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Your Editors: **Joanna Lambe, Heidi Brown, Natalie Dalley & Nicola Botting**

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ADASTRA BOWLING CLUB 1922-2022 The members of Adastra Bowling Club have certainly enjoyed their centenary year with many events throughout season. The highlight was undoubtedly the visit of the Chelsea Pensioners on 20th July, who arrived in their scarlet tunics on a bright sunny afternoon and were entertained to a bowls match by the Adastra Bowling Club. The after match meal requested by the pensioners was fish and chips and they all expressed their thanks for a wonderful day out. We donated £200 to the Royal Hospital Chelsea charity account.

On 7th August the centenary invitation tournament was held when a number of local clubs supported this annual event. The lunch and afternoon teas were very much appreciated by all the visitors.

The season is now approaching closure with finals weekend on **Saturday 10th and Sunday 11th September**. The final game will be on Monday the **26th September** when the fun game of twilight bowls starting at 7 pm, will be played. This game is played on narrow rinks with candles placed in jam jars to add to the illumination of the players own torches. Players incur penalties if they hit the jam jars and the laughter and applause can be heard at Burgess Hill.

In the Winter the monthly social evenings of bingo, whist and quiz evenings will be organised for the benefit of all the members including the many social members.

If you are still interested in joining Adastra Bowling Club please contact the secretary Mr Barrie Sheffield **01273 843855** for an application form. The 2023 season is not too far away and you will be made most welcome.

David Reader



A. Twine Butcher



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HASSOCKS WI Meet Adastra Hall 3rd Monday in the month. Doors open 7.30 pm start 7.45 pm. In spite of the almost overwhelming heat on the evening of our July meeting our WI had matched the weather perfectly. Our themed evening 'All the Fun of the Fair' had old-fashioned fairground sports, skittles, Tin Pan Alley and many other games. Fishing for bobbing yellow ducks and blue fish became quite heated. Judy was on hand to give correct club techniques for the golf game.

We welcomed Ukranian visitors. Everyone enjoyed an ice cream and later hot dogs during the evening.

'Guess the weight of the cake' was won by Jan. Thank you Irene for baking the cake. 'Guess the number of items basket' was won by George. 'Name the WI doll' beautifully made by Barbara was won by Judy. The doll is called Florrie. There was our usual good raffle of wine, fruit and chocolates etc.

Another lovely lighthearted evening enjoyed by all. Thank you, Stella and Marie, for all your hard work organising the event.

No official August meeting, but there will be picnic in the park.

19th September - Next meeting - we welcome Jonathan Cann sharing his secrets of treading the boards as an actor and TV extra, Craft Club Monday **5th September** 2 pm Green Room - Drawing with Lesley.

Come along a friendly welcome to visitors (donation) and we hope you become new members.

Gerry

FLU CLINICS 2022 If you are a patient of Mid Sussex Health Care and match the criteria to have a flu vaccination, we would like to invite you to book one of our flu clinics via SystemOnline or by calling the surgery 01273 834388.

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HASSOCKS GOES GOLD This September will be the fourth year of Hassocks Goes Gold – turning the village GOLD for the whole month of September to raise funds and awareness of Childhood Cancer.

This year saw the most ever entries for the Poster Competition – all drawings of Golden Bees – which is our theme for 2022. It was super hard to pick the winners and in the end we had 5 winners across the different age groups, 5 runner ups, 2 highly commended and also a special mention as the standard of entries was just SO high! All 168 entries are on display in The Parklands Road Gallery and the winners all have their work included on this year's Golden Poster. Buy yours at QD Stationery.

HassocksGoesGold has a month of glittering excitement for you: The return of the very popular Daily Facebook Auctions all through September.

A trail of stalls 'Let's stall Childhood Cancer' throughout the village on Sunday **11th September**, with a minimum of 50% from each stall going to Childhood Cancer.

The Parklands Road Gallery – a free display of all entries to the Poster Competition in the windows of the Parklands Road!

Find all the Giant Gold Bows around the village!

The Golden Gala on Friday **30th September** – a celebration of a month of giving. Teams of 8 compete in a Golden Pub Quiz, with a Pudding Auction, live music and raffle.

Donations can be made to www.justgiving.com/fundraising/HassocksGoesGold2022.

Please email Rachel at HassocksGoesGold@gmail.com for more information, to book your Golden Gala tickets or join in the Stall Trail, or if you would like to offer an auction or raffle prize.

Rachel Bartlett Bundy

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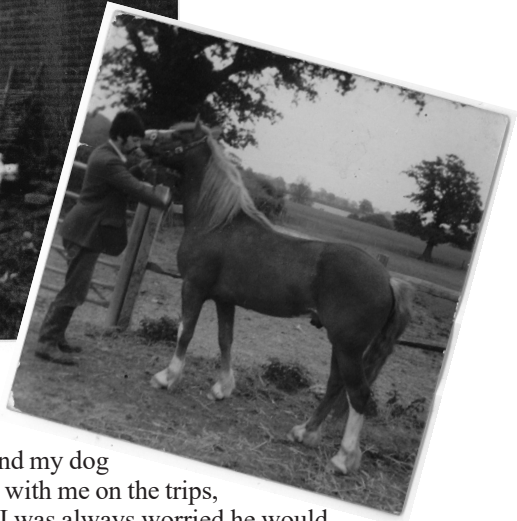
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A DAY IN THE LIFE OF DAVE EVANS The

Skewbald Cob (black and white) was called Badger and my dog Dodger was laying down by cart. He would come out with me on the trips, my cat (not pictured) always wanted to come too but I was always worried he would jump off. At home I always had a small stable that I would house the pony while I had dinner before returning him to a nearby field. I had three carts, one known as the trolley this I would use for coppicing in the wood. I also had an Exercise Cart and an Open Lot (Gypsy Style) which had a stove that I would use to cook and often slept in. The Chestnut Welsh Cob was called Ross. Ross was very handsome and in traffic was amazing even as a youngster. I purchased him in Wales.

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The Oldland Mill dates from 1703. It is one of the best restored post mills in Sussex, and one of the oldest regularly working mills in the country. It is open on the first Sunday of every month between April and October.

The Mill was renovated by Oldland Mill Trust volunteers who now maintain and operate it. The Trust is always looking for volunteers able to either occasionally or regularly spend time helping us to maintain this local and important historic landmark.

Most years we hold Saturday 'Oldland Mill Painting Sessions', which provide an opportunity for people to learn more about the history of the Mill, how the original machinery evolved, and to see what it takes to maintain and keep it working. This can involve a lot of painting. This year we were able to hold these August sessions for the first time since Covid. Further opportunities to discover more about the Mill are planned.

Also, this year our Family Fun Event returns Sunday 4th September with - Stalls, Games, Puppet



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shows, a Beer tent, Refreshments, and tours of the Mill. A free shuttle minibus service will run from the top of Grand Avenue, near the Thatched Inn. 11 am till 4 pm. We look forward to seeing you at these events.

For further information on the Mill and how you can support Oldland Mill Trust please see our website: www.oldlandwindmill.org.uk

Stephen Waite

KEYMER FOLK DANCE CLUB After the summer break Keymer Folk Dance Club will be holding a celebratory Welcome Back Dance at The Adastra Hall, Hassocks on Sunday 4th September from 2 pm to 4 pm. Sean Goddard will be in charge of the dancing and the dances will be easy! Admission on the door and biscuits and hot and cold drinks are included. If you are a past member, come along and meet old friends again and if you have never tried this kind of traditional social dancing before, this will be a relaxed opportunity to come and see if you like it. You don't need a partner. For more information contact keymerfdc@gmail.com.

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STONEYWISH NEWS After months of drought, the Herb Garden at Stoneywish is looking a little ragged but remarkably colourful, and walking between the beds, one could almost forget that the land is gasping for rain. Neither the tall, lush spires of marshmallow, nor the flowering stalks of fennel, nor ground-hugging lavender and chamomile show any sign of thirst. Many herbs, with their fine-cut, feathery, or grey-green foliage are especially adapted to dry conditions. The Horse-Radish, Fennel and Marshmallow are deep-rooted. Woody-stemmed Oregano and Thyme conserve water by putting forth tiny leaves and flowers. Sage, Mullein and Marshmallow are downy-leaved, the soft hairs offering a further means of conserving moisture. While our garden at home has pretty much parched up and dying trees are a common sight by the roadside, the community of plants in the herb garden seems to have been protected by a special collective wisdom. Being full of rich, aromatic oils which evaporate in the sun, they create a uniquely vital and soothing atmosphere around them. And where species have struggled, they have received 'help' from one another. For instance, germination was difficult this year for Nasturtiums and Marigolds, though those which are established look happy. The gaps in-between, however, have been filled by the ever-opportunistic Fleabane, which, despite much vigorous weeding in early spring, of course knew best and returned in force. For Fleabane there is no such word as 'drought'. The flowers are bright, yellow - little suns fringed with a lion's mane of narrow petals. Brambles and bindweed have swamped the roses, offering shelter and shade, protection in a crisis. That there might be a shared intelligence and spiritual resonance between plants would have been taken as given by earlier ages. Elemental affinities in herbs were identified centuries ago in the folklore of the ancient world and are still recognized today by in-

digenous healers and certain traditional herbalists. Nicholas Culpeper, who wrote Britain's best-known Herbal in 1653, stood on the tilting ground between the dubious 'old school' practices of London's apothecaries, and the new 'scientific' approach of the College of Physicians, which so aggressively sought to eliminate all competition. Disenchanted with both camps, Culpeper struck out on his own, researching the herbs which grew in the hedgerows around him and testing their medicinal reputations. He offered affordable help and advice to the poor at a time when doctors were beyond the reach of ordinary folk and official medicines were more likely to kill than cure. He also incorporated the fashionable science of astrology into his practice. Each herb listed in his Herbal is duly assigned to a planet which 'governs' it. But the allocations are not merely fanciful - many of them were of great antiquity and their groupings had been based originally on practical observation, rather than superstition. Looking around the garden today, one can instantly spot affinities in form and colour which act as clues to the inner properties of the plants. Culpeper, following tradition, assigned his herbs to one of the 7 'planets' or planetary gods of the week, matching the particular qualities associated with each. Now I have always smiled on this as an example of primitive 'hocus-pocus', but suddenly I wonder if the system deserves a more respectful look. Deriving as it does from centuries of close, one might say in the best sense of the word, 'scientific' observation, it invites us to try a new and direct way of looking at flowers. So this month I have decided to take a celestial stroll with Master Culpeper round the Herb Garden and see what can be learnt. And if you would like to join me, the tour takes just a week, beginning on a Sunday, and takes the form of a kind of Botanical Happy Families: pairing and looking for 'likenesses'. Plants have characteristics on many levels,

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so this game consists of 'reading' the clues and then identifying them with similar forms in other plants, noting their healing properties and finally matching them with one of the seven planetary bodies of the old Solar System. These heavenly 'bodies' were all considered divine in the ancient world. So, we get a tour of a pantheon of gods and goddesses thrown in free. First comes Sunday: The sun we know. It is bright and uplifting. Sunday is dedicated to Apollo, the solar god and god of music. The yellow blossoms of Marigold and St. John's Wort place them together under the influence of the sun. The wild creeping Tormentil, or Cinquefoil, and Tutsan are also yellow-flowered herbs of high summer and share similar astringent, pungent and stimulating properties which drive damp and lethargy out of the body. Monday, or 'Moon'-day belongs to Artemis, the huntress, and, since the moon governs the tides, her flowers have a watery disposition. They favour damp habitats and their leaves and roots become slimy and slippery when mixed with water. They are soothing, bland, and cooling to the body. Marshmallow is a prime example of a moon herb, though it does well in our sunny garden. The flowers are pale and the roots yield an extraordinary healing mucilage,

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which hydrates dry tissue. Tuesday, or Mardi in French, belongs to Mars, the fiery god of war, and according to old plant-lore, his herbs are prickly, with toothed leaves and are often associated with the colour red. They can be bitter, stinging and peppery and they have a stimulating action on the blood. Echinacea belongs to Mars, as do Nettles and Onions and Thistles. Wednesday, Woden's day, is Mercredi in French, the day of the messenger god, Mercury. Mercurial plants are nervines, stimulating circulation to the brain and calming the nerves. They are often hollow-stemmed and highly aromatic. Fennel is one, as is Parsley. And Lavender, the age-old cure for headache, is another. Thor, the Thunder-God owns Thursday. In classical Rome he was Jupiter, and in Holsts's orchestral suite, The Planets, he appears as 'the bringer of jollity'. His plants, according to Sajar Popham, are often 'large, broad-leaved, thick and oily', though the delicate Lemon Balm is a Jupiter plant in Culpeper's book. Borage, 'for courage', belongs to Jupiter, so do Burdock and Sage, (the indispensable cooking companion for fatty meat, such as pork and goose). All these herbs aid digestion and nourish the body. Friday, is Frigga's day, Frigga being the Scandinavian equivalent of Venus in classical

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mythology. Venus, as Goddess of Love, owns sweet-fruited plants such as strawberry and blackberry, cherry and gooseberry with cooling, astringent juices for beautiful skin. She also claims the tonic and relaxing herbs that are good for women, such as ladies mantle, yarrow and raspberry and herbs with anti-fever and cleansing properties. These bring comfort, sweetness and strength. The rose is the herb of Venus par excellence, a healing medicine for the heart - which leaves Saturday, the day of Saturn: a distant planet and the oldest of the gods. Saturn's plants, like the brittle Horsetail and the Teasel, grow in jointed whorls and spirals. They have a rigid structure and are said to promote strong bones and sinews in the body through the action of their bitter salts. Thus, Horsetail is not only useful for scrubbing pots and pans. The silica crystals on the stems can promote the growth of strong nails and hair when the plant is taken as tea. Saturn as god of rest, also owns toxic herbs such as Poison Hemlock, which bring the sleep of death! And so back to Sunday. At the end of my tour I begin to see these groups of plants, not merely as objects or entities in their own right, but as messengers, offering to balance our internal human energies with the elemental energies free-flowing around us. This is a concept of oneness, wholeness, (the root meaning of Health), which suddenly

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makes rational sense. Not only do I feel better for inhaling the scents and sharing the environmental resilience of the herbs – I am somehow more in tune with life and with myself – as though I had taken a literal tonic! I also have the beginnings of a new, dynamic botanical index forming in my head. So, thank you, much-ridiculed Master Culpeper, and please forgive my former arrogance! If you are tempted to go a little further in this study of seeing things from the inside, why not try testing a trusted herb on your other senses too? Choose your herb with care! No rash experiments, please!! Take a gentle culinary herb, like mint or lemon balm or fennel, draw it to understand the structure, sniff it, chew it, make a tea with it and see what it has to say to you. Do you like it? Does it make you feel cheerful, or dreamy, or clear your head, or stimulate your energy? Would you turn to it if you felt depressed, or sluggish? Today being Monday, another week is off on its merry-go-round. I think I might go back to the Moon Goddess and ask her again for rain...

Rosemary Alford

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is 1st September**

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4SIGHT VISION SUPPORT PROMOTES NATIONAL EYE HEALTH WEEK

4Sight Vision Support provides support and specialist information to blind and sight impaired residents throughout West Sussex and is delighted to be lending its support to National Eye Health Week (NEHW). This will be held from **19th to 25th September** with the theme for this year being 'Your Vision Matters', promoting the importance of good eye health and the need for regular eye tests for all.

Sight is the sense people fear losing the most, yet many of us don't know how to look after our eyes – National Eye Health Week aims to change all that! Two million people in the UK are living with sight loss, that is severe enough to have a significant impact on their daily lives, yet half of this sight loss is avoidable.

Regular sight tests can detect early signs of conditions, including glaucoma, which can be treated if found soon enough. In addition, during a sight test, other health conditions such as diabetes or high blood pressure may be detected. Those with vision loss should continue to do so as checking for further changes in the eyes can help make the best use of remaining vision and prevent any unnecessary further sight loss.

4Sight Vision Support will be raising awareness of a focus on prevention and the importance of getting things checked out. Anyone is welcome to contact

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the charity if they would like to learn more about what to look out for/signs.

To find out more, or how 4Sight Vision Support can support you or someone you know living with sight loss, call **01243 828555** or visit **www.4sight.org.uk**.

For more details about National Eye Health Week visit **www.visionmatters.org.uk**.

Cathy Clark



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As we continue to welcome summer visitors to our villages and people returning from holidays, please join us for our services. There will be a 10 am service of Morning Praise on Sundays **4th, 11th and 25th September**. On Sunday **18th September** our Morning Praise will be at Streat Church at 10 am.

Wednesday @ 10 services of Holy Communion will take place on **7th, 14th, 21st and 28th September** at St. Margaret's.

Do come and join us for our friendly SING! session on Wednesday **7th September** at 6 pm in St. Margaret's to sing some favourite worship songs and learn some new ones. A lovely sociable time together.

Our Sunday services are normally live streamed and can be found via the Beacon Parish TV button on our website www.beaconparish.co.uk/ where details of any changes or additions to our list of services can also be found.

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AGE CONCERN Dale Avenue, Hassocks. Main office **01273 844461** www.achassocks.co.uk.

You are all welcome to our AGM which will be held here at the Centre on Wednesday **12th October** at 2pm.

Lunches - We serve lunches weekdays in our dining room. Free Wifi available - come and have a coffee whilst you browse!

Please do call us to book a place, do let us know by 10 am on the day at the latest. Our Menu is always on our website. If you need help with transport to come for lunch, we may be able to collect you in our minibus, do enquire in the office.

Our Coffee Shop is open from 9 am to 3 pm serving refreshments. Our Charity shop and Coffee shop are also open on Saturday mornings 9 am - 11.45 am.

Activities - Art Group Tuesday and Thursday mornings, Canasta Thursday afternoon, German Scrabble and Chiropody here Monday to Thursday.

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Articles for the October issue can be sent to info@villagemagazines.co.uk by 1st September



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HAVE YOU LOST A CHILDS SCOOTER?

There has been a child's scooter left in Adastra Park since 24th of July currently residing in Adastra Hall. Pop in and have a look if you think it's yours.

Kay

APPLE DAY Ditchling Village Green. Sunday **2nd October**. 11 am – 4 pm.

Apple Day is getting closer. Bring your apples (and containers) to be pressed, enjoy the bar, hot drinks, food and cakes. have fun with the stalls and activities for all ages, make a smoothie on our smoothie bike using your own power, find out more about hedgehogs. Start practising for the welly wanging competition (we provide the wellies). Enjoy and participate with Ditchling Morris and process up to the Orchard on Boddington's Lane at the end of the day. Look out for more details on our posters nearer the date. Please bring cash if you can.

If you can bring buns, cakes or biscuits for us to sell in the Barn we'll be very grateful. If you'd like to run a stall, let us know. If you can help on the day we'd love to meet you. We are fundraising to buy an apple scruncher to help with the apple

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Tae Chisholm

reMEMber (THE CHRONIC FATIGUE SYNDROME SOCIETY)

reMEMber is the Hurst/Hassocks-based charity that gives help and advice to people who have ME (also known as Chronic Fatigue Syndrome).

In the last Village Voice we explained how we had met Sajid Javid, MP, then Secretary of State for Health who has a relative with this serious illness. We introduced him to our medical adviser, Dr Willy Weir of Harley Street, who was able to help him.

We are planning to hold a Zoom conference in November, and one of the speakers will be Dr Weir. Watch the media for more information about this event.

Our Newsletter and full information about ME and reMEMber can be found on our website – www.remembercfs.org.uk or telephone me on 01273 831733, or e-mail me_cfs@hotmail.com.

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WINDMILLS SCHOOL This term in computing our year 3 children have become presenters! They have used apps such as Padlet and Jamboard to collect and order ideas. They then downloaded suitable background images and presented their learning in front of a green screen. Some of the children even used their own art work as their backgrounds. The final part of their project was to create an iMovie explaining all that they had learnt about plants this term—including the parts of a flowering plant, seed dispersal and pollination. They really enjoyed combining these different elements of their learning. The results were fabulous! Year 4 have been learning about the Roman invasion of Britain and how one particular Celt, Boudicca, is well remembered for leading a revolution against the Romans. Boudicca convinced many Celts to join her fight. The children wrote persuasive speeches as if we were Boudicca imploring our fellow Celts to fight back against the Romans.

Year 4 have also enjoyed exploring our updated woodland area over the last few weeks in their outdoor learning sessions. The children were invited to try making some potions inspired by Boudicca's



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poison potion as well as to make Celtic villages out of natural materials. Den building was brought back by popular demand with some truly inventive dens created. It was lovely to watch the children explore some open ended activities in the outdoors. On 1st July Year 5 went on a trip to Brighton to support their topic 'Life Beside the Sea'. In history they have been learning about how and why the Royal Pavilion was built and the architecture and style in the time of the Prince Regent. They have also been learning about the culture and development of Brighton and how it gained city status. Particular highlights for the children were seeing the massive chandeliers, the impressive kitchen



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and learning how to behave in front of the King! They also went to the Brighton Museum and enjoyed seeing the exhibits.

Year 6 were visited by the Year 9 and 10 language leaders from Downlands School. They came to share and practise their Spanish, French and German language skills by teaching us some new words and running lots of fun learning activities such as bingo, wordsearches and matching games and quizzes. Year 6 really enjoyed their visit and are excited to continue their language learning next year at their new schools.

are excited to continue their language learning next year at their new schools.



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Our Year 6 children have been busy preparing for their transition to secondary school and celebrating the end of their journey at The Windmills. Over their final 6 weeks, they have put lots of effort into preparing end of term presentations. In small groups they were tasked with selecting an environmental issue they felt passionate about. They did a huge amount of research and each group filmed an advert and presented this to their parents. We were all so impressed at the standard of their work and their incredible use of technology! They all did so well. Congratulations to the winning campaigns: 'Save the Bees' and 'Save the Trees'.

We wish our Year 6 children every success and happiness for the future. We are sure each and every one of them will continue to do us proud.

Paula Greenfield

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THE PLAYERS THEATRE - 147 High Street, Hurstpierpoint, BN6 9PU – press info: **01273 048461** annehopper1@sky.com.

On behalf of Hurst Players CIO can I say a big ‘thank you’ to our audiences for the three performances of “Talking Heads” at the end of July. It was good to be back after so many cancellations and postponements due to the Covid pandemic.

The Players are now cracking on with preparations for our contribution to the Hurst Festival in September.

Bob Sampson is directing “The Thrill of Love” by Amanda Whittington, the true story of Ruth Ellis, the last woman to be hanged in Britain back on 13th July in 1955 – her conviction for the murder of her lover was responsible for the changes to the law that led to the end of the death penalty in the United Kingdom.

Bob says that the play has a surprising amount of humour, while trying to answer the question why this young woman with a small child to care for pleads not guilty to murder, but offers no defence – why does she show no remorse, and who is she trying to protect?

“The Thrill of Love” holds a clue in the title – and we hope you will join Hurst Players during the first week of this year’s Hurst Festival – performances will be from **19th to 24th September** at 7.30 pm in The Players Theatre, High Street, Hurstpierpoint. Tickets can be booked online at the Festival website – www.hurstfestival.org or in person at

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Anne Hopper

HEBER OPERA NEXT PRODUCTION At last Heber Opera is able to stage a full production again after the pandemic. The company is in rehearsal for ‘Martha’ a lively opera by Friedrich Von Flotow sung in English - basically a love story with a happy ending for once! The box office for this production is open for performances: **1st October** in Steyning, **2nd October** in Uckfield and **8th October** in Hurstpierpoint. Tickets www.ticketsource.co.uk/heberopera or by calling **07340 251875**.

Christmas Craft Fair - Heber Opera is holding a Christmas craft fair in Hurstpierpoint Village Centre on Saturday **12th November** and hopes to have a ‘full house’ of crafters selling their wares. Over half the stalls are already taken, but we would love to involve more local crafters so please get in touch to find out more about booking a stall. Tables are provided for sellers and homemade refreshments are available all day. If you aren’t a crafty person, put the date in your diary and come along to find unusual Christmas gifts and support our stallholders.

For more information contact me Jen.hawkes@btinternet.com or call **01273 834703**.
Jenny Hawkes

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BURGESS HILL CHORAL SOCIETY starts its new season on Monday **12th September**. We have something to sing about this year as it is our Musical Director Mike Wood's 35th year with the choir. Mike has been awarded the BEM for his services to music in the local area and has a unique ability to bring out the best in the choir. He helps choir members to sing accurately and expressively and at the same time makes rehearsals enjoyable.

We are a friendly choir of about seventy people and we welcome new members. You may be an experienced singer, or perhaps you haven't sung for a while. Alternatively, you may simply be interested in exploring the classical choral music we cover. The choir is non-auditioned, and you are welcome to try two taster sessions to get the feel of the choir and our rehearsal style. Rehearsals are at the URC Hall, Junction Road, Burgess Hill on Mondays from 7.30 to 9.45 pm.

This season, in our ever-popular Christmas concert we shall be performing Vivaldi's Gloria and Schubert's Mass in G, together with carols for choir and audience. The choir is accompanied



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PYECOMBE VILLAGE FLOWER FESTIVAL

Saturday 3rd and Sunday 4th September 10 am – 4 pm.

The traditional Pyecombe Village Flower Festival will be held over these two days. The theme of this year's festival is, appropriately enough, "Happy and Glorious" and you can be sure of a colourful and imaginative array of fabulous displays. On Saturday, teas, coffees and cakes will be served along with delicious ploughman's lunches. Other attractions will include a selection of local crafts stalls and a village scarecrow competition. Pop in for a look, or stay longer and pass the time in our lovely surroundings.

Cream teas will be served on Sunday afternoon and you can listen to live organ music in the church.

Tim Cullen

THANK YOU We would like to give a special thank you to the postman and bin men who deliver our mail and empty out bins in all weathers (especially during the recent excessively hot spell)

Sid and Shirley

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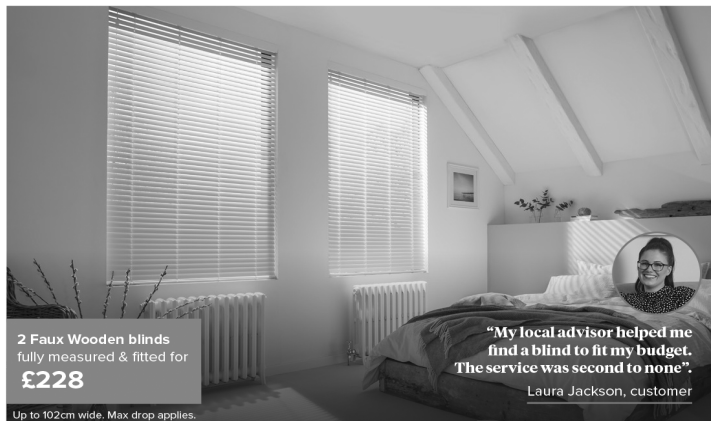
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Also, if you are unable to make the Coffee Morning, come on Sunday **2nd October** 10 - 12noon to our now famous Sunday Brunch - full tasty English Breakfast!

Come and join us and sample our Community Spirit at Sayers Common Village Hall.

Every penny raised (and last year together we made £1,145.00) goes to Macmillan Cancer Support - thank you.

Evelyn Hole

STAR CINEMA We're back at Adastra Hall, Hassocks for a new season of films, starting Friday **23rd September** with The Duke, starring Jim

Broadbent and Helen Mirren. In 1961, Kempton Buntton, a 61 year old taxi driver, stole Goya's portrait of the Duke of Wellington from the National Gallery; he sent ransom notes saying he would return the painting on condition the government invested more in care for the elderly.....only 50 years later did the full story emerge.....watch the film to find out the ending!

Tickets on the door (cash only please). The doors open at 7 pm and the film starts at 7.30 pm. Wine, tea, coffee plus the usual popular raffle. The Star team look forward to welcoming you.

Liz Edmunds

HURST MONTHLY SOCIAL GROUP meet on **7th September** at Guide HQ, Hurstpierpoint from 2 pm to 4 pm. Hurst Meadows & Apple Orchard with Martin Sadler. Visitors Welcome. For more info call Dianne Bunyan **01273 835284**.

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HURSTPIERPOINT HISTORICAL AND GEOGRAPHICAL SOCIETY

We are a very friendly society, and we have regular meetings with excellent guest speakers who give illustrated presentations on a wide variety of subjects with historical or geographical themes.

We usually meet on the last Friday evening of each month, September to May inclusive, and our meetings usually take place in the Guide Hall next to Trinity Road car park. But please note that our next meeting will be held on Friday **7th October** in the Methodist Chapel in Cuckfield Road, Hurst at 7.45 pm. There will be a presentation called "The Titanic, One Man's Journey" by Rob Goldsmith, one of the few people who has actually dived down to the Titanic.

On **28th October** Paul Green (ex-Argus) will give a talk called "A Step Back in Time" - things that made the news in Sussex from 1880 onwards; and on **25th November** the subject will be "The Art of the Goldsmith" by Anton Pruden of Pruden and Smith, Goldsmiths and Jewellers of Ditchling.

We urgently need new members to help run our society. This doesn't involve a lot of work. So why not come along to our meeting on **7th October**?

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Bill Kent, Chairman

HASSOCKS FIELD SOCIETY commences its twice monthly talks on the 2nd and 4th Monday of each month from September through to March. We meet in the Adastra Hall, Hassocks at 7.45 pm when we have a guest speaker on subjects including the environment, travel, local history, customs etc.

Guests welcome. Coffee, tea and biscuits are included in the entry fee.

Our first meeting on **12th September** is "Folk Song in Sussex" with Mak Norman, and on **26th September** Sarah McKenzie will be talking about "Wild Spain".

We have a coffee morning on **1st October** from 10 am to 12 noon at Adastra Hall and will be supporting "Hassocks Goes Gold".

Our members come not only from Hassocks but also from local villages and towns.

For further information contact Beryl Varley, Secretary on **01273 832351**.

Jeanne Swaine

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We rehearse on alternate Sundays and start again after our summer break on the **4th September**, 4 to 6 pm in Keymer Church Hall, Church Mead, Keymer.

Just come along, you will be given a very warm welcome or contact Anne at annebridle@icloud.com.

Erika

KNOW DEMENTIA Call **01273 494300** or email info@knowdementia.co.uk to book a place. Brain Waves Choir - Adastral Hall, Hassocks on Wednesdays **7th and 21st September** from 11 am to 12 pm. A community choir for people with any neurological condition.

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Memory Moments Café - Court Bushes, Community Centre, Hurstpierpoint on Thursday **15th September**, from 2 pm to 4 pm.

Memory Moments Café - Adastral Hall, Hassocks on Thursday **1st September** from 2 pm to 4 pm.

Natalie

PUNCH AND JUDY FIND THEMSELVES IN HASSOCKS

Straying from their usual spot at the seaside Punch and Judy, with baby, crocodile and ineffectual policeman in tow, were guests of the local u3a at their Summer Picnic in the Park. Jonathan Cann entertained and educated, his potted history of the 350 year old puppet show preceding the performance with an updated ending. There was also music from the Sussex Folk Orchestra, tunes both modern and contemporary. Taken together with a chance to meet and mix with friends it proved, despite some rain, an enjoyable afternoon.

Jeremy Weinstein

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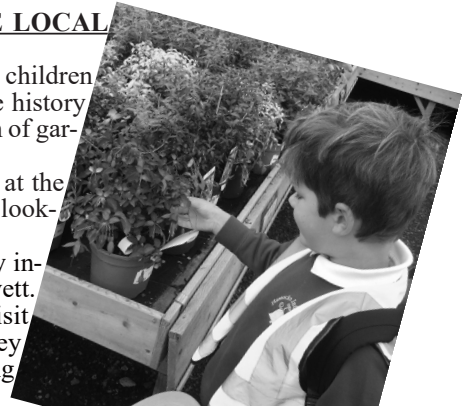
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HASSOCKS GARDEN CENTRE SUPPORTING THE LOCAL COMMUNITY

Hassocks Infants discover Horticulture - some 90 young children from Hassocks visited a local museum to learn all about the history of gardening through the ages including an unusual collection of garden implements.

The pupils from the village infants school had a lovely day at the Museum of Gardening to understand about plants as well as looking around South Downs Nurseries on the same site.

“It was a pleasure to meet the children who asked some very interesting questions”, said the museum’s founder, Clive Gravett. “They were extremely well behaved and enjoyed their visit winding through the trees for sale and bamboo jungle. They seemed particularly interested in the evolution of seed-sowing implements through the ages.”



Hassocks Infants enjoyed a day discovering the secrets of plants



Pictured are Ditchling Horticultural Society Chairman, Pamela Roy-Jones and South Downs Nurseries’ plant supervisor, Hazel Still.

Hassocks Tree News - Burgess Hill District Lions together have worked with family-run South Downs Nurseries to donate 24 Rowan Trees, England’s oldest native species, to Downlands School in Hassocks for their Eco Club project and in celebration of the Queen’s Platinum Jubilee.

Downlands are creating an internal courtyard garden, outside the school library, to provide a quiet space for contemplation and reading. The groundwork is taking place during the school holidays ready for planting at the start of the new academic year in September.

Rebecca Houghton-Knapp from South Downs Nurseries, said: “It’s a delight to help this project and to see the enthusiasm of the students. Rowan, or mountain ash, thrive in temperate regions and we wish the project well.”

Clive Gravett and Rebecca Houghton-Knapp

Ditchling Horticultural Society backs Hospice - when a horticultural society decided to stage a plant sale in aid of a local hospice they turned to their nearby garden centre for help.

Family-run South Downs Nurseries were only too pleased to step in and support the Ditchling club’s efforts.

As part of a village-wide Open Gardens festival, the Ditchling Horticultural Society wanted to raise funds for St Peter & St James Hospice in Chailey.

“We had already supported the event by sponsoring the programme’s printing costs”, explains Rebecca Houghton-Knapp from the Hassocks garden centre. “And were more than ready to help when the Society’s chairman, Pamela Roy-Jones needed plants to sell for this very worthy cause.”



Pictured are: Chris Muschamp, Burgess Hill District Lions Club, Rob Anthony, Premises Manager, Mark Wignall, Head Teacher, Downlands School Hassocks, Alan Ranger President of Burgess Hill District Lions Club, John Carter, Burgess Hill District Lions Club and Holly Middleditch, Eco Club Leader Downlands School. Kneeling Centre: Kelly Loughlin, Plant Manager Tates Garden Centre Hassocks with some of the Eco Club Students from Downlands.

CAN YOU HELP?

Thank you to all our volunteers who have come forward to deliver the Village Voice in the Hurstpierpoint, Sayers Common & Albourne areas.

We have a few areas left which we need covering so if you think you can help please give us a call or email us.

(the amount in the brackets is roughly the amount to be delivered in the specific area)

HURSTPIERPOINT Paykns Manor - LadyMead (25), Holy Trinity Church to The Horse inc. Policemans Lane & Churchfields (60) Willow Way, Willow Close, Willow Gardens, Blackthorns (215), Idenhurst (new builds) (150), Trinity Road (36), High Street (145), College Lane inc. Hurst Wickham Close & College Place (155) Cuckfield Road (from Idenhurst down to just past Fire Station) (81)

HASSOCKS Hurst Road (38), Station Approach West (46), Kingsland Gate (Hassocks old golf course) (100+)



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FAQ! - WHAT IS THE MU? MU is short for Mothers' Union.

Is this a UK Union like the BMA or Unison? NO! MU is a global Christian movement, working with people of all faiths and none, with over 4million members in 84 countries.

Do you have to be a mother to join? NO! MU members are not all mothers or even all women - many are parents, men, widows, singles and grandparents. Everyone can become involved.

What does MU do globally then? MU supports families worldwide, working towards stopping poverty, stopping inequality and stopping injustice. MU workers bring hope and practical support every year through parenting, literacy and community development programmes.

Is MU actively campaigning for their beliefs? YES!

As a registered charity MU has campaigned at local, national and international levels to bring about real change for family life, women's and girls' rights, and the protection of children.

Is there a branch in Hurstpierpoint? YES! Hurstpierpoint has one of the largest and most active groups

in the area.

What does the local MU group do? Toddlers group weekly in term time (Tuesday mornings) at Fairfield Rec. Ground, Cuckfield Road.

Supply emergency toiletry bags for patients who are taken into hospital unexpectedly. Support parents in Premature Baby Unit at Princess Royal and in Brighton.

Support for Ukranian families including coffee mornings, meals, transport – whatever is needed.

Meet Thursday afternoons at 2.30 pm and Wednesday evenings at 8 pm at Holy Trinity Church or on Zoom for members and visitors (events every month except August-see Holy Trinity newsletter online for more details of every meeting).

What happens at local MU meetings? A rich variety of talks, discussions, craft, socials and outings.

What is the next meeting? On **21st September** at 8 pm – (Doors open 7.50 pm)

As part of the Hurstpierpoint Festival Charlotte Snook will be talking about the work of Hurst ReThink in our village.

Payment on the door concessions for members includes refreshments.

Location: Holy Trinity Church, Hurstpierpoint.

Where can I find more information about MU? Online – **mothersunion.org**

Call Alison Dewdney our leader on **01273 843466**.

Look out for our monthly posters around the village or Holy Trinity weekly newsletter online.

Catherine Thompson



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HURSTPIERPOINT HORTICULTURAL SOCIETY AUTUMN SHOW

2.15pm Saturday **10th September** in the Village Centre. All the bounty of the autumn garden plus cookery, children's exhibits and photography.

Exhibiting is free – simply pick up a schedule from Gibsons in the High Street – or just come along and enjoy the atmosphere with a cup of tea and piece of home-made cake, enter the raffle and bag a bargain at the auction at the end of the show.

Kathy Green

TREFOIL GUILD Our July meeting was held in Burgess Hill playing Petanque. We had lots of fun!

On 17th August a fish and chips supper was enjoyed by all members!

For our **21st September** meeting we are playing skittles at the Bull. This will be our AGM and we will celebrate 10 years of the Guild.

We meet at the Guide Hall, Semley Road at 7.45 pm for 8 pm on the 3rd Wednesday in the month. Visitors welcome. Call **07546 495433**. *Pam*

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MACMILLAN COFFEE MORNING 10 am to 12 noon on Friday **23rd September** at Hurstpierpoint Bowling Club.

As in previous years, our small group of local people will be hosting a coffee morning for Macmillan to raise vital funds to support those living with cancer. You will be able to buy a slice of delicious cake, a cuppa, with a warm welcome. Posters will be around the village in the two weeks before the event, or telephone Jo **01273 832932** or Sheila **01273 832742**.

Hilary Gobbett

HASSOCKS TOWNWOMENS GUILD Unfortunately our outing to Camellia Botnar had to be cancelled because of the extremely hot weather, it was moved to 17th August. Our August meeting, was our Jubilee Tea. Our **27th September** speaker is Anne Chance whose talk is "Petticoat Pilot". We meet at Age Concern Centre on the fourth Tuesday afternoon of the month and visitors are very welcome, come along and enjoy the speaker, a cup of tea and a quiz and you may be lucky and win the raffle.

Sheila Southwell



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ALL THE RIGHT NOTES I am delighted to be able to announce that, following my successful cardiac surgery in June, All the Right Notes will be returning on Wednesday **7th September** at 7.30 pm at the URC in Keymer Road, Hassocks. All are welcome to come along for a free taster session: we're a community choir open to all ages and all experiences of singing.

For more details check out our website www.alltherightnoteschoir.com and put the date for our Christmas concert in your diary - Wednesday **7th December** (which doesn't clash with the football!).
Paul Simpson

THE VISUALLY-IMPAIRED CLUB is looking for a volunteer cook. We meet fortnightly on a Wednesday at Clayton Church Hall in Underhill Lane. If you think you could help please ring me on **01444 450947**.
Dorothy Lazenby

DO YOU ENJOY PLAYING BRIDGE? Hearts of Sussex are a friendly Bridge club who meet at Age Concern (Hassocks) on Tuesday evenings and also play online on Mondays – both for duplicate

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A small section also plays socially online on Thursday evenings.

All sessions start 7 pm (prompt). For further information www.hsobcbridgeclub.co.uk or call Brian on **01273 844146**.
Brian Drabble

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(the amount in the brackets is roughly the amount to be delivered in the specific area)

HURSTPIERPOINT Paykns Manor - LadyMead (25),

Holy Trinity Church to The Horse inc.

Policemans Lane & Churchfields (60)

Willow Way, Willow Close, Willow Gardens, Blackthorns (215), Idenhurst (new builds) (150), Trinity Road (36), High Street (145), College Lane inc. Hurst Wickham Close & College Place (155) Cuckfield Road (from Idenhurst down to just past Fire Station) (81)

HASSOCKS Hurst Road (38), Station Approach West (46),

Kingsland Gate (Hassocks old golf course) (100+)

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DITCHLING HORTICULTURAL SOCIETY BI-CENTENARY SHOW

1 am to 5 pm **Saturday 3rd September**

Ditchling Horticultural Society, the oldest in England is this year celebrating the historical milestone of 200 years of the Society.

The Show will be held on the picturesque Ditchling Village Green and the ribbon will be cut to open the show at 1pm by BBC Radio Sussex's and Ditchling's own Sarah Gorrell.

The keen members of the DHS will be entering the finest blooms, the tastiest cookery, the most creative art and floral art. There is also the hotly contested Children's category for art and growing.

This year we have a special baking competition for a 'Show Stopper Celebration Cake' in a gardening theme. So...baking bowls at the ready!

Prize winners will be announced and cups awarded at the end of the show for the best in each category and to coveted 'Best in Show'.

Until then the visitors can enjoy some beautiful displays, delicious tea and cake in The Barn, live music, Morris Dancers, Muriel's Raffle with very special prizes, children's games and much more. Please do come and join us to enjoy this wonderful celebration.

For more information about the show and the Society visit www.ditchlinghortsoc.co.uk

Ditchling Village Green postcode: BN6 8SP.

Photos taken at this years Spring Show

Pamela Roy-Jones



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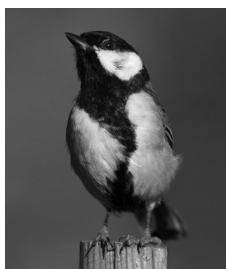
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GREAT TIT Just for the record; I've never trusted them. Unlike all the other familiar, friendly faces on my back garden bird table there's just something about the Great Tit that's always made me suspicious. Perhaps it's my mistrust of uniforms. The Great Tit's smart

plumage with a collar, black tie and a glossy black cap makes them look too official, too authoritative. And that bright yellow chest? Far too garish for the garden.

Their behaviour isn't exactly endearing either. Great Tits are the bullies on the bird table. They'll aggressively assert their authority and violently peck at other birds as they plunder the peanuts. When a house-hunting Great Tit can't find a suitable hole to nest in, it'll simply evict a Blue Tit and move in.

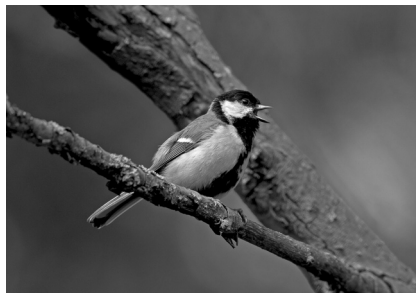
Their dominance is also heard in spring when their two-note song, "Tea-cher! Tea-cher! Tea-cher!" rings out through our woodlands. It was this "Teacher!" that taught me my first lesson in bird song identification; an easily recognisable two-note war cry used to proclaim the tit's territory. But I was soon to learn that not everything was how it seemed. Each male actually has an average of four different songs, which can be sung at three different tempos. This varied repertoire is a sly Beau Geste trick employed to trick other Great Tits into thinking that a woodland is more crowded than it really is. The birds who know the most tunes secure larger territories and breed more successfully. And it's a trick that fools me each year too, if I don't recognise a bird call in the woods it's always a Great Tit.

Through aggression and deceit, these birds have successfully established an empire that spreads

from England to China. And it's from the far-flung corners of this empire that we've recently received reports of some rather worrying behaviour. From Finland came news of a group of Great Tits changing their vegan diet of seeds and nuts to something much more meaty: other birds. In Hungary, scientists made the chilling discovery of a population of Great Tits which have developed a taste for the brains of hibernating bats. Sure, these are isolated incidents at the moment but with human society plunging rapidly towards the abyss and an army of Great Tits acquiring a taste for blood and brains, is it unreasonable to hypothesise a post-apocalyptic future where humans are at the mercy of plagues of zombie Great Tits? Close your windows people – they're coming for us!

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Michael Blencowe



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~~~ WHAT'S ON IN SEPTEMBER ~~~

Clubs, Societies & Groups please let us have your programmes and/or events to **PUBLISH FREE** in this section. Email ed@villagemagazines.co.uk or send to **QD Stationery 52 Keymer Road, Hassocks, West Sussex BN6 8AR.**

For more information call **01273 846978.**

WEEKLY MEETING

UKRAINIAN FAMILIES COFFEE MORNING Guide Hut, Hurstpierpoint, Thursdays 10.45 am - 12.45 pm followed by English lessons at 1 pm

HUG IN A MUG St Cosmas and St Damian Church, Keymer, Monday 10.30 am (excl. Aug 29th)

HUG IN A MUG St Johns Church, Clayton, Tuesdays 10.30 am.

BBT (Bumps, Babies and Toddlers) St Francis Church, Priory Road, Hassocks 1 to 2.30 pm. A group for play and chat.

HASSOCKS FOOD BANK, Powell House next to United Reformed Church, Hassocks. 10 am to 12 noon. Monday and Fridays.

EVENTS

1st MEMORY MOMENTS CAFE Adastra Hall, Hassocks, 2 - 4 pm. For people with memory problems & their families/carer. Games, talks, music and refreshments. To book call 01273 494300.

3-4th PYECOMBE VILLAGE FLOWER FESTIVAL 10 am - 4 pm. Saturday tea, coffee, cake and ploughmans. Sunday afternoon cream tea and live organ music.

4th ST MARGARET'S CHURCH Ditchling, 10 am.

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Service of Morning Praise

4th KEYMER FOLK DANCE CLUB Adastra Hall Hassocks 2 - 4 pm. Welcome Back Dance - traditional community dancing. Sean Goddard calling. All welcome.

4th HASSOCKS PHILOSOPHICAL FORUM Purple Carrot Cafe, Hassocks 2 - 4 pm. All welcome.

4th OLDLAND MILL Oldlands Lane, Hassocks 11 am - 4 pm Family Fun Event. See article.

5th HASSOCKS WI Green Room, Adastra Hall, Hassocks 2 pm. Craft Club - Drawing with Lesley. Visitors welcome.

6th DITCHLING DOWNS WI Ditchling Village Hall 7 pm. Florist from Bella June.

7th HURST MONTHLY SOCIAL GROUP Guide HQ, Trinity Road, 2 pm "Hurst Meadows and Apple Orchards" - Martin Sadler. Visitors welcome.

7th THE BEACON PARISH St Margaret's Church Ditchling, 6 pm. Sing! Learn new songs and revisit old. All welcome.

7th BRAIN WAVES CHOIR Adastra Hall, Hassocks, 11 am. For people of all ages with any neurological condition. Book a place 01273 494300.

7th ST MARGARET'S CHURCH Ditchling, 10 am. Holy Communion.

9th MID SUSSEX AMATEUR RADIO SOCIETY Millfield Suite Cyprus Hall, Burgess Hill 7.45 - 9.45 pm www.msars.org.uk. Discussion Night.

10th HURSTPIERPOINT HORTICULTURAL SOCIETY Hurstpierpoint Village Centre, 2.15 pm. Autumn Show

11th ST MARGARET'S CHURCH Ditchling, 10 am. Service of Morning Praise

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11th HASSOCKS GOES GOLD various stalls in various streets. 'Let's Stall Childhood Cancer' Email hassocksgoesgold@gmail.com to join the stall trail.

12th HASSOCKS FIELD SOCIETY Adastral Hall, Hassocks, 7.45 pm 'Folk Song in Sussex' - Mak Norman.

13th JAZZ AT THE HASSOCKS Hassocks Hotel, 11.45 am. The New Muskat Ramblers entertain with a set Lunch included in the entrance fee. Call 01444 235986 to book.

14th HASSOCKS HORTICULTURAL SOCIETY Adastral Hall, Hassocks, 8 pm. 'How to Create and Maintain Bonsai' - a practical demonstration. All welcome.

14th ST MARGARET'S CHURCH Ditchling, 10 am. Holy Communion.

15th MEMORY MOMENTS CAFE Court Bushes Community Centre, Willow Way, Hurstpierpoint 2 pm - 4 pm. Know Dementia, Education, Advice & Support. To book call 01273 494300.

16th MID SUSSEX AMATEUR RADIO SOCIETY Cyprus Road Car Park, Burgess Hill 7.15 pm start. www.msars.org.uk. Fox Hunt.

17th SUSSEX SEWING CLUB Westmeston Parish Hall 10 am - 4 pm. Like minded makers spend the day doing a hobby they love. To book sussexsewingclub@gmail.com.

18th STREAT CHURCH, 10 am. Service of Morning Praise.

19th - 24th PLAYERS THEATRE Hurstpierpoint, various performances. 'The Thrill of Love' part of the Hurst Festival. tickets www.hurstfestival.org.

19th HASSOCKS WI Adastral Hall, Hassocks 7.30 pm. Jonathan Cann an actor and TV extra. Visitors welcome.

20th DITCHLING VILLAGE ASSOCIATION Ditchling Village Hall 9.45 - 11 am. Coffee morning hosted by Ditchling Primary FPTA. All welcome.

21st HASSOCKS TREFOIL GUILD The Bull, Shermanbury. AGM and Skittle evening. Visitors welcome call 07546 495433.

21st ST MARGARET'S CHURCH Ditchling, 10 am. Holy Communion.

21st BRAIN WAVES CHOIR Adastral Hall, Hassocks, 11 am. For people of all ages with any neurological condition. Book a place 01273 494300.

23rd MID SUSSEX AMATEUR RADIO SOCIETY Millfield Suite Cyprus Hall, Burgess Hill 7.45 - 9.45 pm www.msars.org.uk. 'Sporadic E' - John Berry via zoom.

23rd STAR CINEMA Adastral Hall, Hassocks 7 pm. Film - The Duke. Tickets on the door.

23rd MACMILLAN CANCER SUPPORT Hurstpierpoint Bowling Club, 10 am - 12 pm. Worlds Biggest Coffee Morning fundraiser.

24th REPAIR CAFE United Reformed Church, Hassocks, 10 am - 1 pm. Bring items for repair book your slot call 01273 040110 or www.hkdtransition.org.uk.

24th HASSOCKS VILLAGE MARKET National Tyres Forecourt, 9 am - 1 pm. Local produce, bread, honey, cheese, wine, veg etc.

25th ST MARGARET'S CHURCH Ditchling, 10 am. Service of Morning Praise

25th GILBERT & SULLIVAN SOCIETY Adastral Hall, Hassocks 2.45 pm. 'Here's a Howdy', Lovers, Rivals & Disguises Tkts: gandstodaysussex@gmail.com

26th HASSOCKS FIELD SOCIETY Adastral Hall, Hassocks, 7.45 pm 'Wild Spain' - Sarah McKenzie.

27th HASSOCKS TOWNSWOMENS GUILD Age Concern, Hassocks 2.30 pm. 'Petticoat Pilot' - Anne Chance. Guest always welcome.

28th ST MARGARET'S CHURCH Ditchling, 10 am. Holy Communion.

30th HURST, HASSOCKS & DITCHLING U3A Adastral Hall 2 pm. 'The World of Art Deco' - Ian Gledhill. Guests welcome.

30th HASSOCKS GOES GOLD Hassocks Pub, Hassocks. The Golden Gala - Pub Quiz with Pudding Auction. Email hassocksgoesgold@gmail.com for tickets.

30th MACMILLAN CANCER SUPPORT Sayers Common Village Hall, 10 am - 12 pm. Worlds Biggest Coffee Morning fundraiser.



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STEVE'S BACK PAGE GOSSIP

I was hoping by now I could spectacularly reveal what the new shop was going to be, but sadly apart from some very nice plywood walls nothing has really happened. Whoever it is that does go in, has a nasty habit of leaving the lights on 24/7. I used to be a bit of a naughty boy in that direction myself, but ever since we've got our new electric contract in for the shop I'm a changed man. Whereas we used to pay approximately £2000 a year, it's now gone up to over £6000 a year. That's a lot. Problem is unlike domestic tariffs there is no price cap on commercial electricity supplies, obviously if we're making enough profit we can offset it against tax at the end of the year and with all businesses doing the same you think how many billions less the Government is going to receive in Tax receipts. So, you'd think that they'd get their finger out and do something about it, although "what" is not a question I'm educated enough to answer, but if it gets any worse I can see a lot of shops closing because of these electricity charges.

On a lighter note, all of this beautiful weather has brought a few problems with it, for example, a bit of an explosion in fleas and ticks. Now I know a lot of you have done a very good deal with your local vets to receive a monthly dose of flea killer, but a lot of these can be Advocate or Advantage or even vets' own brand which are great - nothing wrong with them at all, except they don't kill Ticks, the product that kills Ticks is Fipronil, and none of those I mentioned contain it. Advocate is Imidacloprid and Moxidectin, Advantage is just Imidacloprid. Ticks can be very troublesome or even dangerous so, just check whatever you're using protects your pets - also, as it's holiday time, if you're going away and locking up your house for a couple of weeks, don't forget to spray your home with a good household flea spray and make sure it contains Smethoprene. What it does is it basically gives the adult flea a vasectomy and stops it laying those 100 eggs, so eventually you end up with less of a problem, or even no problem at all. I'm not trying to frighten you, I just don't want you to arrive home from your wonderful holiday and open your front door, to be met by an army of fleas and while you're at it, make sure you spray the interior of your car as well, because they will be in there too.

Our little doggy Tinkerbelle is 14 1/2 now and she's very sensitive to fleas and what we put on her to prevent them, but we found a tick on her the other day, so now I'm using the Fipronil product on her as well. You can use two different products, it's quite safe, as long as you put them on separately. She's been a bit arthritic for the last couple of years during which time we gave her a 1/4 tablet of paracetamol which our vet advised was the cheapest and most effective painkiller, as well as a cupboard full of herbal joint remedies, but now she's on this new injection from the vets which is amazing and you really can see the difference it's made to her life - also because she suffers from Pancreatitis, her diet consists of chicken and rice Chappie which we sell for £1.25 a tin with cooked chicken in, otherwise she gets bored with the Chappie. Chappie is an excellent product for sensitive digestion, we were spending a fortune on prescription diet foods so, to save money we gave Chappie to try and that was it, we never looked back. Incidentally the dosage of Paracetamol is 1/4 tablet per 10KG of body weight. With this excessive heat there are no berries and a lot less natural food for the wild birds, so keep feeding them if you can, we charge £16.50 for a 20K sack of wild bird food, which I don't feel is excessive. I've seen some of the prices they charge online and they aren't 'cheap cheap' as you'd expect it to be.

Take care everyone and good luck. Coming next month - I'm going to give you a bit of Steve's ancient history, where something I own suddenly becomes incredibly famous and I have to sign a 3 year contract with one of the world's most famous companies which catapulted me into the world I'd never thought I'd be a part of.

Love Steve

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