

NOVEMBER 2017 ISSUE 25

# CRANLEIGH MAGAZINE

NOVEMBER

## Kicking Over The Traces

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November 2017

## CRANLEIGH MAGAZINE

**WELCOME** to Cranleigh Magazine in the month of November. Things can get a bit drab as the daylight disappears, and as black inky nights draw in, it can be easy to lose momentum. Use your energy to do something new and start 'kicking over the traces' in a positive way. Have fun!

Cranleigh Magazine is a unique publication compared with other everyday magazines. Partnered with its sister website - [www.cranleighmagazine.co.uk](http://www.cranleighmagazine.co.uk) - it creates a connection with people through their work and social networks. Take a look at our website and register your business or enjoy reading some of our exclusive articles.

Why not submit your local news to the Magazine or advertise your business, keeping people informed and connected in 2017

Contact 01483 275054 or email: [paul@cranleighmagazine.co.uk](mailto:paul@cranleighmagazine.co.uk)

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Colin, the Cranleigh Chameleon, is hidden somewhere in the magazine. Can you spot him?



<https://www.facebook.com/CranleighMagazine>  
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Cover Photo: Kicking over the traces

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# Joy of Cranleigh

Joy Horn brings some anecdotes of 100 years ago

What was happening in Cranleigh in November 1917?



**The way we were**

*Cranleigh's first garage opened in the Ewhurst Road, next to the White Hart, but as car sales mounted it moved to larger premises next to the Three Horseshoes*

**T**hree incidents from November 1917 highlight how life has changed in the past century.

At the Guildford County Bench on November 16th, Arthur William Upson of Cranleigh was summoned for having used petrol for an unauthorised purpose, and his employer, Mrs R. Thorpe, was also summoned for permitting this. Their crime? PC Sawyer reported having seen Upson driving two ladies to St Nicolas church, Cranleigh, just before 11.00am on November 4th. Upson had driven them here from Shamley Green. In his defence, Upson said, 'I thought I could bring them to church'. Mrs Thorpe said of the two ladies, 'They rang up and asked if I could take them, so I let the car go.' Both Upson and Mrs Thorpe were dismissed with a caution, the chairman telling Upson he must not take people to church by car in wartime.

Another court case involved an unnamed 13-year-old Shamley Green boy, whose father was away serving in France. After school hours, he was employed as a delivery boy, and, having received 4s 4d from a customer, failed to give it to his employer. He was sentenced to receive '6 strokes with the birch' for embezzlement. This would have been administered privately by a policeman, on the boy's bare buttocks, usually immediately after the magistrate's sentence, either in a room at the court or at a nearby police station. Birching was used a judicial punishment for boys under 14, especially for petty theft. It was abolished in 1948.

An announcement in the Surrey Advertiser may have occasioned shock and horror here: 'The Dairymen of Cranleigh beg to inform the inhabitants that on and after Monday November 12th 1917, there will be only one delivery of Milk daily during the winter months.' [Signed] E. Mann of Vine Farm Dairy, G. Weller of Park House Dairy, H. Worsfold of New

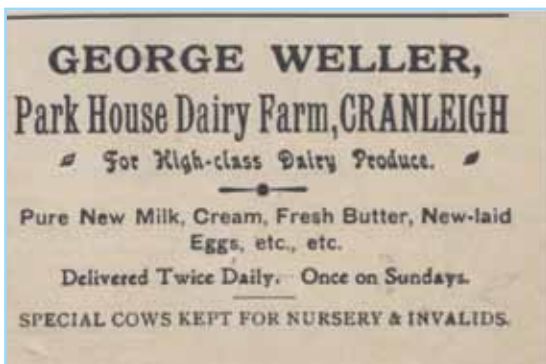
*Cromwell Coffee House-Homemade Food*







Poster against extravagance, concluding with endearing British under-statement (J. Christopher, *British Posters of the 1st World War* (2014))



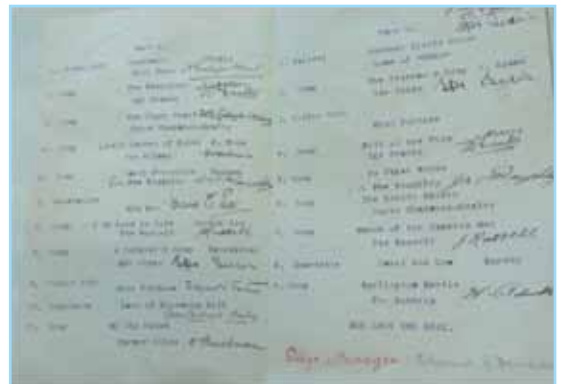
The Park House Dairy advertisement in the St Nicolas Parish

Park Dairy and Hannaford of Rye Farm Dairy. Only one delivery? Under pressure of the war, standards were slipping!

On November 28th, a concert was put on at the Oaklands Red Cross Hospital, and the Quartermaster, Hester Godfrey, persuaded several of the performers to sign her programme, and then stuck it into her scrapbook as a memento. The performers were a mix of soldier-patients and staff. Nurse Betty Chadwyck-Healey, who sang 'The Gipsy Trail', was the



Cover of programme for concert held at Oaklands Red Cross Hospital in Nov. 1917 (Surrey History Centre, Woking, SHC, 6250/1, reproduced by permission)



Concert programme, with autographs (copyright of Surrey History Centre)

daughter of Charles Chadwyck-Healey of Wyphurst (now St Joseph's School in Amlett's Lane). The violinist Margaret Fortune came from New House Farm. She was a volunteer who 'did house and parlour work regularly twice a week', clocking up 1,500 hours before the war ended. Mrs Marie Lee, who contributed a recitation, was an unpaid cook.

Far away from these relatively insignificant happenings in Cranleigh, the 3rd Battle of Ypres came to an end at last on November 10th, when the Canadian Corps took the ruined village of Passchendaele. The casualties during the three-month battle were

enormous, and included four Cranleigh men killed. Far away in Petrograd (St Petersburg), the Bolsheviks had taken over the government of Russia, in an almost bloodless coup. One of Lenin's first acts was to issue a unilateral Russian Decree of Peace. Russia had withdrawn from the war, and there would be huge repercussions. ■

**The Cranleigh History Society** meets on the 2nd Thursday of each month at 8.00pm in the Band Room. The next meeting will be on Thursday 9th November, when Bernard Lockett will speak on 'Gilbert and Sullivan: a satirical comment'.

## CRANLEIGH CAMERA CLUB

© Ann Smith



Sunrise from Mont Cally

**C**ome and join us! This is a friendly, supportive club, where members aim to encourage each other. No matter how much or how little experience you have, you can always learn to improve your images.



You can join at any time or attend a couple of meetings without charge to see if you think it will suit you. Meetings are held at Cranleigh Baptist Church Hall (262, The High Street, Cranleigh, GU6 8RT). You can find the programme and further contact details on our website at [www.cranleighcameraclub.co.uk](http://www.cranleighcameraclub.co.uk).

### Events in NOVEMBER are as follows:

#### November 2

Presentation: Street Art  
Marilyn Taylor ARPS, CPAGB, AFIAP

#### November 9

2nd colour print competition: Set subject - A sense of movement. Roy Williamson

#### November 16

Presentation: Planefocus - aerial photography.  
Geoffrey Lee

#### November 23

2nd PDI competition + mono print: Set subject - A sense of movement. **Graeme Wales LRPS**

#### November 30

Presentation: Accreditations. Swales Parry DPAGB

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# People Profile



Who's who?

Eleanore Duggan

## Lost and found . . .

**Eleanore Duggan**  
Singer Songwriter

**E**leanore is a Cranleigh singer-songwriter who describes her style as 'symphonic rock'. She performs with her band 'Eleanore & the Lost', as well as composing & singing on independent projects. Over the past year, she has been gigging in the South of England to promote her second album "The Gift".

### Tell us a bit about your background

We moved here to Cranleigh when I was 14. I loved the switch to the countryside, and since moving, I haven't wanted to go back to live in any towns or cities - I've completely become a 'country girl'. I love that village feel when you know people you walk by on the street.

I was actually born in London, but we moved down to Guildford when I was 2 years old. Both my parents were classically trained professional singers, however, I never felt pushed into music at all. Growing up I also had a passion for ceramic art, and Biology- which I became interested in due to my love of animals.

When I was 11 and in the state school system, I told my mum that I wanted to go to Guildford High School (an independent school). She was a bit dubious at first, having been a teacher in state schools, but I sat the entrance exam and got in on an assisted place. It was a bit surreal at times as there were girls going to Gstaad just for the weekend! However it turned out to be a really good change for me as the school had so many resources available. In my A-level music technology course, for example, there were just

two of us in the class and two teachers - we had a lot of time devoted to us.

### Why music?

It must be in my DNA to some extent! Like anything creative, it's something I can't not do so it's an essential part of who I am. If I don't sing or create music then it feels like something is wrong or missing from my life. There's always music in my head waiting to get out. I think I recorded my first songs on cassette tapes when I was around 10 years old - but I hid them and wouldn't let anyone see them!

### What influence have your parents had on you?

My mum played all kinds of music whilst I was growing up, which was lovely because when I went to school I knew the recent hits as well as artists from decades past that my peers had never heard of. I would also sometimes go to see my dad sing at the English National Opera where he was employed as a tenor.

As both my parents were singers, it also meant that I had valuable insight into the reality of the music world - including the unglamorous bits and the hard work.

the





## What's your process like?

I use piano to compose songs – I did some piano grades alongside my classical singing grades, but I still wouldn't use one to accompany myself live! I also use a music software program to form my ideas, by playing every instrument used in the songs I come up with.

I've written in lots of different ways and I try to write about a variety of subjects. When I'm thinking about new songs, I naturally envision melody and lyrics together, with instrumentation sometimes too. It's a mysterious process! I never get rid of any musical ideas I have. One of my most recently released songs "What Goes Around" was just a verse and a piano line for years and I couldn't visualise the rest of it, until one day it came to me whilst driving - now it's one of my favourite songs to perform live.

## What are the toughest obstacles you've faced?

Finances have been the toughest, however, when I went to university to do a music composition course, it ended up being a difficult period too. I had corrective surgery near the beginning of my first year to correct some bone overgrowth which caused asymmetry in my face. We had been preparing for it for years, but there was a long recovery time and it made my time at uni a lot harder. Just before the first operation, I was told I would look 'extremely different' afterwards - so I was terrified! When it was all over though, I could see it had just helped me to look like me again.



Above:  
Eleanore with her Mum and Dad 1993



Right: Eleanore age 7

When we moved to Cranleigh, my mum started teaching singing, running courses and putting on shows at Cranleigh Arts Centre. Getting involved in that was one of the best experiences of my life as I was a part of so many aspects, such as providing backing vocals for student soloists, being in group musical numbers, arranging and recording music, and choreography. I learned to sing in every genre and learned how to work with an audience. It was massively educational for me.

*continued on page 12*

# girl's a singer





*Eleanore's promotional video featuring her band 'Eleanore & The Lost'*

My music is constantly taking money, however, I'm lucky to have relationships with people I trust and who are really good to me - such as my producer, the guy who masters my music and the band I work with now. On top of paying to have my music produced and paying the band members, I also have to raise funds for lots of additional costs that perhaps aren't things you'd be aware of, such as pressing CDs and paying for prints of posters.

I've also suffered from depression, which started after my first maxillo-facial surgery and was later triggered through events such as the death of my grandmother and the breakup of a relationship around that time. I think it's something that lots of musicians experience, as it tends to be a career of 'highs and lows'. When I'm performing or signing CDs for example, it's a real high having all these people saying nice things, whereas other aspects of my work can be very solitary and there's a lot of stress involved with worrying about how I'm going to pay for it all. I do earn royalties from my music, but these days a lot of people just stream music and most monies are earned from selling merchandise at live gigs and getting music placed in film/TV etc.

### **What have been some of the best moments?**

One of the best moments for me was when I was commissioned to create 'asmākam - the quest' which was a four part orchestral dance piece for an Indian dance company (SB Dance). It was a different genre from my usual music which I class as 'symphonic rock' and it made me realise I was capable of more than I thought. We also eventually did a run at the Edinburgh Fringe with it, which was a wonderful experience.

My first album "Parlour Game" had really positive feedback and reviews, and I was offered some prestigious gigs off the back of that such as one for the Windsor Festival where they actually designed a

contemporary dance show around the songs on my album. Creating music and putting it out there has really helped me develop my own distinctive sound, as well as helping me to "find" my fanbase. Finding out what I have in common with my fans has also been really fun as we tend to like lots of the same things - so they're very easy to connect with. My songs have also been used in a few films, which I've been offered 'cameo' roles in. One time I was asked to write a 'fairy lullaby' for one of these films and then appear as a fairy singing it!

On my second album, one of the songs 'My True Nature' was originally commissioned by the World-wide Fund for Nature (WWF-UK) as the theme song for their 50th anniversary and also as the stimulus piece for a creative competition for 9-16 year olds around the UK. It was a song about the natural world to get children involved in creating their own musical pieces and artwork for submission.

### **'Eleanore & the Lost'-why that name?**

On my first album, it simply said 'Eleanore' and when I got the band together I wanted to include them a bit more with the name - also it's difficult for people to find me under just 'Eleanore' on Google!

I wanted something a bit mysterious sounding and I thought of that 80s comedy/horror vampire film 'The Lost Boys' - I didn't want to cash in on the name so I went for 'Eleanore & the Lost' which sounds a bit darker, I think. My fans seem to like it and they've even started calling themselves 'Losties' on my band Facebook page!

### **Who's been a role model for you?**

Musically, I always cite a few people. My producer introduced me to Jeff Buckley's music when I was around 14. I love his work, you take away the instrumentation and you've almost got a poem there. His music has been key in helping me develop my lyrics and inspiring me to work harder on making them more beautiful. There are also songs on my first album when I was into 'rockier' music and bands like Evanescence were my inspiration - I was really into the gothic, long dark haired look then!

There are other artists like Kate Bush and Bjork who can be quite hard to access and understand, but I admire their strength of character and the way they're not afraid to experiment and be who they are - which is what I think music is really all about.

I'd also say that my mum has been a role model. Whenever I get really low and start wondering "is this







worth it?" As soon as I say "I don't want to do this anymore", she asks me how I'd feel if I stopped – and it keeps me going.

Having that support helps me remember how much I truly want this and how much I'd be denying myself, and to some extent my fans too. I've had fans tell me that my music has helped them with their thesis at university, or that it's actually helped them through chemotherapy - which is quite humbling.

### Have you got anything new coming up?

I feel like I'm in a really good place these days because with my second album I know who I'm aiming my music at and the sound I want to create with it, which has helped me plan how I present myself to my fanbase online and also onstage.



*Eleanore and her Mum singing backing vocals for students at one of the Cranleigh Community Choir concerts*

My second album has been released in three parts (Parts I and II are already available online) with Part III due for release next year. My fans have also started asking for a CD so I'll be making that, along with a special edition CD I have plans for.

I got a new band together last year for the album promotion and I've really been enjoying performing with them since then. One of our gigs was at the Arts Centre which is where I debuted my first album. We were able to play our older songs along with the new ones, so you could hear how we'd evolved over the 6-7 years.

We also recently performed at The Brighton Centre in October, which is a 4.5 thousand seater arena - I was almost swamped when I came offstage, which was amazing! I've now been asked to contribute to the festival CD and there are other offers in the works as a result, which is really exciting.

### What would you say to anyone wanting to go down the same route?

I've realised that as the music industry has changed, I've had to become more than just a musician - I've had to become a whole business too. I've completed courses in online music promotion for different social media platforms and I want to do some further graphic design training because I design my merchandise and posters myself. I also do all the promoting, the costumes, the hair and makeup, the admin, and so on. You have to take on everything!

The Musicians' Union say that you can expect to be spending half your time actually running the business - and it's true! However, you do lose all that control if you are signed, so I'd say prepare for a great number of "jobs" if you choose to be an independent artist, but also appreciate how much power you retain at the same time.

It's easy to consider becoming a world famous celebrity as having reached the ultimate, but the reality is that for lots of artists, they've achieved success when they're free to creatively express themselves without limitations.

### And if you could give one last piece of advice?

Obviously there are lots of things you should take into consideration, and I would probably say it is going to be tricky, but if this is really something that you want to do then don't give up, because nothing will happen if you do that. Don't give up because you've got all that potential ahead of you.

**To contact Eleanore: 01483 271469**  
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# music!

# Crane Spotter:

tales from a Cranleigh birder

## November

### Hammering the Hammers

**A**s more and more developers move in to Cranleigh to erect homes for thousands of newcomers let us spare a thought for the fate of some of our long-established residents.

England's 'largest village' is changing fast and surely will not be able to celebrate that tag for much longer.

Every field currently seems to be fair game for a planning application. And once a development gets approved then this appears to only create appetite to try and fit in even more.

We're taking a hammering and so is one of our more scarce and beautiful birds. The Yellowhammer.

A lot have been forced to move out already – and they won't be coming back. The fields and hedgerows where they once fed and bred are going, going – and in a number of areas have already gone.

The Yellowhammer, a cheery countryside bird, is a little longer than a House Sparrow. It sings its distinctive song from the top of a tree, bush or hedge. As many people have remarked, use a bit of imagination around its eight-note song and you might hear: 'A-little-bit-of-bread-and-no-cheese.'

Males have a fierce yellow head and underparts, with a reddish brown 'waistcoat' and rump, and



Yellowhammer *Emberiza citrinella*





brown and black streaked upperparts. When flying away it often gives a short 'click' call. The females, like many in the bird world, are much drabber. And that's a smart move because they don't want to attract a predator while sitting on their eggs.

I vividly recall seeing my first one when I was only just four years old. I remember thinking how beautiful it was. I had never seen one before and the moment was all the more poignant because I don't think I'd previously seen death either.

This little chap had been killed by a cat and I was struck by how it was retaining its dazzling yellow splendour while being so lifeless. I could not fathom how such an amazing creature could possibly be dead. It made me very sad.

Today I'm sad for the fate of the Yellowhammer on a wider scale. It is on the official Red List as a species of greatest conservation concern. Assessment criteria for this includes historical decline, trends in population and range, localised distribution and international importance.

Around Cranleigh and surrounding villages it was once a widespread and common resident breeder. I used to see as many as 50 together. Back in 1989 one of Surrey's biggest ever counts was made in Ewhurst when there was an exceptional flock of 200 in a field unusually left as stubble.

Most of these would have been winter visitors. They brought with them a rarity that breeds from the Urals to Siberia and China, a Pine Bunting – Surrey's only record and the first seen in an inland county of Britain.

Yellowhammer  
*Emberiza citronella*



©treding01r



© Pascal Halder

Yellowhammer *Emberiza citronella*

But the local, county and national population was already in trouble and by 1998 the Yellowhammer stopped breeding in the Surrey Hills at Winterfold Heath. That looked ominous and so it proved. This century it became far harder to find around the village.

Counts of 20 or more in Surrey are now exceptional and here a pre-breeding season flock of even 10 would be highly notable.

Thankfully it is still possible to see the Yellowhammer around Cranleigh but it is much sparser and a couple of pairs on a two hour walk is a good return. At least five of this bird's previously favoured areas are now either occupied by homes or are muddy development sites.

The loss of so many working farms has undoubtedly contributed to the Yellowhammer's decline. Changes in the way we farm, such as autumn sowing, means stubble fields are rare now so the bird has to go elsewhere for food.

But where the Yellowhammer does hang on, as it does here, it would be good to do what we can to encourage it.

Humans obviously need somewhere to live – and so does the Yellowhammer. What is needed is a balanced, conservation-minded approach that allows both to have a home. 'No-cheese' need not mean 'no choice'. ■

Twitter - @Crane\_Spotter





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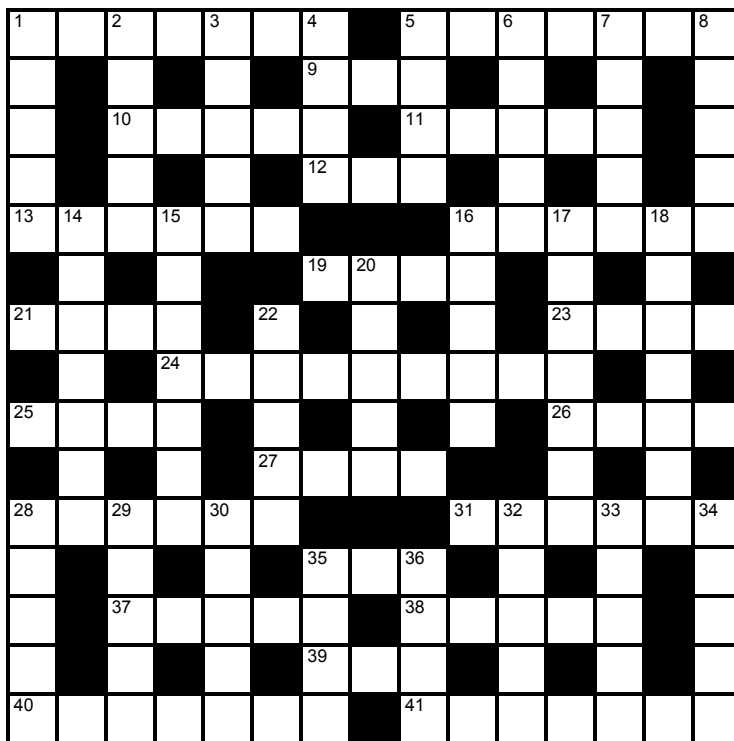
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# November Crossword Puzzle



## Across

1. Shirker (7)
5. Lacking a top (7)
9. Very cold (3)
10. Nut of an oak (5)
11. White-and-black bear-like mammal (5)
12. Colouring material (3)
13. Rework (6)
16. Put an end to (6)
19. Wagon (4)
21. Intersects (4)
23. Category (4)
24. Cacao sweetmeat (9)
25. Boy or man (4)
26. Spool (4)
27. At that time (4)
28. Stops (6)
31. Perfumes (6)
35. Which person (3)
37. Person used as one's excuse (5)
38. Short letters (5)
39. Fabled bird (3)
40. Rose shaped ornament (7)
41. Plug to keep out noise (7)

## Down

1. More secure (5)
2. Embarrass (5)
3. Is aware of (5)
4. Outer covering (4)
5. Class (4)
6. Overwhelming fear (5)
7. Strictly accurate (5)
8. Hush (5)
14. Send to school (7)
15. Gathering of pus in body tissue (7)
16. Pilfer (5)
17. Notice (7)
18. Make right (7)
20. Residence (5)
22. Harbour towns (5)
28. Lid (5)
29. Gather (5)
30. Be (5)
32. Provide food (5)
33. Pertaining to the nose (5)
34. Moved back and forth (5)
35. Metal filament (4)
36. A single time (4)

Colin the Cranleigh Chameleon, was hiding on page 9 during the month of October. Did you spot him?  
Crossword and Sudoku – answers will appear in the next issue.





## November Sudoku Puzzle 1 - Easy

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

## November Sudoku Puzzle 2 - Hard

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



**W**e sometimes like to disregard what is expected of us in life and follow our own wishes. Even as little children, we would take a run and jump and land on our two feet just to see how far or high we could get.

Or going out into the park and kicking the dead Autumn leaves over; throwing them up into the air and watching them fall to the ground just for the fun of it.

Traces are the leather harness straps by which a horse is attached to a wagon or cart. If the horse becomes restless, it can kick out and end up stepping over the traces and the rider has no control in steering or stopping. Someone who rebels against convention has kicked over the traces. Be different, be positive, and turn over a new leaf this Autumn. ■

1	P	2	P	3	P	4	E	D	E	S	5	T	A	L	6	U					
7	A	D	D	E	R		N	X		O	8				9	E	E	N			
							T			O	H			11	A	W	E				
12	S	13	W	I	T	Z	E	R	L	A	N	D							15	R	F
				E		I				M		L			16	S	H	Y	17	L	
				L		N				18	B	O	R	E							
17	F	L	A	G	S	18															
				M						20	S	U	21	M							
22	M	A	G	N	E	T															
										23	T	O	T	S							
26	B	E	F	I	T																
				R		L				27	S										
				O						28	U	P	E	R	M	A	R	K	E		
31	K	O		I		O				32	S	C	A	L							
				E						33	R	E	P	O	R	T	E	D			

October Crossword Solution

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

October Sudoku Easy Solution

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

October Sudoku Hard Solution



# D**Days** Dates for your Diary



## Cranleigh Country Market

**Friday 4 November Cranleigh Country Market will be held in The Bandroom, Village Way, Cranleigh, 9.15 – 11.00 am**, offering a wide selection of crafts, home-baked offering a wide selection of home-made baked items and preserves, hand-made crafts. Free range eggs always available. Orders for Christmas Fare now being taken. Stuck for a gift? Why not send a market parcel of your selection to a value to suit you. Country-wide service.



## HEALTH & LEISURE WALKS

All welcome to guided, free, sociable, HDC walks led by trained volunteers; no need to book, just turn-up at the start point. A booklet containing over 250 walks is available from the Walks Co-ordinator on 07720 714306 or online at [www.horshamhealthwalks.co.uk](http://www.horshamhealthwalks.co.uk) Beginners are recommended to contact the Walk Leader: to discuss suitability. All walks can be wet and muddy in places. Forthcoming walks in The Cranleigh Magazine – Cranleigh Edition and neighbouring areas are as follows:-

**Fri 3 November 10:00am: NEW WALK Cranleigh (3) Meet at Notcutts Garden Centre on B2128 (TQ047397) by kind permission.** Please park on gravel area to right of

entrance. A fairly flat 5 mile walk, taking 2½ hours, which includes open countryside and woodland, heads north on the Downs Link towards Rushnett Common and returns via the Wey-South Path through Run Common. Some stiles. Can be muddy. Refreshments available afterwards at the Garden Centre. No dogs  
**Leaders: Margaret 01403 262311 or David 01483 279713**

**Mon 13 November 10:00am: NEW WALK Kingsfold (2) Meet at the Owl Public House, Kingsfold (TQ168364, RH12 3SA).**

A circular 5 mile walk, taking 2 hours, with some stiles takes us initially north then east on the Sussex Border Path before returning to Kingsfold via Friday Street. Mainly flat walk which may be muddy following wet weather. Refreshments available at the end of the walk at the Owl Public House. No dogs please as we may encounter livestock. **Leader: Graham 01403 733677**

**Fri 24 November 10:00am: Pitch Hill Circular Park and meet at the car park near the quarry, GU6 7NN (TQ079426), 300 yards on the right beyond the Windmill Public House north of Ewhurst village.** This 6½ mile walk, taking 3 hours, which includes some climbs, will take us through woods in the area. The route should reward us, towards the end of the walk, with magnificent views south from Pitch Hill. **Leader: Margaret 01403 262311**

## CRANLEIGH ART & CRAFT SOCIETY-CRAFT MARKET

**Thursday 30 November - Cranleigh Village Hall - 9.30 am - 4.00 pm** A good opportunity to get some ideas for presents for Christmas. Either a stocking filler or something more substantial. There will be the usual selection of seasonal gifts on sale, plus an opportunity of chatting to the stall holder. There is also the chance of having tea/coffee or a lunchtime snack at the venue. All at very reasonable prices. Take the time to pop into the hall, especially if you are in the process of doing your Thursday weekly shopping. We look forward to welcoming you to the annual craft market. **Enquiries 01483 898206**





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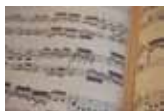
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### Ewhurst Horticultural Society

**Tuesday 14th November**

Ewhurst Horticultural Society will be holding the AGM followed by talk with slides "25 top Gardening Tips" by Mark Saunders.

7.30pm Glebe Centre.

With refreshments and raffle.

**Visitors welcome £2.00**

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### Two Counties Arts & Crafts Society Autumn Exhibition

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## Surrey Hills Christmas Concerts

*Singing in school was always magical*

**T**he Christmas season means so many different things to each one of us. It always brings back special memories of our own childhoods, giving and receiving presents, and singing carols. Re-imagine those magical times, and get yourself into the Christmas spirit by coming to one, or even both, of the Surrey Hills Singing School Christmas Concerts.

Our Family Christmas Concert in Cranleigh on Saturday December 9th starting at 6.30pm, features all our choirs. Our youngest performers are the Training Choir. You might well have a smile on your face and perhaps a lump in your throat as you enjoy these little ones already showing the joy of singing together with friends, and the discipline of listening to each other as they perform simple but engaging songs, finishing with "Chitty Chitty Bang Bang". Then a complete change of mood as our junior choir, Young Voices, invites you back to the school playground to 'fight for the right to be a little bit naughty' in "Revolting Children" from the musical 'Matilda'. Then come three spirituals including one for the Rugby dads "Swing Low", followed by arrangements of 'Somewhere only we know' and Slade's 'I wish it could be Christmas every Day', and they finish their set with Love come down, a partner song with Away in a Manger.

Following on from the children, the Surrey Hills Singers, our ladies choir will delight you with their programme which includes Hotaru Koi, a traditional Japanese song, an evocation of fireflies. You will be able to imagine the sounds of fluttering wings and the pulses of light with fireflies dancing in front of you. Then we come back to earth and sea with the traditional Scottish Skye Boat Song, before whisking you off to the jungle to hear Katy Perry's 'Roar'. The ladies then bring us back to Christmas with three numbers finishing off with a jazzy close harmony

take on 'Here comes Santa Claus'.

The evening finishes with a set from the Chamber Choir. Highlights of their programme are three twentieth century pieces: 'Ubi caritas' by Gjeilo with a rise and fall of rich and evocative harmonies; the passionate and lively 'With a lily in your hand' by Eric Whitacre; and the hauntingly beautiful 'The Lamb' by Tavener. They finish with a light hearted Christmas song 'Up on the housetop' which brings us full circle back to celebrate childhood at Christmas with presents for the children from Santa Claus and his reindeer.

If you would like a more sophisticated concert, then do join us for our atmospheric late night concert on Sunday 10th December at 8.00pm in the beautiful St Nicholas Church in Guildford, which looks stunning bathed in candlelight. This concert features our two adult choirs from the Saturday event singing additional repertoire including 'Epiphany Carol' by Alexander L'estrang, contemplating the meanings of the gifts of the three wise men, Dona Nobis by Mark Miller, Veni Emanuel by Michael John Trotta, the French carol 'Il est ne le divin enfant' and 'O Thou that tellest good tidings to Zion' from Handel's Messiah.

**Tickets for Saturday: £12 Adults and £3 for children 16 and under; Tickets for Sunday: Adults £12 and £5 for children 16 and under. Tickets include wine and refreshments** and are available to purchase online at [www.surreyhill-choirs.co.uk/tickets](http://www.surreyhill-choirs.co.uk/tickets) until 9pm the night before the performance. After the online ticketing closes please email [tickets@surreyhill-choirs.co.uk](mailto:tickets@surreyhill-choirs.co.uk) or call **01483 892474**. Please book early as the concerts are popular. ■

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If your car is under three years old, and still covered by dealership warranty, any work undertaken by Mechanical Engineering Services will preserve that warranty, so you needn't worry about going back to the dealership directly.

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for you, work on it to a level above and beyond the industry standard, fully valet the vehicle, and deliver it back to you at home or work. Even better, both collection / delivery and valet are absolutely free of charge. Leave your car at home and come back in the evening to find it exactly where you left it, but with all required works fully complete.

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As a homegrown local business, Mechanical Engineering Services is a proud example of local Cranleigh ingenuity. Always striving to be top of their game, the team at MES are dedicated to providing local Cranleigh and Guildford customers the most advanced technology available. This, as well as keeping any repairs cost efficient and optimally effective, whilst offering unparalleled customer service.

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# NOVEMBER

## Frosty Times

### Be on your toes in the garden

**A**s leaves start falling and the wind and rain are on the increase watch out for tender plants that need protecting from frost, gales and freezing rains. Shift these plants into the greenhouse, or into a sheltered spot, but if you can't, it is worth wrapping plants or pots. Don't forget winter can be a tough time for birds in terms of water and food, so keep supplies well topped up.

- Raise containers onto pot feet to prevent waterlogging
- Prune roses to prevent wind-rock.
- Plant out winter bedding
- This month is an ideal time to move trees and shrubs, and plant hedges.
- Clear up fallen leaves - especially from lawns, ponds and beds
- Put out bird food to encourage winter birds into the garden
- Insulate outdoor containers from frost - bubblewrap works well - especially from lawns, ponds and beds

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# Adult Masters Swimming Club at Cranleigh Leisure



**T**he Adult Master's Swimming Club has been running for almost 35 years at Cranleigh Leisure swimming pool. It was organised and run initially by Waverley Borough Council employing their own instructors to set routines and teach the classes every Tuesday and Thursday to what are now able swimmers; it is now run privately.

Originally the first group began swimming widths to build up performance. Times moved on considerably and the level of swimmers ability has grown enormously. There are however several of the starting group from the Eighties still attending.

Predominately, the age group coming regularly are 30's/40's (mums having dropped the children off to school) up to 50's/60's made up of more experienced long term swimmers, still trying to keep fit with a sport they have grown up with, and often with degrees of competition successes behind them.

A good proportion of the recent crop of swimmers are training for Triathlon events, swimming often being the one event of the three that requires more determined training to give speed and stamina for the event.

The timing for the training session is 9.00 through to 10.00 in the morning, every Tuesday and Thursday all year round with the whole pool privately hired by the club exclusively; consequently no requirement to pay on entry if attending the Adult Masters class.

Sarah Perry is the coach on pool-side who sets the routine on Tuesday's for all to follow and instructs with specific themes as a total class on Thursday's. She will at all times be

picking up on specific faults with all swimmers so as to improve and refine their performance. Sarah is paid by the club privately and has been on our case for nearly ten years. Obviously she is very good at pushing all to higher and higher standards.

The club attendance is always between ten and twenty for each class, even though club members number nearly fifty names. Fortunately, not everyone comes on the same day. Consequently there are a regular 2-4 swimmers per lane, each graded according to their speed and ability, from slow to medium to fast lane.

The cost of membership is £35.00 and each class has a single charge of £6.00. Most people pay lump sums for a three month term at £60.00 for once a week (13 swims) or £100 for twice a week (26 swims).

The club is run by Mike Wilson and his contact details are: [mjw@mwrestorations.co.uk](mailto:mjw@mwrestorations.co.uk); Tel: 01483 271733 ■

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# Stress: friend or foe?

by Sue Potgieter

Dip NT mBANT CNHC

**O**ver the last few months we have looked at the core imbalances in disease from a functional medicine point of view; this month we review the last one. Stress - is it a friend or a foe?

As hunter-gatherers in the past, stress played a vital role in our survival, alerting us to the presence of a sabre-tooth tiger, and enabling us to escape! It served a purpose by ramping up certain body systems and temporarily lowering others, so that we could deal with the threat. Afterwards the body would return to normal, until maybe a marauding bear wandered into the camp, and the whole cycle would start again.

In today's society, rather than dealing with an occasional sabre-tooth tiger or bear, we find ourselves under constant attack. Running late for work, financial pressures, relationship issues, chronic sleep deprivation, bereavement, work deadlines, over exercising, inflammatory foods such as sugar and trans fats, being constantly available via email

or phone: the body perceives these as stressors and goes into what is known as 'fight or flight' mode. Unfortunately, these days we rarely get the chance to move out of this state into what is known as 'rest and digest' mode, because as soon as one stress passes, the next one is close on its heels.

Although the concept of stress has earned a bad reputation, it is important to recognise that while long-term stress is generally harmful, short-term stress can be protective as it prepares the body to deal with challenges. It up-regulates the immune system promoting wound healing, and enables the body to deal more efficiently with pathogenic bacteria. Long term stress, however, suppresses many of the body's systems, leading to low grade chronic inflammation and may increase susceptibility to some of what life insurance companies term as 'dread diseases'. Have you ever found it harder to throw off a cold when you're stressed?

In the presence of a stressor, the adrenal glands (little



triangular organs situated on top of each kidney) release hormones including adrenaline and cortisol. These cause an increased blood flow to the muscles, heart and brain to support the 'fight or flight' response. Digestive and reproductive processes are inhibited during this time. Research has shown that repeated and uncontrollable stress can dysregulate cortisol levels, promoting fat around the middle and a tendency to crave high fat, high sugar or high salt foods.

Do you ever reach for a doughnut, or chocolate or crisps when you're stressed? Find it hard to lose weight? Could it be that there is a biochemical imbalance in the body from being chronically stressed, which needs addressing, and it's not just a lack of willpower? Research is beginning to show a clear correlation between high cortisol and high insulin levels, and fat around the middle. High cortisol levels can also suppress the appetite in some people, leading to weight loss.

Sleep deprivation is a common chronic stressor and two recent meta-analyses have found that short sleep duration (<5h per night for adults, <10h per night for children) significantly predicted obesity. As further demands are placed on us each day, we have to discover a way to relieve our chronic stress levels in order to optimise our health.

## Reduce and Manage Stress

1. *Meditation or mindfulness: This practice has been shown to help train the brain and body to turn off the stress response and promote more relaxation. Check out the app Headspace for a great way to get started.*
2. *Deep breathing exercises: Taking deep breaths helps turn down the sympathetic nervous system (fight or flight mode) and kick in the body's natural relaxation response by activating the parasympathetic nervous system (rest and digest mode).*
3. *Spending time in nature/outdoors: walk in the forest, do some gardening but get outside and away from technology to allow yourself to relax.*

## Stress relieving foods

1. *Sunflower seeds, wild salmon, avocados, broccoli, mushrooms, eggs, some grass fed meat for B vitamins*
2. *Increase your intake of vegetables and fruit to 8-10 portions (1 portion = fistful) a day for vitamin C (high intake required during stressful times)*


As we move towards the end of 2017, let's not wait until 2018 but turn over a new leaf today!

**Tired all the time? Wired but tired? Can't sleep?  
Craving sugary/salty foods?**

Email me at: [sue@thegenuinelivingcompany.com](mailto:sue@thegenuinelivingcompany.com)

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# Cranleigh Film Club

**Showing on 30th November  
at the Bandroom at 7.30pm  
(doors open at 7.00pm and  
refreshments on sale)**



**Directed/written by Pedro Almodóvar.  
Starring Emma Suarez and Adriana Ugarte.**

**A**lmodóvar returns to female focused drama which he has specialised in throughout his colourful career. This new work has been praised as a recapture of the famous style and content of his much loved earlier works. It appears that basing the new work on Alice Munro short stories has provided a strong framework for this generational exploration of estrangement, guilt and reconciliation. We all remember his success with *All About My Mother*, an arthouse favourite for the last twenty years. The new work could be called "all about my daughter" because the central dynamic involves the writing of an account by the mother in middle age to try to explain to a daughter she has not seen in years what happened.

Julietta is played by two fine actresses, the newcomer Adriana Ugarte as the 20 something version ready for first real love, and Emma Suarez as the older version 30 years on. There are three

actresses playing the daughter Anita, as a baby, as a girl and as a late teenager. The daughter repeats her mother's sudden departure from her life by leaving mysteriously. Alice Munro's stories have her heroine appear in three separate stories at three crucial moments of her life.



Almodóvar drives his work via flashbacks which gradually reveal the source of guilt and the motivation for flight from reality. We first meet Julieta in middle age, about to depart with her new partner to Portugal. A chance meeting with a friend of her estranged daughter sets in motion her quest to explain her own behaviour and these memories form the film. Julieta is shown to be emotionally complex but the key transition comes quite early when the daughter is drying the younger Julieta's hair and older version emerges.

The film has many gorgeous moments, supremely well photographed and there is a perfect musical score by Alberto Iglesias which gathers many motifs into a melodic jazz plus classical score, depending on the mood required. An unexpected death early in the story has a permanent effect on Julieta and is counter pointed by a much more serious one later. Julieta's own mother is an invalid and her father is betraying her with a nurse and Julieta cannot but link this to her own relationship, and her daughter's estrangement is traceable to Julieta's treatment of her own father. This all appears complex but Almodóvar makes it an easy, beautiful family saga to follow with relish. This is a true cinematic joy. ■

For information on joining the film club please contact the membership secretary Sara Lock at [saralock1950@btinternet.com](mailto:saralock1950@btinternet.com). If you know an existing member why not come along and be signed in for this wonderful, recent Spanish film. The experience could be the first of many such visits.

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## Cranleigh Lions Bonfire & Fireworks Saturday 4th November 2017

**Please note new times in 2017**  
for the procession,  
bonfire and fireworks

**All Day:** Torches & Grand Draw tickets on sale outside "The Co-Op" & on Stocklund Square. Grand Draw tickets are £1 each.

**From 1pm:** Benson's Fun Fair - on The Common. Look out for the Fun Fair on Friday evening too.

**3pm:** Make-a-Guy competition in Stocklund Square, sponsored by Burns & Webber for the 22nd year! The winning Guy will be carried in the torchlight procession & placed on the top of the Bonfire. All other guys may sit around the fire. Fun Fair in full swing on the Common.

**5:45pm: (new time)** Assemble for torch-light procession, Park Drive, Park Mead. Slinfold Concert Band plays in Stocklund Square outside Sainsbury's. Hog Roast and other refreshments ready on The Common.

**6:00pm: (new time)** Procession starts from Park Drive, Ewhurst Road led by The Friary Guildford Marching Band. There will be traffic delays in the Ewhurst Road and Cranleigh High Street whilst the procession is on.

**6:30pm: (new time)** Crowds in Stocklund Square join in the Torchlight Procession.

**6:45pm (new time) (approx):** Bonfire Prayer is read to the crowd, & winning "Guy" is placed on top of the Bonfire, on The Common, Elmbridge Road side, GU6 8LU.

**6:50pm (new time) (approx):** Bonfire is set ablaze. Torch bearers pass their torches to the Bonfire Marshalls.

**7:30pm: (new time)** Firework display set to music by Star Fireworks (who won the British Fireworks Championship in 2013) on The Common, Guildford Road side.

**8:00pm:** Benson's Fun Fair continues on The Common.

This is a free show, however please give generously to our collectors. Please may we suggest you put a minimum of £2.00 in our buckets. All profits from the event help charitable organisations, families and individuals in Cranleigh and the surrounding area that need our support. Alternatively, you can donate via text message, simply text **CRAN44 £2 to 70070**. You can donate more by swapping the 2 for the donation of your choice. **Please note road closures around Cranleigh** All roads around the Bonfire and Fireworks site are closed from 6.00pm until 10.00pm. This includes Guildford Road from Gaston Gate, Elmbridge Road from Lashmere, The High Street from the roundabout by Superdrug, and Horseshoe Lane. Parking is available behind the Stocklund Square shops and please check to see if charges apply as this is on private land. ■



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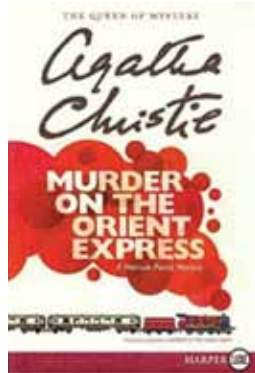
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# BOOK REVIEW

## MURDER ON THE ORIENT EXPRESS

by  
Agatha Christie



**“The impossible could not have happened, therefore the impossible must be possible in spite of appearances.”**

**A**lavish train ride unfolds into a stylish & suspenseful mystery that'll keep you guessing until the end.

Just after the stroke of midnight, a snowdrift stops the Orient Express in its tracks. The famous train is strangely full this time of year, but by morning is one passenger fewer. American tycoon - Samuel Ratchett - lies dead inside his compartment, stabbed a dozen times, his door locked from the inside.

One by one, the enigmatic detective -Hercule Poirot- interrogates every passenger on board in an effort to find the truth, revealing dastardly motives and secret pasts at every turn.

Stranded with the killer, time is of the essence as Poirot must identify the culprit before they strike again...

If you're looking for a thrilling book to huddle down with this winter, you won't find more captivating than Agatha Christie's Murder on the Orient Express – arguably one of her most iconic detective stories, culminating in the mother of all twists. Grab a hot chocolate and settle down for the ultimate murder mystery with 'the greatest detective in the world'.

### Coming Soon....

*The all-star new adaptation set to release this month features Kenneth Branagh as moustache-twiddling Poirot, with Judi Dench, Johnny Depp, Michelle Pfeiffer, and Penélope Cruz among the all-star cast set to play his fellow guests on the glamorous Orient Express.* ■

**Feature release date: 03/11/2017**

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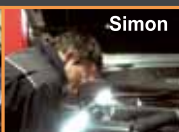
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## RECIPES

# Remembering Friends and

**N**ovember is often a month for remembering lost friends, but also the happy times we enjoyed with them.

Friends pop up from all sorts of places – whether you make them at school when you're growing up, you find an unexpected acquaintance at your first job, or you've experienced a friendship that blossomed from a chance encounter and grew into something valuable and long-lasting.

Through a number of circumstances, you may one day realise that these friends are no longer with you. Sometimes just one of those things, a memory of a lost friend can leave you feeling mixed emotions. I choose to remember the happy mealtimes I had with some of my closest companions, with this recipe for a three course meal that we all enjoyed sharing together.



## 1 ZUPPA DI FAGIOLI E ZUCCA (Borlotti Bean Soup)

If there is any cooked bacon or ham to use up, it can be chopped and added to the pan

### Ingredients

300g dry borlotti beans, soaked overnight  
500g skinless pumpkin, roughly cut  
60g of ham fat  
20ml olive oil  
1 onion, finely sliced



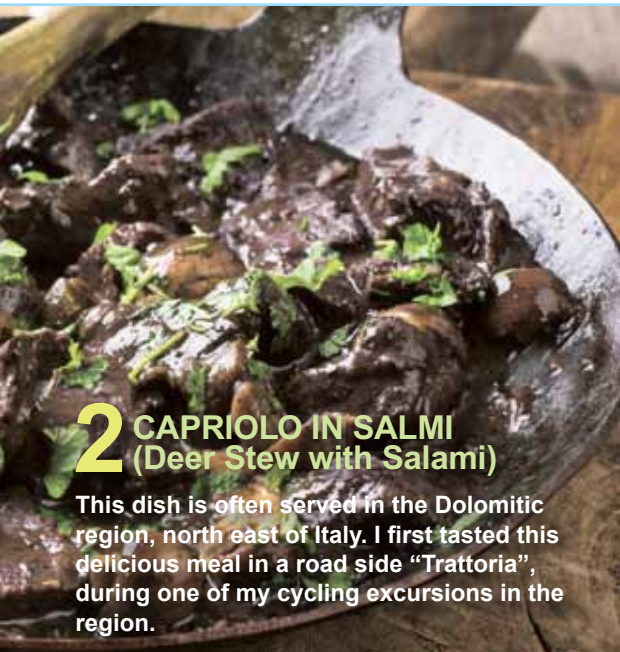
6 cloves of garlic, peeled and crushed  
25g ground ginger  
30g fresh sage and rosemary, finely chopped  
700ml strong chicken stock (put aside 100ml)  
Salt and pepper corn from a mill

### Preparation

1. Boil the borlotti beans in the stock for 1 ½ hours
2. Boil the pumpkin in salted water until soft, then drain and keep warm
3. Heat the oil and fat together and use to fry the onions and garlic until they colour
4. Add the pumpkin along with some of the stock, stirring all the time, until bubbling
5. Add the cooked borlotti, the pumpkin, and the ground ginger
6. If the soup is too thick, add some additional stock
7. Correct the seasoning
8. Serve with crusty rolls

Ettore's mother sometimes used to "pass the soup through a mouli". Today, you can easily liquidise for a smoother texture. I personally prefer the chunkier version.

# Food



## 2 CAPRIOLO IN SALMI (Deer Stew with Salami)

This dish is often served in the Dolomitic region, north east of Italy. I first tasted this delicious meal in a road side “Trattoria”, during one of my cycling excursions in the region.

\* A trattoria is an Italian-style eating establishment, less formal than a ristorante. There are generally no printed menus, the service is kept casual, and wine is sold by the decanter rather than the bottle.

### Ingredients

700g shoulder venison, cut into largish cubes & marinated overnight (see method below)  
100g fat pancetta, chopped into small pieces  
50ml olive oil  
2 celery sticks, chopped  
1 large onion, chopped  
8 cloves of garlic, peeled and crushed  
10g mixed spices  
30g mixed herbs (sage, rosemary, basil, mint, thyme, & parsley)

Salt and pepper corn from a mill

An item to thicken – my personal preference is bisto granules

**THE MARINADE** ● 300ml strong beef stock  
● 500ml red wine ● Half the celery, onion & garlic  
● Herbs and spices as per above

### Preparation

1. Place the meat in a large bowl.
2. Pour in the marinade and leave it covered over

night to steep

3. On the following day, heat half the oil in a non-stick pan until hot before adding the pancetta
4. When it starts to colour, add the remainder of the onions, garlic, and celery
5. Set aside once cooked
6. On a separate non-stick pan, heat the remainder of the oil
7. Once hot, add the drained venison pieces, stirring all the time until there is no blood showing
8. Take the pan with the onions, garlic, celery that you set aside earlier and add to the venison
10. Stirring until well heated before adding the marinade and adjusting the seasoning
11. Simmer for 1 ½ hours then thicken to taste
12. Serve in a suitable dish with croutons and roughly chopped parsley sprinkled over
13. Creamed potatoes and broccoli are a must

## 3

### DOLCE DI CASTAGNE (Sweet Chestnuts)



Chestnuts are plenty in November in North East Italy. There once was an owner of a Trattoria I knew, who served this beautiful dish for dessert. I have tried to recreate it but I have never been able to get it to taste as it did 60 odd years ago.

### Ingredients

200g of chestnuts, peeled  
100g caster sugar  
150g ricotta  
60g dark chocolate, melted  
50ml maraschino  
Double cream, whisked  
Cocoa powder to top

### Preparation

1. Cook the chestnuts in water until soft.
2. Mash them well with an electric whisk in a large bowl
3. Add the ricotta, sugar, chocolate, and maraschino
4. Mix well and divide into suitable dishes
5. Top it with whisked cream whirls and sprinkle cocoa powder over the top to finish

**BUON APPETITO – Giovanni Fontebasso** ■



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If you find a wand the Beavers ask that people pay forward their kindness by doing one kind thing for another person, and share in their magic.

People can share their kindness with the Beavers at [www.cranleighscoutgroup.org](http://www.cranleighscoutgroup.org)

**Some say . . .**

**Yesterday is dead,  
tomorrow hasn't arrived yet.  
I have just one day, today,  
and I'm going to be happy in it.  
Groucho Marx**

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If you change the way you look  
at things, the things you look at  
change  
Wayne Dyer

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## Cranleigh Arts Centre November 2017

The nights are drawing in, so why not brighten up your evening and come along and enjoy one of our great shows?

### Venue Hire: For all your events

Are you looking for a location for a funeral wake, wedding reception, party, conference, meeting, private cinema or another event? We have a variety of rooms to suit a range of different occasions and offer a unique and inspiring setting for your event. For further information contact paul@cranleighartscentre.org

### Live Theatre: Hummingbird Wednesday 1 November, 8pm

Edith Cole worked a dead-end job in a funeral parlour. Ralph Conti worked wealthy widows for a quick buck. Neither expected to fall in love. But once they did, they just kept on falling. Inspired by the true story of the 'Lonely Hearts Killers', a pair of latter-day Macbeths who gripped the imagination of 1950s America, 'Hummingbird' is dark, compelling physical theatre. **Tickets: £13.20**



### Film – Halloween Special: Prevenge (15)

Friday 3 November, 8pm

A pitch black, wryly British comedy horror from Alice Lowe (Sightseers) about an expectant mother whose unborn child encourages her to go on a killing spree.

**Tickets: £8.25 Adult; £7.25 Friend; £5.50 16 yrs. and under**



### Adult Workshop: Pottery Classes (4 weeks)

Tuesdays 7 - 21 November,  
7pm to 9.30pm

Led by Su Rogers of Bus Stop Pottery. Try your hand at making beautiful creative objects out of clay. Learn slab and coiling techniques, how to throw a pot on a wheel and experiment with the art of glazing. A new series of workshops aimed at all abilities will be running throughout the Autumn and Winter.

**Workshop Fee: £135 + £10 for materials**



### Film: Manchester by the Sea (15)

Thursday 9 November, 7.30pm

Casey Affleck is mesmerising as a Boston janitor who has to care for his dead brother's son, in Kenneth Lonergan's study of grief and family ties. **Tickets: £8.25 Adult; £7.25 Friend; £5.50 16 yrs and under**



### Live Music: The FB Pocket Orchestra

Friday 10 November,  
8pm

The FB Pocket Orchestra returns to present a lively repertoire of Blues, Ragtime, Hot Jazz, songs and dances from the 1920s, 30s and earlier. **Tickets: £16.50**



### Exhibition: Hurtwood House Tuesday 14 to Saturday 25 November, 10 am to 4.30pm

Discover the creative talent of local photography students and alumni in this fantastic new exhibition from Hurtwood House School. Now celebrating their 50th anniversary, Hurtwood House is a specialist school of the arts and the work of their students is some of the best in the country. The work explores themes such as architectural structure, ostentation, sensuality and fashion.

**Free Entry**



### Film:

**The Zoo Keeper's Wife (12)  
Wednesday 15 November,  
7.30pm**

When their country is invaded by the Nazis, Antonia Zabunski and her husband, Dr Jan Zabunski begin work with the Resistance to put into action plans to save the lives of hundreds from the Warsaw Ghetto.

**Tickets: £8.25 Adult; £7.25 Friend; £5.50 16 yrs. and under**



### National Theatre Live:

**Follies Thursday  
16 November, 7pm**

Stephen Sondheim's  
legendary musical.  
New York, 1971.

There's a party on the stage of the Weismann Theatre. Tomorrow the iconic building will be demolished. Thirty years after their final performance, the Follies girls gather to have a few drinks, sing a few songs and lie about themselves. Starring Tracie Bennett, Janie Dee and Imelda Staunton.

**Tickets: £17.50**



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**Family Theatre:****Leaf by Niggle****Friday 17 November,  
7.30pm**

Niggle is a painter. Not a very successful one, partly because he has so many things to do. For some time, he has been obsessed with one canvas. The painting keeps getting bigger, but Niggle has a journey to make. He doesn't want to go, but he cannot get out of it... In 1939 Tolkien woke up with Leaf by Niggle complete in his mind and wrote it down. **Tickets: £8.80 under 16s; £13.20 Adult; £40 Family of 4**

**Children's Film:****Frozen Sing-a-long (15)****Saturday 18 November,  
1.30pm**

Everyone's favourite festive sing-a-long extravaganza, Disney's Frozen, returns to Cranleigh Arts Centre in time for the Cranleigh Christmas lights switch on! The fearless and adventurous Anna sets off on an epic journey - teaming up with rugged mountain man Kristoff and his loyal reindeer Sven - to find her sister Elsa, whose icy powers have trapped the kingdom of Arendelle in eternal winter.

**Tickets: £5.50 16 yrs and under; £8.25 Adult; £7.25 Friend;****Live Music: Mitchell &****Vincent Folk-Duo****Saturday 18 November,  
7.30pm**

Described by Acoustic magazine as, "Stunning", Mitchell and Vincent perform traditional tunes and songs from around the British Isles on Fiddle and Classical Guitar. Bright Young Folk praised their playing for featuring, "Skilled arrangements and expert delivery of tunes and songs which showcase the vibrancy, and variety, of folk music across Britain. A thoroughly engaging and enjoyable experience." **Tickets: £11**

**Comedy:****Kerry Godliman:****Stick or Twist Thursday  
23 November, 8pm**

Kerry Godliman is back on tour. Her straight talking brand of quick wit and bewilderment will be covering more of life's anomalies. Why is there a Buddha at the garden centre? Why collect her children's teeth? And even though she can't stand aubergines, why is it her favourite emoji? There's loads to get sorted. Be there. She'll do all the talking. Both an incredibly talented comedian and a phenomenal actor, Kerry is best known for her appearances on BBC's Live



At The Apollo, Mock The Week, Jack Dee's Referendum HelpDesk, Channel 4's Derek and Comedy Gala in aid of Great Ormond Street Hospital'. Kerry is also a regular on Radio 4 with appearances on the esteemed News Quiz, The Now Show and Just A Minute. **Tickets: £16.50**

**Adult Workshop:****Weave a Christmas Tree****Saturday 25 November,  
10.30am to 5pm**

Weave a fabulous festive Christmas tree wall hanging using a simple frame loom (which you can keep). You will learn a variety of tapestry weaving techniques. No previous experience of weaving is needed and by the end of the day you will have enough skills to translate your own ideas into weaving. All equipment and yarns will be provided. **Workshop Fee: £47.50**

**Exhibition:****Christine Baxter****Tuesday 28 November to  
Saturday 9 December, 10 am  
to 4.30pm**

Explore the creations of Christine Baxter in this exhibition of sculptural work. Trained at Camberwell School of Art, London in the 1980s, Christine specialises in clay modelling from life. A lump of clay represents endless possibilities. As we are hard wired to respond emotionally to the human form and face, Christine is fascinated by how a small change in the angle of the neck, the shape of the body, can trigger a response in the viewer. **Free Entry**

**Film: Churchill (PG)****Tuesday 28 November, 7.30pm**

Tensions mount for beleaguered British Prime Minister, Winston Churchill, as D-Day nears in June 1944.

**Tickets: £8.25 Adult; £7.25 Friend; £5.50 16 yrs. and under****Classical Music****Fundraiser:****'Nocturne' a  
Piano Recital by  
Richard Saxel****Wednesday  
29 November,  
7.30pm**

'Nocturne' is a recital by Richard Saxel, Head of Performance at Cranleigh School, and a concert pianist who has established a reputation as one of the most engaging pianists of



his generation. The Trustees of Cranleigh Arts Centre (registered charity no. 284186) invite you to the official launch of Richard's new CD of solo piano nocturnes by 16 different composers. The proceeds of the evening will be donated to Cranleigh Arts Centre.

**Tickets: £16**

#### **Community: The Men's Shed**

**Every Thursday, 10am to 12noon**

Calling all Cranleigh men! Share tools and resources as you work on projects with the group. Born out of an earlier reminiscence project at Cranleigh Arts Centre and part of a national Men in Sheds scheme. The Cranleigh Men's Shed is a place for skill-sharing and informal learning, of individual pursuits and community projects, of purpose, achievement and social interaction. **Free**

#### **Community: Colour at Cranleigh**

**Every Tuesday, 10am**

Did you know that colouring has been scientifically proven to calm the mind? If you enjoyed colouring in as a child, these drop-in sessions are the perfect opportunity to take a colourful break from the stresses of everyday life! Enjoy some 'me' time and meet new people with friendly chatter in a relaxed environment. No previous skills or experience required! **Free**

#### **Community: Knit & Natter**

**Every Friday, 10.30 to 12 noon**

Are you nifty with needles or fancy being a wonder with wool? Join us for tea and biscuits, knitting and nattering in relaxed surroundings. All abilities welcome. Bring your own yarn and needles. No booking necessary - just turn up! A small donation towards tea would be welcome. **Free**

#### **BOX OFFICE INFORMATION**

**01483 278000 (Tues-Sat 10am-4.30pm) or visit [www.cranleighartscentre.org](http://www.cranleighartscentre.org)**

#### **PRESS ENQUIRIES**

For further information or images - please contact: [pheobe@cranleighartscentre.org](mailto:pheobe@cranleighartscentre.org). Box office 01483 278000 / [www.cranleighartscentre.org](http://www.cranleighartscentre.org) / sign up to our e-newsletter / facebook / twitter

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## **SANTA DASH!**

Cranleigh's Rotary Club together with Cranleigh Chamber of Commerce and Cranleigh Sunflowers have organised the new Santa Dash on Sunday 10 December. Leaving from Stocklund Square and following the Downs Link and through Snoxhall fields, the 5K and 10K fun run for adults and children will raise funds for the local primary schools. Details from [cranleighbiz.co.uk](http://cranleighbiz.co.uk)

**Cranleigh Santa Dash**  
**5K or 10K Fun Run**  
Sunday 10th December 2017  
10am Stocklund Square

£5 per adult, £3.50 per child (under 12); £15 per family (up to 2 adults & 3 children)  
All profits from this event will be donated by Rotary Club of Cranleigh to the local primary schools (Park Mead, Cranleigh Infants, St Cuthbert Mayne and Ewhurst Infants)  
Entries close midnight 30th November 2017. Arrive to register on the day by 9.45am.  
Children under 12 must be accompanied at all times by a parent or guardian.  
Complete entry form on reverse or enter online at [cranleighbiz.co.uk/santadash](http://cranleighbiz.co.uk/santadash)

Logos: Rotary Club of Cranleigh, Cranleigh Chamber of Commerce, Informed Choice, Cranleigh Sunflowers.

**Some say . . .**

**You must respect people and  
work hard to be in shape.  
I used to train very hard.  
When the others players went  
to the beach after training,  
I was there kicking the ball**

**Pele**



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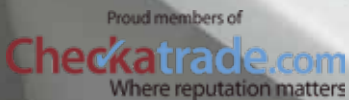
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We are always looking for volunteer drivers to help transport visually impaired people to the classes from the surrounding areas. Mileage paid and training provided. For more information about attending the classes or volunteering, please contact Kate on **07790 434 952** or [kate@weysight.org.uk](mailto:kate@weysight.org.uk)



## Recruitment



Lantern Care Services are recruiting Community Care Assistants to deliver Home Care Services to support those more vulnerable living in Cranleigh and surrounding villages.

We provide a range of services to enable people to remain living independently within their own homes which include personal care, medicines management to shopping, we strive to maximize an individual's independence where possible.

In return, you will be paid by the call duration examples below, all of which are competitive. In addition, holiday pay will be paid at 12.1% of the hours worked, this can be paid monthly with your salary or accrued to be taken when you require.

### Hourly Rate:

**Weekday = £10.00 + 12.1% = £11.21**

**Weekend = £12:00 + 12.1% = £13.45**

**Bank Holiday = £14:00 + 12.1% = £15.69**

Mileage Rate of 25p Per mile is paid from home. Training will be provided to enable you to carry out your job with confidence.

Alternate weekends and some evening work do form part of this role. **Car driver essential**

### If you would like further information

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## Local information

### LIBRARIES

#### CRANLEIGH LIBRARY

High Street, Cranleigh. Tel. 0300 200 1001

Mon. closed all day  
Tues. 9.30 a.m. to 7.00 p.m.  
Wed. 9.30 a.m. to 5.00 p.m.  
Thur. 9.30 a.m. to 5.00 p.m.  
Fri. 9.30 a.m. to 5.00 p.m.  
Sat. 9.30 a.m. to 5.00 p.m.

#### BRAMLEY LIBRARY

High Street, Bramley. Tel. 0300 200 1001

Mon. closed all day  
Tues. 10.00 a.m. to 5.00 p.m. Wed. closed all day  
Thur. 2.00 p.m. to 5.00 p.m.  
Fri. 10.00 a.m. to 5.00 p.m.  
Sat. 10.00 a.m. to 4.00 p.m.

### CHURCHES & CLERGY IN CRANLEIGH

#### Church of England

Rev. Roy Woodhams.

The Rectory, High St. 01483 273620

#### Roman Catholic

Father David Osborne

St Nicolas Avenue 01483 272075

#### Methodist

Rev. Dr. Claire Potter

Church Office, High St. 01483 575 667

#### Baptist

Rev. David Burt

Church Office, High St. 01483 275371

#### Free Church

Mr Cyril Wearn

Alfold Chapel, Alfold Road, Alfold 01403 752167

### CITIZENS ADVICE

#### WAVERLEY CRANLEIGH BUREAU

Village Way - Cranleigh 0344 848 7969

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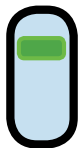
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Cranfold Physical Therapy Centre  
**01483 267747**  
Cranleigh Osteopathic Practice  
**01483 268628**  
Cranleigh Chiropractic Clinic **01483 200358**

### PODIATRISTS / CHIROPODISTS

Cranfold Physical Therapy Centre  
**01483 267747**  
Cranleigh Foot Clinic **01483 276178**  
Mrs R.A. Wimbledon SRCh **01483 277505**

### DOCTORS AND SURGERIES

Cranleigh Medical Practice **01483 273951**  
Loxwood Surgery **01403 752246**  
Rudgwick Surgery **01403 822103**  
Wonersh Surgery **01483 898123**  
Shere Surgery & Dispensary **01483 202066**  
Cranleigh Village Hospital **01483 782400**  
Royal Surrey County Hospital **01483 571122**

### CHEMISTS / PHARMACY

Cranleigh Pharmacy **01483 274323**  
Rudgwick Pharmacy **01403 823791**  
Boots/Boots High Street **01483 276799/01483 274323**

### DENTAL SURGERY

Warren House Dental Practice **01483 274664**  
Cranleigh Dental Centre **01483 268999**  
Kelsham Dental Practice **01483 274552**

### VETERINARY

Brookmead Veterinary Surgery **01483 274242**  
Alfold Veterinary Surgery **01403 753500**  
Yew Tree Veterinary Centre **01483 275665**  
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### EMERGENCY

Police (Emergency) **999**  
Police (Non-Emergency) **101**  
NSPCC **0800 800500**  
National Missing Persons **0500 700700**  
Rape & Sexual Abuse Support Centre (RASASC) **0808 8029999**  
Crimestoppers **0800 555111**  
Childline **0800 1111**  
RSPCA **0300 1234999**  
Samaritans **0845 7909090**  
NCT Helpline **0300 3300770**

### TRAVEL

AA Emergency Breakdown **0800 887766**  
Flight Enquiries for Gatwick **0844 8920322**  
Flight Enquiries for Heathrow **0844 3351801**  
National Rail Enquiries **0845 7484950**  
RAC Emergency Breakdown **0333 2000 999**

### LEISURE

Cranleigh Leisure Centre **01483 274400**

### LOCKSMITHS

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Be Safe Security Ltd **01483 860708**

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Surrey Drug Care **01483 300112**  
Age Uk Surrey **01483 503414**  
Alcoholics Anonymous **0845 7697555**  
Cranleigh Village Care **07908 976 394**  
(Volunteer Transport Service)  
Citizens Advice **0344 848 7969**  
Cranleigh Community Line **01483 267999**  
Cruse Bereavement Care **01483 565660**  
Legal Line **0906 5534545**  
Victim Support /Surrey) **0845 3899528**

### CHARITIES

Cranleigh & District Lions Club **0845 8332711**  
Ewcare **01483 277606**

### COUNCILS

Cranleigh Parish Council **01483 272311**  
Surrey County Council **0845 6009009**  
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