

FEBRUARY 2018 ISSUE 28



CRANLEIGH MAGAZINE

FEBRUARY

Facing Your Fears

A magazine and website for Cranleigh and the surrounding areas
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February 2018

CRANLEIGH MAGAZINE

WELCOME to Cranleigh Magazine in the month of February. Stories abound locally of people doing great things that set us a challenge, or inspire us when we hear about their escapades, some of which can be scary or very frightening. But facing up to our fears makes all the difference in life!

Cranleigh Magazine is a unique publication compared with other everyday magazines. Partnered with its sister website - 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 2018. Contact 01483 275054 or email: paul@cranleighmagazine.co.uk

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The Joy of Cranleigh

Joy Horn brings some anecdotes of 100 years ago

What was happening in Cranleigh in February 1918?



The way we were

The wartime wedding of Albert Kevern and Olive Streeter, with the bride's parents on either side of them, and several soldier friends. The bridegroom's parents could not travel from Cornwall to Cranleigh for the service. (Photo by kind permission of Brian Kevern.)

Monday February 25th was the big day when food rationing came into force. The Surrey Advertiser reported: 'the public have taken it in good part, and we believe they are going to make an honest endeavour to give it a fair trial. They want to find out what they are going to get for their little pieces of card, and how far they can make the rations go.' At Cranleigh Prep School, the verdict after a couple of months was favourable, and the school magazine, *The Cranleighian*, reported: "Rations" has certainly done no harm here, nearly all the boys having put on weight this term'.

In parliament, the historic Representation of the People Act 1918, which gave the vote to women over 30, was passed in the House of Lords on February 6th. It had taken years of campaigning and sacrifice by militant women to achieve this. Although women were not yet given the same voting rights as men, this marked a milestone for them, and before the year was out they would exercise their right to vote in a general election.

Many schools in Surrey were facing the problem of over-large class sizes. The Surrey Education Committee reported this month that the average size of classes had increased to 37½ children per class, though some classes were over 60, due to 'the influx of population from London to Surrey'. Spare a thought for any teacher struggling with 60 children!

Finally, a Cranleigh wartime romance led to the wedding at St Nicolas church on February 12th of Olive Streeter, aged 23, and Albert Kevern, a 31-year-old staff sergeant with the 5th Canadian Divisional Train. A Cornishman by birth, Albert had emigrated to Canada when jobs were scarce in Cornwall. However, life was not easy there, especially finding work during the long, hard winters. So when the War broke out, he volunteered for the army, and was eventually posted to Witley barracks. Olive was the daughter of Percy Streeter, proprietor of the 'White Hart', Ewhurst Road, and she was a teacher at the Village School.





Cranleigh Prep School, newly built in 1913 (M. Williamson, Cranleigh: First 150 Years)

Sugar is RATIONED
1lb Weekly for an Adult or Child.

Tea.
Use Tea with care.
Use Coffee and Cocoa more freely than Tea.

Butter and Margarine are RATIONED.
4ozs. for an Adult or Child.
Weekly Ration.

Bread for Men
on ordinary industrial or other manual work 7lbs per head per week
1lb Daily Ration

Use Potatoes freely.

Bread for Women
on ordinary industrial work or in domestic service 4lbs per head per week
9ozs. Daily Ration.

Advice on food rationing in the Illustrated London News

| | | | | | |
|---------------------------------------|--|-------------------------------------|--|------------------------------|--|
| Holder's Name: <u>Clare Leonard</u> | | KEEP THIS CARD CAREFULLY | | RATIONING BOOK, N. 56, 1916. | |
| Christian Name: <u>9</u> | | Address: <u>Edmonton</u> | | Food Office of Issue. | |
| Name and Address of BUTCHER A | | Name and Address of Butcher for: D | | | |
| Name and Address of BUTTER Retailer B | | Name and Address of Retailer for: E | | | |
| Name and Address of SUGAR Retailer C | | Name and Address of Retailer for: F | | | |
| Name and Address of Retailer for: D | | Name and Address of Retailer for: D | | | |
| Name and Address of Retailer for: D | | Name and Address of Retailer for: D | | | |

SPARE. D

Small text at bottom: This card is valid and the top portion of the card, and read the accompanying leaflet of instructions.

The ration card of someone in Edmonton

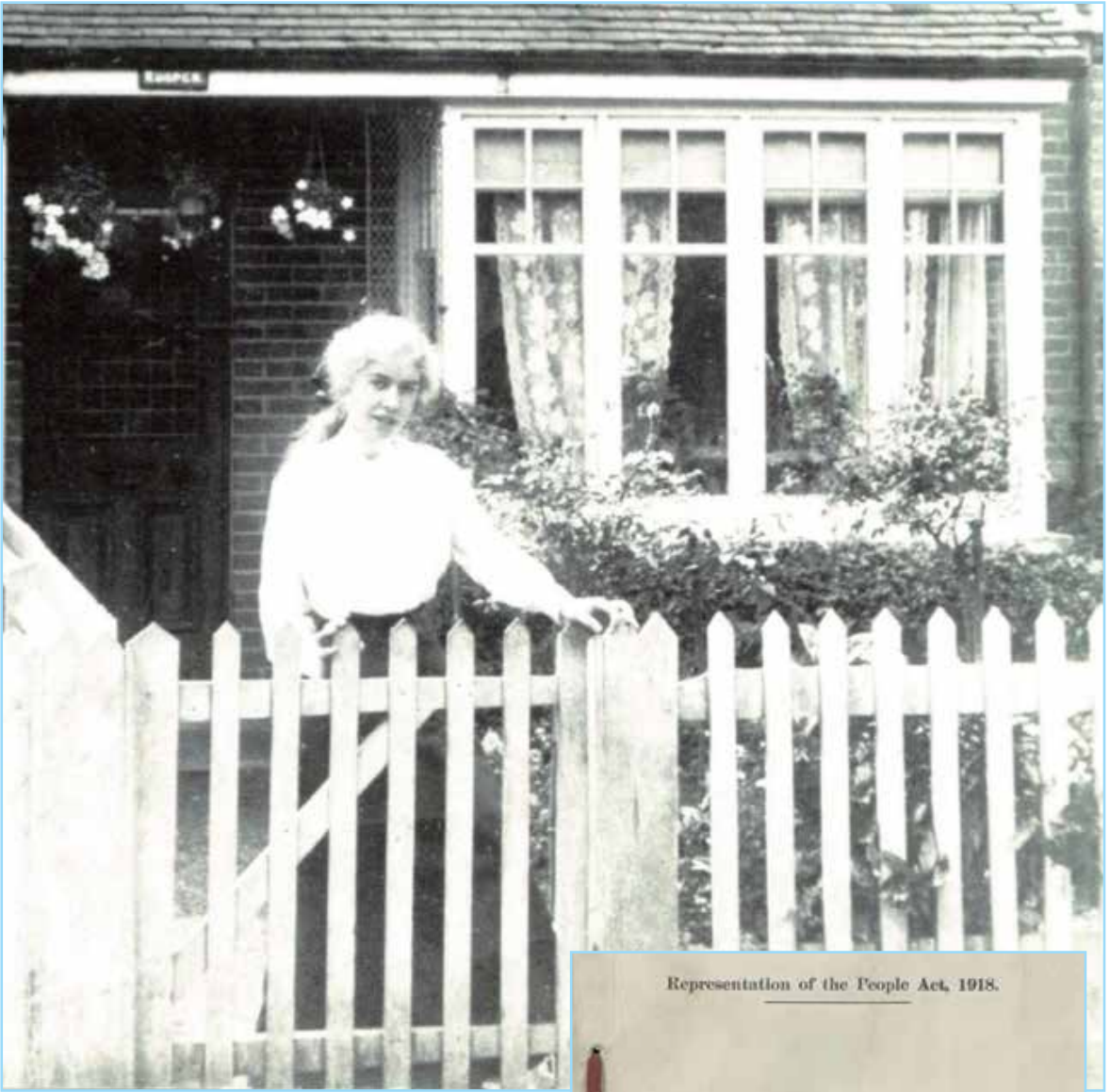
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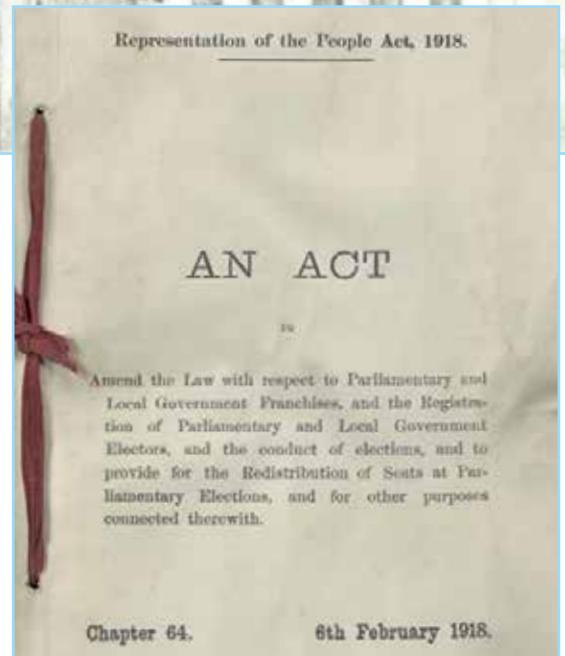


Olive Streeter outside 'Rusper', 12 Mead Road, Cranleigh

On a visit to Cranleigh from Witley, Albert saw Olive cutting roses outside the public house, and asked her for one!

After the wedding, a reception was held at the 'White Hart', and, in the words of the Surrey Advertiser, 'later, in the day, the happy pair left for Cornwall'. When Albert was demobilised, they set up house in London, but the height of delight for their children was to spend the school holidays at the 'White Hart'. The magnetism of Cranleigh was such that their son returned and is living here in his retirement. ■

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 8th February, when June Davey will speak on 'The History of Clandon Park'.





A snapshot of the White Hart, Ewhurst Road, about 1918 where the wedding reception was held



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People Profile



Who's who?



Daniel Tresman
Channel swimmer

Facing your fears

I was born and bred in Cranleigh and lived there for nearly 26 years with my parents and three sisters. Initially I went to Cranleigh Infant school then Park Mead, followed by Glebelands. I was at Cranleigh School for 6th form. I loved school, being a bit of a cheeky chappie but worked hard and did pretty well.

There were a couple of memorable teachers during my education who made an impact on me. For example, Mr Coward, who was head of my year and influenced me a great deal. He was a sports teacher and it was him who inspired me to become a PE teacher. I probably owe a

lot to him. I can't remember anything he said in particular, but he was just a good, honest man who gave good advice and was always there to chat to. Then there was Mr Haviland, who was head of RE and an all-round, helpful teacher. He was a very inspiring character who also had quite an impact on me when I was at school.

A swimmer



Growing up in Cranleigh was great! I loved the village and played for Cranleigh Rugby Club for many years. I went to school with many of the Rugby guys and those childhood friendships have become lifelong.

I am very fortunate that I have some great friends from my school days and still keep in touch with people from Glebelands and Cranleigh School. I think that sport for me cemented those relationships more than others because you go through a lot together on the field. Then you end up socialising afterwards - commiserating losses and celebrating achievements together. Those friends have all shaped my life and who I have become.

After I finished university I started teaching at a local school called *Grafham Grange. It's a school for children with emotional and behavioural problems. I met some great people while working there though it was a really challenging environment to learn how to teach in. While there I became really passionate about helping children with special needs. Following a job as a PE teacher in another special needs school, I'm now working as Deputy Head at **New Barn School in Broadbridge Heath. I work with kids who suffer from high functioning autism and behavioural difficulties. I can't see myself doing anything else at the moment. I get some difficult days but it is very rewarding.

I love being active and sport in particular. I've recently moved away from team-based sports such as rugby because I've suffered a few injuries over the years. As a result, I've become really interested in individual pursuits and long distance ultra-endurance activities.

I quite enjoy the endurance-based challenges because I am actually not very good at them! It's by pushing myself and training that I get to the point where I can do an ultra-endurance swim for example. It doesn't come easy to me which is why I love it.

I have never been content and that's not a bad thing, I'm just always trying to push myself in a very positive way. I don't want to be "satisfied". For me, if you become satisfied, you stop growing emotionally and stop really living. Whether it's work or helping others, whatever you might be passionate about, you should never settle for anything less.

I really look up to my parents as obvious role models - they have done big things with their lives. As well as the teachers that I mentioned, I have been motivated by sports stars like Johnny Wilkinson - not just for his rugby ability but for his attitude to self-improvement and wanting to be the best he can be. That is the sort of dedication I really admire.

My grandad was a hugely talented sportsman, and he taught me many things when I was growing up. He was a featherweight champion in the army I believe, and even as an older man, late into his 70's and 80's, he would

play darts and bowls at the British Legion in Cranleigh (and win!).

Some years ago I suffered an injury on a bike ride from John O' Groats to Lands End. During my solo attempt to ride there, with my tent and equipment on my back, I fell off my bike injuring my ankle which wasn't ideal as I was on my own.

I had managed to cycle the length of Scotland over the Nevis range, through the Lake District and on to Birmingham when I had this unfortunate accident. As a result, the incident stopped me from cycling and running for quite a long time. I became unfit and put on weight before I thought, "Right, it's time to do something, I feel ready". After starting a new job which gave me a better work/life balance, I was coming up to my 30th birthday and decided that I wanted to do something extraordinary.

I had heard about swimming challenges before and thought that I'd take a wetsuit down to Thorpe Park Lake and give it a go. I'd been swimming as a kid and knew how to swim but I am somewhat of an average swimmer. I swam 400m in the lake and was 'cooked' for the day. However, my experimental swim sparked a switch in my head that went off in a big way and I went home to research big swims. During my research, I found an ultra-endurance swim of the Channel, an equivalent of 4-5 back to back marathon swims. I was unsure but rang a friend of mine who put me in touch with a Channel swimming club down in Bournemouth, where I started to train from June 2016.

I trained in sprint sets, swimming 100m, enjoying a 5 second break, then 100m, another 5 second break, and so on until I'd swum 10km. My technique massively improved due to lots of coaching. The trick is to swim as slow as possible to preserve energy, but at the same time as powerfully as you possibly can and for a long period of time.

I started swimming in the sea in April - when the sea was about 9°C - to get used to the cold water, because before that I'd swum in a nice hot pool during the winter. We swam about 2-3 times a week, and every weekend in the summer months we would swim in the sea along the beach. I remember in the first summer I got up to a 5-hour swim which was pretty good as it was ahead of schedule. The general rule is once you have done a 7-hour swim on a Saturday and a 6-hour swim on a Sunday, back to back, two weekends in succession you are ready!

In order to actually do the swim, you're allocated a week's window where you can set off anytime depending on the tides and weather. There are three slots with three swimmers booked each week. If it's washout weather then you join the waiting list.

I received my window of opportunity between 29th July and 7th August - the weather was awful. The guy who

Swimming challenge



had the first slot on the same boat was a good friend of mine who I had trained with. He successfully completed the swim on the second day of the window which really encouraged me as we were similar standard of swimmers.

I had to wait right until the last day to do my swim. Their was thunder and lightening in Cranleigh when I got the call to say there was an opening at 11pm that night, if I was able to get down to Dover for 9pm. The weather was so bad as I was driving down, I was unsure if it was going to be 'do-able'. But with the possibility whirling round in my head of the chance to do it slipping away, I was determined to take this final opportunity.

I thought "this is it". At the heart of it, swimming the Channel can be a dangerous thing. You and the crew have to know your body very well and the way that you swim. The crew will count your stroke rate every hour and if it drops

to 20% lower than your average, they cut the swim off. Standing on the beach, about to enter, I put my faith in a higher being and began to swim.

The first couple of hours were pretty cold but I was in really good shape and I was strangely enjoying it because I had never swum in the dark before. You have a green light on your back so that the boat can see you, and then another light on the boat so that you can see the boat. Apart from that, you can't see anything except from the odd jellyfish because they react with the light. There are some big ones out there and when they float beside you, it's pretty scary because you have no wetsuit for protection.

I was fed a carbohydrate drink full of powder, a couple of jelly babies and carried on. After about four hours I started to get really bad cramp which lasted a full 5 hours before the sun came up which was especially tough. I also

'I put my faith in a higher being and began to swim'



Survival food and equipment



Ready to go!



Larding up!

...out of the de



started to notice the cold a bit more - both in the water and the air around me that I was breathing and started simultaneously shaking as I swam.

There were a few things I had in my toolkit that I could bring out when I needed them. I do simply love swimming, however when it got tough, I thought of my grandad. He crossed the Channel during World War II on D-Day, making almost exactly the same crossing that I was completing at that moment. My grandad sadly passed away a few years ago, but I felt his presence and his energy with me while I was in the water. I thought about what he went through, going to war and leaving his family behind and it motivated and inspired me. If he could cross the channel on the war ships, in his tank to fight in the war, alongside thousands of brave soldiers then I could do this. No matter how painful it got, or how long it lasted, I knew that the pain would eventually stop and I would always be a Channel swimmer.

As well as encouragement from friends and family, I had a big group on WhatsApp who were following me, and I knew they would be going crazy on it. My crew read out their messages to me from the boat to keep me going and cheer me on.

I had mentally prepared myself for a jellyfish sting as I had been stung once before in training and knew what it felt like. You're very lucky if you don't get stung during the swim. I thought "How am I going to deal with this, especially if I get multiple stings?"

Being a big believer in energy and transferring positive energy, I decided to think about it as a positive rather than pain. I thought "If I'm stung, I can use that electric energy to power myself through". As it happened I was stung twice during the night and four times during a single half hour on my knee, bicep, and back.



The crew keeping watch

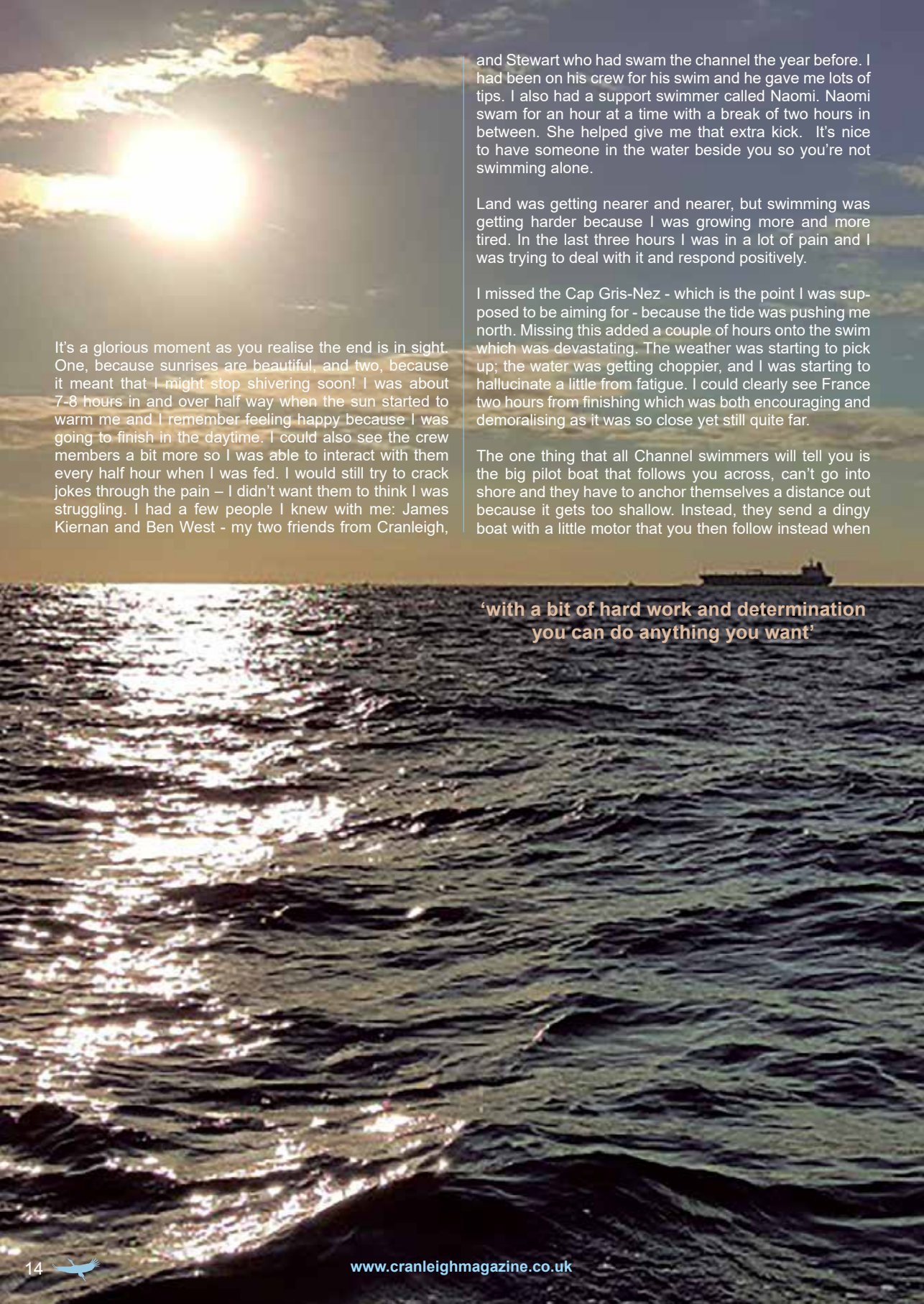


Taking on energy drinks from the boat



Am I overtaking the ferry . . ?

ep dark depths



and Stewart who had swam the channel the year before. I had been on his crew for his swim and he gave me lots of tips. I also had a support swimmer called Naomi. Naomi swam for an hour at a time with a break of two hours in between. She helped give me that extra kick. It's nice to have someone in the water beside you so you're not swimming alone.

Land was getting nearer and nearer, but swimming was getting harder because I was growing more and more tired. In the last three hours I was in a lot of pain and I was trying to deal with it and respond positively.

I missed the Cap Gris-Nez - which is the point I was supposed to be aiming for - because the tide was pushing me north. Missing this added a couple of hours onto the swim which was devastating. The weather was starting to pick up; the water was getting choppy, and I was starting to hallucinate a little from fatigue. I could clearly see France two hours from finishing which was both encouraging and demoralising as it was so close yet still quite far.

The one thing that all Channel swimmers will tell you is the big pilot boat that follows you across, can't go into shore and they have to anchor themselves a distance out because it gets too shallow. Instead, they send a dingy boat with a little motor that you then follow instead when

It's a glorious moment as you realise the end is in sight. One, because sunrises are beautiful, and two, because it meant that I might stop shivering soon! I was about 7-8 hours in and over half way when the sun started to warm me and I remember feeling happy because I was going to finish in the daytime. I could also see the crew members a bit more so I was able to interact with them every half hour when I was fed. I would still try to crack jokes through the pain - I didn't want them to think I was struggling. I had a few people I knew with me: James Kiernan and Ben West - my two friends from Cranleigh,

**'with a bit of hard work and determination
you can do anything you want'**

you're about 40 minutes away. It was at this point my crew told me they'd give me my last feed before shore - a Coca Cola as I was feeling a bit sick from the carbohydrate drink and a mini roll that I kind of just smeared across my face - which made them laugh!

Once I got to the edge, I saw one of my best friends who had got a ferry over to surprise me on the beach. My initial thoughts were that he wasn't real, because my perception was so shaky. I was a bit dizzy when I stood up and the slippery rocks proved too much for me so I went down again. You've got to be careful about taking it slow after you've been horizontal for 14 hours and 4 minutes (exactly!) and you stand up suddenly. My friend had bought a celebratory bottle of champagne that he proceeded to spray all over me before I was allowed a glass.

I picked up my "channel pebble" - you don't receive a medal or a trophy or anything, so it's customary to put a French pebble in your pocket for when they drag you back to the dingy boat and back to England. I had a beer on the way home and then just fell asleep.

Once is enough! I learnt that it's not just the swim, it's the training that you do to get there. Everyone always talks about the swim which is great but people don't see you go to work from 7am -7pm during the day and then

instead of going home, driving to the pool to swim for three hours before coming home for dinner at 10:30pm and going to bed near midnight. At the weekend it's then a drive down to Bournemouth to swim for 7 hours, before driving back and doing the same on Sunday. That's what I'm taking away from it - I'm just an average swimmer at best, but with a bit of hard work and determination you can do anything you want.

My ambition is to swim the Channel when I am 40, and then once every decade until I am 70. In between these? I'm not too sure what the future holds but you can be sure that there will be something. See you again in ten years' time and I will tell you how the second one has gone!

I decided to dedicate sponsorships for the swim to a charity called ***Aspire who help people that suffer from spinal injuries - a very worthwhile charity that do a lot of swims themselves. ■



Surprise!

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Made it at last!



Crane Spotter:

tales from a Cranleigh birder

February

Magic seconds on my sky watch

Geese are an increasingly common sight over and around Cranleigh. Greylag Goose numbers have rocketed in the last 20 years. From just the odd one or two pairs you can now regularly see flocks of 200 or more flying to and from their roosts in the mornings and evenings.

Canada Goose numbers are sometimes double that, and they too have enjoyed recent decades of breeding success on the many small pools and lakes in this area of Surrey. Many have benefitted from the trend among landowners to fashion new ponds in their grounds and gardens.

Mixed winter flocks in the fields can attract other goose varieties - and visiting birdwatchers from further afield. The best was a scarce Surrey visitor, a White-fronted Goose from Arctic Siberia that I found in January 2002. This cold period enticed a number of displaced individuals to the southern counties.

Egyptian Goose (see The Good, The Bad and The Ugly Cranleigh Magazine August 2017) is also increasing in numbers and I've also had - no doubt feral - Barnacle Goose in the past and the high-flying Bar-headed Goose, which has been recorded migrating over Mount Everest. The Cranleigh one would have been an escape from a collection, or the offspring of one that had.

Back down at sea-level, if you go to bird-rich areas like Pagham, West Sussex, at this time of the year you will see flocks of hundreds of Brent Goose feeding in the fields and flying over the salt marshes.

They are one of the south coast's magnificent spectacles, especially as they fly overhead giving their excited gurgling grunt calls. Unless you want to look like a snowman be sure to wear a wide-brimmed hat!

But I'd only seen these birds twice in Surrey, a trio some years ago near Frimley and two more in early October 2015 heading south just after sunrise over Leith Hill.

Roll the clock forward to one early evening in October last year and I was settling down for my regular 'sky watching' session in the garden.

'Sky watching' is only for the dedicated and is an increasing branch of birding for those of us unable to sea watch due to our inland location.

What's going to fly over? Well, you don't know unless you look. And that's part of the fun. There could be something unexpected. Usually there isn't. Mostly it is the usual village suspects, the common birds, but just occasionally sky watching pays off with an exciting reward.

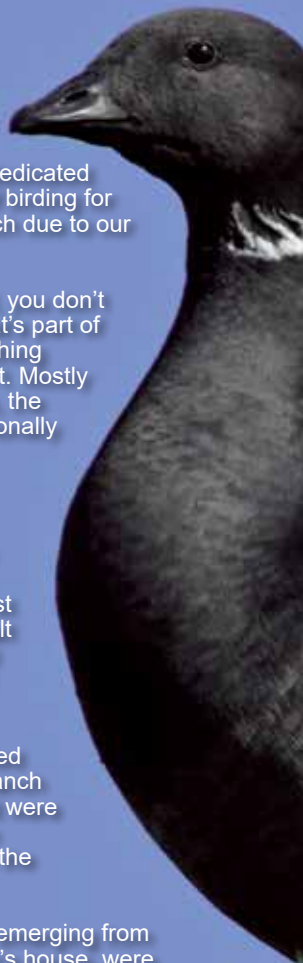
This particular late afternoon was the end of a rather windy day of south easterlies which had seemingly persuaded most southerly migrating birds to halt their journeys. I saw the usual aeroplanes from Gatwick and Heathrow milling around.

Magpies called, a Great Spotted Woodpecker drilled an oak branch above me, three species of Tit were around the feeder, and House Sparrows were assembling in the bushes for an evening natter.

And then suddenly to my left, emerging from behind the roof of a neighbour's house, were a flock of small geese, about the size of Mallards but with longer wings.

They were only about 100 feet up at most and from their small size, black heads, necks and bellies - plus other features - I immediately recognised them as Brents! The charcoal colour of the Brent Goose gave it its name. 'Brent' comes from a Norse word called brand, meaning burnt. A couple gave a characteristic grunting and clucking-type call.

I was awestruck as this was only the second ever Cranleigh area record*. I counted 14 in all and from the way they were flying they looked exhausted after spending the whole day heading into the wind. Around the coast they normally fly strongly but this



Hopefully they had thrived well due to a bumper lemming harvest. For if this hamster-like rodent has a bad breeding season then the Brent Goose chicks can get wiped out by Arctic Foxes who put them on their menu instead.

And now they were over mine and many other Surrey folk's gardens! What a privilege. In only a few seconds they had vanished over the trees towards the setting sun and were lost to view although some continued to call.

We had been graced with just a few magic seconds of their presence during lives which will see them



Brent Goose (Branta Bernicula) in formation



Brent Goose (Branta Bernicula)

clock up more miles than the average Surrey BMW. Later next month Brent Geese will begin heading back on their long journeys north.

You could wait years to see them flying over your home. Take time out to see them down the coast before they go. ■



Brent Goose (Branta Bernicula)

flock was in a loose V shape and appeared dishevelled and ready to put down for the night.

No doubt they included a family party. The young remain close to their parents during their first autumn and winter and they feed and travel with them within the flock.

What also hit me was thinking of where this group had flown from. They are the most northerly breeding goose so probably it was hundreds of miles from within the Arctic Circle tundra in Siberia.

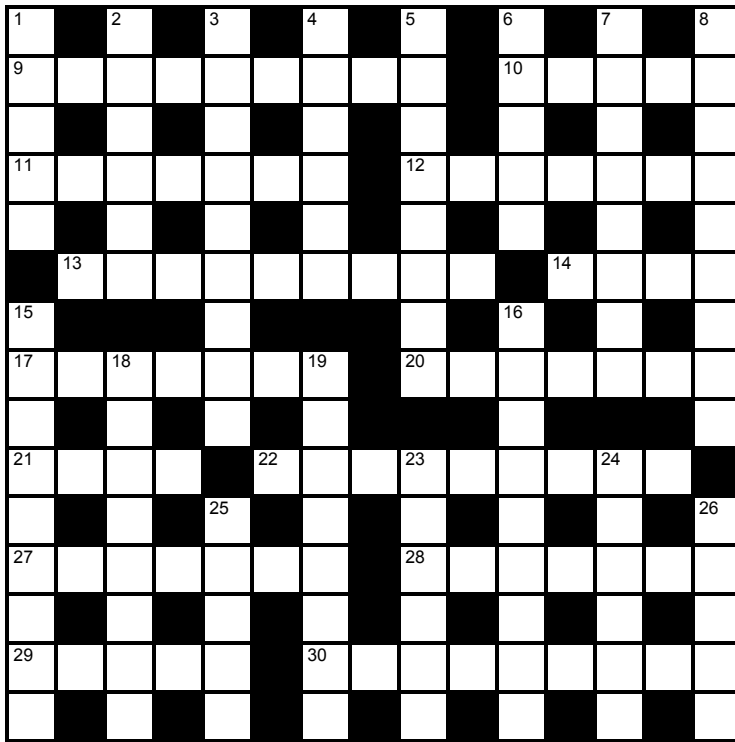
*The only previous recorded Brent Goose was reportedly shot on an unspecified date in the 19th century in the Whitley Manor Farm area near Grafham.

It was 'presented to the Surrey Natural History Society 'according to John Bucknill's The Birds of Surrey (RH Porter 1900) and I was informed it was given by 'a Mr Eager', who owned the farm (per the late Major David Elliott).

Twitter - @Crane_Spotter



February Crossword Puzzle



Across

- 9 Strangle (9)
- 10 "Steady State" astronomer Sir Fred --- (5)
- 11 Creatures (7)
- 12 Senior Australian politician (7)
- 13 Deliberate destruction of property (9)
- 14 Career golfers (4)
- 17 Six legged creatures (7)
- 20 Superficial area (7)
- 21 Short death notice (4)
- 22 Not here (9)
- 27 Makes sorrowful (7)
- 28 Regulate (7)
- 29 Essentials (5)
- 30 Genuine (9)

Down

- 1 Dam across the Nile (5)
- 2 Second-largest continent (6)
- 3 Timidity (9)
- 4 Maiden (6)
- 5 Continues obstinately (8)
- 6 Ring (5)
- 7 Emotional outburst (8)
- 8 Downcast (9)
- 15 Luxurious car (9)
- 16 Northern Russian city (9)
- 18 Superficial (4-4)
- 19 Rep (8)
- 23 Stir to action (6)
- 24 Something unusual (6)
- 25 Animal (5)
- 26 Absence of light (5)

Some say . . .
He who fears being conquered
is sure of defeat.
Napoleon Bonaparte

Colin the Cranleigh Chameleon, was hiding on page 11 during the month of January. Did you spot him?
 Crossword and Sudoku – answers will appear in the next issue.



February Sudoku Puzzle 1 - Easy

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

February Sudoku Puzzle 2 - Hard

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

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----|----|---|----|---|---|----|---|----|---|----|---|----|---|----|---|----|---|----|---|----|---|----|---|---|
| 1 | M | 2 | A | 3 | T | 4 | E | 5 | R | 6 | I | 7 | A | 8 | L | 9 | H | 10 | F | 11 | U | 12 | S | |
| | W | | V | | L | | | | | | | | | | | Y | E | A | R | N | I | N | G | |
| 13 | R | E | T | A | I | L | E | R | | U | | U | | | | | | | | | | | | |
| | S | | S | | N | | | | | | | | | | | 14 | E | N | V | I | S | A | G | E |
| 15 | N | O | M | I | N | E | E | | | | | | | | | | | | | | | | | |
| | M | | V | | S | | | | | | | | | | | 16 | U | N | S | T | A | B | L | E |
| 17 | R | E | V | E | R | S | E | S | | T | | L | E | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | H | | | | | | | | |
| 18 | M | | 19 | D | | 20 | S | 21 | E | 22 | L | 23 | E | 24 | C | 25 | T | 26 | I | 27 | R | 28 | C | |
| | 29 | M | A | N | O | F | W | A | R | | X | | P | O | R | | | | | | | | | |
| | | S | | O | | E | | | | | | | | | | 29 | S | P | A | R | T | A | N | |
| 30 | C | O | R | R | I | D | O | 31 | R | | L | P | | N | | | | | | | | | | |
| | N | | W | | I | | | 32 | A | C | A | D | E | M | I | A | | | | | | | | |
| 33 | A | R | K | A | N | S | A | S | | I | | D | | A | | | | | | | | | | |
| | Y | | Y | | H | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | |

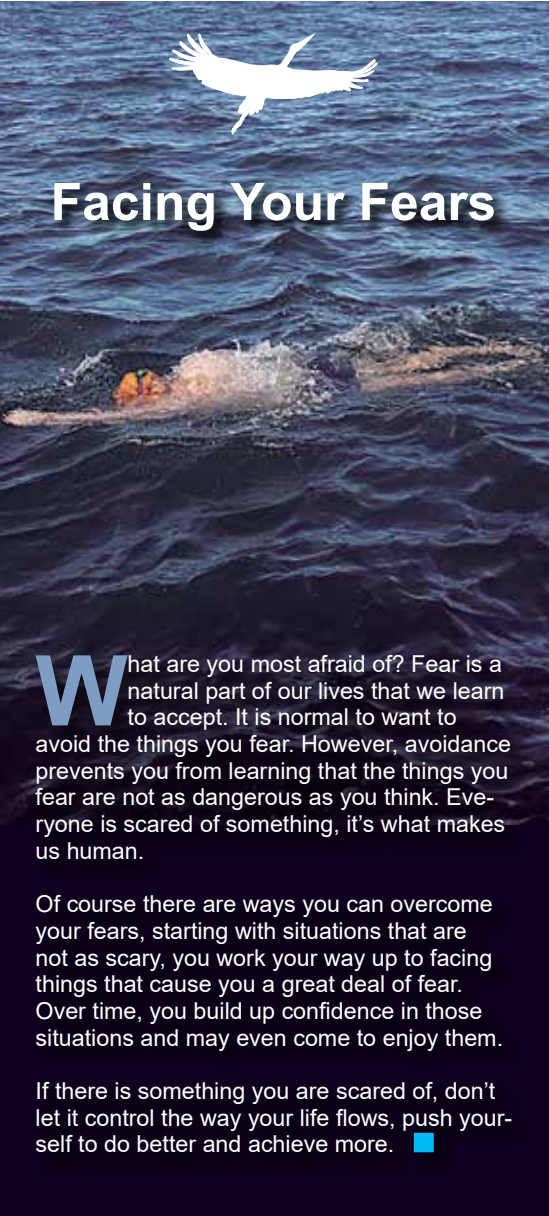
January Crossword Solution

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

January Sudoku Easy Solution

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

January Sudoku Hard Solution



Facing Your Fears

What are you most afraid of? Fear is a natural part of our lives that we learn to accept. It is normal to want to avoid the things you fear. However, avoidance prevents you from learning that the things you fear are not as dangerous as you think. Everyone is scared of something, it's what makes us human.

Of course there are ways you can overcome your fears, starting with situations that are not as scary, you work your way up to facing things that cause you a great deal of fear. Over time, you build up confidence in those situations and may even come to enjoy them.

If there is something you are scared of, don't let it control the way your life flows, push yourself to do better and achieve more. ■



D**Days** **Dates for your Diary**



Friday 3 February Cranleigh Country Market will be held in The Bandroom, Village Way, Cranleigh, 9.15 – 11.00 am. Like home-cooked food, without any added preservatives, but don't want the hassle of cooking it yourself – that's exactly what we provide! Local honey now in stock! Come and browse and stay for coffee.



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.horsham-healthwalks.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 distribution area and neighbouring areas are as follows:-

Mon 5 February 10:00am: Holmbury Hill Meet in the car park of the Holmbury St. Mary Village Hall (located at the end of Felday Glade in Holmbury St Mary off the B2126 Horsham Road) (road runs beside the Royal Oak Public House in Holmbury St. Mary) (RH5 6PF) for a 5½ mile hilly circular walk with one stile through the wooded Hurtwood Estate with an optional coffee stop at the Peaselake Village Shop on route, taking 2 ¾ hours. We will get fine views from Holmbury Hill, weather permitting, and walk through the grounds of The Duke of Kent School following in part The Greensand Way. Well behaved dogs welcome. **Leader: Mike 01403 242564**

Mon 26 February 10:00am: Pitch Hill: This 6½ mile walk, taking 3 hours, includes some climbs, but no stiles, will take us through mainly woods in the Hurtwood area. We will take a refreshment break at the Peaselake Village shop at just over two thirds of the walk. The route which follows in part the Greensand Way should reward us, towards the

end of the walk, with magnificent views south from Pitch Hill. Well behaved dogs are welcome. Park and meet at the car park (TQ 079 426) near the quarry, 300 yards on the right beyond the Windmill Public House (Post code GU6 7NN) north of Ewhurst village. **Leader: Mike 01403 242564**



A real winter warmer with international folk singer and campaigner Julie Felix, who was making music at the same time as Bob Dylan, Joan Baez and Tom Paxton. Julie's fans are delighted to welcome her to Dorking for an evening of reminiscence and newer material marking the start of a magical year.

Tickets £12 from the Brigitte Trust office: 01306 881816 Or visit www.julie-felix.eventbrite.co.uk (fee applies) Refreshments are available

All proceeds to the Brigitte Trust - Supporting people at home facing life-threatening illness. www.brigitte-trust.org

The Brigitte Trust

Emotional support at home



If you are interested in becoming a volunteer, fundraiser or attending a 'taster session' then please contact the Brigitte Trust Office on:

01306 881816

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www.brigitte-trust.org





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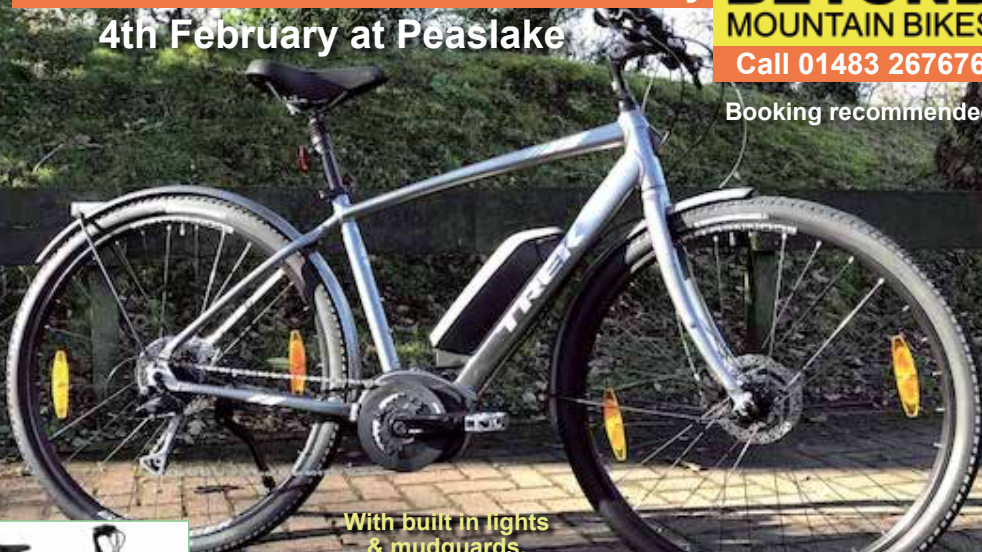
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Swing in the Spring



**THE RON GREEN BIG BAND
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FRIDAY 16th MARCH at 8.00pm
CRANLEIGH ARTS CENTRE**

The Ron Green Big Band was formed some ten years ago, by Ron (an octogenarian) who at the time was playing with the Slinfold Concert Band and still also plays with the Petworth Town Band.

It was from these two bands where most of the former band members came from, and originally it was a group of friends who just wanted to play swing music for fun.

It has now grown into a very competent band playing at dance venues, wedding receptions, parties and concerts.

Band members travel from various parts of Sussex, Hampshire and Surrey to meet up on a fortnightly basis at Forest Green Village Hall to rehearse under the musical direction of John Sandford, a local musician and music teacher at Cranleigh School.

The normal line up is 6 Saxophones, 3 Trumpets, 3 Trombones, plus a rhythm section of piano, bass, guitar and drums, together with a female singer.

The band's repertoire contains music from many eras and the concert will be a joint promotion with The Cranleigh Arts Centre, who will therefore financially benefit from the evening.

Tickets available from Cranleigh Arts Centre

Box Office – 01483-27800

or on web site: www.cranleighartscentre.org

Tickets £12

Snow White PARK MEAD PANTO!



It's never too late to squeeze in one more panto of the season! Park Mead PTFA are proud to present their version of Snow White; starring the fairest princess, the wickedest queen and the tallest dwarves you've ever seen.

Performances are in the main school hall on Friday **2nd March** 7pm and Saturday **3rd March** 1pm and 6pm. Tickets cost **£7** and can be ordered by phone **07870192969** or email ptfa@parkmeadschool.co.uk All proceeds go to support Park Mead PTFA registered charity 1061878. ■

Ewhurst Horticultural Society Tuesday 6th February Glebe Centre 8pm

We will be holding a talk by Andrew Alstead "Wasps and Bumblebees". Andrew is a lecturer specialising in garden pests, wildlife gardening and biological control of pests.

With refreshments and raffle.

Visitors welcome £2.00

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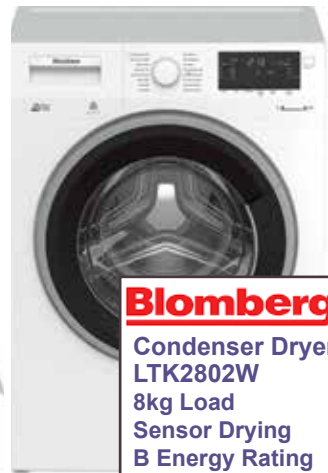


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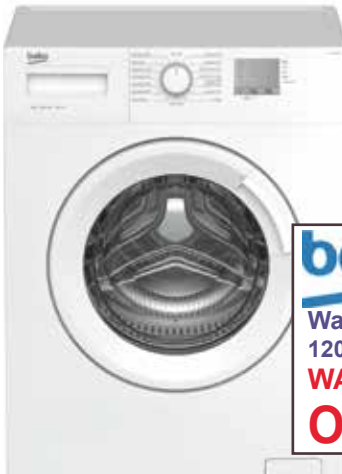
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sabrestone1@btconnect.comwww.sabrestone.co.uk**St John Ambulance****APPEALS FOR YOUTH LEADERS IN CRANLEIGH**

Organisers of St John Ambulance's Cadet Unit in Cranleigh are appealing for people to volunteer as youth leaders, to support young people wanting to become the next generation of life savers.

St John Ambulance believes every young person should have the opportunity to learn basic life saving skills in a fun, safe and supportive environment. Cadets, who are aged from 10 to 17 years old, learn a huge range of important life skills, including first aid, as they work towards their Grand Prior Award – the highest award a Cadet can achieve.

Anyone interested in volunteering should be prepared to give a minimum of two hours a week. All training, including a first aid qualification, essential skills for youth work and safeguarding children, will be provided by St John Ambulance. The role may be suitable for someone who is seeking a career in youth work.

For more information please contact James Roberts on **07825 713 949** or email james.roberts2@sja.org.uk Or visit the volunteering vacancies page on the website at www.sja.org.uk or call **0303 003 0101**.





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Mechanical Engineering Services, founded by Jack Bruford, is situated on the Alfold Road, just outside Cranleigh village.

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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.

MES has invested heavily in dealership-level diagnostics facilities as well as the technicians trained to use them, which allows them to deliver a thorough, accurate, diagnosis and fix any problems quickly. From just a simple fault diagnosis right up to a complete module replacement and re-coding, MES is very proud of their competitive pricing, whatever your needs.

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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.

There are now 9 courtesy cars and 3 courtesy vans available for customers use, at no extra expense. Keeping customers mobile has always been a keen focus for the team. Another ever-popular reason to choose MES as your local vehicle care centre. MES has recently invested in its very own purpose built MOT testing facility on site. Should your vehicle fail its MOT, then a Service Advisor will always contact you before letting the workshop carry out any work at all, and don't forget - any retest required is done free of charge! There are quite often service and MOT deals on offer, so keep an eye out to find a deal to suit you.

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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Nuthatch - © Bill Thornton

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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.

FEBRUARY

Events in FEBRUARY are as follows:

February 1 3rd PDI competition +mono print
David Eastley LRPS

February 8 Workshop & Critique

February 15 Presenting your themed images
Members Participation

February 22 4th colour print competition:
Set subject - Solitude
Steve Kingswell LRPS, AFIAP

Some say . . .

**Too many of us are not
living our dreams because we are
living our fears.**

Les Brown



Some say . . .

Face your fears and doubts,
and new worlds will open to you.

Robert Kiyosaki

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FEBRUARY

Preparing for Spring

This month shows signs of spring heading our way, with bulbs appearing and wildlife waking up as light levels and temperatures increase. Here are a few tips on how to get ready for the new season.



- Protect fruit and vegetables such as apricots, nectarines and peaches with netting to keep the birds off.
- Prune winter-flowering shrubs that have finished flowering.
- Deciduous grasses need cutting back around spring so that they will look their best.
- Small evergreen grasses can be trimmed, remove any brown tips and cut back the dead leaves that usually collect around the base.
- Prune hardy evergreen hedges and renovate overgrown hedges.
- Wisteria needs regular pruning to keep the growth and size under control, but it will also improve the way the flower blossoms.

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Food. We love it, hate it, stuff our faces with it, go without it but whether we like it or not, we all have a relationship with food. Generally people have a fairly healthy relationship with their food but sometimes we can develop a harmful relationship to it. Food is fuel. Food is energy for our bodies and according to Hippocrates food is medicine for when we are sick.

How have we ended up with eating disorders such as bulimia or anorexia in our modern generation? Can we put it down to the stressful lives that we all lead plus ongoing peer pressure or is that really what is driving our obsession

with food? We are encouraged to 'eat less and eat better' by the experts (plus exercise of course) but how does that work when you get temporary emotional relief from food. It's very difficult to approach food in a healthy way when our negative emotions of stress, anger, unhappiness or loneliness drive us to food for comfort. Emotional eating affects your entire life . . . from hating how you look in the mirror, feeling fat in your clothes, feeling unattractive to a partner, feeling overweight and out of breath to the feelings of guilt from binge eating and then using vomiting or laxatives to relieve it. Maybe you punish yourself through denial of food.





Facing your fears: our relationship with food

by Sue Potgieter

Dip NT mBANT CNHC

- Do you tend to reach for the biscuit tin/bar of chocolate when you are upset or have been hurt?
- Do you lack self confidence or have low self esteem?
- Do you find yourself constantly thinking about what you are going to eat next?
- Does your snacking match your unhappy moods?
- If you've had an argument with your partner, do you reach for the chocolate or a glass of wine?
- Do you have a secret stash of chocolate for 'those' times?
- What are YOUR comfort foods?

If you have answered yes to any of these questions, then you may have some level of difficulty with emotional eating. Here are a few ideas to help you identify some of your mind/mouth misconceptions.

1. Keep a food and feelings diary which will show you how much emotional eating you are doing
2. Identify the triggers that cause those feelings
3. Ask yourself why those triggers cause the feelings. Is it a time management issue, a self confidence issue or maybe not feeling liked by colleagues?
4. Challenge those feelings and learn to say no to the triggers through meditation or counting to 20 before acting on them
5. Forgive quickly. Do not let the sun go down on your anger . . . get it sorted before bedtime

Here is an example of my own food and feelings diary:

Sunday 3pm

Trigger: Dad kept shouting and shouting for me when I was trying to update my CV and email a client

Thoughts: I felt irritated and angry with him for interrupting me again . . . he always asks the same things . . . I get so frustrated with him

Prevention: I didn't take any preventative measures. I reached for the bar of chocolate in the cupboard and ate most of it

Negative feelings: I feel guilty and stupid for falling for that same old excuse again . . . Why do I have no control over my actions when it comes to chocolate? I should know better. After all I'm a nutritional therapist! Dad has dementia so he WILL ask the same question every 10 minutes. Get over yourself.

Positive feelings: There are none!

How do we move forward if we have identified that we eat for emotional reasons in some way? One step at a time. Firstly we need to stop denying that we have a problem or justifying why we need that biscuit etc. Then we need to forgive ourselves and stop trying to meet impossible expectations regarding our weight or shape. Food is not our enemy and as we begin to understand why we eat for comfort, we can begin to change those mind/mouth misconceptions. This is where those mini habits come in. (See my article in the January 2018 issue). Start small but make a start. Before long you will feel more aware and more in control of your eating. At that point you will be able to make healthier choices with food which will have a positive impact on your weight, shape and how you feel in yourself.

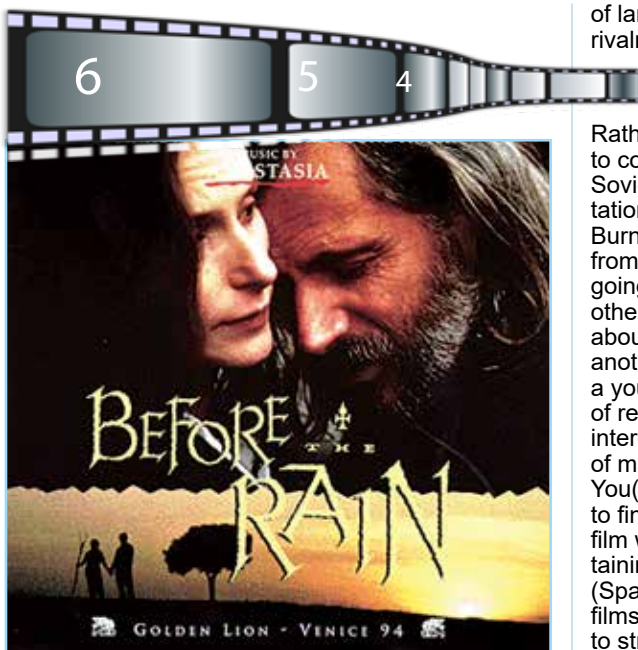
This healthy connection is where you enjoy nourishing food that you have control over. Emotions make wonderful servants but terrible masters. And finally, remember that we are all on a journey. I am here to help you be the best version of yourself! ■

Email me at: sue@thegenuinelivingcompany.com
A fully referenced article in pdf format is available on request from sue@thegenuinelivingcompany.com

Cromwell Coffee House-Homemade Food



of lands seeking peace by bonding beyond ancient rivalries and jealousies.



BEFORE THE RAIN - the first film from Macedonia to win an international award (the Golden Lion for Best Film at the 1994 Venice Film Festival). It was also nominated for the Best Foreign Language Oscar). **This film will be shown by CRANLEIGH FILM CLUB at the Bاندroom on Thursday 25th July starting at 7.30pm.**

Written and directed by Milcho Manchevski, this first work has proved to be his only major success, but his talents run to photography, writing, art and teaching these subjects at New York universities as well as other world centres. His first film feature was a very personal journey.

Before the Rain is a portmanteau film where three stories are linked, intertwine and develop themes of love and revenge related to the political turbulence in Macedonia in the early 1990s not dissimilar to the turmoil and bloodshed in the rest of the Balkans at the time.

The first story starts in the mountains of Macedonia, the second is set in London, the third returns to Macedonia to complete a sort of illusionist circle. The first story concerns a monk and a young woman who needs protecting by him, which leads to a dangerous journey. The second story has Anne, a picture editor, torn between two men, her husband and a disillusioned war photographer. The third brings the first two together when the war photographer returns to Macedonia to find his village divided and his Albanian neighbours are now his enemies. The war photographer decides to remove himself from the circle of hatred. The hatred we see is stronger than the love because it goes back a long way. There may be a lesson here for countries wishing to be part of a much larger conglomeration

Rather than say much more about the film I prefer to consider why this is third work from the old Soviet block to be shown in the first seven presentations of the film club. In Bloom (Georgia 2013), Burnt By The Sun (Russia 1994), and this work from Macedonia in 1995. All three are on the heavy going/grim side of the reaction monitor. Of the other three films, Fire At Sea is a 2016 Italian work about refugees from Africa landing on Lampedusa, another very down beat offering hardly lightened by a young boy playing in the island blissfully unaware of refugees. At The Height of Summer was an interesting exercise in female bonding in the face of male deception. This month's film When I Saw You (Jordan 2012) concerns an Arab boy wanting to find his father, joining freedom fighters. The one film which has stood out to date as serious, entertaining and truly film art, and recent, was Julieta (Spain 2016). I shall not dwell on the remaining five films of the rather short 12 film programme. Suffice to stress there is no comedy, no British film, no French, German, northern European work and only one American film. So one has to ask why a third film from the East European/Russia area? Perhaps it will receive a standing ovation.

Last season the only film which did truly delight and overwhelm the audience was Tangerines, the only one shown from a country (Estonia) which was in the Soviet Union. That was art and a crowd pleaser but one from this geographic source per season is enough. ■

For more information about Cranleigh Film Club and its films contact Sara Lock at saralock1950@btinternet.com

Some say . . .

**I think fearless is having fears
but jumping anyway.**

Taylor Swift

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Further information is also available on our website:
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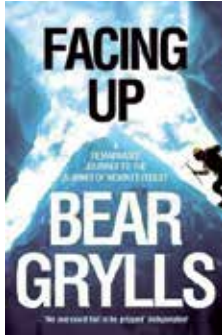


BOOK REVIEW

Facing Up

by
Bear Grylls

'An absolutely brilliant book about and overcoming your physical and psychological limits.' – Reviewer



“You climb only because the mountain allows it. If it says wait, then you must wait, and when it allows you to go, then you must struggle and strain in the thin air with all your might.**”**

Facing Up tells the remarkable story of Bear Grylls' ascent of Everest, making him, at the age of 23, the youngest British climber to endure the adventure.

Bear battles against all the odds in the pursuit of his childhood dream, to stand on the summit of the tallest mountain. Similar to that of an emotional roller coaster, Bear shares his despair, from standing on the summit, to surviving a near-death experience in a crevasse.

“Here I was with those I knew so well, alone and isolated in the rawness and wonder of nature; and it made me feel good.”

The actual ascent took Bear over 90 days of extreme weather, limited sleep and low oxygen above 26,000 feet.

It shows the loss of hope being swept aside by determination and huge faith; the pain and discomfort being masked by his spirit and sense of humour.

Written in a powerful and personal style, including extracts from his diary and select photos from his expedition, This book is a must for adventurers everywhere; a truly inspirational tale. ■

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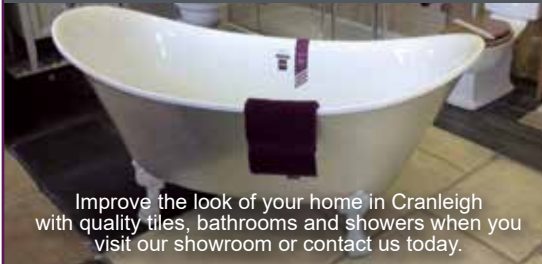
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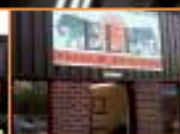
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RECIPES

Facing



1 RISOTTINO ALLA VENEZIANA

(Venetian Risotto)

Ingredients

120g Italian rice (Arborio/Vialone)
 120g small peas
 1 medium sized onion, finely chopped
 2 sticks of celery, finely chopped
 600ml strong chicken Stock, hot
 75ml dry white wine
 3 bay leaves
 20ml olive oil
 20g good quality margarine
 20g unsalted butter
 70g parmesan cheese, grated
 Salt and peppermill

Preparation

1. Heat the oil with the margarine in a non-stick pan. Once it starts to sizzle, add the onions and celery
2. Once the ingredients in the pan start to colour, add the rice, stirring to prevent sticking
3. Add the wine, stirring until it has evaporated
4. Add half the stock, waiting until it has evaporated before adding the remaining half. Approx. 10 minutes
5. Add the peas, stirring until all the stock has evaporated and the rice is "Al dente"
6. Place the saucepan on a trivet or chopping board and taste for seasoning.
7. Add one third of the Parmesan and all the unsalted butter to the mixture, beating with a wooden spoon until it has combined.
8. Return the pan to the stove, adjust consistency and seasoning and check the temperature
9. Serve with crusty rolls and plenty of grated Parmesan



2 STUFATO DI PESCE ADRIA

(Stewed Fish casserole)

Many years ago, I ran a restaurant. A regular customer came to ask me if I could reproduce a dish he had in Venice. He explained that it was a fish dish with a variety of products not readily available in the UK at the time (60's). Now, 50 years on I will try to do what I could not do then as you can find most ingredients in stores today.

Ingredients

200g Squid, cleaned and cut into strips 2 cm wide
 200g monkfish, diced
 16 mussels, cleaned & ready for cooking
 16 langoustines, as above
 24 clams
 80g uncooked prawns, shells on
 1 medium sized onion, chopped small
 50ml olive oil
 As much garlic as you wish, crushed and chopped
 75g tomato paste
 20g saffron or 50g of substitute
 600ml strong fish stock
 120ml dry white wine
 25g arrowroot or 40 g of cornflour
 6 bay leaves
 Sea salt and pepper mill

Preparation

1. Soak all fish together in clean water overnight

up to Food



3 CREPÈLLE DI CILIEGE FLAMBÉS (Pancakes with cherries)



Ingredients

4 large pancakes
1 tin of morello cherries, pitted and drained. Save the juice.
50ml each of maraschino and kirsch
100ml sweet wine
100g cherry preserve
25g arrowroot or 30g cornflour.
Sugar to adjust sweetness

Preparation

1. In a non-stick pan, mix together the preserve, the drained cherry juice, and the wine
2. Stir until it has been brought to the boil and let simmer for 10 minutes.
3. Add the cherries and the maraschino
4. Adjust thickness and sweetness. Let the mixture cool down
5. Place a heaped tbsp. of the mixture in the centre of each pancake
6. Fold the pancakes in four and place them in a frying pan with a little sugared water at the bottom
7. Dilute the remainder of the cherry mix with sugared water to the consistency of a sauce and pour over the pancakes.
8. Quickly bring to the boil. Add the kirsch and set it alight.
9. Serve with thick cream.

BUON APPETITO – Giovanni Fontebasso ■

- and when ready to begin, drain it thoroughly
2. Using a large non-stick sauté pan, heat the oil and roughly sauté all shell fish, transferring into a large pan with the stock. Do the same with the monkfish and the squid. Keep the sauté pan to hand.
3. Bring the stock and fish to a boil and simmer for 20 minutes, before adding the bay leaves.
4. Re-heat the oil in the sauté pan and add the onion and the garlic, fry gently. Once it starts to colour, add the tomato paste and the saffron (or substitute).
5. Mix well, then add the wine, rapidly evaporating $\frac{3}{4}$ of its volume.
6. Add the wine to the boiling stock with the fish, and thicken lightly with the Arrowroot diluted in a little cold water.
7. Check that all fish is cooked without being overcooked, then adjust the seasoning and serve in large soup plates with soft brown rolls.

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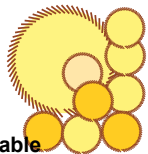
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Arthur Koestler

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Film: Baby Driver (15)

Thursday 1 February, 8pm

A talented young getaway driver relies on the beat of his personal soundtrack to be the best in the game. But after being coerced into working for a crime boss, he must face the music when a doomed heist threatens his life, love and freedom.

Tickets: £8.25 Adults; £7.25 Friends; £5.50 under 16s



Live Music:

Daryl Kellie & Jon Hart: Set Adrift Friday 2 February, 7.30pm

'Set Adrift' is a folk album by two of the UK's top fingerstyle artists Daryl Kellie and Jon Hart. Written and recorded on a narrow boat on the River Thames. Along with showcasing the album, the guys will perform individual sets with material from their debut solo albums.

Tickets: £12



Music Workshop:

Community Drum Circle with Ray of 'Drum With Us'

Saturday 3 February, 10.30am

A community drum circle is a noisy and fun family-friendly event where people of all ages come together to share their musical spirit. There are no wrong notes and no mistakes. It's all about having fun so come along, grab a drum and go! It's open to everyone, no musical experience required and all drums and percussion provided. **Tickets: £5**



Adult Workshop: Pottery Classes (4 weeks) Tuesdays 6 to 27 February, 2 – 4.30pm or 7 – 9.30pm

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Classical Music: Henrietta Hill: Violist Tuesday 6 February, 7.30pm

Henrietta Hill is a 2016-2018 Martin Music Scholarship Fund Instrumental Fellow & has performed with the Philharmonia Orchestra under the baton of conductors Paavo Järvi, Jakub Hrůša, and Yuri Temirkanov. In addition to her orchestral playing, Henrietta regularly performs chamber & solo repertoire with a special interest in contemporary music. Henrietta presents a varied programme of music by Millhaud, Dowland, Britten, and Hindemith. **Tickets: £12**



Live Music: Tannahill Weavers

Wednesday 7 February, 8pm

Part of their 50th Anniversary UK tour, Scotland's Tannahill Weavers bring their dynamic Celtic rhythms & ballads to Cranleigh Arts. This lively quartet play Scottish traditional music at its best! As tight & versatile as any band in the Celtic music scene, the Tannahill's potent mixture of traditional ballads & fiery instrumentals leaves audiences spellbound.

Tickets: £13.50



Event Cinema: ROH Live: Tosca

Thursday 8 February, 7.15pm

Puccini's operatic thriller is a great opera experience. Dan Ettinger conducts a star cast led by Adrienne Pieczonka, Joseph Calleja & Gerald Finley. The Chief of Police, Scarpia ruthlessly pursues & tortures enemies of the state. His dark, demonic music contrasts with the expansive melodies of the idealistic lovers, Tosca & Cavaradossi, who express their passion in sublime arias, including 'Vissi d'arte' & 'E lucevan le stelle'. **Tickets: £19.75**



Family Theatre:

Hoot Owl, Master of Disguise

Saturday 17 February, 11.30am & 2.30pm

Hoot Owl is no ordinary owl - He's a Master of Disguise! He plans to use his cunning camouflage powers to gobble up the tiny animals of the night. Trouble is, Hoot Owl's prey keep escaping! Is Hoot Owl as masterful as he thinks he is? Will he become a member of the Owl Parliament? And will he EVER succeed in catching himself some dinner? Join Hoot Owl's riotous adventure as he zooms across the night & into the dark. Suitable for ages 4 - 94! **Tickets: £10; £35 Family of 4**



Event Cinema: NT Live:

Cat on a Hot Tin Roof Thursday 22 February, 7pm

Tennessee Williams' masterpiece played a strictly limited season in London's West End in 2017. On a steamy night in Mississippi, a Southern family gather at their cotton plantation to celebrate Big Daddy's birthday. The scorching heat is almost as oppressive as the lies they tell. Brick and Maggie dance round the secrets and sexual tensions that threaten to destroy their marriage. With the future of the family at stake, which version of the truth is real – and which will win out? **Tickets: £17.50**



Comedy: Adam Hess & Glenn Moore Double Bill

Friday 23 February, 8pm

Adam Hess: Cactus - Edinburgh Comedy Award-nominated comedian returns with a smash-hit show. He's five foot eleven,



he hates other families' plates & he had his 18th birthday party on a riverboat on the Thames so that when people realised how boring it was they couldn't leave. Glenn Moore: The Very Best of Belinda Carlisle - Glenn presents his second relentlessly silly, gag-laden show. This time he's living with his granddad & trying to solve the case of a missing person. As seen as on Mock the Week.

Tickets: £13.50

Talk: Meet the Author!

Gareth P. Jones

**Saturday 24 February,
10.30am**

Part of our Cranleigh Literary Festival, sponsored by Informed Choice. Blue Peter Book Award Winning children's author and multi-instrumentalist Gareth P Jones has appeared at music and literary festivals all over the world. Join him for a lively interactive performance, peppered with irreverent humour, unbridled energy and original songs inspired by his popular books.

Tickets: £5



Literary Workshop: Book Binding

**Saturday 24 February,
10.30am - 1.30pm**

Make your own unique notebook to keep and treasure. Angela Thames will show you the long-stitched method of book binding, a technique that incorporates a variety of paper types - from watercolour to graph paper. The cover will be made from handmade Indian Khadi paper with an exposed stitched spine. Angela will bring examples of artist's books, created from lino cuts and collagraph prints with text by writers such as Charles Darwin, Nan Shepherd and Monty Don as inspiration.

Workshop Fee: £45



Film: To Kill a Mockingbird

Tuesday 27 February, 8pm

Part of our Cranleigh Literary Festival, sponsored by Informed Choice. Based on the Pulitzer Prize winning novel by Harper Lee. Scout Finch & her older brother Jem live in sleepy Maycomb, Alabama, spending much of their time spying on their reclusive & mysterious neighbour, Boo. When Atticus, their widowed father & a respected lawyer, defends a black man against fabricated rape charges, the trial & ensuing events expose the children to the evils of racism & prejudice.

Tickets: £8.25 Adults; £7.25 Friends; £5.50 under 16s



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 new 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 - 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

PRESS ENQUIRIES

For further information or images - please contact: phoebe@cranleighartscentre.org. **Box office 01483 278000** www.cranleighartscentre.org / sign up to our e-newsletter / facebook / twitter



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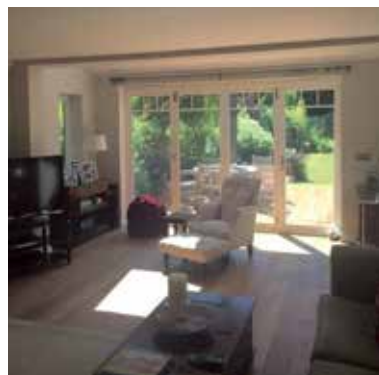
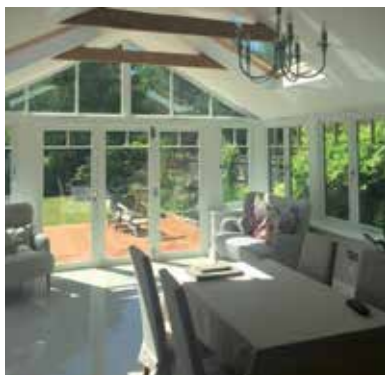
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Shared Mission. Active Relationships Together

S M A R T Cranleigh is on a journey to improve quality of life and help the community to come together to look at some of the real issues that matter to people of all ages here and in surrounding villages in their everyday lives.

SMART CRANLEIGH is a village initiative focused on promoting good quality of life for local people through enabling local organisations to work together more effectively.

We aim to support community led projects that make a positive difference to the lives of local people.

We aim to help local people connect with their community and empower them to find the local support they want.

Last year we worked in Collaboration with Public Health locally to undertake a Community Needs Assessment. Some of you were involved in either interviewing or being interviewed as a sample of the population in Cranleigh East.

Did you know?

- Out of 206 Surrey wards, Cranleigh East is ranked 111th for Health Deprivation and Disability3
- 2% of people provide 50 or more hours of unpaid care a week (Surrey average 1.6%)1
- 15.1% residents have a limiting long term illness or disability (Surrey average 13.5%)
- 6% of the working-age population in Cranleigh East experience employment deprivation3
- Dementia 0.9% (CCG average 0.7%).130 million by 2050 will have dementia which has been tamed but not cured.
- Depression 8.1% (CCG average 7.6%)
- 19.9% adults binge drink (Surrey average 18%)
- 5% of reception year children are obese and 19.1% have excess weight compared to 6.3% and 17.9% in Surrey2

I wonder if you had any idea these things could be issues for people living around you?

If you did then perhaps you would like to consider helping and working with the SMART Cranleigh group. Please feel free to contact one of the following Directors by email for more information;

Stephen Dennison stephendennison1@gmail.com

Rosemary Hurtle rosemary@360fwd.com

Mike Ellis mike@charters.eu.com. ■

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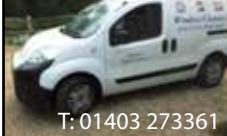
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Wed. 9.30 a.m. to 5.00 p.m.
Thur. 9.30 a.m. to 5.00 p.m.
Fri. 9.30 a.m. to 5.00 p.m.
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Fri. 10.00 a.m. to 5.00 p.m.
Sat. 10.00 a.m. to 4.00 p.m.

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Church Office, High St. 01483 275371

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Alfold Chapel, Alfold Road, Alfold 01403 752167

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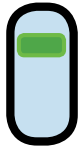
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Police (Non-Emergency) **101**
NSPCC **0800 800500**
National Missing Persons **0500 700700**
Rape & Sexual Abuse Support Centre (RASASC) **0808 8029999**
Crimestoppers **0800 555111**
Childline **0800 1111**
RSPCA **0300 1234999**
Samaritans **0845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

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Locksmith Godalming-24/7 **01483 320143**
Be Safe Security Ltd **01483 860708**

HELPLINES

Surrey Drug & Alcohol Care
Freephone 0808 802 5000
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**
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The Silent Epidemic Of Loneliness

Is Dangerous For Our Health, It Is Now Official.

GPs will be urged to make time to see lonely patients, who are **50% more likely to die** prematurely than people with good social network. Three out of four GPs say they see between one and five lonely people a day, according to research among over 1,000 family doctors undertaken in 2013 by the Campaign to End Loneliness.

(The Guardian Oct. 12th 2017)



Social isolation and loneliness are akin to a chronic long-term condition in terms of the impact they have on our patients' health and wellbeing," the college's chair will tell its annual conference. Helen Stokes-Lampard will tell the Royal College of General Practitioners (RCGP).

'We should be talking to them about their weight, exercise and prescribing more medication. But really what these patients need is someone to listen to them and to find purpose in life.'

"Loneliness and social isolation are not the exclusive preserve of the elderly. They are not something that can be treated with pharmaceuticals or that can be referred for hospital treatment".

There are 7.6 million single persons of all ages and there are many reasons for isolation. Loneliness is difficult to define, personal and carries stigma. It is not openly admitted. Older people and those who are bereaved want befriending and moral support. There is a real fear of dying alone. Quality of relationships is what counts as well as having a sense of purpose.

One cannot smell taste or touch but only feel loneliness. The key reasons are divorce and bereavement and life transition. Social media does not ameliorate this and can work well and being alone at home can feel like a prison as well as a sanctuary. Lonely mothers lack of conversation particularly those with young children.

Social networking has changed the meaning of friendships into 'instrumental collaborations'. Communities have become more sparsely connected with less stable

networks as all-encompassing local groups become less common (Davies, R, RSA). This results in loneliness, hostility and impacts on sleep, behaviour and a decline in health and wellbeing.

With a 42% divorce rate - lose friends and social life Rejection fears - and fears of things that reminds you of how you feel Need for soul mate / pal Somebody to do nothing with. House share for companionship is one solution

1 in 4 will have mental illness in life. Often families move away due various things such as work, cost of housing etc. This means there is limited family support available in times of need. ■

Ref : BBC 1 the age of loneliness 7th BBC 1

Recommendations include:

Befriending schemes, time banks and local informal groups with social prescribing within a well-co-ordinated local population is what SMART Cranleigh are recommending. With closely networked small initiatives, mutual co-operation and collaboration between local formal and informal groups, such as between the churches and local groups much more could be done ameliorate this.

Having a dog can help as a form of mutual dependency. Matthew Taylor from the RSA suggests that more local initiatives should encourage unpaid citizen effort (volunteering) should be seen as integral part of public service that are needed to fight isolation among older people.



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