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Local village talk,
by the village

Issue #4 : July/ 2015

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Village People: meet Stephen & Daniel

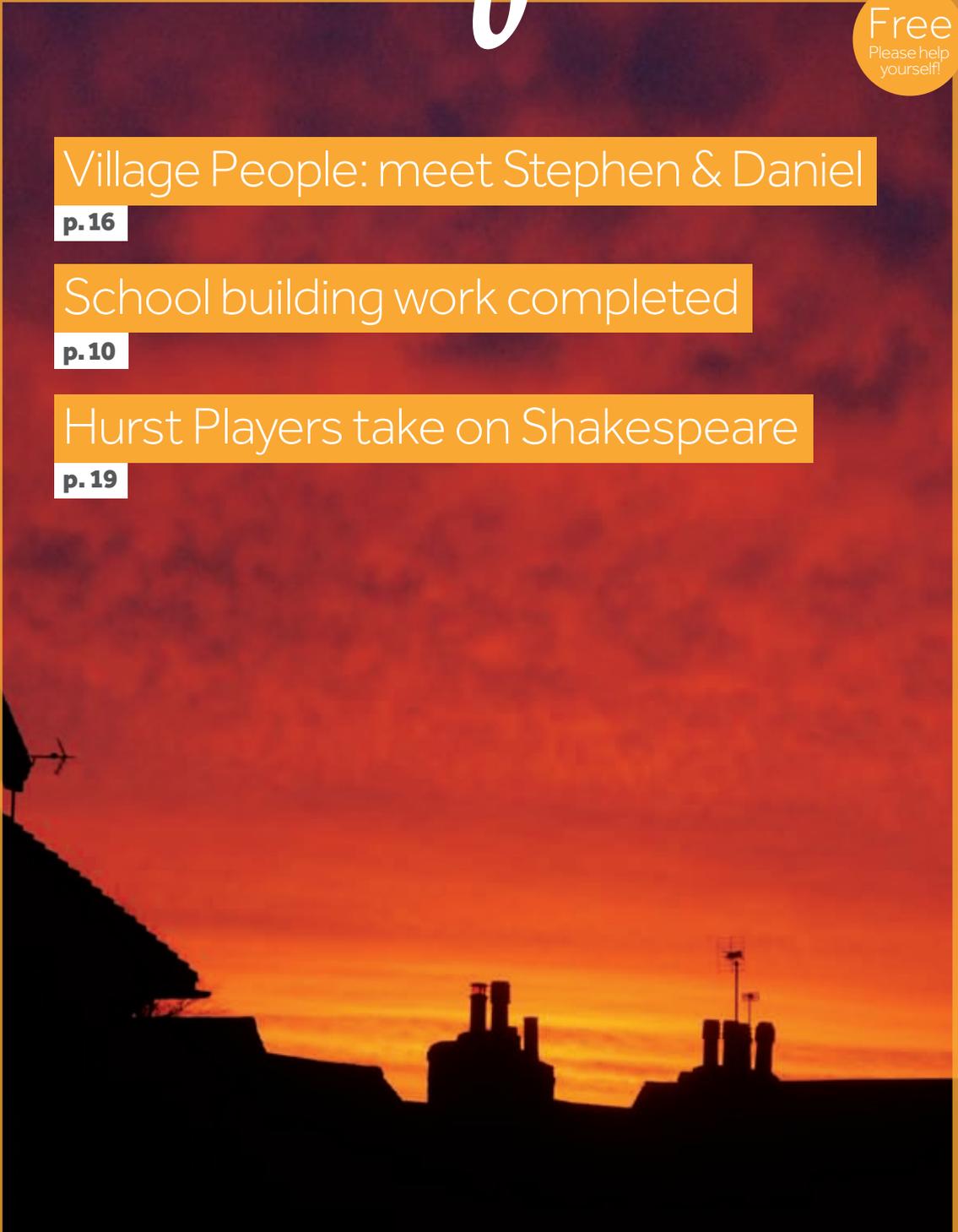
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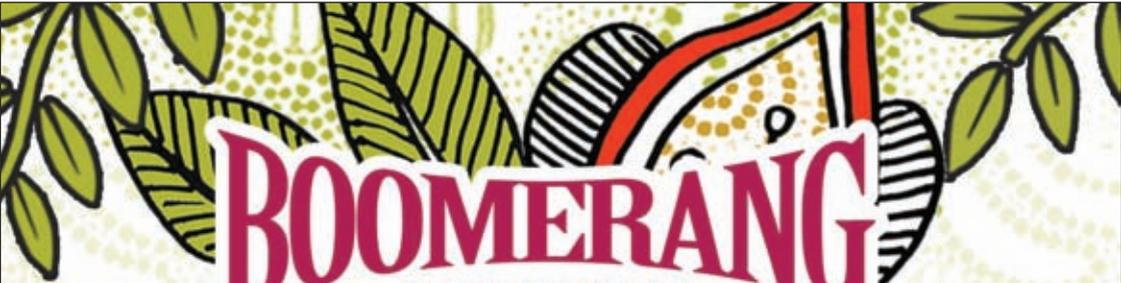
School building work completed

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Hurst Players take on Shakespeare

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EDITORIAL

By David Tingley, Editor

It's finally here! I don't know if it's fair to say that July is Hurstpierpoint's biggest month – but for over 700 years it's certainly been an important one! With the St Lawrence Fair just around the corner, may I say firstly that myself and **Emily** (see **page 6**) are very much looking forward to meeting many of you at our 'meet & greet' stall on the day. We won't have met some of you and others will be more familiar. Either way do come and say 'Hi!' Your last call for information on the day is listed on **page 15**.

Elsewhere this month there is also another exciting event taking place as the **Hurst Players** give us their production of A Mid Summer Night's Dream in the garden of the New Inn. Sam Nixon directs this summer play. See more details on **page 19**.

Hattie Parish went to meet **Stephen Webb and Daniel Lustig** – our Village People candidates for this month. She tells their story of moving to Hurst and setting up a business here on **page 16**.

I recently had the privilege of taking a tour around **St Lawrence School**, following the completion of their two year building project at the site. I immediately asked the Head, Paul Dyer, if we could highlight this within our pages, as I was sure that many residents would love to see what school facilities are available in the heart of Hurstpierpoint. And, best of all, it's wrapped around the beautiful original 1893 building. Have a look and see what you recognise on **page 10!**

Meet **Ricia Woolgar** in our '5 mins with' section on **page 14**, celebrate with **Janice and Bill Kent** on **page 7** and find out about **Hurst Village Cinema** on **page 18**.

Plus, we have the last in the series of **cycling articles** by **Ashley Knowles** on **page 22**. I know this particular series has been well read, because some of you have told us! Thanks Ashley.

Enjoy, and see you on the 4th!

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NEWS

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

Traders seek to block road plans

A group of local businesses has called on the Parish Council to reconsider the plans for High Street improvement which are due to take place next month.

Hurst Traders Association (HTA) considers the works – organised and paid for by Hurstpierpoint & Sayers Common Parish Council – a 'waste of resources' and 'ill conceived'.

The Association believes the current plans have been developed without a 'proper' traffic survey. The group says that there are at least 60 deliveries made to businesses per day and yet the new plan has only one loading bay to be used at limited times of day. The group would also like consideration for additional short term parking at the east end of the High Street.

HTA has provided an alternative proposal to the Parish Council, which it says solves more problems and would save over £150,000.

David Hampson, owner of the New Inn pub commented: "Our plan not only provides a better environment to shop, drink and dine but one that also allows people to visit and park easily without creating more through traffic and one that allows residents and visitors to come to and pass through Hurstpierpoint easily and conveniently."

The Hurst Afternoon Club

The June meeting of the afternoon club kicked off with a flying start, after a talk from the Kent, Surrey and Sussex Air Ambulance Service. The Air Ambulance Service, celebrating its 25th anniversary, gave the group an insight into a day in life of the only two air emergency teams in the area.

Despite a positive meeting, the club is facing difficulties through lack of committee members, which may force it to close. The club Chairman Pam Mitchell describes this as 'a shame' as the treasurer presented an encouraging financial report at the meeting. They have consequently decided to postpone their AGM until they have decided whether or not to go ahead with the closure.

The next meeting, on Tuesday 7th July, will ply members with a musical treat from The Lea Graham Quartet, who will be playing anything from Lehar to Lennon and McCartney.

The club is also running an outing on Thursday 16th July to see 'The Sound of Music' in Eastbourne.

Please contact Pam Mitchell on 01273 831705 or email pam.mitchell@plusmail.plus.com if you would like to join the committee or can help in any way to stop the group from closing.

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Local wine releases second vintage

Next time you are choosing a wine, why not select one produced virtually on your doorstep?

Five years after leaving a career in marketing to fulfil her dream of launching a vineyard, local entrepreneur Alison Nightingale has released her second vintage and her latest batch of Albourne Estate wines are already winning awards and rave reviews in the media.

Albourne Estate, on Shaves Wood Lane, is one of a tiny handful of vineyards in Sussex and Alison is confident she can continue to tap into growing interest in English wines. Her distinctive bottles, with their local wildlife labels, are available in several independent wine merchants and restaurants in the area, and her 2013 award winning vintage was a sell out.

Mum-of-three Alison – who bought the farm near the Wickwoods health club with her husband and completed a course in wine-making before planting her first vines – has three still white wines on the market. They are an Estate Selection 2014, which has already won two silver medals (IWC 2015 and Decanter 2015); a White Pinot Noir 2014 (awarded a bronze medal at Decanter 2015 and a silver at the IWSC) and a Bacchus (also a silver medal winner at the IWSC). A sparkling will be available next summer.

With a capacity for some 60,000 bottles a year, Alison knows she is not going to be able to mass produce in the sort of volume that major supermarkets or off-licence



chains would require. However, she believes that with English wine rapidly growing in fashion she can secure a following among discerning wine lovers across the country, as well as tapping into the trend for buying local.

"The timing for me to set up my own vineyard was perfect," says Alison. "I was looking for a career which would fit around my family and I started vine growing when locally sourced food and drink was on the rise."

Alison is offering vineyard tours and tastings on selected Fridays and Saturdays throughout summer. Contact albourneestate.co.uk to check on availability or follow Alison on Twitter @Albourneestate

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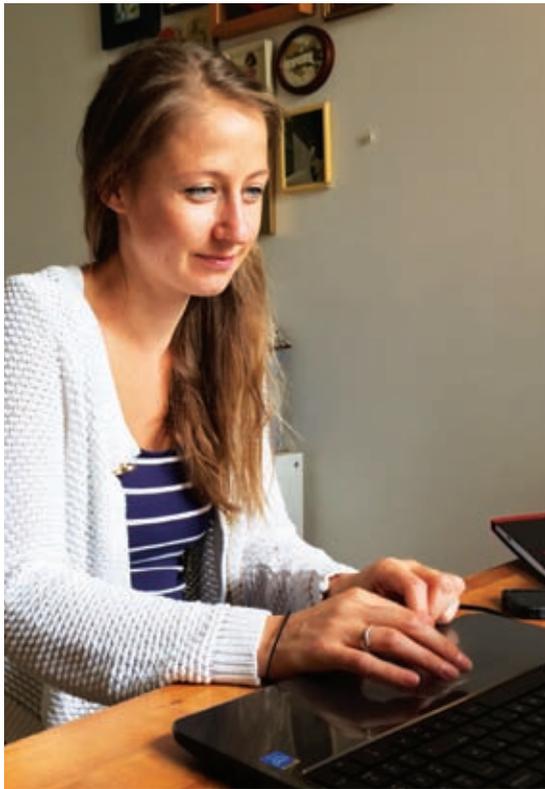
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Emily writes for Hurst Life

By David Tingley

This month sees a change to our team after only announcing a new editorial assistant in the June issue! Hattie Parish has left us after being offered a full-time role elsewhere, so whilst I'm sad to say goodbye, I'm also delighted to introduce Emily Volkert to you.

Emily moved to Hurstpierpoint from Brighton last year and has already fallen in love with the place! She lives with her partner Matt and their two year old son Oliver.

After studying journalism at university, she started her career earning her stripes working on The Daily Star, something she describes as "an eye-opening experience"! Her working life has been varied since those times, including working in marketing, public relations, running her own vintage business and being a learning mentor to Key Stage 4 pupils.

Emily commented: "Hurstpierpoint is a really great village with a vibrant community, which I'm delighted to be part of. I'm really looking forward to getting to know more of the people and places that make it such a great place to live and sharing their stories with you."

As well as meeting folk and writing content, Emily will be on the other end of the editor inbox too. She will also be joining me at our 'meet and greet' stall at the St Lawrence Fair on 4th July - so do come and say Hi, tell us a story or give an article suggestion while you are at it!



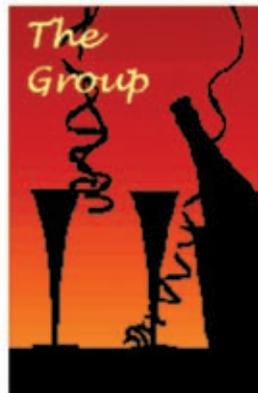
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The Group

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www.thegroup.org.uk



Village charity gets Queen's Award

A voluntary group from Hurstpierpoint has been honoured with the Queen's Award for Voluntary Service, the highest award a voluntary group can receive in the UK.

reMEber was formed in 1999 by Janice Kent, herself an ME sufferer, because at that time there was very little provision for people with this illness, and certainly nothing south of London.

Janice and Bill Kent from reMEber attended a garden party at Buckingham Palace on 20th May, where they met the Queen and other winners of this year's award.

reMEber is one of 187 charities, social enterprises and voluntary groups to receive the prestigious award this year. The number of awards handed out to groups has increased by over 60% from 2014, due to an increase in high quality applications, showing that the voluntary sector is thriving and full of innovative ideas to tackle community challenges.

The charity will receive the award from the Lord Lieutenant of West Sussex later this summer.

Janice Kent commented: "We at reMEber are thrilled to receive this award. Our small but very dedicated band of volunteers – all ME sufferers or carers – has worked tremendously hard to help others over the last sixteen years and the Queen's Award is recognition of their achievement. My heartfelt thanks to them."



Hurst Festival enters its second decade



Herbie Flowers

This September the village of Hurstpierpoint will celebrate the 11th Hurst Festival.

From 12th-26th September over 60 events will be held across the village from music concerts, appearances by local authors, theatre, film to comedy and artists' open studios, ending with a Mexican Fiesta on the final Saturday evening.

The whole spirit of the Festival kicks in with the village Open Day on the opening Saturday, celebrating the

best of the village with clubs, societies and other village organisations taking part. In the afternoon and evening the New Inn, in the High Street, will host an open-air show, including local bands and blues guitarist Miller Anderson. In the evening, at the Village Centre, mid-Sussex favourites Wilbury Jam will be in concert.

The following day local music legend Herbie Flowers will perform with an assorted group of friends in Holy Trinity Church.

Comedian Stephen Grant will present two evenings of comedy with nationally rated comedians, as well as giving a solo show himself.

For several evenings throughout the Festival village homes will be thrown open to music soirees, which have become a tradition.

Hungry customers will be entertained by a Hurstpierpoint Bake-Off at the New Inn, judged by local chefs.

The final week sees a concert by Brighton folk band, The Moulettes, ahead of their national tour and a series of films, including the award winning *Boyhood*, presented by Hurst Film Society.

This is merely a snapshot as Hurst Festival 2015 will aim to provide something for all tastes.

You can become a Festival Friend by checking out the website www.hurstfestival.org. Membership gives you priority booking and a chance to win a box of wine.



Scout hut extension

By Hattie Parish

Formed in 1909, just two years after the formation of the Scout movement, 1st Hurstpierpoint Scout Group is one of the oldest in existence. The Group has long offered a wide range of activities for members, ranging from the traditional hiking and camping to the more adventurous archery, kayaking and raft building.

However, thanks to local benefactors, including the Hurst Charity Shop, the Scouts have recently added to the growing list of activities on offer. An extension at the back of the Scout Hut provides a new activity room housing an air rifle range, extra activity space and a bouldering wall, a great way to have fun and stay fit while simulating the demands of rock climbing.

"We'd had the idea to put a bouldering wall in the main room years ago but it would have interfered with other activities like basketball," says Bob Wood, Chair of the Committee. "The wall was designed to not take up much space, so in our new room it folds away nicely, leaving room for other activities."

The Scouts were previously based in what is now the Hurst Charity Shop, then moved to the Parish Rooms. Scout leaders Harry and Stan Brown, the twins whose namesake now graces the road on which the Scout Hut is located, lived in the village and were lifelong supporters of the Scout Movement. They began fundraising for new facilities, and eventually enough money was raised to build the HQ in Brown Twins Road in 1994.

"The Brown twins were fascinating," says Bob. "They did all sorts of things to raise the money, and I have not seen a nicer Scout headquarters in Sussex."

In keeping with The Brown Twins' vision, the Group endeavours to provide exciting, challenging and adventurous activities for its 150 strong membership. With two Beaver Colonies, two Cub Packs and two Scout Groups, as well as an increasing number of female

members, the Group is clearly thriving.

All the Leaders give their time voluntarily, and the Group is always interested in finding new leaders. "Also, anybody who has skills to pass on is always welcome," adds Bob.

As the Scout Group usually only uses the hall in the evenings, most mornings and afternoons other groups can use it. These include art, theatre, dance, yoga, pilates, martial arts, badminton and toddler groups. The HQ is also available for hire for private events.

The new facilities will be officially opened on July 5th at 2pm, with group members and parents in attendance. "But anyone else who wants to come along and see what we are doing would be most welcome," says Bob.

For more information on the Scouts, contact Group Scout Leader Rodney Jackson on 01273 834422 or visit www.scouts.org.uk/get-involved/groups/1st-hurstpierpoint.

To hire, contact Lettings Secretary Heather Hush on hboyling@yahoo.com or 01273 831023 or visit www.westsussexscouts.org.uk/fhs to check availability.



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School expansion complete

ST LAWRENCE PRIMARY SCHOOL

In response to the increase in numbers of young children in Hurstpierpoint, the decision was taken to increase the annual intake of pupils from 60 to 90 from September 2012 onwards. Temporary changes were made to accommodate to take the enlarged cohorts in 2012, 2013 and 2014. Finally, in June this year, the building development to enable St Lawrence to increase to 630 pupils was completed.

On 4th June, the Bishop of Chichester Martin Warner, in company with Nick Herbert MP, officially opened the new buildings. The school now has six new classrooms, a library and a second hall as well as a new entrance and office space. The playing field and play areas have not only been preserved but have seen the addition of an all-weather pitch.

Head Teacher Paul Dyer said: "This has been a huge and complex project but the outcome for the children and families of Hurstpierpoint is outstanding." Mr Dyer expressed his thanks to the community, especially new neighbours, for their understanding during almost two years of contractors' traffic in and out of the school. "Hurstpierpoint has wonderful children who daily display a love of learning and care for each other. They have the facilities they deserve," he added.

The school is now seeking to raise funds to cover its swimming pool to enable pupils to swim all the year round.





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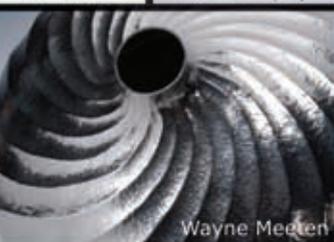
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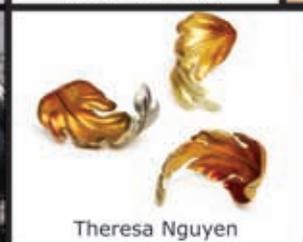
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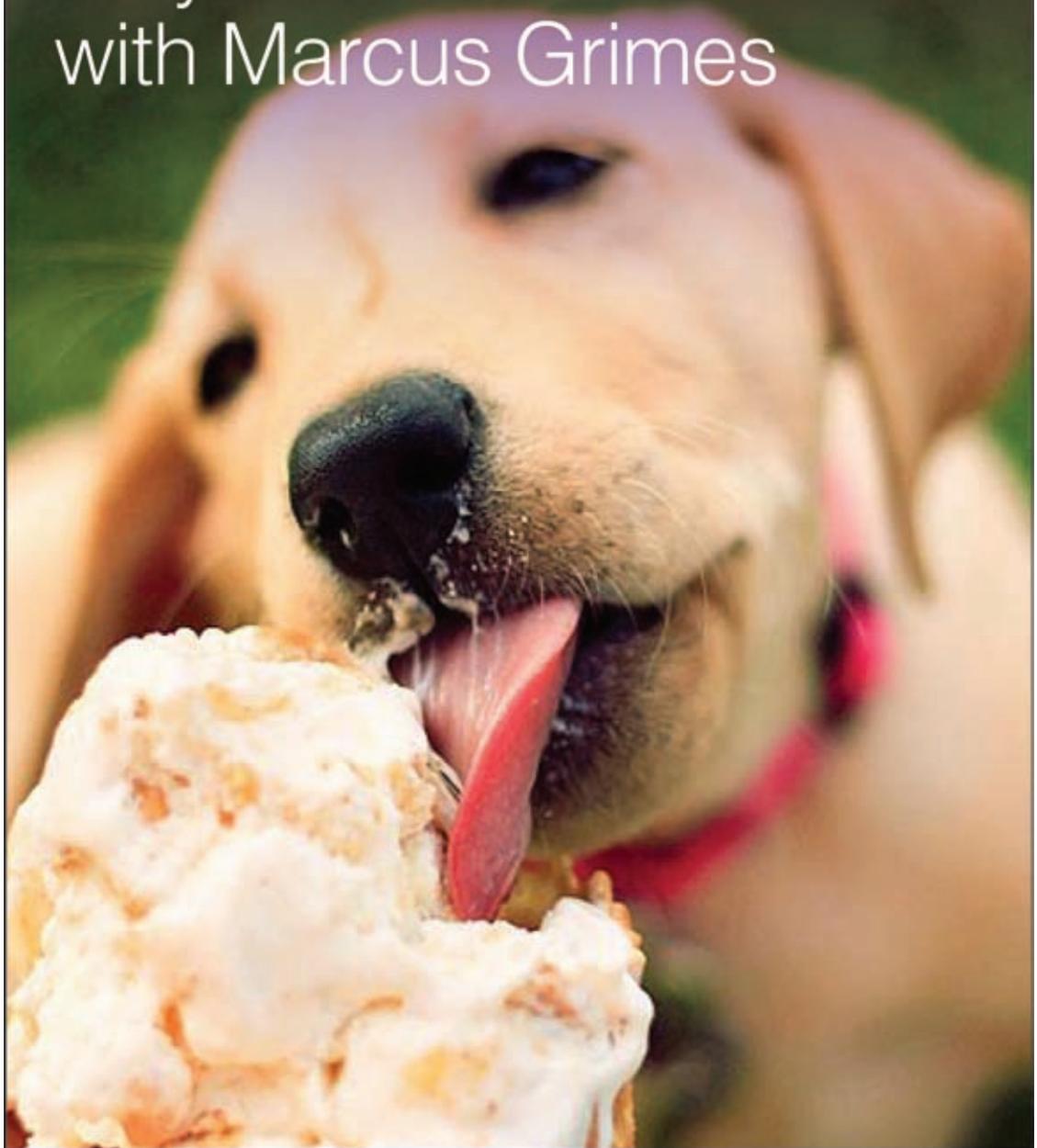
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5 MINUTES WITH...

Ricia Woolgar

How long have you lived in Hurstpierpoint?

My whole life (25 years)!

What's the best thing about being here?

It is a beautiful village and holds a lot of family history! Growing up here has been amazing as there is always a friendly face around. There's a real sense of community that only comes from living in a small village.

Favourite ice cream flavour?

Mint chocolate chip

How many houses have you lived in?

Three

Favourite holiday destination?

Cornwall. For the sun, the beaches and the salty air.

Your most enjoyable event in the village?

Definitely the Village Fair! The food is always amazing and I think it's great that the Harris family have been providing the rides for years.

Do you share your home with anyone?

Yes! My partner Andrew and our two rescue chihuahuas, Monty and Nacho, who both came from Raystede Centre.

Song you play the most?

Greatest View by Silverchair. They're not as well known now as they were in my teenage years but the frontman Daniel Johns still has an amazing voice.

Mac or PC?

PC for work, Mac for photography.

Your most frequented village shop?

Hampers! Bob always comes up with the best combinations.

What's your proudest moment?

Winning 'Best Of The Best' Beauty Advisor of the Year for the South of England in 2013 whilst I was working for Estée Lauder.

Coke, juice or water?

Definitely coke!

Your advice for life?

Always treat every day as a special occasion; be your best every day and live a life full of love and laughter.

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Literary Festival 2015 a success

Students and the local community in Hassocks and Hurstpierpoint enjoyed The Downlands Literary Festival during June. From reading and writing workshops with children's author Sheila Rance, sessions with Biblio-Therapist Ella Berthoud (co-author of "The Novel Cure"), to a wonderful afternoon in Adastr Park for the Community Park Read! On a glorious summers afternoon the Park Read was attended by young and old, sharing books and taking part in the exciting story journey with actors Claire Sundin and Katie Foster-Barnes.

But, best of all, the whole school enjoyed the 'Drop Everything and Read' session – 15 minutes a day when the whole school, Mrs Hetherton (headteacher) included, stopped what they were doing and read!



Ready, set, go for Fair

The St Lawrence Fair is finally here with the main fair day on Saturday 4th July.

In addition to the Hollywood-themed procession, which starts at 1pm from Marchants Road, there will also be a number of other highlights including the pet show, treasure hunt and the St Lawrence Fair Fun Run. The long course (about 5 miles) starts at 2.50pm from the main Fair ground, and the short course (about 1.5 miles) follows at 3.10pm. Both races take a circular route around the village. Adults entry will be £5 per runner and under 16s can take part for £2.50.

Back at the Fair, the winners of Hurst's Got Talent 2015 will be performing to officially open the fair, there will be tug of war trials plus more, all headed up by Master of Ceremonies Mike Hudson.

Also, there is still time to spot the 'superstars' in High Street windows until 2nd July!

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Lustig & Webb

VILLAGE PEOPLE

They've been cutting your hair for almost a year, while Stephen's cheeky quips have been amusing the nation on Channel 4's Gogglebox. But what drew Daniel Lustig and Stephen Webb to Hurstpierpoint? Get to know the village's newest hairdressers ...

By Hattie Parish

Previously an interior design shop, Lustig & Webb opened at 99b in the High Street in September 2014. Along with colleague Jacqui and their two dogs Barbara and Betsey, Daniel and Stephen feel they've filled a gap in the Hurst hairdressing market. Decorated with striking paintings of iconic hairstyles painted by Daniel's father, the salon has a modern yet cosy feel.

"We were thinking about opening up in Brighton first, but then there's five salons on every street," Stephen explains. "Even though when we opened we were the seventh kind of hair establishment in the village, we just thought we could fit in. Every salon in this village caters for a different crowd. We just thought we could attract a different clientele that's maybe going to Brighton or London to get their hair done."

Stephen started hairdressing when he left school and in 1992 moved to London to train with Toni & Guy. "I moved down from London about three years ago to Brighton and I'd never heard of Hurstpierpoint," says Stephen. "Then one day we took a drive over here and as soon as I pulled into the village I just fell in love with it right away."

Daniel started hairdressing at Toni & Guy in Brighton aged 19, and since has worked at other salons around Brighton. "I used to work for an independent salon called Ash and I was the manager there for six years," he says, "then I went to work for Rush for about three years, then I went to work independently for seven years, but the

whole time I was desperate to open my own salon."

Both harbouring the same dream, the two moved to Hurstpierpoint after meeting in a quintessentially British fashion: "We met at Hove Town Hall in the queue," Stephen laughs. "How romantic!"

Since moving Daniel and Stephen have embraced village life. "I think Hurstpierpoint's brilliant," says Stephen, "because there's a real slice of life here. I was in Hampers Deli the other day and Bob, the owner, pointed out this lady and said she's lived here all her life, she's 103! So there's people who have lived here all their lives, there's ex-Brightonians, ex-Londoners and I just think there's a lot of people from different backgrounds. It's a real mixed bag here and that's what I like about it, and everyone just gets on. I just think it really works because it's on a small scale but there's a bit of everyone here."

"In London you're really anonymous, you can walk down the street everyday and not see anyone you know. Whereas here we live just a few houses down, yet by the time we've crossed the road on our way to work we've said hello to five people and waved to two people passing in cars. It's a bit like The Truman Show, all Hello! Good Morning! - and I love that."

"My life was big in London, went to fairly small to Brighton, and then really tiny to Hurst. But since coming here my life's actually become a lot bigger - the whole Gogglebox thing, opening our own salon, so it's quite magical in Hurstpierpoint isn't it?"

"In London you're really anonymous ... By the time we've crossed the road here we've said 'hello' to five people and waved to two people passing in cars!"

Stephen Webb



"Oh yes," says Daniel. "I used to come here because my friend lived here for about 10 years and I just love it, it's so nice. It's nice and busy still, there's loads of new shops opening all the time, and everyone's so friendly."

With Gogglebox only taking up two nights a week, Stephen has plenty of time to dedicate to the salon. "Gogglebox has really helped the business," he explains. "We've had fans coming down from the North, and we actually had two fans come down from Birmingham, and now we've become really good friends!"

The salon offers a range of modern and classic hair treatments, as well as wedding packages, which clients can enjoy alongside a coffee, glass of wine or even a cheeseboard. With their relaxed, friendly atmosphere and award-winning stylists and colourists, it's no wonder Lustig & Webb is gathering a firm fan-base of its own.

"It's going really well," says Daniel. "Our clients really do vary, from aged three to 70, both men and women. Our aim was to have something a little different, hence this space," he gestures around the salon. "There's no big window where you can see people having their hair done, it's more of a private hairdressing experience."

"It's quite small," says Stephen, "so what's really good about it is when we're all busy everyone just talks and joins in each other's conversations, it's really nice!"

The two speak about the best part of running their own salon independently: "Being your own boss, not just a spoke in the wheel," says Daniel. "Watching your salon,

building it, and it changing into something that you love is just incredible."

"Picking my days off!" laughs Stephen. He and Daniel reminisce about the seminal moments in their careers so far. Stephen shows me a photograph, exclaiming: "Look, we were invited to a garden party at Buckingham Palace last year, it was amazing. Daniel's been photobombed by the Queen!"

"When we opened and the names went up above the door, that was a proud moment," says Stephen. I ask how they decided which name went first. "We tried it both ways and it sounded better with Lustig first. And I thought if you say my name last that's the one you'll remember!" laughs Stephen.

Daniel struggles to decide on his proudest moment. "There's been so many really," he smiles. "Sometimes at the end of the day when it's been busy, all the chairs have been taken up and everyone's chatting, you leave feeling like you've had an amazing day. We get lovely clients coming in, and because we're in the centre – this is really the hub of the village here – sometimes people just pop in to say hi and it's such a lovely way to work. It's everything that we wanted."

To find out more visit www.lustigandwebb.com, call 01273 832760 or pop in and say hello.



HURST VILLAGE CINEMA

Photo: Richard Hubert-Smith

By David Saitch

Planning is afoot for our next season of films. We have been reviewing the past season's, looking at films that came out in the last year or so that should be seen and delving into the past for overlooked gems and classics.

Our Festival programme and Autumn Season will be available at our stand at St Lawrence Fair, so do come along and grab one.

While we are in the off season for films, there is a fantastic theatrical event in store at the Village Cinema this summer.

Everyman may sound a strange choice, being a medieval morality play from the 15th Century, but it has been stunningly adapted and updated by Carol Anne Duffy and the remarkable performance by Chiwetel Ejiofor makes this utterly contemporary.

Ejiofor plays Everyman, a sharp suited man rolling in wealth and celebrating his 40th birthday with a drug and booze fuelled bacchanalia. But his hedonistic lifestyle looks doomed when Death comes calling and all his supposed friends show themselves to be hangers-on as they ditch him and he is left to account for his life.

Perhaps only Ejiofor could so brilliantly capture the hubristic swagger of the birthday boy and his poignant journey to self-knowledge.

In only 90 minutes, this play carries out a scathing assault on myopic materialism and is the perfect Everyman for the 21st century, and this will be a wonderful way to spend a summer evening.

Thursday 16th July, Players Theatre, 7pm
1hr 40 mins. No interval

- ★★★★ 'Sensational staging. Chiwetel Ejiofor as a superb Everyman.' Observer
- ★★★★ 'Spectacular. Thought-provoking.' Time Out
- ★★★★ 'Powerful. Deeply moving. Chiwetel Ejiofor is excellent.' The Times
- ★★★★ 'An Everyman for today. Chiwetel Ejiofor is remarkable.' Guardian
- ★★★★ 'Thought provoking. Strikingly imaginative.' Independent
- ★★★★ 'Chiwetel Ejiofor is magnificent.' Financial Times
- ★★★★ 'Fresh and raucous.' Sunday Times

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Hurstpierpoint Players

The Hurstpierpoint Players are proud to announce their forthcoming open-air production of William Shakespeare's 'A Midsummer Night's Dream', to be presented in the garden of The New Inn, Hurstpierpoint from 23rd to 26th July.

Directed by Sam Nixon and starring some of our best local talent, this promises to be a magical evening of fun and frolics. Set in the decadent 1920s where fantasy and reality entwine, we will journey to fairyland and back, explore the darker side of father/daughter relationships and find a few other lines blurred!

Look forward to a wonderful set, fantastic costumes and live music on the night.

There will be four performances from Thursday 23rd to Sunday 26th July at 7.30pm each evening, regardless of the weather, so although we will ask Titania's little fairies to weave their magic on the heavens, they are unpredictable creatures so bring your waterproofs just in case!

Pre-show dinner can be ordered and purchased at the New Inn directly, using the booking form which will be provided to you on collection of your tickets.

Find out about the cast and keep up to date with behind the scenes action on Facebook at facebook.com/hurstmidsummer, or keep up with all the players' news and upcoming productions at www.hurstplayers.org.uk.

This is a homecoming of sorts for The Hurstpierpoint Players, as the organisation was formed in 1936 in the New Inn! Back then they had to use whatever premises were available for rehearsals and performances. They purchased the building that became The Players Theatre in 1976, back then a general store called Graveleys. Hurstpierpoint Players is a registered charity and, as with all charities, it relies heavily on fundraising activities and donations of benefactors to maintain its building and produce high quality shows. Mounting a production, particularly one requiring a complicated set, lighting and costumes - not to mention fees for performing rights - is becoming increasingly expensive, and the sale of tickets cannot always be enough to cover production costs as well as proper maintenance of the theatre. So, if you

would like to find out more about sponsorship packages or if you would like to become a friend of the Players or simply get involved, please contact us at: enquiries@hurstplayers.org.uk.

Let the Magic begin ...

Tickets are available from Vanilla, 40 High Street, Hurstpierpoint. Telephone 01273 834506 (9am to 5pm only). Tickets ordered by phone should be collected or paid for by cheque within 5 working days or they will be resold.

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New ways with a burger

FINE FOOD



The EJB burger

(makes 4 burgers)

Ingredients:

cherry tomato focaccias (but any good quality burger buns will do)

for the burgers:

2lb good quality minced beef
1 red onion finely diced
4 teaspoons garlic purée
2 tablespoons tomato sauce
2 tablespoons English mustard
2 teaspoons paprika
2 tablespoons soft dark brown sugar
2 teaspoons of good beef bouillon
Good dash Worcester sauce
Dash Tabasco

Salt and pepper

Tin of sliced jalapeños

Cos lettuce

1 beef tomato, thickly sliced

1 large Spanish onion, thickly sliced

for the burger sauce:

equal amounts mayo, ketchup, mustard
and a dash of Tabasco

extras:

Chilli jam

Emmental cheese

8 rashers streaky bacon

Hurst Life

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advertisers,**

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to tell them you saw
their ad in Hurst Life!

I came up with this recipe when I was living away from home and it was named after my youngest son, Elijah James Brook. Hence the EJB! There is also Emmental, Jalapeños and Bacon on it !!



I put this burger on in a pub in Middlesex and two old boys came in and ordered it. I happened to be behind the bar when they ordered and they looked a bit dubious about both the price of the burger and whether they would enjoy it. I simply told them not to pay for it until they had eaten and if they didn't enjoy it they wouldn't have to pay for it. After the meal they called me out of the kitchen, hugged me and threatened to do me damage if ever I took it off the menu. Job done.

Method:

Thoroughly mix the burger mixture together, the longer you do it the tighter the mix will become. Pan fry the burgers and finish off in the oven. The burgers should be very firm to the touch when cooked through. Fry off the bacon until crispy and warm your buns.

To assemble:

Spread the burger sauce over the bottom bun, then add lettuce, tomato and onion. Put some jalapeños on this. Place the burger on top with the melted Emmental and criss cross the bacon. Place a small dollop of chilli jam on top and close the burger with the top half of the bun. Now grab a bib and enjoy.

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Round Hurstpierpoint by Bike

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Follow this link to see a detailed map of the route, which you can download to a GPS device:

<https://connect.garmin.com/course/8972881>

And this for the trail from Hove to the Dyke: <https://connect.garmin.com/course/9133114>

By Ashley Knowles

Where do we go when the sun shines? To the sea, of course! This month's ride explores our industrial coast as well as the familiar Hove seafront, with an airport visit for good measure, finishing the ride with an ascent of Devil's Dyke.

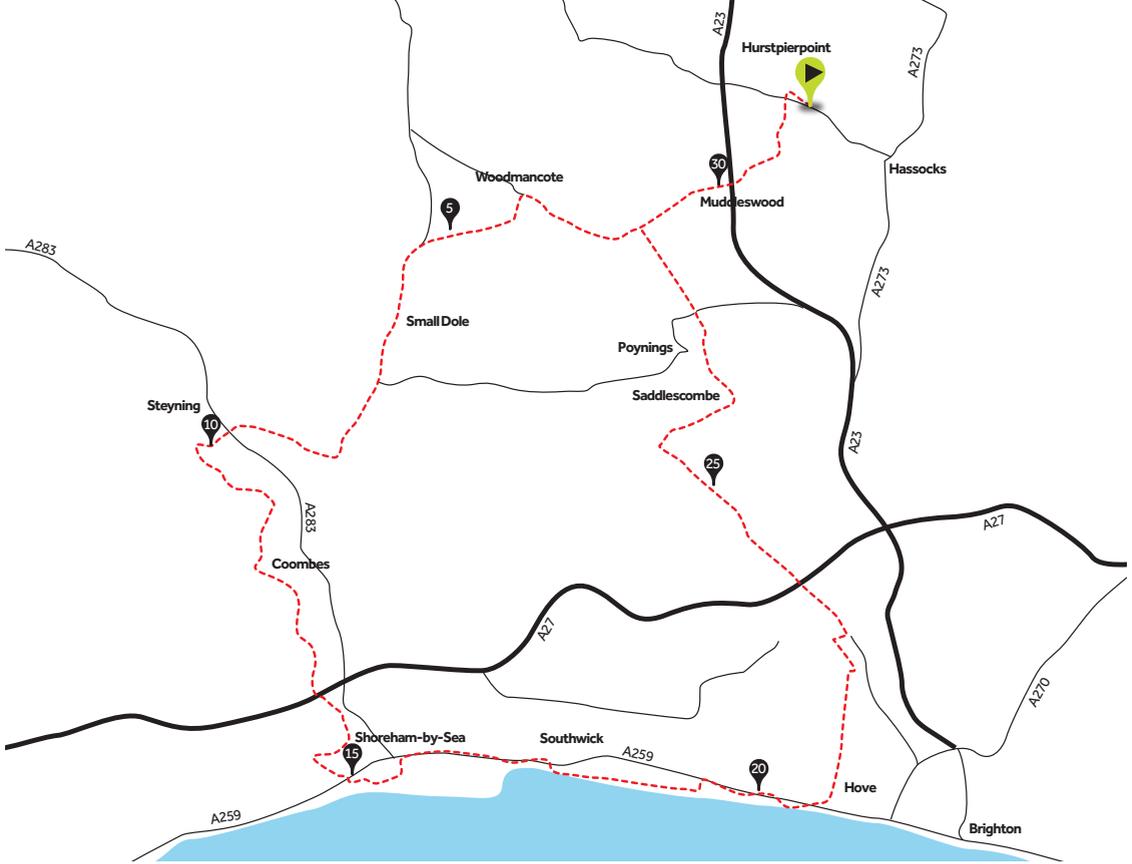
You can ride the route with any roadworthy bike, and you should manage the distance if you're at least moderately fit. If your bike can handle a rough trail, you can follow the route of the Victorian sightseeing railway up to Devil's Dyke.

From the centre of Hurstpierpoint, head west towards the church and turn left on to the B2117 towards Brighton. At the Ginger Fox, bear right on to the A281, signposted for Henfield. In Woodmancote, after a mile, turn left on to Bramlands Lane, signposted for Small Dole. Bear right on to Horn Lane, then after a mile turn left on to the A2037, signposted for Shoreham, and continue for three miles.

At the mini-roundabout, turn right on to Upper Beeding High Street, and continue for a mile to the roundabout below Bramber Castle. Take the second exit on to Maudlin Lane, and climb steadily for a third of a mile. At the T-junction, turn left on to Annington Road. The route now undulates teasingly through the Downs alongside the Adur. The climbs are short but steep – be careful on the descents.

After three miles, you'll reach Shoreham By-Pass. Turn right, then immediately left on to Old Shoreham Road with the airport ahead of you. Take the first right and follow the airport perimeter road, passing the terminal building with its popular café.

Leaving the airport, you'll come to Saltings Roundabout. Take the exit after the petrol station on to The Saltings and follow the road round to the left. Ignore side turnings for half a mile, until you see the river on your left by the Waterside pub. Cross the beautifully rebuilt Adur Ferry Bridge, enjoying the quirky houseboats on your left. On the other side, turn right and follow the main road for a mile and a half, until you pass the lighthouse. Now look



carefully for a signposted cycle route on your right, immediately after the Shoreham Port building. This leads across the main lock gates of the harbour and on to a quiet industrial road by the sea.

Follow the shoreline now, using the cycle path around Western Lawns and behind the King Alfred Leisure Centre. When the path rejoins the main road at Hove Lawns, look for Grand Avenue and follow the road north for a mile until it crosses Old Shoreham Road.

To discover the old Dyke railway, enter Hove Recreation Ground and ride to the opposite corner, turn left on to Hove Park Road, ride through Hove Park to leave under the chimney of the Engineerium, bear right on to the A2023, then left on to Court Farm Road and

across Hangleton Road on to Clarke Avenue, then right and second left on to Downland Drive, with open land on your right. At the top of Downland Drive, look carefully for a cycle path on the right and follow it over the A27 on to the former railway and up to Devil's Dyke.

Otherwise, continue north on Shirley Drive and turn right on to Woodruff Avenue, then left and right to reach Dyke Road Avenue. Turn left here, and cross the A27 on to Devil's Dyke Road. Be sure to bear left, signposted for Devil's Dyke, to avoid a steep drop and dispiriting climb. Descend from the top of the Dyke, turning left carefully at the T-junction after a mile and follow the road north, turning right at the Ginger Fox to retrace the first part of the route and home.

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The Sussex Nomads Cycling Club is a long-established club based around Ditchling with over 100 members who cycle for pleasure, fitness and sport.

Prospective new members are always welcome on club runs – just turn up at 9am any Sunday at Ditchling Village Hall, or visit our website at www.sussexnomads.org.uk and follow the link to our online forum for full details of coming events. If you're new to group riding, our Come & Try It rides are for you – they're normally held on the first Sunday of the month throughout the summer.



PRB Accountants

OPEN FOR BUSINESS

When you are looking for an accountant, you don't necessarily look for the person who has the most musical skills. However, Chris Whitley-Jones' connection to Hurstpierpoint certainly has a musical association to it.

Chris earned a choral scholarship for Hurst College when he was 10, so he began commuting into the village on a daily basis. He was soon tempted down to Holy Trinity Church to sing in the robed choir regularly and he recalls making many new friends in Hurstpierpoint around this time. "There were quite a few of us around who all sang together. A good number of us are still in contact to this day," Chris commented.

A few of them later formed a group called the Trinity Choristers as an offshoot, singing concerts in Holy Trinity Church.

Although Chris didn't play any instruments before he started at Hurst College, he soon took up the piano and then the organ. This new-found skill was soon utilised by his university chaplain when he studied Economics at Cardiff University. Rev Jeremy Davies, who coincidentally was also a former Hurstpierpoint College student, put a note in Chris' pigeon hole asking him if he would be an organist for a priest who he knew.

Chris joined PRB Accountants (the practice was called Pollins Rayner Boxall at the time) in 1980 when the office was in Hove. When he was 32 he was asked to become a partner in the business and he hasn't looked back since.

"I've always been comfortable with numbers," Chris explains, "and they make sense to me." However, Chris is aware that there is a certain stereotype associated with accountants! "Yes, I know, everyone thinks we are boring as a profession," he says. Although he tells me that a client of his recently described him as 'the only accountant I've ever met with a personality'!

PRB Accountants has been based in Haywards Heath for 25 years and has earned itself a reputation for being accessible and friendly with its clientele. Not something

which all accountants are able to boast about! The business is a single location practice employing 20 staff across various roles – partners, qualified accountants, bookkeepers and admin. It also has access to a wider team of specialists when needed.

Typical clients can vary from someone who just needs a personal tax return completing and filing, to a multi-million pound organisation operating across a number of sites. "We cater for all businesses, including dentists, manufacturers and financial services. They are all different but we try to keep our friendly approach the same whoever we are dealing with."

PRB is also one of only two accountancy practices in the UK that specialises in representing direct selling distributors. "With the sharp rise in many individuals earning money through selling on products and services of companies like Forever Living and Utility Warehouse, we have found ourselves somewhat of a niche for looking after these particular clients," Chris commented.

Of course the pinch point for individual tax returns is the end of January and Chris has had his fair share of last minute cries for help around that time. One desperate client phoned him on 30th January and was simply 'too scared' to press 'send' on their submission!

Chris and the team at PRB work with clients all around the UK, Ireland and even the USA, however he's always keen to work with businesses and individuals close to home. Hurst resident Kevin Carey comments: "We've used Chris for many years and have always received excellent and prompt service. We like the personal touch and friendly approach provided by the firm and their attention to detail."

If you would like a conversation with Chris Whitley-Jones about your needs, call him on 01444 458252 or email cwhitley-jones@prbmp.com. He may not sing to you during your initial meeting but it's nice to know he can!



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Eating well

HEALTHY LIVING

By Jane Roweth, personal trainer

We all know we should eat well! It's not rocket science; eat a balanced diet, everything in moderation and it'll all be ok, won't it?

Well, actually, from what I see everything is not ok. People are confused by dietary advice and we are all well aware that as a nation we are getting fatter and less healthy.

So, what do I do with my clients that has them dropping dress sizes, losing body fat and seeing the scales finally go down and stay down? It's not exercise madly to create a calorie deficit; exercise is great but it's not the bedrock of fat-loss for many people.

I ask them to eat real food. So what does this mean? For us this means a low(er) carbohydrate and high (er) fat diet.

Just Eat Real Food.

Go for single ingredient foods or at least be able to pronounce what's in your food! Steer clear of foods that are processed and advertised, up your veg and good fat intake and beat any sugar addiction you may have.

Simple! ... not so, maybe this is rocket science after all. We absolutely know how to put man on the moon but we don't know how to solve the obesity crisis.

However, we can all make a start on feeling better with this quick guide to changing to a real food diet.

- 1) Eat vegetables with all meals
- 2) Eat protein with all meals
- 3) Add fat, coconut oil, butter, olive oil - not processed vegetable oils
- 4) Eat only 1 or maybe 2 pieces of fruit a day, save tropical fruits for treats and always eat your fruit rather than drink it
- 5) Drink only water, herbal tea, coffee and tea with a little milk or cream - no sugar!
- 6) Eat only 3 times a day (at first you may need a snack or 4 meals a day)
- 7) Enjoy dark chocolate, a glass of wine or home-made real food treats occasionally
- 8) Buy the best quality food you can afford
- 9) Avoid starchy carbohydrates, bread, pasta, potatoes, breakfast cereal
- 10) Don't eat processed foods

Eating like this is not boring. You don't miss the fries with your steak if you can order a side order of green beans and cover them and your steak in butter! However, if your health is affected by your current diet, life with type 2 diabetes, elevated blood pressure, obesity can become boring quite rapidly.

Choose life, choose real food.

Yours in health, Jane.



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Mama Café opens

Vegetarian café Mama Ghanoushe has recently moved across the road to 121 High Street, Hurstpierpoint.

Proprietor Rachael Burrows (aka Mama Rachael) ensures everything is home-made, including juices, smoothies, cakes, salads and stews. As much as possible is made gluten-free and vegan too.

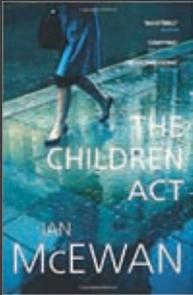
Customers can enjoy their food inside the bright and colourful space or anything can be made to take away instead.

Mama Ghanoushe is open from 8.30am-4.30pm Monday to Saturday, with early closing on Wednesday and Saturday at 3pm.



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The Children Act by Ian McEwan

BOOK REVIEW

By The Mint House Book Group

McEwan's trend for detailed research of institutionalised authorities and professions continues in his latest novel *The Children Act*.

Although it is written in the third person, the story is narrated from inside High Court Judge Fiona Maye's awareness and much of her thinking is inevitably about the facts of her legal work. However, her absorption in her career is invaded when her husband Jack announces that, whilst he doesn't wish to leave Fiona, he would like to embark on one last passionate affair, with a 28 year old he already has lined up! Fiona is humiliated and sends Jack packing, and although he's back within a few days (we all saw that coming!) Fiona's confidence in herself and her work has been overturned.

This event becomes entangled in a particular case when she is asked for an emergency court order: a teenage Jehovah's Witness is refusing the blood transfusion that would save his life. It is often as if McEwan is trying out another profession for size and based on this book he could have been an ace family lawyer! The depth of detail is offset, however, in the most moving chapter where hospitalised Adam plays his violin and Fiona sings at his bedside which elicits such a feeling of freedom. The sad song speaks to everyone and it's a scene that triumphs the imagination over research.

Fiona's unhappy private life serves as an ironic (and humorous) subtext to her professional decisions and, together with Adam's plight, poses the question: what does it mean to be saved?!

Hospice's annual Sleep Walk

St Peter & St James Hospice is holding its annual Sleep Walk on Saturday 11th July and Sainsbury's (Haywards Heath) has got 40 members of staff taking part to celebrate the Hospice's 40th anniversary!

Last summer, Sainsbury's made St Peter & St James Hospice its charity of the year. This means that the Hospice receives a year's worth of fundraising and awareness support from the store's colleagues and customers. As well as so many fantastic staff members taking part in the Sleep Walk, the store will be allowing the Hospice to fundraise in-store all day on the Saturday, while the staff will be keeping the sleep theme going by wearing onesies over the weekend.

The Hospice is encouraging people to book a place and support it at this brilliant event. All ages are welcome, so everyone is encouraged to bring family and friends. You can register or pay online at www.stpeter-stjames.org.uk/event/sleep-walk2015 until 3rd July. For people who have not booked by the closing date, they can simply turn up on the night.

Setting off at midnight, the 10k route leaves The Dolphin Leisure Centre and goes around Haywards Heath, finishing with everyone receiving a finisher's memento and a free breakfast. There will be prizes for the best costume, so everyone is encouraged to pop on their onesie and slap on the face paint to enjoy the



Hospice's major event of the year. For anyone who has never taken part or been unable to take part for the past couple of years, please do all join in and make this a night to remember. As the Hospice celebrates its 40th anniversary, all are invited to join in the fun and earn their 40 winks!



Hurst Open Gardens

Hurstpierpoint's 2015 Open Gardens was a huge success, raising over £5,000 for St Peter and St James Hospice. The event attracted more than 600 visitors and eight gardens were open for all to view.

Once again this year there was an abundance of offerings to suit every type of gardener, from vegetables to flowers and even the odd drop of champagne! Prue Heron, organiser of the event commented: "It was a

fantastic day, thank you to all gardeners and supporters."

All proceeds will be donated to our local St Peter and St James Hospice.

If you would like to offer your garden to open in 2016, please contact Prue Heron 01273 835064 or prueheron@gmail.com

www.hurstpierpointopengardens.org.uk

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Albourne School annual fun day draws crowds

By Dorota Jaskiewicz

Although there was a light sprinkling of rain, everyone enjoyed themselves at the annual Albourne School PTA fun day in June. The children had a great time competing in various arena events like the sack and three-legged races. The cheerleading club did a great job in entertaining everyone. Our local karate club, Sussex Kobudu, also put on an amazing display.

The adults were entertained by our special guests, The Hassocks Allstar Band, (students from LVS Hassocks) as they enjoyed a cup of tea and cake or a hot dog. The younger children had fun with the usual hook a duck and cuddly corner stalls and of course the ever popular bouncy castle and tractor/trailer rides. Whilst the older children spent most of their time either trying to knock down coconuts or getting soaked with wet sponges on the Stocks.

Thanks to the fantastic support of parents and other local people we raised around £1,800. Not bad for a small village school!



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What's on this month

AT THE VILLAGE CENTRE

July

- 7th **Songs for a Summer Afternoon** – 2.15pm
The Lea Graham Quartet performs a mixed bag of songs from Lehar to Lennon and McCartney. Hosted by The Hurst Afternoon Club – come along even if you're not a member (Pam 831705 or email pam.mitchell@plusmail.plus.com)
- 29th/30th **Sama Karate fun day activities club** – 9am-4pm
Ages 4+ (George 07876 617115)



Village Hall receives £35,000 council grant

Hurstpierpoint & Sayers Common Parish Council has made a grant of £35,000 to the Sayers Common Village Hall committee, as a contribution towards an upgrading and extension scheme. This work follows the successful opening of the Community Shop last year, at the front of the Hall.

Council Chairman Stephen Hand says: "I am delighted that we are able to support the people of Sayers Common in this way. The Village Hall is an essential part of the community and will continue to be well used".

AND ELSEWHERE

July

- 3rd **Teddy Bear's Picnic** – South Ave Rec, 12.30pm
Preschoolers have fun ahead of St Lawrence Fair
- 3rd **Official Opening of Sayers Common Community Shop** – from 6pm. The opening will be carried out by the Rt Hon Nick Herbert MP. Come along and see the new facilities as all are welcome.
- 3rd **Junior Disco, Family BBQ & Kids Tug of War**
from 6pm at South Avenue Recreation Ground
www.stlawrencefair.org.uk
- 4th **St Lawrence Fair Day** – Procession starts at 1pm from Marchants Road
- 4th **St Lawrence Fair Fun Run** – long course starts at 2.50pm, short course starts at 3.10pm from main fair ground
- 5th **Open Air Ecumenical Service** – South Avenue Recreation Ground, 10.30am
- 5th **Activity Room Grand Opening** – Scout HQ, Brown Twins Road, Hurstpierpoint, 2pm
- 5th **String Octet Concert** – Newtimber Place, 2.30-4.30pm. Tickets £20 adults, £10 under 18s including strawberries and cream, tea and scones and punch. Proceeds to Newtimber Church PCC (tickets from Shirley Murrell 01273 857353 or email: shirleymurrell@btinternet.com)
- 6th **Healthy Pregnancy** – Sussex Osteopath & Complementary Health Clinic, 8-10pm
- 9th **RBL Women's Section** – Royal British Legion Clubhouse, Woodlands Road, Hassocks at 3pm
Speaker: David Perry on 'Born the day Hitler invaded Poland'
- 12th **The Soul of the City Choir** – Summer Concert, Holy Trinity Church, Hurstpierpoint 6pm for 6.30pm. Raising awareness and funds for Leukaemia and Lymphoma Research. Programme includes hits from Stevie Wonder, Queen, Sam Smith, Bob Marley and The Four Tops. Tickets £7 and £5.50 concessions - <http://bit.ly/1I9Piyi>
- 14th **Senior Moments** – Hurstpierpoint Evangelical Church, 11.30am for chat and quizzes, lunch, an activity (craft, music, flower arranging or a talk), tea and cake. All welcome (Bookings: Margaret Back 01273 834485 before Friday 10th July, cost £6)
- 16th **Afternoon Club** minibus outing to see 'The Sound of Music' in Eastbourne (Pam 831705 or email pam.mitchell@plusmail.plus.com)

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