

Hurst Life

Including Sayers Common & Albourne

Local village talk,
by the village

Issue #43 : Oct. 2018

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Danny's Garden Party round-up

p. 20

Cricket season closes

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This month at the Village Cinema

p. 35



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EDITORIAL

By David Tingley, Editor

Welcome to the October issue of Hurst Life and to the autumn! **Prue Heron's** fabulous cover photo shows the turning of the leaves on Trinity Road. With it being printed this month Prue will receive a £20 shopping voucher to spend on the High Street, in addition to the joy of seeing her photo being printed on 4,000 magazine covers! If you've got a superb photo of Hurst, please email to photos@hurstlife.co.uk – we always need more in stock!

In the magazine we start, as ever, with various **news items** over the page, including celebrating with the staff and students of **Downlands** following excellent GCSE results on **page 8**. Then **Mike Thatcher** brings us up to speed with the **Hurst Village Cinema** being given not one, but two commendations at a recent awards ceremony – see **page 9**.

Page 19 features the quick fire Q&A for Hurst resident **April Daulitch**. Thanks April! There's a chance to win a Cream Tea for Two at your home on **page 23**. And **page 24** features a traditional Spanish dish on the **recipe page** by **Belle Amatt**.

Thanks to **Clair Stanton** for submitting this month's **book review** on **page 28**, **Jenny Letton** for being **Artist of the Month** on **page 31** and also to the Cronin and Nutley families for sending in **Holiday Snaps** with their copy of Hurst Life – see **page 32** for the line-up!

Finally I would like to say how grateful I am to Hurst resident **Michèle Copeland**, to whom this issue is her last working as **Assistant Editor**. She's been on board for nearly two years and has been a massive help and support to me personally, and I know many of you have got to know her too. I wish her well for all future endeavours.



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Hurst Life Published
by Kipper



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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

Village celebrates Biggest Coffee Morning



By Margaret Bishop

A charity coffee morning raised over £1,000 last month.

The Macmillan Biggest Coffee Morning was held at Hurstpierpoint Bowls Club on 21st September and saw more than 100 people come to show their support and helped to make this an extremely successful village event.

We would like to thank everyone who came, those who gave raffle prizes, those who made a donation and to The Bowls Club for letting us use their excellent facilities. We hope that you all enjoyed the morning as much as we did. Without you all, we would not have been able to achieve such an amazing result. All the money raised will go to Macmillan Cancer Support.



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New exhibits at museum

Over recent years much farmland in this area has been given over to the growing of grapes for winemaking. The climate here in Hurstpierpoint is similar to that in the Champagne region of France, so the emphasis has been on sparkling wines.

Visit the Hurstpierpoint Museum Group's free exhibition at the Village Centre in Trinity Road to learn about the variety of locally produced wines.

Community Christmas Event on High Street

By Louise Lawrence

We're excited to be able to give you a little info on the upcoming Christmas event, which will take place on Saturday 8th December between 3-7pm. Although it's a little time away yet, we're adding new highlights weekly so it promises to really kick start the festive period! Please save the date.

We will have something for all the family, including: Santa's Grotto (sponsored by Marcus Grimes); traders and charity tables along the High street; live Nativity in the bus shelter; music by The Straw Dogs; theatre performances; photo booth competition and carol singing, of course!

The whole event concludes with a torchlit procession for all to join in with.

This year the event is being run by the community (local charities) and the traders. There has been no charge for table space and all the contributors have donated their time for free. We are excited that any money generated will benefit our parish.

You can see more updates by liking 'Hurst High Street Xmas Shopping' on Facebook or see next month's Hurst Life magazine.

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24hr charity event in Albourne

Mark Weaver, Paul Green, Alfred Haagman, Tasha Khan

The members and staff of Wickwoods Country Club and Spa in Albourne, and local businesses took part in the Club's fourth annual 24 hour tennis and triathlon charity event during the summer.

Over 170 people played tennis or took part in triathlon events. A grand total of nine miles was swam, 89 miles ran, 179 miles cycled and hundreds of tennis matches were played. In excess of £6,000 was raised for three local charities: Rosslyn Park Injury Trust, Woodlands Meed School and Whoopsadaisy.

Mark Ross, who took part in the triathlon, swam an extraordinary 1.5 miles in 30 mins, and was only just beaten in the cycling event by 0.1 of mile by Stephen Clark. Kevin Bush took Gold in the running event covering 4.35 miles.

All participants for the event were entered into a raffle to win a year's free membership at Wickwoods, won by Carole Farquhar.

The event culminated with exhibition tennis matches by Tennis Director Mark Weaver and Club Coach Natasha Khan, taking on all-comers in a 'beat the coach' finale challenge. Several of the club's top playing members took part. Chris Revees from sponsor Carpenter Box Accountants stepped up and, despite several close calls, the coaches left the courts victorious after an hour of defence.

Thank you to our event sponsors: Artemis Marketing, Specs Opticians, Nick Rivett Sport, MHA Carpenter Box Accountants, Brewers Decorator Centres and Sterling Financial & Property Services.

A big thank you to the spectators and all who helped to support on the day.

For more information see: www.wickwoods.co.uk/charity



Mark Ross who swam 1.5 miles in 30 mins, and was only just beaten in the cycling by 0.1 of a mile by Stephen Clark

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Great work Downlands pupils

By Nicki Burston

Well done to all our students who have achieved outstanding GCSE results this summer.

Mark Wignall, Headteacher, congratulated students on 'achieving such incredible outcomes'. He said: "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."

Seventy-nine per cent of students achieved a standard pass (Grade 4) or better in English and Mathematics. Twenty-nine per cent of passes were at Grade 7 and above. Eighty-three per cent of grades were Grade 4 and above.

Notable achievements were Sophie Payne, who achieved ten Grade 9 results; Will Horne, who achieved nine Grade 9 results; Miles Alfrey, who achieved five Grade 9 results; Miriam Hoefnagels, who achieved four Grade 9 results; Ben Egan, who achieved seven Grade 9 results; Aaron Goff, who achieved seven Grade 9 results; Lydia Ives, who achieved seven Grade 9 results; Nick Kitchen, who



Sophie Payne and Mark Wignall

achieved seven Grade 9 results; and Monica Yell, who achieved four Grade 9 results.

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

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Photo: Mark Epstein/Cinema For All

The shining lights of cinema

By Mike Thatcher

I gave far too much thought about which jumper I should wear to Sheffield. On the one hand I had worn the same one four years running and we had always come away with some awards. On the other hand people might think it was the only one I owned. Boldly, I chose a different jumper, albeit essentially the same colour.

Once again we had been nominated in two categories for the annual Film Society of the Year awards in Sheffield, rewarding the hard work which Manon and David Saitch put into running the Hurst Village Cinema.

I travelled up early on Friday and on arrival watched two films which are well worth a viewing; American Animals and The Miseducation of Cameron Post. I met up with David later, who was looking nervously over his shoulder for Newcastle Film Society who seem to have anointed him as their designated drinking buddy. As a group they were later to be awarded the Roebuck Cup, leaving David to muse that his shoes were too big to be filled by just one person.

David, with less than eight hours of his reign as Roebuck Cup winner left, had been asked to be on the Community Cinema Review of the Year panel entitled 'Challenges and Success'. Unfortunately, going after Liz from Leigh Film Society meant much had already been said. What did emerge, however, was that Hurst Village Cinema is almost unique in having only three people at the helm. Other organisations have up to 30 volunteers and their scope and brief is much wider than ours. "It makes everything you do more amazing," commented the Deborah Parker, the Chief Executive of Cinema for All.

The scene maybe changing slightly, with the emphasis now on the bigger organisation, but, as always, I came away proud to be a part of Hurst Village Cinema, as we picked up two Commendations at the awards. The last word from Deborah: "You guys at Hurst Village Cinema are a shining light. You exploded onto the scene in such a fully formed way that it seemed as though you had been there for decades, you started helping other film societies network straight away, you've helped out other film societies and us without a second thought; you've really inspired people."

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End of season

HURST CRICKET CLUB

By Rob Sawyer

Wow! What a season that was. If 2017 was all about celebrating the history of cricket in our village, 2018 saw us focusing on facilities and performance. The new artificial wicket has been a huge success, the club has expanded so quickly that our square simply could not cope with the number of matches that we were trying to play on it. The pavilion refurb is about half way through, with new dressing rooms and showers as well as a female dressing room for mixed matches.

If 2017 was all about celebrating the history of cricket in our village, this year saw us focusing on facilities and performance

In April 1st XI skipper Matt Parsons declared the championship was the target and that was delivered with a week to spare. Hurst Life film correspondent Mike Thatcher was the star performer with the bat, ably backed up by Bernie Thys, Ted Bloomfield, Ben Tunley, Will Kemp and John Pike. Joe Waller was leading wicket taker with young bowlers Josh Dolan, Lloyd Stevens and the not so young Neil Crickmore contributing hugely.

It's been another good year for the women's section with plenty of games and creditable performances in both 35 over and T20 cricket. We came close to winning a tournament and quite a few women have played mixed senior cricket. The women will again be training at Plumpton College this winter. Get in touch if you'd like to join in.

The 2nd XI also had a great year finishing 2nd. Rosie Lynch, Ollie Sabre-Harris and Henry Oliff and new players such as Ben Heasman and Rahim Khan made a big impact at crucial times. The ever-reliable Kenton Green, Ben Potter and The Bear took plenty of wickets and our 'attacking cricket' style produced some great matches. The side were well led by skipper Tony Andrews who also hit some impressive scores with the bat.

The 3rd XI completed their first competitive season in mid table which was a great result. Many teams in Sussex have struggled to fulfil fixtures so for us to complete our first league season was a tribute to all concerned. The 3rd XI provides a vital function for Hurst CC. It's a great way to get youngsters used to red ball cricket and it enables older players to stay involved in the game and still play competitive cricket.

This season we expanded our age groups for boys and girls and for the first time we fielded an under 11s girls team who performed well. Our under 13s and 16s girls played competitive cricket and played well.

Our boys have performed well across all age groups with the Under 13s all conquering and those boys will be challenging for senior places next year.

But having gone through the events this year nothing tops the achievement of Hurst CC leading wicket taker Rosie Lynch. Rosie (pictured) has established herself as a 2nd XI regular and has taken 39 wickets, the highlight of which was a scarcely believable six wickets for five runs against Ardingly for the 2nd XI. Well done Rosie!

So that was season 2018. Can't wait for next year!



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School is a Guinness World Record holder!

By Kate Cowan

Staff at St Lawrence CEP School are delighted and excited to announce that they are now, officially, Guinness World Record Holders!

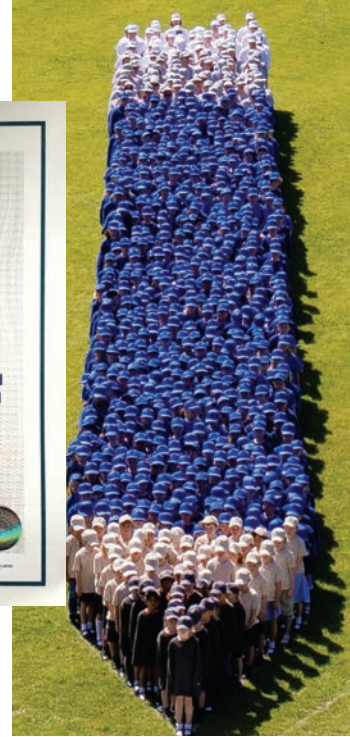
Back in June, 582 St Lawrence children, 50 staff and 120 parents, grandparents and carers joined together to form a giant blue pencil – the largest number of people gathered to create a human pencil, ever, in the world! Now, after the compulsory 'evidence period', the school now has the official certificate.

Everyone stood still for five minutes – harder than you might think on a hot day with ages ranging from four upwards!

The children were amazing. When the airhorn sounded for the end of the attempt, immense relief and celebration filled the space. Cheers, clapping and caps were thrown in the air.

We achieved something very special on that day and we all walked away feeling incredibly lucky to be part of such a wonderful school, an incredibly supportive community with children to be exceptionally proud of and a brilliant group of volunteers who made it happen. But perhaps the most meaningful part of the day was raising money for local charity Kangaroos to benefit from donations from everyone who took part. Kangaroos holds close links with a number of families at the school, delivering fun and social activities for young people with learning disabilities in Mid Sussex.

Thank you for all those companies and individuals who helped make this event happen.



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PPG Coffee Morning

By Joyce Manning

Mid Sussex Health Care Patient Participation Group (known as PPG) is holding a Coffee Morning on Saturday 27th October at the Hurstpierpoint Village Centre Club Suite, from 9.30am until 12 noon.

This will be an opportunity for people to meet with the PPG Committee and to find out more about the group, which covers Hurstpierpoint, Hassocks and Ditchling surgeries.

Our main aims are to support the GP Practices in their work and to present patients' views to local health care providers; so, any thoughts or suggestions you may have would be welcome.

The morning will also include a few stalls with useful health information and some will have Christmas cards for sale. There will also be a raffle. There is no admission charge, and all are welcome - so do drop in if you can.

reMEMber celebrates 100 years of the RAF

reMEMber, the Hurst/Hassocks based charity for people who suffer from ME, is presenting a celebration of the centenary of the Royal Air Force at Danny House on Saturday 17th November at 7.30pm.

There will an illustrated talk on the history of the RAF by Colin Cummings, Chair of the RAF Historical Association. Colin is a former RAF officer and is an adult instructor in the RAF Air Cadets.

Janice Kent, Director of reMEMber, said of the charities work: "We have been very busy on behalf of patients this summer. The NICE guidance on diagnosis and management of ME/CFS is being re-written, and along with other ME/CFS charities and healthcare professionals we are helping NICE with this task. We are also working with the NHS in Sussex to secure a proper service for children who suffer from this nasty long-term illness.

All this work costs money so please come along to Danny House and support reMEMber on 17th November. Admission (including light refreshments) is by ticket only. Tickets (£20) are available online see: www.remembercfs.org.uk

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Children applying for this means-tested award must live in the BN6 postcode area or be attending a state-maintained primary school in the BN6 postcode area.

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.

Further information about the BN6 Award is available on the Hurst College website www.hppc.co.uk or by contacting Prep School Admissions Officer Christina.treadaway@hppc.co.uk. The closing date for applications is 23rd November.

Goodbye Michèle

By David Tingley

After nearly two years working alongside me, Michèle Copeland is moving on from her role with Hurst Life as Assistant Editor.

I would like to publicly say a huge 'thank you' to Michèle for all the effort she has put into her work in that time – which included meeting and staying in touch with many of our regular contributors and local organisations as well as interviewing residents for articles on our pages.

Michèle, who lives in the village, has always been brilliant at talking to folk and finding out about whatever it is that they were doing. I know, since taking up her role, she's also got involved in a number of Hurst-based groups too.

I do wish her all the very best in whatever new challenge she looks forward to tackling now.



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With the High Street constantly changing, it's great to be able to recognise business owners in Hurstpierpoint who have recently celebrated four years running Lustig & Webb – the hair salon tucked away behind Café Murano.

Originally started by Daniel Lustig and Stephen Webb as a pop-up shop - sharing the space with interior designer Angie Cheung - within a year the couple had taken on the whole shop and were employing two additional stylists.

The pair are no strangers to celebrations this year, as they got married in Bordeaux during the summer – with a three-day event including friends and family. "After two years of planning," Daniel explained, "it was a very special time and fantastic to finally 'tie the knot'."

Daniel started work in the hotel industry but trained as a stylist at Toni & Guy and had worked in Brighton for 20 years before opening in the village. Stephen similarly trained at Toni & Guy and enjoyed working in London, Dubai and Brighton – before finally settling down in Hurst. They now live just up the road, in Sayers Common.

"For us," Daniel says, "it's all about customer experience. We know many can feel intimidated about coming to a hair salon, so we do everything we can to make clients feel welcome from walking through the door to the 'goodbye' as they leave feeling fabulous!"

Alongside the range of teas, coffee and occasionally Prosecco – there is a long tradition of amazing chocolate brownies at Lustig & Webb. "It started when Jacqui's mum (who works at The Sportsman) brought us a tray of delicious brownies one morning. We shared them with clients and that was it – a regular order was placed!" Both young and old can also help themselves to a Chuppa Chup lolly too, because some of us are still just big kids too!

Stephen, Daniel, Jacqui and Amy are at your service to make you feel great. As well as all being highly skilled and knowledgeable, the





We do everything we can to make clients feel welcome from walking through the door to the 'goodbye' as they leave feeling fabulous!



team are keen to ensure you are relaxed during your time in the salon. "Time is really important," Daniel explains. "We deliberately run longer appointments to ensure clients aren't rushed or feel like they are being watched by someone waiting."

The new Dyson hairdryers mean that the noise levels are much lower in the room. Conversation is a key part of the role of hairdresser but Daniel says he especially loves it when there is 'chit-chat' between clients. "When the salon is buzzing we find that group conversations naturally occur – which is great. A real family atmosphere."

Of course, there is usually music on in the background too. But who chooses the tracks? "It tends to be a mix of pop. The other week we listened to a lot of the late, great Aretha Franklin. And if Stephen's choosing, it'll always be Whitney Houston!"

All of the shampoos and styling products used at Lustig & Webb are paraban and sulphate free. The shelves are stocked with Kevin Murphy – a PETA-tested range from Australia and also L'Oréal's new professional product line: Source. With plastic use high on many shoppers minds these days, Source bottles can be refilled in-store with the refill half the usual price!

Last year Daniel attained the title of L'Oréal Professionnel Colour Specialist. He graduated from the prestigious colour specialist course at L'Oréal, achieving arguably the most prestigious and coveted colour certification in hairdressing. This makes him one of an elite group of experts across the UK who can offer an unparalleled knowledge of colour.

"It's all about getting the colour (and style) right for the client," Daniel explained. And this, he explains, is down to the relationship between stylist and the person sitting in the chair. "If you find a hairdresser that you connect with and does a great job, you tend to stick with them." And that's certainly what they have found at the salon – a lasting, repeating customer means that the stylist not only knows you but also your hair.

And, in case you're wondering, they do cut gents hair too! "We have a wide range of clients (up to 92 years old!), of which about a quarter are guys," Daniel says. The vast majority are local to the village, which he loves. Children up to 12 years are half price and there's discount for students too.

So, if you'd like a new colour for the autumn, a fresh style to match the colder mornings or are simply excited by the prospect of a seeing the sleeping poodles in the kitchen or grabbing a selfie with 'Stephen from Googlebox' – call 01273 832760 or book online at www.lustigandwebb.com today.

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5 MINUTES WITH...

April Dautlich

April is originally from the Pacific Northwest of America but met her English husband on Instagram! Before becoming a photographer, April was a director of a chain of boutique chocolate cafes.

How long have you lived in Hurstpierpoint?

Since March and I love it!

What's the best thing about being here?

The mellow community feel in the village all with close proximity to the Downs, the sea, Brighton and the airport.

Favourite ice cream flavour?

All of the flavours! But if I had to pick it'd probably be pistachio.

How many houses have you lived in?

More than I can count.

Favourite holiday destination? Hawaii

Your most enjoyable event in the village?

The Hurst Festival was lovely and I enjoyed meeting some local artists and seeing their beautiful work.

Do you share your home with anyone? (If so, who?)

My wonderful husband and sweet two year old daughter.

Song you play the most?

We used to have a great music selection in our house but now the most frequently played song is probably Old MacDonald!

Mac or PC? Mac

Your most frequented village shop? Marram

What's your proudest moment?

Other than of course being proud of having the silliest (and spiciest) babe, I was quite proud to run a 200 mile relay in the states called Hood to Coast two years in a row.

Coke, juice or water? Water

Your advice for life?

Life is what you make it, make it a good one. And be kind!

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!

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Celebrations in the garden

DANNY HOUSE GARDEN PARTY

By Richard Burrows

On 2nd September the village celebrated the centenary of Prime Minister Lloyd George living in the village. Whilst here, he agreed the armistice that ended the First World War. A garden party was held at Danny House, re-enacting a garden party that Lloyd George hosted whilst he lived at Danny one hundred years ago. The sun shone, and nearly 1,000 guests attended, with many of them dressed in period costume. A bronze sculpture of Lloyd George had been made by Philip Jackson. Philip lives in Sussex and is one of the world's most respected sculptors. The sculpture depicts Lloyd George dancing the hornpipe – something he did whilst staying at Danny, to celebrate victory. The sculpture was unveiled by Colin Prickett, who was celebrating his 21st year of living at Danny House and is now aged 98. Colin has a unique link with history, having personally met both the Kaiser and Hitler in the 1930s.

During the afternoon Rev Jane Willis spoke some poignant words about the constant need for us all to work at ensuring peace, the South Downs Folk Singers sang Rudyard Kipling's My Boy Jack and Morgan Kenney, Danny's resident poet laureate, performed a poem he had written to mark the occasion.

When the sculpture was unveiled, the Lewes, Glynde and Beddingham Brass Band struck up the hornpipe and pupils from Brighton College performed a well-rehearsed dance.

The event also included a contingent of Army Cadets, from Hurstpierpoint College, parading around the grounds and the 10th Essex Re-enactment Group putting on a display of army life during WWI, even firing off some blanks.

As well as many guests who were sporting period dress, there was a display of mannequins with military uniforms. Even Vivace! choir sang war time songs in period costume. The Alex Mendham Orchestra and the Harry Strutter Hot Rhythm Band enticed guests to

dance the afternoon away in the large marquee. The guests enjoyed traditional teas, strawberries, Bedlam's beer, Pimms and Winston Churchill's favourite gin, all served on the lawns in front of the new sculpture.

Intermingling with the crowd was Lloyd George himself and fellow war cabinet members. These actors were performing a play written by Hurst resident Kevin Carey about Lloyd George's time in Hurst and the armistice which was agreed. The play, entitled Winning the Peace, was part of the Hurst Festival last month.



Photo: Margaret Carey



Photo: Mike Wooldridge

Photo: Mike Woodridge



Photo: Margaret Carey



Photo: Mike Woodridge



Photo: Margaret Carey



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RECYCLE THIS...

WSSC Recycling Ambassador Colin McFarlin sheds some light on what can and can't be recycled in our domestic blue bins. If you have a question for him, email: editor@hurstlife.co.uk



What a great response to my previous articles. By the time you read this I will have replied individually to all your emails to the editor on recycling. Keep the questions coming...

PLASTIC BOTTLES, TUBS AND TRAYS

I am often asked 'What plastic can I recycle in my blue top bin?'

If you remember bottles, tubs and trays you will not go wrong. All of these can be recycled in your blue top bin. Colour is not an issue – any colour, including black, we accept.



If you can remove the label do so, but if you cannot our system can, it just saves us a job.

PLASTIC TRAYS

These are the trays you find in chocolates and biscuits, very flimsy, right through to the plastic trays food is sold on, more solid and robust.

The good news is ALL these plastic trays can be recycled by West Sussex. We can recycle ALL colours – yes including black. However, it is not the same in other counties across the UK! We have the technology. All of these pictured can be recycled. So, when you buy that lovely box of biscuits, we can recycle everything, except the biscuits – we leave that to you.



PLASTIC LIDS

We can recycle plastic lids, but it does depend on size. I usually say coffee jar size is a minimum. All of these pictured can be recycled. Smaller lids can go in your black top bin. Milk bottle tops can be given to charity.



Would you like me to give a talk to your local group on recycling? Would you be interested in collecting items that can be recycled to raise funds for your favourite charity? I will be happy to guide you through this process.

Do keep your individual questions coming on specific items you are not sure can be recycled. On email to the editor, with a picture if possible, and I can let you know. Looking forward to hearing from you.

Is everything sorted?



Halloween costume



Trick or Treat sweets



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Tea for two

COMPETITION TIME

Carly's Afternoon Teas deliver everything you need for an Afternoon Tea experience to your door! They even supply milk, sugar, napkins, vintage crockery and cutlery for your convenience.

Carly's Afternoon Teas have been trading for three years and has three members of staff one of whom is Lynda who lives in Hurst.

The initial idea for the business was to give housebound and hospitalised people the chance to still enjoy afternoon tea. However these afternoon teas are also perfect for baby showers, hen parties, birthday parties, office celebrations, meetings, or to send as a gift!

Carly's Afternoon Teas are currently running a competition exclusively for Hurst Life readers and would love you to take part! In order to win Afternoon Tea for two people (worth £35) please answer this question:

Traditionally, what would you expect to accompany clotted cream on a scone?

Please submit your email or postal entry (including your answer, full name and a telephone number) to either: info@carlysafternoontea.com or Carly's Afternoon Teas, 9 Pegasus Place, RH15 0XB. Entries received after 5pm on 16th October will not be counted. The winner will be contacted after this date. Please note that this prize can only be delivered to readers living within a 10 mile radius of Hurstpierpoint. This must be at a time and date convenient to both the company and the winner.

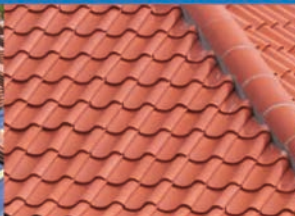


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Pisto Con Huevos - a 300 calorie dish

FINE FOOD

Ingredients (serves 4)

- 2 tbsp olive oil
- 2 onions, finely chopped
- 4 garlic cloves, finely chopped
- 5 mixed peppers, chopped into chunks
- Tin of sweet corn drained (165g)
- 1 heaped tsp dried oregano
- A few thyme and rosemary sprigs
- 4 bay leaves
- 2 courgettes, chopped into chunks
- 1 aubergine, chopped into chunks
- 4 large tomatoes, roughly chopped
- 4 large eggs
- ½ small pack parsley, leaves roughly chopped



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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.



This traditional and colourful Spanish take on the French ratatouille dish uses delicious seasonal ingredients which can be easily sourced from Gibson's and Hampers with little plastic bag use - so ethical too. It's also a plant-based low-calorie dish which fits well into a weight loss programme. Counting calories is a habit I tend to avoid as food is about pleasure, taste and enjoyment ... not Maths! However, this autumn I'm working with clients to get into the habit of producing high nutrition meals yet low in calories. This recipe is part of my 5:2 weight loss/ healthy eating programme. Once you've got the hang of eating in a low-calorie style there is no need to calculate. Fasting has been used for centuries and is not only beneficial to shedding weight but has been researched in relation to longevity and heart health.

To learn more on this come along to my Intermittent Fasting well-being workshop at Marram Café Thursday 18th October, 8 pm, £15 per person - for more information please visit the events page www.belleamatt.com - Booking Essential.

Method

1. Heat the oil in a large flameproof casserole dish or a cast-iron skillet over a low heat. Add the onions and a sprinkle of salt, cover and cook gently for 15 mins, stirring occasionally. Add the garlic and cook for another 2 mins.
2. Next, throw in the peppers and cook over a medium heat, covered, for about 5 mins, stirring every so often, until the peppers are just tender.
3. Mix in the oregano, thyme, bay leaves, some black pepper and a little salt, if needed. Tip in the courgettes, sweetcorn and aubergine, combine thoroughly, and cook over a medium heat, covered, for 10 mins. Stir in the tomatoes, cover and cook for 20 mins, stirring occasionally.
4. Carefully crack the eggs over the pisto - try not to break the yolks. Cook in the sauce on a medium heat for 5-6 mins until the eggs are cooked through but still a little soft, then scatter with parsley before serving.

Approximately 300 calories per serving



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Gold Fever



Gold crystals from Hope's Nose, Torquay, Devon. Specimen, photo and copyright John Hall

By Nick Hawes, chairman The Sussex Mineral and Lapidary Society

You may have seen an item of news a short while ago concerning someone who found a sizeable gold nugget somewhere in Scotland (see picture below). The finder was understandably coy about the location of the nugget, but it was reputedly worth several tens of thousands of pounds. However, the last nugget of comparable size was probably found several hundred years ago, so abandon hope of getting rich quickly!

There is a long history of gold mining in the UK with several gold rushes being recorded in Scotland, the most significant of which was at the Kildonan Burn in Sutherland in 1868/69.



The recently found large nugget from Scotland. Photo: BBC news

Gold has also been found at Wanlockhead in Dumfriesshire, the place where the annual UK gold panning championship has been held for many years and where the nugget above is believed to have come from. As an aside, if any readers are near the Leadhills/Wanlockhead area, the Leadmining Museum there is well worth a visit, in addition to the lovely natural scenery on display in the Leadhills area.

Gold is also present in Wales and the royal wedding rings have been made from gold mined in the Clogau St David's Gold Mine.

However, while the gold found in these areas has an intrinsic value or royal connection, a nugget is just a nugget and is not necessarily aesthetically pleasing. Not so the gold from a small site at Hope's Nose near Torquay in Devon. Unique mineralogy gave rise to a tiny deposit of gold which crystallised out in exquisitely beautiful fern-shaped crystals. These crystals could be

etched out of the enclosing calcite to produce some of the most stunning and highly sought after gold mineral specimens in the world. Sadly the site is worked out and there is no more to be found.

Gold is usually mined in deposits where the gold is present only in minute flakes, often not visible to the native eye, however it is still worth mining because of gold's high value. However occasionally geological processes will work to concentrate the gold in a smaller area and allow it to crystallise out in a vein of solid gold and, if there is room for crystals to grow, gold can form beautiful mineral specimens. If gold is generally rare, crystallised gold is extremely so, and large and aesthetically pleasing specimens can command astonishing prices in the collector community (for the rich collectors, that is!).

In the mineral collecting world, gold specimens have a unique cachet – both because the metal is intrinsically valuable, but also because gold crystallises in the most beautiful ways with cubes, wires, octahedrons, hopper shapes or trigons (a type of flattened tetrahedron). Add to this a naturally high lustre and the beautiful and the instantly recognizable gold colour, and you have the potential for a beautiful gold mineral specimen. So sought after are gold specimens for the collector market that there are several mines worldwide which are operated just to produce gold in collector quality specimens; locations include Round Mountain Mine in Nevada and the Eagles Nest and Colorado Quartz Mines in California.

Arguably the finest gold specimen ever to be discovered is 'The Dragon' which was found in the Colorado Quartz Mine, Mariposa County, California in 1998 by co-owner John Emmett. The gold in quartz specimen is 18 cm tall and was sold for well over \$1 million. The Dragon now resides in the Houston Museum of Natural History.



"The Dragon" – probably the most famous gold specimen in the world.
Photo: Nick Hawes

With gold being so valuable, but also expensive to mine, attracting investment to fund a prospective mining venture has always been important and what better way to demonstrate the fortune to be made to an investor by showing them glittering riches within part of the mine itself?

In this context, it is not difficult to imagine unscrupulous people using other minerals which look like gold to hoodwink unsuspecting investors, especially when they are trying to persuade said investors to put money into a new mine. Indeed, one old definition of a gold mine is "a hole in the ground with a liar in the bottom of it!"

Mine owners would often arrange for prospective investors to visit their mine in advance of them parting with their money. As we have said above, gold is rarely visible to the naked eye, but that is hardly likely to get a prospective shareholder excited, so, often mine owners would 'salt' the mine by placing strategic chunks of nice looking 'gold like material', often iron pyrite a.k.a. Fools' Gold, in easily visible nooks and crannies in the mine to fool the investor into thinking that the mine was a sure bet for their money. The investor would then advance the funds and the mine owner would scarp to the nearest foreign country to spend their ill-gotten gains! History is littered with such scams.

So what is 'Fools' Gold'? In short, it has nothing to do with gold at all, but rather is iron pyrite, which chemically is iron sulphide. The only thing it has in common with real gold is a similar gold colour and the same cubic crystallization system. In contrast to real gold, it is plentiful and cheap and can be found all over the world. It makes for great value mineral specimens as they are shiny, attractively crystallised and relatively cheap.

Pyrite can be found here in Sussex - pyrite nodules form in the chalk and if you walk on the Downs you can sometimes pick up spherical balls, often blackened on



Shiny pyrite crystals from the Huanzala Mine in Huanuco Department, Peru.
Specimen is 12cm x 8cm

the outside, which when broken open display beautiful radiating gold crystals. Nodules in the chalk can also be spiky and form spear shaped masses, these may often be brownish on the outside but again will be gold-coloured when broken.

One of the best places to find pyrite nodules in Sussex used to be Climping Beach near Littlehampton. The sea comes in over a wave cut platform in the chalk and pyrite nodules used to get weathered out and washed up on the beach at low tide. These can be a lovely shiny gold colour and can be up to 1 foot across! Sadly (for mineral collectors!) a combination of changing sea defences and scouring tides have, at present, completely covered Climping beach in sand so it is impossible to find pyrite nodules there – but you can sunbathe instead!

Because real gold is so heavy it is possible to separate it out from other rock, gravel or sand by "panning", in essence using a specially constructed flat pan with riffles in the side to wash the unwanted material out, while leaving the flecks or nuggets of gold behind. At the Sussex Mineral and Fossil Show on 17 November 2018, the Sussex Mineral and Lapidary Society will be running gold panning for children (or adults!) where you have an opportunity to pan for real (not fools') gold. Come along and have a go!



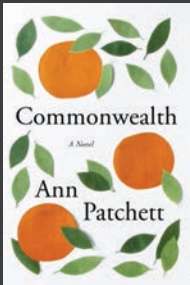
Pyrite from Climping Beach, near Littlehampton 18cm tall x 22cm wide

The Sussex Mineral and Fossil Show is at Clair Hall, Perrymount Road, Haywards Heath RH16 3DN, on Saturday 17th November between 10am and 4.30pm.

Also at the show are a whole range of mineral and fossil specimens for sale, or just to look at, competitions and other displays, food and a bar – come along for a fabulous day out right on your doorstep.

If you want to know more about the fascinating world of minerals or fossils, why not join the Sussex Mineral and Lapidary Society? We are a friendly bunch who meet in the Methodist Church Hall in Perrymount Road in Haywards Heath on the first Friday of each month. Come along and meet us on a no obligation basis. Meetings start at 7.15pm and talks start at 7.45pm.

See our website for more details at www.smls.online and we are also on Facebook – search for Sussex Mineral and Lapidary Society.



Commonwealth by Ann Patchett

BOOK REVIEW

By Clair Stanton

Fix Keating and Bert Cousins would not usually spend time together, as the cops and the lawyers don't tend to socialise. The men have very different views about family life as Fix is happiest at home with his wife and daughters, while Bert prefers to avoid getting too involved in his children's lives. It is Bert's desire to evade the Sunday afternoon demands of his pregnant wife that leads him to gatecrash Fix and Beverley Keating's party, and this first impulsive act of the day leads to another, with consequences he could not foresee.

When their families are joined together the six Keating/Cousins children form a tribe with shifting allegiances amongst themselves, united against the adults whose behaviour dictates their lives. The domestic arrangements they have to negotiate have a long term effect on them, particularly the events of one fateful summer in Virginia.

As the children age, their individual versions of their childhood will be challenged as they struggle in various ways to deal with life, parenting and becoming the caregivers of their aging parents.

This a tragic/comic story of two families, linked through love and tragedy. It's also a cautionary tale about being careful what you say to a writer....

The Kitchen People

As seen in Real Homes Magazine and
winner of Second Nature's Real Kitchen of the Year Award.



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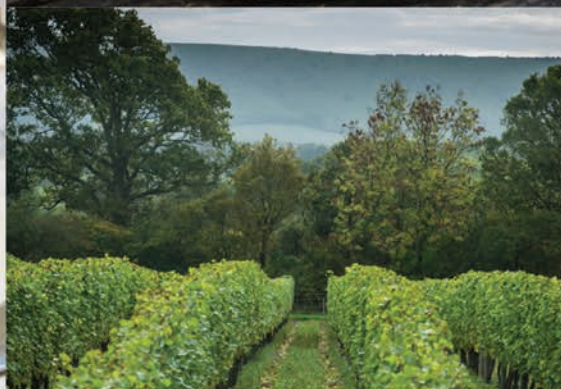
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ARTIST OF THE MONTH



Hurst Life catches up with artists from the village. This month is Jenny Letton...

By Jenny Letton

I moved to Hurstpierpoint when I was four, grew up in Hassocks Road, and brought up my family where I now live in College Lane.

Art was my favourite subject at school and I wanted to go to Art College but was turned down with the words 'you have fair manual dexterity and no imagination'! I was very hurt at the time and the words guaranteed I didn't paint for decades after.

But when I retired I promised myself that I would take up all the arts and crafts I never had time for when my energies were focused on earning a living.

Now I enjoy painting in all media – although my favourites are oils and watercolour – and a regular art class ensures I keep practising. It's also good to have reached the age when the important thing is the enjoyment of painting and not impressing anyone else.

My main interest, though, is in crafts, and I come from a family of craftsmen: my grandfather was an instrument maker and photographer, one uncle was a cabinet maker, the other a potter, woodworker and basket-maker, and my aunt a sculptor. My daughter is an artist and my son an instrument maker – so it goes on down the generations.

I am a volunteer Waste Prevention Advisor for West Sussex County Council, so **Repair, Reuse and Recycle** is my motto, and I bring this to all my crafts:

- **Repair** - seat bottoming in rush, cane, cord, seagrass to restore chairs and stools
- **Reuse** of fabric scraps and **Recycled** clothes to make Rag Rugs, cushions, bags, oven gloves, peg bags and anything else I can think of or am asked to make
- The jewellery I make uses newly purchased beads as well as **Reused** stones and silver scraps **Recycled** into nugget beads
- Oh yes, and I make jams and chutneys from fruit and veg that I glean from the hedgerows and grow myself. Waste not, want not!

My studio was open during the recent Open Studios – which I very much enjoyed.

Anyone with queries about recycling in West Sussex, please do get in touch (jenny.letton@btinternet.com).



Holiday snaps

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



Georgie & Jess Tingley in Copenhagen



Honor and Edward Cronin taking a break in New York to read Hurst Life

Be part of environmental change

Refill Mid Sussex is part of a nationwide campaign to reduce the consumption of single use bottles (currently 35 million a day in the UK). Participating cafés, bars, restaurants, banks, galleries, museums and other businesses sign up to the scheme by displaying a blue sticker in their window, inviting thirsty passers-by to fill up their water bottles for free! The scheme is now being introduced locally by a team of volunteers in partnership with Mid Sussex District Council. Refill is looking for volunteers to talk to local businesses and help them become part of the campaign. If you are interested in volunteering get in touch by calling 01444 477 370 or email: refill@midsussex.gov.uk.

Low-flying balloon



John Aloy spotted this hot air balloon flying very low over Danworth Lane last month!



Heidi and Nancy Nutley enjoying ice cream in Spain



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By David Saitch

Hello film lovers! We're back after our summer break and we have some absolutely terrific films to launch our main 2018-9 programme.

Thursday 11th October – A Fantastic Woman (15)

Justly winning the Oscar for Best Foreign Language Film, this is a beautifully accomplished, audacious, mysterious and deeply moving film.

Marina, a waitress and nightclub chanteuse, is in a happy relationship with her older boyfriend, a kindly, grey-haired divorcé. But she's left perilously isolated when he suffers a collapse and falls down the stairs outside their apartment, soon to succumb in hospital. Viewed with instant suspicion by both the authorities and his family, Marina finds herself outcast, shunned and investigated as a possible criminal.

Daniella Vega is simply sensational in the lead role as a woman facing daily micro-aggressions as she tries to come to terms with her loss, and the film captivates, grips, enralls and moves by turn. Unmissable.

Friday 26th October – The Old Dark House (PG)

This is a hoot. Closely based on a novel by JB Priestley, it is the film that created the creepy house genre, and satirises it at the same time.

Two groups of travellers are driving through Wales, when they are forced off the road in a torrential storm. They are given shelter in an isolated house by a strange pair of siblings who live with their ancient father and their mute butler. Determined to make the best of the circumstances, the benighted travellers drink, talk, and play games to pass the time while the storm rages outside. But as the night progresses and tensions rise, dangerous and unexpected secrets emerge.

You will have few more pleasurable experiences at the cinema than a trip to this spanking restoration of the funniest, most subversive horror film and it will really get you in the Halloween mood.

Sunday 28th October – The Olive Tree (PG)

In Northern Spain, 20-something Alma idolises her ailing grandfather yet has nothing to say to her father. Alma believes that her grandfather's heart was broken when the family sold a 2,000 year old olive tree to a German corporation and he was forced to watch as it was uprooted and driven away. Discovering where the tree is now might just bring a little peace to his final days. The search for the tree and what it has come to symbolise lies at the heart of this amusing, heart-warming and very human story of a family at war.

Tickets available online at www.hurstfilms.com or from Mishon Mackay on the High Street.



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Too hot in the office?

LISTEN TO THE LAWYER

By Martyn Gooch, partner Rohan Solicitors

Question: The temperature in my office during the recent heatwave was almost unbearable, what does the law say on this?

Answer: Uncomfortably hot offices can reduce productivity and lower staff morale, they can even cause health issues. The law is hazy on the maximum permitted temperature in workplaces and there is no specific law for minimum or maximum working temperatures.

Employers must comply with health and safety laws and ensure that the welfare of workers is considered at all times. This includes making an assessment of the temperature in the workplace. There is a legal obligation on employers to provide a "reasonable" temperature in the workplace. The recommended minimum temperature in a workplace should typically be no less than 16 degrees celsius. If the work involves rigorous physical exertion, the temperature should be at least 13 degrees celsius. These temperatures are not absolute legal requirements; the employer has a duty to determine what reasonable comfort will be in the particular circumstances.

Additional legal requirements oblige employers to make a suitable risk assessment to the health and safety of its workplace and act upon the risks. Employers must also appoint someone to oversee workplace health and safety matters, provide workers with information and training on occupational health and safety and operate within a written health and safety policy.

If a significant number of employees complain of issues with the temperature in the workplace common sense dictates that the workplace is too hot, and something should be done by the employer immediately.

Health and safety laws impose sanctions where an employer breaches their legal obligations to ensure the health, safety and welfare of their employees. These will vary depending on when the breach took place. Currently, the penalties include an unlimited fine and even imprisonment (the term of which depends on the severity of the breach; but could be up to two years). It is crucial therefore that employers take issues of health and safety and the temperature of the workplace seriously.

What practicable steps could an employer take to minimise the difficulties encountered by employees as a result of the hot temperatures? This is not an exhaustive list but will provide useful examples:

- Consult with your employees, i.e. ask what would make them feel more comfortable
- Place thermometers around the workplace and monitor them
- Provide temporary relief solutions such as fans or portable air conditioning units
- Offer flexible working hours
- Introduce a temporary clothing code

Martyn can be contacted by email: mgooch@rohansolicitors.co.uk or by telephone: 01444 450901.



Taste Explorers Workshop in Hurstpierpoint

4.15-5.30pm,
October 11th
Torch Retreat,
4 Hassocks Road

Belle Nutrition

For children aged 7-11 years old
Parents stay for the duration of the workshop
Refreshments served, £10 per child

"There are strong links between academic learning, mental health and nutrition. Research shows that a child is more likely to experience calm and rationale feelings when eating a healthy and balanced diet"
(mentalhealth.org.uk)

Fabulous for both fussy and excited eaters. We consider fruit and vegetables not only by taste but by smell and texture. We explore whether we can taste colour and think about why. Children are not obliged to taste as the emphasis is on investigation and play.

To book email bellenutrition@gmail.com

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Hurst Life

Sudoku #27

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

Find the solution to #27 in next month's magazine

#26 Solution

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

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



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What's on this month

AT THE VILLAGE CENTRE

AND ELSEWHERE

Regular events

- Sun **Afternoon Tea Dance**
2-4.30pm, nearly every Sunday
- Weight Watchers** – 9.30-10.30am, weekly
- Mon **The Sanctuary** – 9.30-11.30am, weekly during term time – a welcoming place where friendships can form over coffee and cake
- Tues **Yellow Brick Lab** – 3.30-5pm weekly in term time
- Knit and Knatter** – 2-4pm (2nd Tuesday)
- Wolstonbury WI** – 7.45pm Club Suite (3rd Tues)
- Fri **Star Dance School** – from 6.45pm, weekly
- Sat **Young Blossoms Dance** – 10.15-10.50am, weekly in the Club Suite (unless specified on website)
- Best of Ballroom** – 7.45pm (1st Saturday)

October

- 3rd **Q&A Road Widening Mtg - 2.30-6pm** – Drop in session to view plans and ask questions regarding A2300 widening
- 4th **Parish Council Meeting** – 8pm
Planning Committee
- 9th **Knit 'N' Knatter** – 2.30pm
- 9th **Historic Gardens of Sussex** – 7.45pm
Hurstpierpoint Horticultural Society welcome
Jim Stockwell, the Chairman of Sussex Gardens Trust, who will give an illustrated talk on the work of the Trust
- 11th **Parish Council Meeting** – 8pm
Finance & General Purposes
- 13th **Coffee Morning** – 10am-12noon
In aid of the RNLI - Come and meet friends and family and enjoy a chat and coffee. If you have had a flu jab come and relax afterwards.
- 15th **Hurst, Hassocks & Ditchling U3A** – from 1pm
Guests welcome with entrance fee
- 16th **Wolstonbury WI** – 7.45pm
The Life and Times of Edith Cavell by Melanie Gibson-Barton - Visitors welcome (Enquiries 01273 834421)
- 20th **Coffee Morning** – 10am - in aid of Paws & Claws
- 25th **Council meeting** – 8pm (Sayers Common)
- 27th **PPG Coffee Morning** – 9.30am-12noon

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

October

- 2nd **NHS Retirement Fellowship** – 10.15-11.45am
Franklands Village Hall, Haywards Heath
- 7th **Ditchling Apple Day** – 11am-4pm
A wonderful celebration of all things apple-y on the Green in Ditchling, organised by HKD Transition Group
- 10th **Mothers' Union Meeting** – 2.30pm
9 Park Close - Bring along a favourite mug to share your story with others (£2)
- 11th **Taste Explorers** – 4.15-5.30pm
Torch Retreat, 4 Hassocks Road - A workshop which allows food to be fun, ideal for fussy eaters or those who are interested in foods and would like to further explore taste combinations (£10 per child, age range 7-11 years – booking: bellenutrition@gmail.com)
- 11th **Haywards Heath Ceramics Group** – 10am
Clair Hall, Haywards Heath - Talk on the 'History of Hot Drinks' by Felicity Marno (Tickets £8)
- 13th **Flu Jab Clinic** – 8.30-11.30am
Trinity Road Health Centre – Walk in, adults only
- 14th **The ConChord Big Band** – 7.30pm
Clair Hall, Haywards Heath – The 17 piece orchestra and vocalists perform as the wartime US Army Air Force Band playing the unforgettable music and songs of the big band era. (Tickets - £15/£12 – 01444 455440)
- 17th **Mothers' Union Meeting** – 8pm
Holy Trinity Church – Speaker: Maggie Jemmet 'A Journey through Ireland' (£2 includes home-made refreshments)
- 18th **Well-being Workshop** – 8-9.30pm
Marram Café – Discussion of intermittent fasting and the pros and cons of the 5:2 diet (Booking: bellenutrition@gmail.com)
- 18th-20th **Brighton Beach memoirs** – 7.45pm
The Henfield Hall – Henfield Theatre Company production (www.henfieldtheatrecompany.com)
- 20th **Coffee Morning** – 10am-12noon
Holy Trinity Church - 'Experiences on a Guide International Trip' plus home-made cakes, jams, chutneys, books, vintage items etc (Free admission)
- 26th **HHGS Society Talk** – 8pm
The Guide Hall, Trinity Road Car Park – 'The Great Irish Famine' by Margaret Nicolle (£3 to non-members)

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NEW FOR 2018

Attending the Hurst Sixth Form can transform lives, which is why we are launching the Sussex 16+ Award for September 2019 entrants (and beyond).

A small number of scholarship and means-tested bursarial awards for up to 100% of Sixth Form fees will be available to applicants from any maintained school in East or West Sussex.

Successful applicants will have a track record of academic excellence and demonstrated exceptional character in pursuit of their goals and the wider good of their community.



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Hurst is offering up to two fully funded places for children currently in Year 6 to join Hurst Prep School in Year 7 through to Sixth Form.

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