ask questions of our District and County Councillors
- 24th **Monthly Coffee Morning**
Holy Trinity Church – Including a display of Beryl Trant's treasured books with beautiful illustrations for you to enjoy, as well as a display of Icons. Free Admission. Everyone most welcome. Coffee/cakes/bookstall/ good as new stall/ tombola. Free Admission.
- 24th **Ditchling WI Marmalade Morning** – 10am-12noon
Ditchling Village Hall (Entrance £1, coffee, tea, soft drinks and biscuits are included)
- 24th **La Boheme** – The Komedia, Brighton - The Society of Arts Hurstpierpoint still has a few more tickets for sale to this opera. (For more information about tickets and venue please contact Linda Dyos on 01273 857270 or email: lindadyos@fulking.plus.com)

March

- 2nd **Women's World Day of Prayer** – 10.30am
Hurstpierpoint Methodist Church, Cuckfield Road - with coffee after the service
- 17th **St Patrick's Day Ceilidh** – 7pm
Albourne Village Hall (Tickets from Sayers Common Community Shop)

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Saturday 3 March 2018

Hurst

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