



Crowborough Gallery



**Ghyll Ridge
Crowborough**

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- **The biggest aspidistra in Crowborough** - Crowboroughs contribution to the WWII war effort
- **PLUS:** Local information, Puzzles and more

Editor's Newsletter

Welcome to the latest issue of **Your Crowborough.**

Spring is here and at last there seems to be a bit of life in the community. After being a much condensed page last month the entertainment section is back to a double page spread with a raft of activities for everyone.

If you're involved in an event in the next month or two don't forget to let everyone know about it through the pages of Your Crowborough. Send an email to newsdesk@yourcrowborough.co.uk

This month the History section takes a look at how Crowborough made a valuable contribution to the war effort. It's a fascinating story so don't miss it. Even better go on to our website at www.yourcrowborough.co.uk where you can read a longer version of the story and leave your own comments.

Don't forget to sign up to receive your regular edition of YC by going to www.yourcrowborough.co.uk/subscribe

See you next month!

Crowborough Diary

MARCH

- 3rd - Greenfingers Quiz Night
- 9th - Sussex Village Life in the Middle Ages by Mark Perry-Nash
- 11th - Comedy Night
- 13th - Race Night
- 18th - Ladies Night
- 27th - Caberet Night
- 27th - Farmers Market
- 27th - Race Night
- 27th - Quiz Night

APRIL

- 13th - Strange Goings on in a Sussex Borough - Winchelsea in the 18th Century by Malcolm Pratt
- 28th - Crowborough Annual Town Conference

If you would like to add your event to the diary please email us at [the newsdesk](mailto:the.newsdesk)

To learn more about the events [visit our online diary](#)

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Sport & Leisure

The game for real men

Crowborough Rugby Club was formed in 1936 when Geoffrey Cornford and Roland Hill put a letter in the Courier informing readers that they intended to form a rugby club.

By March 1937, they had organised a team and proudly took to the field for their first game against Cranbrook RFC. It was an inauspicious start as they lost.

The first home for Crowborough was in a field opposite the Blue Anchor pub in Beacon Road. The players used the pub as changing rooms and a 'clubhouse'.

In 1948, Crowborough merged with Tunbridge Wells and joined the Sussex RFU. They opened the season on September 24th playing their home matches at their new ground at Steel Cross.

After several years Crowborough finally split with Tunbridge Wells, playing as Crowborough Rugby Football Club for the start of the 53/54 season.

In October 1954 they purchased the leasehold of the Steele Cross ground and in 1962 built the original clubhouse.

Crowborough caters for all ages from 5 upwards. It has 3 adult teams including the first team which plays in South East League 3 plus the vets team for the older players.

CRFC also supports a strong youth system playing mini and junior rugby.

Off the field Crowborough hosts a number of social events during the year at their clubhouse, which they are seeking to raise funds to replace.



Probably the most famous player to play for Crowborough is the current England and Northampton hooker Dylan Hartley. Dylan played for the under 16s and colts teams while studying at Beacon College before moving on to play for Worcester in 2003. He joined Northampton in 2005 and this season was made captain. Dylan has represented England 11 times, the last of his caps coming against Argentina last June.

Over 60s swim free

In a partnership between the Government, Wealden District Council and Freedom Leisure anyone aged 60 and over can swim for free at Uckfield, Crowborough and Hailsham leisure centres. Swimming is the country's most popular sporting



activity. The Government's free swimming initiative is playing an important part in getting more people more active and more healthy. The Free Swimming Programme is in support of Change4Life – the nationwide movement to help everyone eat well, move more and live longer. Just bring along proof of your age and jump in the pool.



Entertainment

□ Crowborough Springs back into Life

After going into hibernation through the Winter, Crowborough starts to come alive again as we enter into Spring with a host of varied activities in the community.

Ladies can look forward to a special night out of their own on 18th March when the Crowborough Flower Club present a night of ladies activities in aid of the Breast Cancer Awareness Campaign (see box on left for more details).

The men might prefer a bit of comedy which is taking place at the Crowborough Rugby Football Clubhouse a week earlier. This is one of a series of comedy nights that the club hold and features many comedians well know on the London circuit. Tickets are £10, available from the clubhouse.

For a more leisurely evening there's plenty of musical entertainment going on at the various pubs in the area.

Chaz and the band will be appearing at the White Hart on March 20th while on March 27th the Thin White Duke, a David Bowie tribute band will be performing live at the Bricklayers Arms.

If you fancy something a bit more intellectual you can usually find a quiz or two in the area.

Crowborough Football Club will be hosting a quiz at their clubhouse on the 27th March Beacon School are hosting a quiz at the Beacon College on the 6th March at 20.00.

The White host a regular quiz on a Thursday night.

Don't forget to send details of your events to the [newsdesk at your Crowborough](#).

CROWBOROUGH FLOWER CLUB PRESENTS

LADIES NIGHT
18th MARCH 2010
ALL SAINTS OLD CHURCH HALL
CHAPEL GREEN, CROWBOROUGH
7.30pm – 10.30pm

Tickets £5.00 to include refreshments and a donation of £1.00 to Breast Cancer Awareness Campaign



**Evening to include Women's Body Talk
Spring Fashion Shows, Chocolates, Wine Tasting
Beauty, Acupuncture, Reflexology, Cake Making
Flower Demonstration, Knitwear
Hair Styling, Jewellery & Gifts**

Excellent Raffle prizes kindly donated by the exhibitors



Crowborough Athletic FC presents

Quiz Night

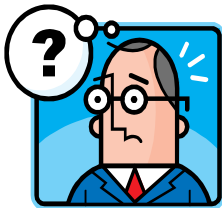
Saturday 27th March in the clubhouse starting at 7:30pm.

Teams can consist of up to 6 people and the entry fee is £3 per person. Cash prize for the winning team.



Crowborough Farmers' Market

The Crowborough Farmers' Market offers locally produced food direct from the producer. Always held on the fourth Saturday of the month



Thursday night is Quiz Night at the White Hart Pub.

Starts 8pm. Come along and have a laugh!!



Aquafit

A great way to exercise, keep fit and have fun with your friends to good uplifting music!

For details of Aquafit sessions in Crowborough visit www.splashnet.co.uk

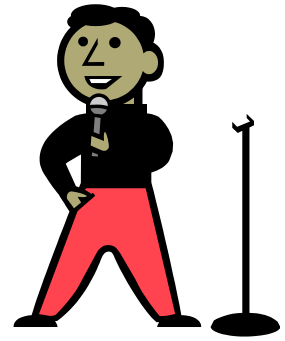
Advertise Your Event for Free

Make sure Crowborough know all about your club or organizations events. Send details of your events to the [newsdesk](mailto:newsdesk@yourcrowborough.co.uk).

And don't forget to include your club or organisation in the Your Crowborough directory. Go to <http://www.yourcrowborough.co.uk/ycd> for more details

Comedy Night

At Crowborough Rugby Clubhouse



THURSDAY 11th.
March 2010 - 7:30PM

All comedians are regulars on the London comedy circuit and beyond, often appearing at well known venues such as The Comedy Store and Jongleurs.

The comedians for this night are:-
Paddy Lennox MC

Martin Coyote, Chambers & Nettleton and Richard Morton. If you want more information look them up on (Comedycv.co.uk)

Come and join us for what promises to be another great season of 'Comedy at the Club'

Tickets - £10



ReCall Productions
Presents

A Cabaret Evening of Entertainment.

Friday 26th March
7.30pm
CCA Hall
Crowborough
TN6 2QT
Tickets: £6 Adult & £4 Children
Box Office 01892 611544



Fed up with catching 'colds'?

Fed up with catching 'colds'? Did you know that you are more likely to catch a 'cold' from windy weather? Read on to find out how to protect yourself from catching a cold and what to do if you get one.

We are most vulnerable to catching colds when there is a change in temperature. To protect yourself from catching a cold it is important to wear appropriate clothing when going in and out of buildings, when returning to a cool climate from a 'warm' holiday or when the weather changes unseasonably.

If you are going shopping in cold weather it's a good idea to wear layers than can easily be undone and done up at the front to help you adjust your clothing between the heated atmosphere indoors and the cold weather outdoors. It's wise to do your coat up before you leave the shop.

Ginger Tea:

Put 3-5 slices of fresh ginger in a cup, fill the cup with boiling water and leave it to brew for about 5 minutes. Add a little honey to taste.

If you are sitting by the fire and suddenly remember that you haven't put the bin out. Put on a coat before you go out. It only takes seconds for the wind and cold to overcome your defences, especially if you are already vulnerable. We are much more vulnerable in 'windy' conditions, not just windy weather but also in drafts or air blowing from fans or air-conditioning units. Our necks are particularly susceptible to the wind, so it's important to cover your neck or wear a scarf in these situations. Avoid exercising in the wind. The wind can easily 'invade' through the pores in our skin making us more susceptible to catching colds.

If you catch a cold it is wise to take a break and rest, to allow your natural defences to build up. It's really important to ensure you are fully recovered before returning to work, otherwise you may become susceptible to other infections. Also, your co-workers will not thank you for bringing a cold to work.



Judy Bowen-Jones Lic Ac, BSC Hons Ac, MBAcC

Judy Bowen-Jones practices classical Chinese acupuncture at The Holloway Acupuncture Clinic, Crowborough (01892 664939). She is a registered member of the British Acupuncture Council and also teaches and practices at the International College of Oriental Medicine, East Grinstead

Further information:
www.acupunctureinsussex.co.uk

What can you do about a 'cold'?

Chinese Medicine recognises two kinds of colds:

Symptoms of a '*wind-cold*' typically include a stuffy nose with clear white mucous, an itchy throat, sneezing, coughing, a slight headache at the base of the skull, a desire to keep warm and/or slightly achy joints. A cold diagnosed as '*wind-heat*' tends to be more severe and more 'flu-like'. We may feel hot and feverish, sweaty, thirsty and have swollen tonsils or a sore throat. If we have a stuffy nose the mucous is more likely to be yellow in colour. Joint pains tend to be more severe and we have a desire to keep warm.

If you have the '*wind-cold*' type of cold, ginger tea can help you to eliminate the cold by encouraging sweating. It's important to keep warm while your pores are opened to let out the cold. Ginger is naturally warming in nature and use of ginger in tea or cooking is great for anyone who tends to feel the cold.

In contrast to ginger, peppermint is naturally cooling in nature. So peppermint tea can be used to help clear a '*wind-heat*' type of cold. Peppermint tea may also be beneficial if you suffer from mild heartburn or other '*hot*' conditions.

In good health, our natural defences and immune system are

Peppermint tea:

Place a peppermint teabag in boiling water, add a little honey to taste and leave for 5 minutes.

strong. But stress and overwork weaken our defensive energy and leave us more vulnerable to catching colds. It is important to eat regularly, eat good quality food (including lots of cooked, warm fresh vegetables) and get enough rest and good sleep to help protect ourselves from illness. If you suffer repeated colds, Chinese Herbal Medicine, including acupuncture can be used to help strengthen your defensive energy.

If you have any concerns about frequent colds or any other aspect of your health, seek professional advice.

Web Wizard—making the best of the Internet

Each month we'll scour the Internet and dig out some of the best sites.

This month we take a look at MoneySavingExpert.com.

This site is hosted by tv presenter and journalist Martin Lewis.

The first thing you'll want to do when you visit this site is to sign up for the weekly newsletter. The newsletter is full of special deals and tips on how to save you

money. You have to be quick to take advantage of some of these deals.

The site itself is split into various sections such as mortgages, loans, credit cards etc giving details on the best financial products around with impartial advice on what's hot and what's not.

There's also a section for saving you money on your shopping with plenty of vouchers and top discounts available. The discount vouchers are great for when you go out drinking or eat-

ing with plenty of 2 for 1 deals at popular places such as Pizza Express.

If you want to really get your finance in order then you have to go to the Money Makeover section—you could end up saving thousands of pounds.

Try it today—

www.moneysavingexpert.com

If you have a favourite website - or better still you actually run one—that you think would be of interest to the community why not tell us about it—send the details of the site to our [newsdesk](#).





History



The Biggest Aspidistra in Crowborough

As you travel over the forest, just past King's Standing you come across a fenced off area now owned by Sussex police.

However, behind the barbed wire lies the story of how Crowborough made a valuable contribution to the war effort during World War II.

In 1941, the government came up with a plan to transmit propaganda to the Germans in occupied Europe using a high tech, long range transmitter.

Harold Robin, a senior radio engineer from the Political Warfare Executive (PWE) spent two months in America working with RCA. By the time they had finished the transmitter was able to transmit at 600kW.

There were several possible sites for the transmitter but in the end they agreed on the site on Ashdown Forest at King's Standing. It was public land and 620 feet above sea level.

The Canadian Army based nearby were used to erect the transmitter. Along with a 600 strong civilian work force, it took just three weeks to excavate the 50 foot deep hole which was covered with four feet thick reinforced concrete.

The transmitter complex had taken 9 months from approval to finish at a cost of around

£127,000 and was called Aspidistra after the popular tune of the day 'The biggest Aspidistra in the world' by Gracie Fields.

Aspidistra first went on air on November 8th 1942 when it broadcast a recording by President Roosevelt just before the start of the 'Torch' landings in North Africa.

It was then decided to build new studios at the Milton Bryan complex to make live broadcasts. A dedicated landline was constructed to carry the programme material from Bedfordshire to Sussex. The name for the new station was to be 'Deutsche Kurzwellensender Atlantik' - Atlantiksender, for short!

Atlantiksender was to be directed to the German Army and the Luftwaffe and was to be on the medium waveband. Its name was to be Soldatensender Calais - later Soldatensender West, after the Normandy landings. The battle with the BBC for Aspidistra was finally won in October

1943 and Soldatensender Calais was on the air from Crowborough using Aspidistra's full 600kW, allowing it to drown out any other existing station.

In 1943 during a British bombing raid, Aspidistra was first used to broadcast fake instructions to German night-fighter aircraft directing them to land. As German operational procedures changed to prevent impersonation, so the British copied them.

German radio transmitters were switched off during air raids, to prevent them from being used as navigational aids by allied bomber aircraft. However, many transmitters were connected into a network and broadcast the same content. When a targeted transmitter switched off, Aspidistra began transmitting on their original frequency, initially retransmitting the German network broadcast as received from a still-active station. As a deception, false content and pro-Allied propaganda would be inserted into the broadcast. The first such "intrusion" was carried out on 25 March 1945.

On 30 March 1945 Aspidistra intruded into the [Berlin](#) and [Hamburg](#) frequencies warning that the Allies were trying to spread confusion by send-

ing false telephone messages from occupied towns to unoccupied towns. On 8 April 1945 Aspidistra intruded into the Hamburg and [Leipzig](#) channels to warn of forged banknotes in circulation. On 9 April 1945 there were announcements encouraging people to evacuate to seven bomb-free zones in central and southern Germany.

The German radio network tried announcing *"The enemy is broadcasting counterfeit instructions on our frequencies. Do not be misled by them. Here is an official announcement of the Reich authority."* Ofcourse, the Aspidistra station just made similar announcements, to cause confusion and render the official messages ineffective.

Aspidistra became very popular with the German population who believed they were listening to real German radio stations. The broadcasts included anti-allied propaganda and comments against the Royal Family. Big band music and Jazz were also broadcast in the knowledge that the German public were not able to listen freely to this type of decadent music. Aspidistra was able to reach deep into Germany.

The last transmission of Soldatensender West from Milton Bryan via Aspidistra was made at 5.59pm on Friday 30th April 1945. However, the station still remained in the hands of the Foreign Office providing the External Services of the BBC. 'Aspidistra' remained in continuous service for forty years until it was finally decommissioned on September 28th 1982.

SOURCES: [http://en.wikipedia.org/wiki/Aspidistra_\(transmitter\)](http://en.wikipedia.org/wiki/Aspidistra_(transmitter))
<http://www.qsl.net/g0crw/Special%20Events/Aspidistra2.htm>

An extended version of this article is available on our website in the [History](#) section.

Public Services Information

Listed below are some of the important numbers you might need

Doctors Surgeries

The Surgery, Beacon Road .01892 652 233
Brook House Center,01892 652 850
Saxonbury House.....08444 773 045

Hospitals

Crowborough Hospital01892 652 284
Kent & Sussex Hospital.....01892 526 111

Domestic Emergencies

National Grid, Gas0800 111 999
Electricity0800 753 8866
Southern Water Services ..0845 272 0845

Helplines

R.S.P.C.A0870 5555 999
N.S.P.C.C.0808 800 500
Childline0800 111
Citizens Advice Bureau01892 655 303
Samaritans08457 90 90 90

Public Transport

National Rail Enquiries08457 484 950
Traveline0870 608 2608
Brighton & Hove Buses01273 886 200
Flight Enquiries.....0870 000 2468

Council Services

Crowborough Library01892 664 426
Crowborough Town Council01892 652 907

Societies

Hospice in the Weald01892 820 500
St John Ambulance01892 610 183

Police

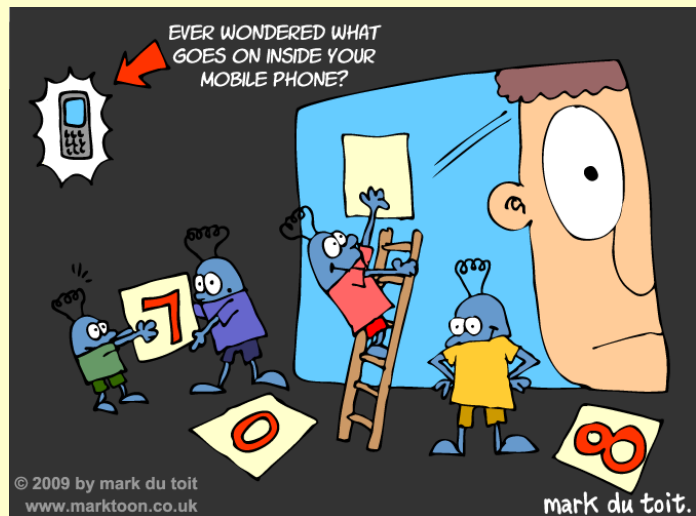
Non urgent enquiries0845 6070 999
Crimestoppers0800 555 111



Coffee Break

Take time out to relax with our page of puzzles and teasers. If you get stuck you can find the answers in the [Coffee Break](#) section online, where you can also get a daily Crossword and daily Sudoku puzzle.

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



Masher

As it's the Oscars this month can you Take the letters in the phrase below and mash them into an Oscar winning actor?

Old West Action



A bus driver was going down the high street. He went past a stop sign without stopping, turned left at a no left turn sign and went the wrong way down a one-way street but he didn't break any laws—Why?



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