

DECEMBER 2018 ISSUE 38

CRANLEIGH MAGAZINE

*'Father Christmas
finished early this year!'*

The Gifts of Christmas

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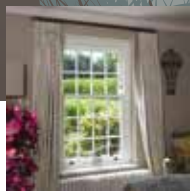
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December 2018

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CRANLEIGH MAGAZINE

WELCOME to Cranleigh Magazine in the month of December. It's Christmas time in Cranleigh, where we will all be thinking about what to give and expect in our christmas stockings, as we try to get organised and ready for the big day when we give gifts to one another? Where do we start? Love!

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.

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 Contact 01483 275054 or email: paul@cranleighmagazine.co.uk

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



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 Richard Johnston

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The Joy of Cranleigh

Joy Horn brings some anecdotes of 100 years ago
What was happening in Cranleigh in December 1918?

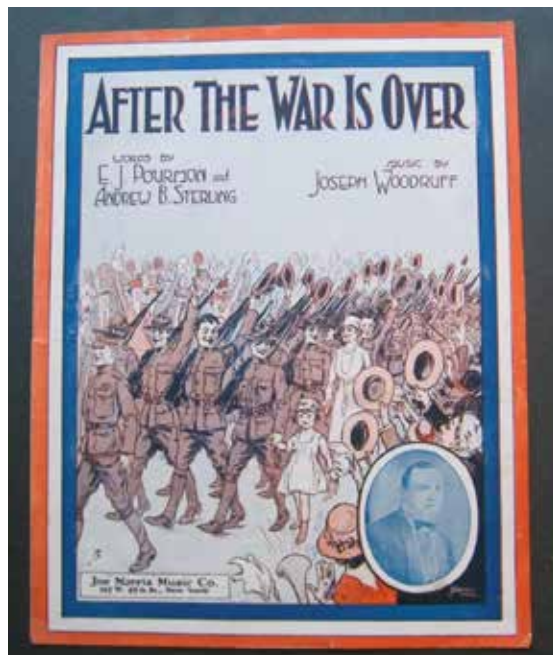


Cranleigh's Village Hall until 1933 (Frith photo of 1904). Election meetings took place here in 1918.

On Saturday, December 14th, Christmas shopping was not uppermost in Cranleigh people's minds. It was election day – the first general election for eight years – and 654 Cranleigh women over 30 were voting for the very first time. In the country, the electorate rose from 7.7m to 21.4m, and in the Cranleigh ward of Guildford constituency it increased from 516 property-holding men in 1910 to 1,311 people in 1918. This now included all men over 21 (and not just property-owners), besides the women. It was not until 1928 that all women over 21 gained the vote. There had been petitions to parliament on the subject since 1832.

Among the women now entitled to vote were the mothers of the soldiers these articles have been following throughout the war. They were Mrs Annie Crick of the Northampton Boot Store, mother of Rennie Crick of the R.A.M.C., and Mrs Ruth Cheesman, mother of Joe Cheesman, who had been a prisoner-of-war: they were both able and competent women. Mrs Eliza Greenfield, mother of the three boys killed on the Somme, was also eligible. So was war widow Mrs Louisa Bowley of 'Chez Nous' in Grove Road, an enterprising woman who had run a chicken farm on her extensive grounds in order to support her three children.

Being able to vote must have been a particular satisfaction for the Cranleigh artist, Marjorie Hamilton, who had designed posters for national suffragette demonstrations. She was registered on the electoral register as living at 'Rosemary Cottage' in Avenue



Popular American Song of 1918

Road, but was said to be absent on military service – the only such woman in Cranleigh. So far, research has failed to discover what she was doing, or where.





Historic picture in the Illustrated London News of a lady voting

Sadly, Mrs Florence Parsons and Mrs Alice Nightingale, who figure on the electoral register as qualified to vote, had both died in November of the Spanish Flu.

There were only two candidates for the Guildford seat: Edgar Horne (Conservative), who lived at Hall Place, Shackleford, and had been elected in 1910, and William Bennett (Labour), a pharmacist of York Road, Guildford. The Surrey Advertiser was blatantly partisan in its support of Edgar Horne, reporting on all his public meetings in the villages – even though he said much the same each time – and giving very little coverage to William Bennett, and most of that unfavourable. At Alfold, Mr Horne ‘welcomed the presence of ladies as an indication that they intended to take their new responsibilities seriously’(!) His meeting at Cranleigh Village Hall was at 8.00pm on Saturday December 7th, after he had made a quick dash from a 7.00pm meeting at Ewhurst.

The votes in this ‘Khaki’ election were not counted until December 28th, because of the time needed to gather the forces’ votes. In Cranleigh, 119 voters were absent on naval or military duty. Some ballot papers were spoiled by voters writing ‘Good luck!’ next to one or other candidate, or even ‘Nothing doing!’

Lloyd George swept back to power at the head of a continued Liberal-Conservative coalition, on a platform promising a trial for the Kaiser and indemnities from Germany, and ‘a fit country for heroes’. In Guildford, Edgar Horne received 13,149 votes to Bennett’s 5,078.

Christmas must have been celebrated with relief and thankfulness in Cranleigh and by those serving in the Armed Forces. After his exciting escape from German imprisonment through Holland, Joe Cheesman had reached home in Victoria Road in

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A grateful Christmas card of 1918

November and was allowed to stay in Cranleigh for Christmas, though he was not yet demobilised. In France, Rennie Crick had been made demobilisation clerk for the 34th Field Ambulance ('Some job!', he commented in his diary) and sent home two batches of miners, as priority workers. He enjoyed a 'fine spread' at the hospital on Christmas Day, with dancing and singing in the evening. ■

Some first-time voters:



Mrs Ruth Cheesman, mother of 12, including Joe Cheesman



Mrs Louisa Bowley, widow of 2nd Lt. Thomas Bowley, of 'Chez Nous', Grove Road



Mrs Eliza Greenfield (bottom right in photo above), whose three sons died on the Somme



Mercy and Mary Mann, who ran a teashop and confectionery in Dorset House

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 December 13th, when Joy Horn will speak on 'James Puttock, wheelwright of Cranleigh'. Christmas drinks from 7.30pm.

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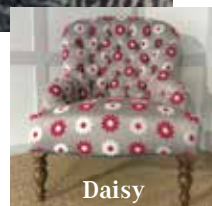
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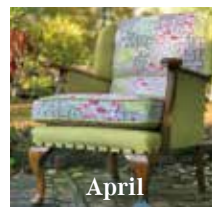
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Stuart



Daisy



April



Kirk

SITTING IS BELIEVING . . .

Crane Spotter:

tales from a Cranleigh birder

December Black snow fooling

I can't be sure if it will be a white Christmas this year – but it will certainly be a black one.

Each December, as the daylight fades ever earlier and people scurry ever faster to squeeze in the last of their shopping before the happy day, a spectacular display takes place in the skies above Cranleigh High Street.

A whirling mass of up to 200 Jackdaw are jousting excitedly as they showcase their nightly winter warm-up before flying off to roost.

You can't easily miss these noisy tumblers with their shrill cries of 'Jack! Jack!' drowning out the village's increasingly heavy traffic.

It's a black blizzard as they gang up and fool around, careering in all directions like crazed youths who've overdone their first encounter with the Christmas punch.

Jackdaws know exactly how to make themselves at home in our village and they are faithful to one another too. They don't appear to want to wander far. One ringed back in 1949 was found dead just over four years later – but he only got as far as Guildford.

They may look black at a distance but see them closely and they are clearly mostly grey on the head, breast, underparts and legs. Just above the stubby bill is a blackish 'cap', lodged so far forward it looks as if it is about to fall off.

These jovial jousters do exactly what they want to do. When they want to. And where they want to.

Who's that shouting out in the dead of night? Jackdaw. What's the bird regularly waking us up first on a winter's morning? Jackdaw.

Who is it hammering on our roof to dig up the moss and get at the grubs below? Him again. And who is trying to set fire to our older buildings by stuffing sticks for its nest down the chimney? You guessed it.

Out on the streets around here they can be vandals, raiding the litter bins, tossing wrappings across the pavements, and poking around where they are not wanted. But I'd sooner it was them, not the local rat population, snatching up the remnants of last night's discarded takeaways.

Jackdaws, about three quarters of the size of the Carrion Crow – to which they are related – appear to be everywhere. They are common in the fields too with their 'big brother' and Rooks, tackling unharvested maize at this time of year that has been left for the Pheasants.

They've also got special built-in Google Maps features wired to their brain. How else could their beady white eyes hone-in so quickly on the crusts we put out for our songbirds on the bird table?

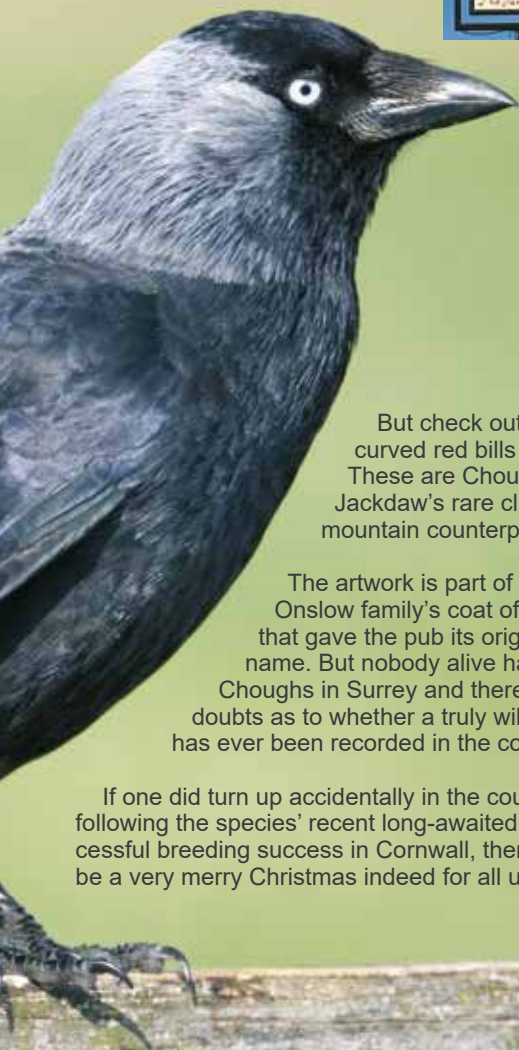
*Main photo:
Jackdaw (Corvus monedula)*



At least they seem to be programmed to be polite, taking only one piece of bread at a time in a fast drop and grab manoeuvre before flying off to scoff in a nearby tree. This gives their mates – inevitably right behind them – a chance to dive in and grab a bite too.

Some people might suspect these birds are so much part of the Cranleigh scene that they have got their own pub sign in the High Street.

Just look outside The Richard Onslow - formerly named The Onslow Arms before new owners smartened it up. There you will see six Jackdaw lookalikes.



But check out those curved red bills and legs. These are Choughs - the Jackdaw's rare cliff and mountain counterpart.

The artwork is part of the Onslow family's coat of arms that gave the pub its original name. But nobody alive has seen Choughs in Surrey and there are doubts as to whether a truly wild one has ever been recorded in the county.

If one did turn up accidentally in the county, following the species' recent long-awaited and successful breeding success in Cornwall, then it would be a very merry Christmas indeed for all us birders.



Flock of Jackdaws (Corvus monedula)

And why is the Chough on the Onslow coat of arms? My inquiries took me to historians, the National Trust, the Onslow family, the pub and others. To no avail.

Someone suggested it might be because of the Onslow family's Shropshire roots, where maybe Choughs abounded. But it is not a bird of that county either.

My search eventually ended with a discussion at the College of Arms in London where the most helpful and knowledgeable Robert Noel informed me of the consensus of him and his colleagues in the library.

He told me: 'It must be because an early Onslow had a devotion to St Thomas of Canterbury . . . one guesses an early Onslow must have belonged to a guild that had St Thomas as his patron, although we can't be sure.'

St Thomas, also known as Thomas à Becket, was of course Archbishop of Canterbury from 1162 until his assassination by King Henry II's knights on 29 December 1170.

His – and Canterbury's – coat of arms depict Choughs, which feature in various ancient religious mythology. Later the birds were known as 'beckits'.

The puzzle was answered – and was I chuffed. ■

Twitter - @Crane_Spotter





People Profile



Who's who?

Richard Johnston

Artist, Designer and Illustrator

I was born in Shoreham in Sussex and moved with my parents to Godalming when I was 9 years old. I attended Busbridge school, where you could always find me doing artwork and drawing cartoons.

I then went on to attend Broadwater School, where I was inspired and encouraged by my art teacher Mr Peter Mason, to use my imagination and peruse my artistic talents further.

I believe there was a legitimate artist in our family going back quite a few generations and my mother was certainly crafty. However, my father was a banker and really clever with Maths, which definitely isn't my strong suit!

It was my love of monsters that first drew me to the creative arts, I was very much influenced by animations and the monsters of Jason and the Argonauts, Jack the Giant Killer and the animations of Ray Harryhausen, who was a hero of mine. I wanted to do what he was doing.

Once upon a tin



So, when I was about 15 or 16, I started out by making my own little citadel miniatures and war hammer type figures, then moving on to sculpt my own figures using



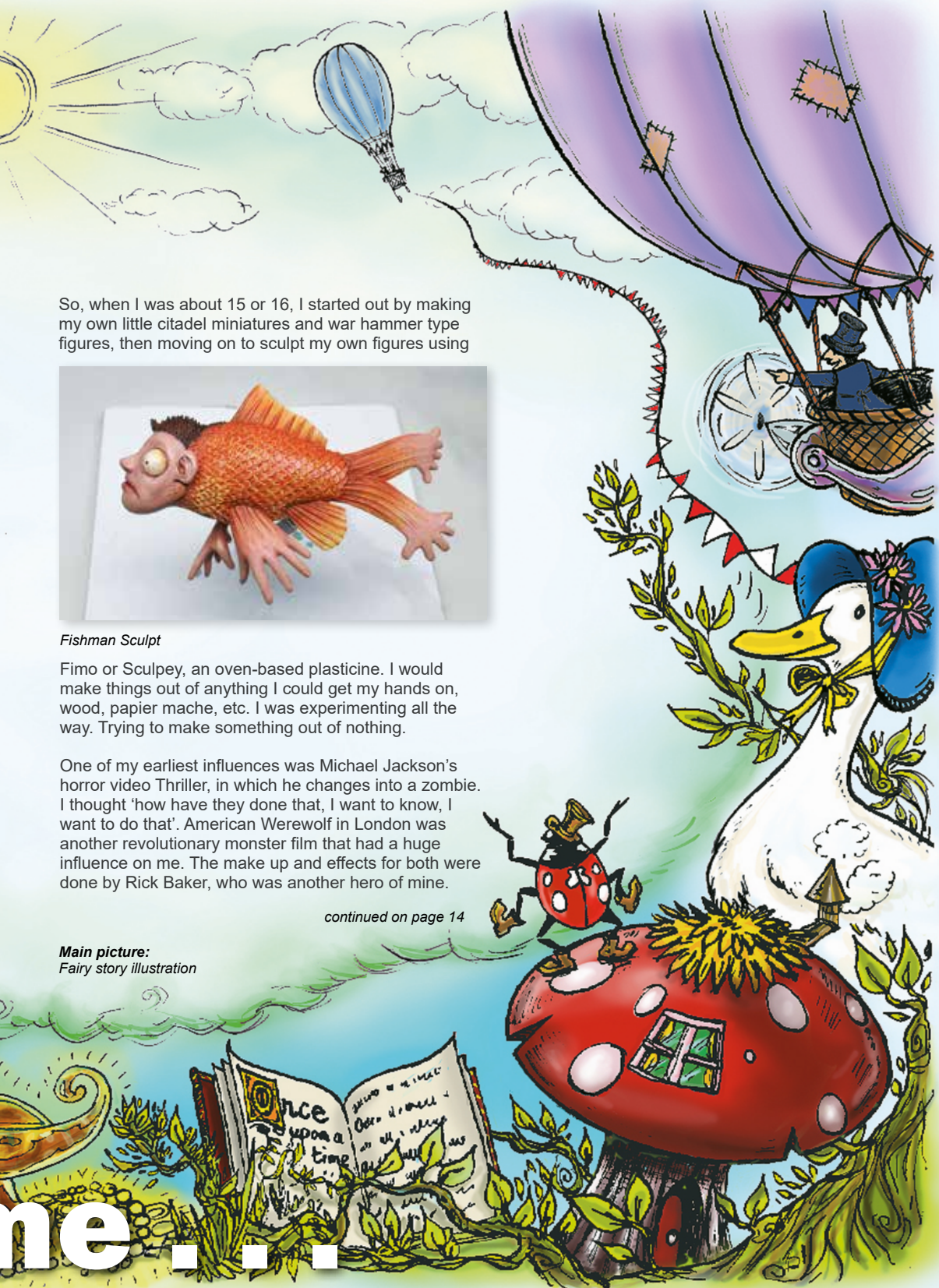
Fishman Sculpt

Fimo or Sculpey, an oven-based plasticine. I would make things out of anything I could get my hands on, wood, papier mache, etc. I was experimenting all the way. Trying to make something out of nothing.

One of my earliest influences was Michael Jackson's horror video Thriller, in which he changes into a zombie. I thought 'how have they done that, I want to know, I want to do that'. American Werewolf in London was another revolutionary monster film that had a huge influence on me. The make up and effects for both were done by Rick Baker, who was another hero of mine.

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Main picture:
Fairy story illustration



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From stop motion animation to model making to monster making, I always had heroes who I looked up to. In those days there was no internet or anything of the sort, so the only way to research and discover who people were and how things were done was via magazines. I would spend all my pocket money on trips to Forbidden Planet in London, which was a tiny shop at the time in Denmark Street. Buying magazines for scraps of information on how to recreate the models and monsters I was fascinated by.

I can even remember writing to the BBC at one point to ask them how American Werewolf was made. They wouldn't have known of course, but they kindly wrote me a letter back saying that they thought it was Yak's hair that had been used. This of course was an absolute gem of information for me and I thought 'right ok, I need to get my hands on some yak's hair!'

So, in short, I was always looking for inspiration and ways that I could do and create my own works of art, and that's how it all started.

After leaving school, it was very difficult to find work artistically. I went on to study Art at Godalming College and then did a foundation course at East Surrey College of Art and Design in Reigate around 1987. I really enjoyed it there and felt that it helped me to push my boundaries as an artist. Oddly it pushed me not into superior materials, but into what seemed like inferior materials such as cardboard. MVP (minimum viable product) as I've learnt from the corporate world!



Cardboard Statue of Liberty

So, I was doing a lot of cardboard sculpting, as well as doing my own latex masks and monsters on the side. However, I was still keen to specialise in something and further my education, so I attended various model

making courses and started to interview with universities. In particular I was interviewed at Wolverhampton Polytechnic, where they infamously told me that some of my work was better than that of their second years. I was grateful for the compliment, but at 18 I was still desperate to be taught and develop my skills, but that was it, they wouldn't let me in!

At that point I was forced to go out and find work for myself. Which in hindsight was positive as it meant I wasn't wasting 3 years at university.

I eventually got 2 weeks work at Spitting Image in 1988, helping to repair the satirical puppets. In particular I repaired Sir John Gielgud and I put the eyes in Jessie Jackson, who was an American politician and preacher at the time. Then I also worked on a children's programme called Round The Bend, making various cartoon spoofs of popstars at the time, there was 'Mudonna' 'Rick Ashtray', 'Dross', 'Swill Collins' and so on.

However, that was only a few weeks work. The creative industry always has been, and I think still is, very closed doors. You have to literally go and knock on doors, kick doors down or know someone in order to get ahead. I found out far too late that connections are the key to getting into places and meeting people.



Painting the Ninja Turtles'

It wasn't until about a year later in 1989 that I got another 'proper' job and that was working on Teenage Mutant Ninja Turtles. I had a few months on that and then there was the second sequel in 1990. After that was a TV series called Dinosaurs which people may remember, which had a family of cartoon type dinosaurs. I was doing similar jobs that I'd done before, which was the trimming and seaming of all of the foam costumes and bits and bobs that came out the moulds. It was a bit of a boring job but essential nonetheless.

So, these were effectively my university years.

I've always been self-employed, but I think it's important to stress that I've not always done super well. I had a great start, but maintaining a career in the creative industry has been very difficult for me, and has certainly come with it's ups and downs. I've also always had to

continued on page 15

there wa





*Cardboard heads
for an opticians*

*Main picture:
The Incredible Hulk costume!*

as a little boy,

continued from page 14

supplement my income by taking other jobs on the side. I've worked in party shops, toy shops, Debenhams, Waitrose and been a waiter too. Just like a jobbing actor, during resting periods, you have to do what's necessary to get by.



Costume Fitting with Thor - Son of Odin

The thing that kept me going was just an absolute love for the job. People always say do what you love, and I absolutely agree with that, but there are always sacrifices. You have to be prepared that you won't always get work in what you want to do.

By 1992 I'd found work as a prop maker at the Guildford School of Acting. Most memorably making a huge pig carcass for a show set in an abattoir. After that I got a job working on the Borrowers TV series, working under William Rigby, which was fantastic. I made a giant dead mouse, giant flowers and helped to make all of the giant grass that was used.

After that point jobs became fairly erratic. In 1994 I got another job through William Rigby making a Cactus Costume for Bjork for the MTV music awards, which I later found out was for the camera man! I actually found a video of it being worn recently on Youtube.

By 1996 I was working in Manchester, sculpting at a company called Mackinnon and Saunders and Saunders, who are quite well known in the industry. I worked on various things, adverts, animations, characters and maquettes'.

I was also in Bristol for a while working at Aardman Animations who are the Wallace and Gromit people,

and was working on adverts for brands like Quavers and Monster Munch and then infamously the last video that Spice Girls did, which was called Viva Forever. They were represented as these tin toys. I thought they were horrible at the time, but everyone loves them now!

However, by 1997 I was back in Godalming living with my parents.

Then, I got the call to work on Star Wars. At last this was it, I thought. After all of the work I thought 'this is it, I've made it finally, I'm at the top!'

It was for The Phantom Menace, which was the first of the prequels, and I was in the creature's department, doing the same kind of jobs as I'd done before on Teenage Mutant Ninja Turtles and Dinosaurs. It was factory line work, a bit boring, and not entirely skilled, but I got talking to people and managed to get onto a different crew, which was helping to puppeteer the puppet of C3PO. It wasn't a man in a suit at this point.



Model design

It was an enormous number of hours and the job really took its toll on me. I had a 2-hour commute either way to the studios in Watford (which is now the Harry Potter Tour). I had to be there at 7am in order to be let in, and wouldn't leave until between 7-10pm at night. It was truly exhausting.

I experienced a lot of great things and put a huge amount of effort into networking and getting ahead. However soon after the job ended, I was working full time in Debenhams warehouse. It was awful, but I had to do it. I had no other work, I was living back with my parents, and had no money.

At this point it was my dissatisfaction at the jobs I was working in that spurred me on in my creative pursuits. Even whilst I was at Debenhams I would be constantly drawing and making things out of the old cardboard boxes!

a gifted artist .



By 2000, I'd managed to get some work at the National Archives, doing some exhibition work for things like the Hearth Tax, and the Missing Dimension, MI5 Files, Victorian Christmas etc. and following that, I was commissioned to make a big dragon costume, for English Heritage.

I'm not good at business, and one of the reasons I haven't quite managed to make a career in the art world is that I'm no good with money. If someone says I've only got £50 for a job I tend to say yes, because I need the work. Whereas in reality, it might cost 100's of pounds to get the job done.

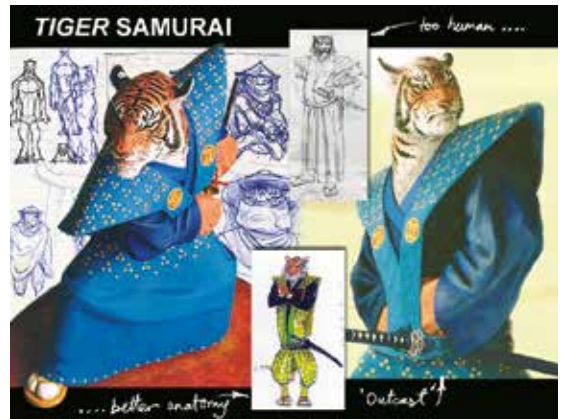
I then moved into theatrical work and smaller prop making. I made a giant 6ft tall Hound of the Baskervilles for an outdoor theatrical production and an 8ft Skeleton puppet costume for the Youth Music Theatre of the UK, for Roald Dahl's production of *Mort* in 2007/2008. I had a studio space in Godalming where the old fire station used to be.

Next, I got a job with Lionhead Studios in Guildford who were making computer games, most notably, *Fable 2*. They required some physical sculpts of character's faces for workshops and meetings etc. Again, I thought to myself 'I've made it! I'm in!' I decided I would take my traditional skills into the digital world and retrain. However unfortunately that wasn't the case, and after a few weeks making the sculptures, they no longer required my services.

By this point I'd had to diversify my skills so much that I had become a Jack of All Trades and Master of None. Digital retraining was something I put some time into, I attended courses, and went to see a top digital firm. They said they could see that I had the traditional skills, but I was then told that I was 2 years behind a graduate in that field.



*Gangster Cats
illustration*



3D Model design

Various cartoons



It was simply so hard to keep up.

By 2011, I was doing work for a company is Haselmere called Bang Creations, who were a worldwide product and toy design company. I was designing and sculpting toys and kits. The most successful thing I made was a card folding kit called Rivetz Kits. There was a car, a dragon, a wasp, a stealth fighter, all sorts. I had to design the prototypes which where sent to China and turned into a kit. It was the first time I'd seen something I'd created in a shop. I saw them in Hobby Craft, W H Smiths etc, and of course people then say to you 'Oh this is great, you must be doing well, and getting royalties off this'. But in actual fact, it's a tiny amount of money to do one job, and then that's that.

continued on page 18



*BAFTA award
made from card*

.. who loved to

continued from page 17



*Wolfman Luke
illustration*

From 2011, I gave up prop making all together. It was killing me. I was 40 something by this stage, struggling with money and just couldn't keep up. The passion I once had for the job had well and truly vanished.

I started working for a corporate communications company called DPA. Doing everything from sketches to video editing, to cleaning and sticking labels on CDs! In turn they introduced me to the world of corporate events, and even asked if I could sketch at some events. Which thankfully turned out to be a lot better paid than the majority of similar previous jobs.



Toy model making cardboard designs

Since then I've worked for brands like Sony, making giant phones to hang from the ceiling at their events, as well as doing live scribing during talks, where I draw the theme and topic of the talk, so that it becomes a living moving environment to help engage and inspire the delegates.

So here I am retraining myself again for the corporate world, using all my traditional skills, imagination, and innovation.

In terms of my future aspirations, I would like to return to my first love, which was always stop motion animation.

Technology has moved forward now in such a way that it's so much more accessible. I've always struggled with the concept of working to bring someone else's ideas to life in a factory line scenario.



Giant model making designs

The first thing I do when I wake up in the morning is to jot down all of the mad ideas that I've had and characters that I've come up with. My ultimate aspiration is to utilise my imagination and bring my own creations to life.



Working on Star Wars set design



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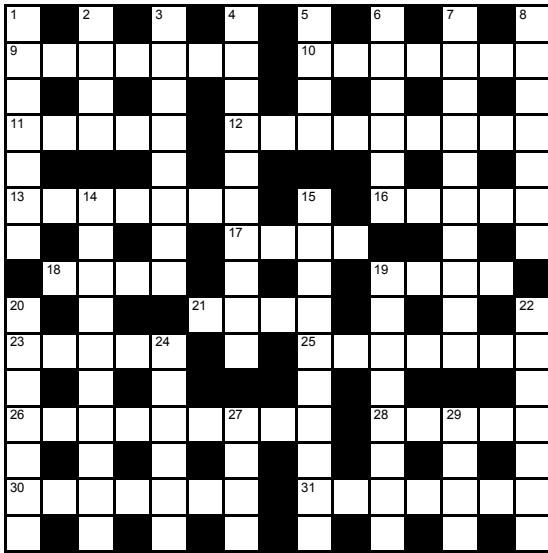
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December Crossword Puzzle



Across

- 9 Highland (7)
 10 Burst violently (7)
 11 Tennis tie (5)
 12 Clogged (9)
 13 Keeps (7)
 16 Welsh castle, fortress and stately home (5)
 17 Butt (4)
 18 City in NW France (4)
 19 Fortune (4)
 21 Purchases (4)
 23 Follows orders (5)
 25 Republic containing the northernmost point in Africa (7)
 26 Discouragement (9)
 28 Intended (5)
 30 Cap attachment (7)
 31 Thrash (7)

Down

- 1 Long and thin (7)
 2 Hawaiian island (4)
 3 Excision (8)
 4 Prosperous (10)
 5 Skinny (4)
 6 Maintenance (6)
 7 Short nap (5,5)
 8 Rosy (7)
 14 Path of a projectile (10)
 15 Replace (10)
 19 Monasticism (8)
 20 Pongo (7)
 22 Tack maker (7)
 24 Move up or down through computer text (6)
 27 Spot (4)
 29 Flat-bottomed river boat (4)

Colin the Cranleigh Chameleon, was hiding on page 45 during the month of November. Did you spot him?
 Crossword and Sudoku – answers will appear in the next issue.



December Sudoku Puzzle 1 - Easy

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

December Sudoku Puzzle 2 - Hard

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

November Crossword and Sudoku Answers

U	S	C	D	W	C	N	W						
N	E	P	T	U	N	E	A	L	L	G	O	N	E
H	R	S	E	R	A	W	A						
A	D	U	L	T	P	A	P	E	R	B	A	C	K
P	C	O	E	L	E								E
P	N	E	U	M	O	N	I	A	T	R	A	P	S
Y		E		N									T
	S	O	R	C	E	R	E	S	S	E			
E	P		T										A
C	A	L	V	E	C	C	E	N	T	R	I	C	
L	E	U	R	A									R
I	G	N	O	R	A	N	C	E	H	E	L	L	O
P	D	O	I	S	I								B
S	N	I	P	P	E	T	A	M	N	E	S	I	A
E	D	E	Y	R		E	H						T

November Crossword Solution

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

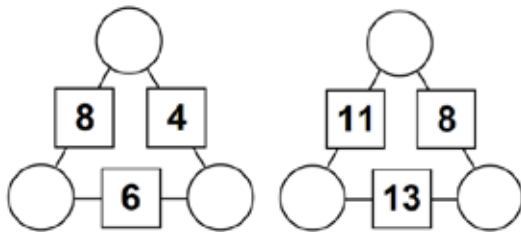
November Sudoku Easy Solution

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

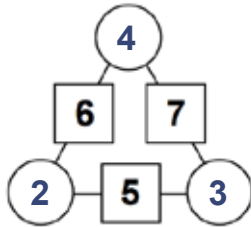
November Sudoku Hard Solution



Triangle Arithmagons

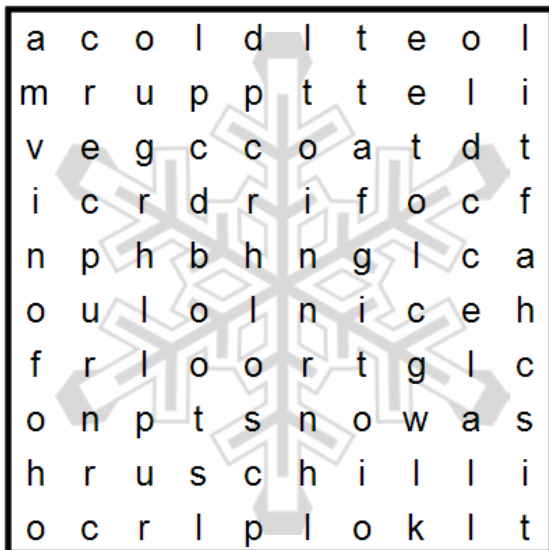


November Arithmagon Solution



The aim of an arithmagon is to work out which numbers go in the empty circles. The numbers in the square boxes are made by adding together the numbers in the circles either side. But the numbers must also add up on the other edges.

Winter Word Search



See if you can find the winter related words in our chilly word search.

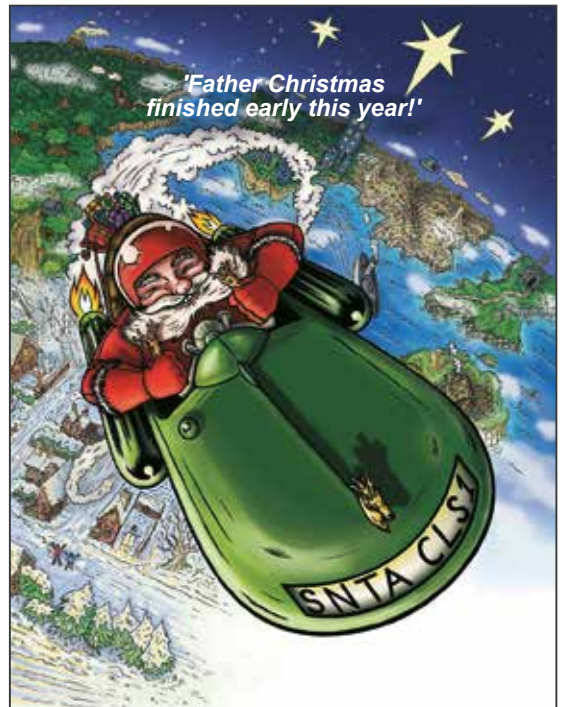
Boots Chill Coat Cold Ice Snow

Here's a few Facts!

Sea Otters hold hands when they sleep so they don't drift away from each other.

An apple and onion both taste the same if you eat them with your nose plugged.

During your lifetime, you will spend around 38 days brushing your teeth.

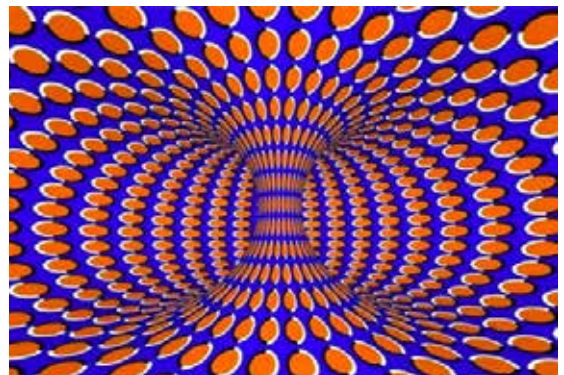


The Gifts of Christmas

It's that time of year again, where we think about Christmas day, the presents to buy for one another, the big food shop and of course, the Christmas tree.

As credit cards and cash go into meltdown, it's important to remember what matters most during Christmas time and that the real gifts of Christmas are free . . . and freely given.

Peace, Joy and Goodwill to ALL men.
Merry Christmas to all! ■



OPTICAL ILLUSION:

This 3D image appears to be moving, but is it?



Tues
DEC



**WALKING
FOR
HEALTH**

Join one of our free and friendly short walks today.

Cranleigh Walk

Tuesdays: at 11am, 60 - 90 minute walk.

All walks meet at Cranleigh Leisure Centre.

Sat
DEC

PARKRUN



A 5km running event taking place every Saturday at 9.00am, for anybody who wants to simply keep fit.

**Bruce McKenzie Memorial Field
Knowle Lane, Cranleigh**

6
DEC

**CHRISTMAS WREATH
WORKSHOP**



Create a wreath! Make a traditional wreath with a range of foliage and decorations. 19:00 - 21:30

**Rudgwick Primary School
15 Bates Way Rudgwick RH12 3HW**

7
DEC

**CRANLEIGH
COUNTRY MARKET**



The last Cranleigh Country Market after nearly 39 years of trading, offers the usual home-made items. Free coffee, cake/mince pies for all. 9:15 - 11:00

The Bandroom, Village Way, Cranleigh

8-1
DEC-JAN

**WOODLAND WINTER
WONDERS**



Wrap up warm and enjoy exploring the beautiful winter wonderland here at Winkworth with their children's trail. 10:30 - 15:00

Winkworth Arboretum, Godalming, Surrey

9
DEC

**CRANLEIGH/
SANTA DASH**

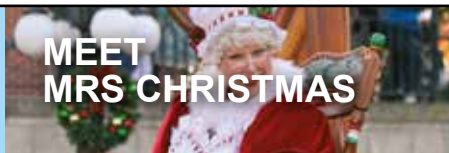


All profits from this event will be donated by the Rotary Club of Cranleigh to local primary schools. Entries close midnight 7th December. 9:45.

Stocklund Square, High Street, Cranleigh

15-16
DEC

**MEET
MRS CHRISTMAS**

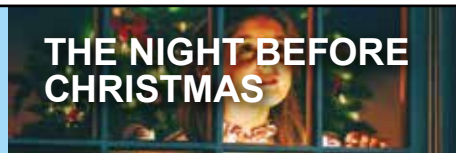


You can come along and meet her in her cosy sitting room in the courtyard, have a chat and receive a small present. 11:00 - 15:00

Hatchlands Park, East Clandon, Guildford

20-26
DEC

**THE NIGHT BEFORE
CHRISTMAS**



Theatre show. Follow Emma as she stares out the window, hugs her teddy and waits excitedly for the morning. For times visit: www.yvonne-arnaud.co.uk

Yvonne Arnaud Theatre, Guildford, GU1 3UT

6
DEC

HEALTH & LEISURE WALKS



All welcome to guided, sociable walks led by trained volunteers; no need to book, just turn-up at the start. A booklet containing the walks is available from the Walks Co-ordinator 07720 714306 or online: www.horsham.gov.uk/leisurepages/Leisure/sports/walking

Thu 6 December 10:00am: Leith Hill 5 miles 2.5 hrs. Meet at the Starveall Corner Car Park. A circular walk along woodland tracks and heathland. Some steep slopes, loose stones and tree roots. Stunning views. 5 miles, 2.5 hours. **Leader: Geoff 01403 258180**

DATES FOR YOUR DIARY For more info visit our online Event page:

www.cranleighmagazine.co.uk/event-calendar



1-2
DEC-JAN

CHRISTMAS IN THE GLASSHOUSE

The Glasshouse becomes the Woodland Realm of Elves who care for all the animals! 10:00 - 15:30

**RHS Garden Wisley, Woking
Surrey, GU23 6QB**

2
DEC

THE HOGS BACK ROAD RACE

Be part of Guildford's fine running heritage. The race leads you into Guildford and back. 9:00

**Loseley House, New Pond Road,
Guildford, GU3 1HS**

7-6
DEC-JAN

CINDERELLA THEATRE SHOW

Actress Michelle Gayle stars as the Fairy Godmother in Guildford's magical family pantomime. For times visit their website: www.yvonne-arnaud.co.uk

Yvonne Arnaud Theatre, Guildford, GU1 3UT

8-23
DEC

RESCUE RUDOLPH TRAIL

Rudolph's lost in their garden; can you find him and help him get home for Christmas? 10:00 - 15:00

**Claremont Landscape Garden, Esher
Surrey, KT10 9JG**

12-15
DEC-JAN

GRIMM TALES AT THE IVY ARTS CENTRE

Familiar and lesser known tales, ranging from the scary to the cheeky and comic, invite audiences of all ages into a world of magic. 19:30 - 22:00

Ivy Arts Centre, Perimeter Rd, Guildford

14-16
DEC

SNOW WHITE ON ICE

A Magic Mirror, a sleeping Princess and a handsome Prince come to Guildford this December! For times visit: www.guildfordspectrum.co.uk

Guildford Spectrum, Parkway, Guildford

23
DEC

CHRISTMAS WITH THE JONES GANG

Ready to get Christmassy? Join The Jones Gang for a magical evening. 19:00 - 23:00

**Hurtwood Park Polo Club Ltd
Horsham Lane, Cranleigh, GU6 7SW**

26-27
DEC

32RED WINTER FESTIVAL

Boasting 12 top quality races over two days, it's the event you simply can't afford to miss. 10:00 - 16:00

**Kempton Park Racecourse
Sunbury on Thames, Middlesex**

26
DEC

BOXING DAY WALK

Bring family and friends for a special stroll around the Arboretum with a member of the gardens team. 14:00 - 15:00

Winkworth Arboretum, Godalming, Surrey

26-1
DEC-JAN

PARTY LIKE IT'S 1819 TRAIL

Queen Victoria's 200th anniversary. What was New Year's Eve like 2 centuries ago? 10:00 - 15:00

**Claremont Landscape Garden
Esher, Surrey, KT10 9JG**



Local business owner supporting elderly during winter

Winter Health – Frequently Asked Questions

The weather in the UK is anything if unpredictable and, if last winter's 'Beast from the East' is anything to go by, you can never be too prepared! Long-range forecasts for Surrey suggest we're in for a mild and wet first half of winter. Many of us associate late autumn and early winter with Halloween, Bonfire Night, and, of course, Christmas. However, during this festive season, with higher than average temperatures for the time of year, a high percentage of us will unfortunately fall victim to bugs and viruses that thrive in such conditions.

Many think they have all the answers when it comes to managing their winter health. Laura Jones, owner of local in-home care provider, Caremark, puts the rumours to rest and sets the winter health record straight, once and for all.

FAQ – Does the flu jab give you flu?

A common misconception about the flu jab is that a small strain of the infection is administered, giving you flu like symptoms and, in turn, a less serious bout of the infection. This is completely untrue, as the vaccine doesn't contain any live viruses. Whilst a slight temperature or aching muscles is common after a flu jab, this often subsides within a matter of hours.

FAQ – If we're in for a milder winter, surely there's less risk of illness?

Whilst coughs and colds are usually harder to treat during colder weather, the warmer weather often encourages the spread of infection. The unpredictable weather in the UK is often the culprit when it comes to the rapid increase of a particular illness and the elderly can be more vulnerable. The colder weather suppresses the immune system, increasing the risk of repository conditions, but spikes of warmer weather encourages the infection to multiply.

Maintaining a healthy and active lifestyle can combat any weaknesses in the immune system. Keep an eye on the short-term and long-term weather predictions, making sure you wrap up warm on those chillier days and opt for light layers on the warmer ones.

FAQ – Will eating extra fruit and veg in the winter help keep the bugs at bay?

We're all well aware of the fact that eating our 'five a day' is a fundamental part of a healthy and happy lifestyle but, during the colder months, your body needs a little more TLC.

Vitamins and minerals are an essential component of our daily intake and, whilst you're probably getting some of what you need from your diet, it may be beneficial to stock up on a few supplements. During cold weather, it's tempting – and often, obligatory – to stay inside. Natural sunlight is the most effective source of Vitamin D – the nutrients needed to keep bones, teeth and muscles healthy – so if you find yourself struggling to get out and about in the winter, stock up on some supplements.

FAQ – If I'm feeling under the weather, can't I just call the doctor and get some antibiotics?

Most of the infections spread during any time of the year are caused by viruses, whereas antibiotics only work against bacteria. Whilst it's crucial to monitor any health complaints or illnesses, it's also important to regularly update your loved ones on your symptoms, in case they might need to contact your doctor on your behalf.

Plan for who you might contact if you suddenly start to feel under the weather, especially if the symptoms progress quickly. Include friends or neighbours who have access to their own car – specifically one equipped for bad weather conditions – and if you have a large family, or lots of friends and neighbours who care for you, put together a phone tree, so that you only have to make one or two calls. If you start to decline quickly, call your GP, the NHS 111 helpline or, in an emergency, call 999.

Laura summarises: "At Caremark Mid Surrey, we begin making provisions for the winter when the long-term weather forecasts are released. Whilst they regularly change, it's crucial that we plan for all eventualities and make sure all clients are accounted for. I often think that planning for the worst is the only way to prepare, as we never know how we will fare when bad weather rolls in! It's always a great idea to stock up on those essential food items and household supplies, as this will allow for you to remain at home for long spells of bad weather. With that being said, it's just as important to get out and about as often as you can and check in with others who may have issues with their mobility. If there's two things we're good at in the UK, it's complaining about the weather and rallying around to help each other through it!" ■



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The Gift of Health

'All I want for Christmas is . . . ?'

by Sue Potgieter

Registered Nutritionist & Naturopath mBANT CNHC

As I consider yet another Christmas, I am reminded of the old song 'All I want for Christmas are my two front teeth!' What would be your ideal gift this Christmas? For some it may be the gift of sight, for others a new kidney or heart, for others the gift of a prosthetic limb. For the thousands who suffer in silence with cancer, dementia, MS, motor neurone disease and countless other diseases what do they long for at Christmas?

As one who is fortunate to not be in pain every day, my desire, if placed in that situation, would be for the gift of health. As scientific research continues to advance, two of the most important discoveries made in my opinion are those of epigenetics and nutrigenomics. Before you reach for your dictionary or close the magazine let me try and explain.

Epigenetics, simply put, is the study of biological mechanisms that will switch genes on and off. It's the study of how your environment, both internal and external, causes genes to become active or dormant. Our belief used to be that we are born with a certain set of genes and that was final. Our understanding now is that what we eat and drink, where we live, how we exercise, how we sleep, our stress levels, interaction with other people and our chemical consumption all have the ability to cause genes to remain dormant (off) or active (on). Why is this important? Genes are the directors of our bodily processes, they provide instructions on how to make important proteins - complex molecules which trigger various biological actions to carry out life functions. The modification of our cells leaves marks called epigenetic marks and these are passed from one cell to another when they





divide themselves and thus will be passed from generation to generation. In other words, how we live and eat now will also affect the generations to come.

Nutrigenomics is the study of how nutrition affects the expression of our genes (**the switching on and off**), and especially with regard to the prevention or treatment of disease. Since ancient times, humans have known that environment and food can interfere with an individual's health condition, and have used food and plants as medicines. Hippocrates, a famous Greek physician, said *'let food be your medicine and medicine be your food'*.

With the advance of science, scientists started questioning if the interaction between genes and food bioactive compounds could positively or negatively influence an individual's health.

The discovery of the interaction between nutrients and genes at a molecular level has aided the prescription of customised diets according to each individual's genotype (their set of genes). These are both very new areas of research but the ramifications are potentially huge.

The future looks so exciting!

With all this new information how can we give ourselves the gift of health?

Here are my suggestions:

- 1. Eat a fistful of protein at every meal** to balance your blood sugar and prevent those energy slumps and cravings for sweet things. Protein foods include lean red meat; fish; eggs; turkey/chicken; nuts and seeds; pulses and beans. Aim for grass fed meat twice a week max, and use free range eggs and poultry if you can.
- 2. Eat oily fish 2-3 times a week** for your essential healthy fats. These are required for the brain and nervous system, to reduce inflammation in the body and will help with weight loss too. Remember SMASH fish (Salmon, Mackerel, Anchovies, Sardines, Herrings). Avocados, nuts and seeds are also full of essential fats.
- 3. Avoid sugar and refined carbohydrates** as these are simple carbs: high calorie, low nutrient foods which cause blood sugar levels to fluctuate, possibly leading to insulin resistance. Complex carbs release energy slowly and help to maintain constant energy levels. They are high fibre foods and are especially important in promoting bowel regularity and helping to control cholesterol. Complex carbs include whole grains, vegetables and beans.
- 4. Eat 8-10 portions of vegetables and fruit a day**, mostly vegetables, as these are high in vitamins, minerals and antioxidants; vitally important for all the metabolic processes in the body and for mopping up free radicals which can lead to premature ageing and degenerative diseases.
- 5. Aim to drink enough water** a day so that your urine is pale straw in colour. This includes herbal teas but not coffee, tea or alcohol as these dehydrate the body.
- 6. Aim for a good sleep** routine as sleep is vital for the body to repair itself.
- 7. Walk briskly** for 20 minutes every day for your heart health.
- 8. Reduce your chemical load** by cutting out processed foods, eating whole foods and using more natural body, household and skincare products. ■

For personalised nutrition and advice on genetics testing contact me:

sue@thegenuinelivingcompany.com

Sue



Some say . . .

Christmas is, of course, the time to
be home - in heart as well as body
Garry Moore



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Some say . . .

**The greatest gift of life is friendship,
 and I have received it
 Hubert H. Humphrey**

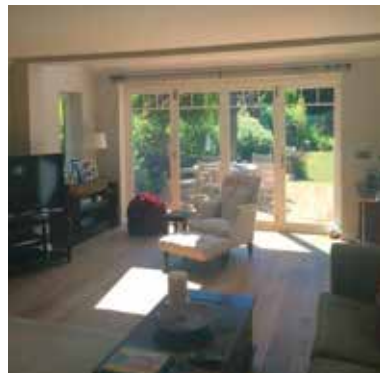




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NEW boiler at Rowleys ensures an even bigger warm welcome!



Rowleys centre co-ordinator Gary Lee and John Byrne, partner at CJB, admiring the new boiler at Rowleys

Rowleys Centre for the Community in Cranleigh always has a warm welcome for visitors but this year it will be even warmer, thanks to the Community Foundation for Surrey which has awarded a grant for a new boiler.

The boiler at Rowleys was very old, expensive to run and had become unreliable, so Rowleys applied for a grant to the Community Foundation for Surrey for a replacement.

Everyone was delighted when the grant was awarded, and a new boiler has now been installed just in time for the winter weather by CJB Plumbing and Heating of Cranleigh.

The Community Foundation for Surrey works with local philanthropic donors to deliver grants to organisations needing financial help. The Foundation's local knowledge assists these donors to connect with projects which are often operating below the radar, where sometimes even a small amount of money can make a huge difference.

The Pargiter Trust, a family Charitable Trust, is one of those donors and in this case provided the money for Rowleys boiler. This Trust aims to support older people to be independent, healthy and to ensure they have access to local community facilities like Rowleys.

Rowleys Centre Co-ordinator Gary Lee said: "We are thrilled that we have a new reliable boiler for this coming winter. Not only will the heating system be reliable, it will be more economical for us to run as well. We are grateful to the Community Foundation for Surrey and The Pargiter Trust for their support."

The Community Foundation for Surrey Director of Grants and Impact, Kate Peters added: "The Community Foundation is delighted to be able to support this valuable community resource. It is quite an unusual grant for us. We are not able to make many capital grants, but with winter approaching we recognise the importance of providing a warm and comfortable venue for older members of the community to meet and socialise".

The Community Foundation for Surrey is part of a national network of 46 Community Foundations which collectively expect to award £100M in grants this year. The Foundation has just reached the sum of £845,000 awarded in grants for the benefit of local communities, in Surrey, since April 2018 with 187 groups and 96 individuals directly benefiting.

Rowleys Centre for the Community in Victoria Way Cranleigh is a centre open to the whole community offering a great place to meet up with friends for a coffee, lunch or a snack. There are lots of activities on offer, including a hairdressing salon and chiropodist. There are also regular day trips and weekend breaks to enjoy. www.rowleyscranleigh.co.uk



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*Source: Masi, C.M., Chen, H.Y., Hawkey, L.C. and Cacioppo, J.T. (2011) 'A meta-analysis of interventions to reduce loneliness', Personality and Social Psychology Review, vol 15, no. 3, pp 219-266.





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£30.00pp

CHRISTMAS OPTION A

Starter:

Crispy Aromatic Duck (served with pancake, cucumber, carrot, spring onion & hoi sin sauce)

Main Course:

- Sweet and Sour Fish
- Stir fried Duck with chilli paste
- Beef stir fried with black pepper
- Egg Noodle with beansprout

CHRISTMAS OPTION B

Mixed Starters:

A combination of Pork rib, Spring roll (V), Samosa (V), Prawns on toast & Chicken Parcels

Main Course:

- Stir fried Duck with Sweet and Sour sauce
- Steamed Mixed Seafood Cakes
- Lemon grass Chicken
- Eggs fried rice

Complimentary glass of wine + an extra bowl of prawn crackers

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Massaman Curry

OPTION 2

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Stir-fried noodles with chilli
Stir-fried egg noodle
Traditional Stir-fried rice noodle





DECEMBER

Gardening in time for Christmas

As Christmas is on the way, our to-do lists don't usually cover gardening tasks at this time of year. However, if you are looking to keep up the pace of your gardening, don't fret, there's still much to do.

- You can still plant out ferns and grass as they look as divine covered in frost as they do when in bloom. Perhaps mix ferns up with berries and winter flowering Hellebore (Christmas Roses) for a sensational winter display.
- Keeping to the Christmas theme, grow some mistletoe! If you have one of the host trees, apple, hawthorn or lime, it's simple. Collect some berries from a mistletoe plant and rub them into the gaps of the bark then let the mistletoe flourish from the tree's nutrients.
- Collect up all your beanpoles, canes and another veg supports from your garden so they don't weaken over winter. Clean off any soil and keep them undercover, prepped for next spring.
- Clearing borders of dead or dying plants help craft tidy displays, showing off those still in bloom. The spent remains make a great soil improver for next year.
- Remember to top-up and add water for birds to drink. ■



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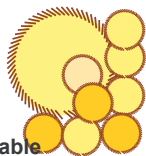
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30 Years Experience References Available





Supporting Cranleigh

MES is Celebrating Ten Years in Cranleigh!

For anyone who is unfamiliar with MES, we are a local business, who maintain and repair the local populations vehicles - see one page over for more information on us as a company, and what we can offer you as a vehicle owner.

Mechanical Engineering Services (MES) was established some 12 years ago by Jack Bruford and carried out its first two years in Shamley Green, before rapidly outgrowing its premises and taking on the much larger, current site.

The Team have grown to a total of 14 staff - most of whom are based locally in the area. Whilst we cover from Guildford to Horsham, Dorking and beyond with our free collection and courtesy vehicle service, the large majority of our Customers are Cranleigh based, and we wanted to take this opportunity to say a massive "Thank you" for your loyal support, custom and trade over the years, without which the Company would not be what it is today.

The Team at MES are excited to see what the next ten years will bring and look forward to continuing our vehicle care for the local community. Thank you again.



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your manufacturer's warranty



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

MES has been running for twelve years now, moving to its current site just off the A281 ten years ago. The site has now expanded to become the leading Main Dealership Alternative, and has always been based on its ethos of high quality workmanship, at great value to the customer.



MES work with all makes and models of car, including hybrid models, and boast a staff of highly qualified Main Dealer trained Technicians who specialise in various particular makes - Meet the team and learn their skill sets at www.mescranleigh.co.uk.

If your car is under three years old, and still covered by dealership warranty, any work undertaken by MES will preserve that warranty. As over 65% of the vehicles seen by MES are between the ages of 0-5 the Workshop, Service, and Parts Teams are trained specifically in order to preserve warranty on these vehicles. This is achieved by only ever fitting Original Equipment, Genuine parts, as well as by following strict procedures when it comes to the fitting of components, and the maintenance schedules laid out by the manufacturers themselves.

Vehicles are all different, and whatever the age of your vehicle, the only way to correctly and fully maintain it is to follow the VIN-specific maintenance program as laid out by the manufacturer of the vehicle themselves. MES do not offer, nor follow, a generic "gold/silver/bronze" style of service schedule. You would be surprised how often the team find a vehicle has been "over serviced" previously, with unnecessary expense to the customer!

MES have invested heavily in dealership-level diagnostic facilities as well as the technicians trained to use them, which allows them to deliver a thorough, accurate diagnosis, and fix any problems quickly. Regular in-house training for the technicians has resulted in a team who know your vehicle considerably better than most, from classic vehicles right through to the hybrid vehicles which are becoming an ever more common sight within our facilities.



Unlike many other garages, MES are able to offer the ability to collect your vehicle for you from Home or Work, 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. Of course, no



work is undertaken without your full authority, and your Service Advisor will be in touch during the day to keep you updated on progress.

There are now 11 courtesy vehicles available for customers use. This is the largest fleet in the area, and keeping customers mobile has always been a keen focus for the team.

Whether you require a simple service or a fault diagnosed and repaired, you can rest assured that MES will treat your vehicle as if it were their own, with the upmost of care and attention, and always aim to exceed, rather than meet, your expectations, whilst always at exceptional value. ■

rewards

DOG TRAINING



I'm Sara Ward and I've been passionate about dogs since childhood. Over the years, I've had many different types of dogs including some with very challenging characters and quirks! It was through my love of working with my own dogs that I decided to become a dog trainer. Now I'm delighted to have relocated to the Surrey Hills and I'm hoping to bring a new style of training to Cranleigh and the surrounding areas.

What relationship do you want with your dog?

My philosophy to dog ownership is very simple. Having a dog should be a happy and fun experience which enriches your life and that of your dog. It shouldn't be full of "do's and don'ts" and it certainly shouldn't be complicated.

I work with puppies, adult dogs, senior dogs, dogs who are nervous, reactive or anxious and rescue dogs to develop a relaxed and calm way of training. By offering this personal approach – whether working in groups or individually – I can help you gain valuable skills to deal with any issues in a relaxed atmosphere AND in the place where you need help the most whether that's at home or in the park.

Above all, I want to bring some FUN back into dog ownership for both human and canine clients. All my classes and sessions use positive and reward based techniques which encourage good behaviour from your dog. Whatever age, breed, size or shape I can help you and your pet build a lifelong, happy and positive relationship. ■

I look forward to meeting you and your dog in the future!

Contact me on **07504 925341** or by email at sara@rewardsdogtraining.co.uk

www.rewardsdogtraining.co.uk

Creative Writing Competition

Sponsored by Cranleigh & District Lions Club

Last day

Massacre of the landless,
Extremadura Campaign, Spanish Civil War 1936.

A shaft of light breaks at the edge
of the field, its sun-slow creep leads
a path through the quince trees, ripe now.
Soft mist holds to the ground as dawn
hosts its own call, goes at it full tilt:
bird-song, goats' bells, a far-off bark.

And did they know, as they held their ground,
feet hard with war, bared to the land,
that this is where they would spill,
that all these years gone, a red earth
would force through this crust, still blood raw,
graves still warm, the burn and scorch of lies?
No dew here to gift them their spent youth,
mark their time, stay in a mind's eye.

Winning Poem - Karen Izod - Last day

Highly Commended - Belinda Borissov August 1939

Caressing the edge of the copse, where we ran,
long grasses beckoned our trailing hands
to abandon their perch above eyes
staring down Summer skies

In the gentle breeze, unborn seeds filled the air,
with landings planned for places to hide in nature's womb,
while butterflies flickered in cloudless skies;
brief spirits floating sideways on freshly printed wings
And in the shade of the willow, fossil ghosts
shivered in beds of shale;

ancient treasures in streams
trimmed with minnows in secure shallows
Such was the reverie of August, 1939
when innocence blossomed, unscorched by the sun,
on vines we brothers climbed to castles in the air;
before our bodies went off to war.
Before our hearts had been anywhere.

Submitted to Cranleigh Creative Writing Competition 2018
belindab18@hotmail.com

Contact Peter for more info, peter@cranleighartscentre.org



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. 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**.



Surrey Hills Christmas Concerts



Join the Surrey Hills choirs for two festive concerts of songs and carols this Christmas time

The Surrey Hills choirs are presenting two concerts this December, each with their own distinct character. The first concert on Saturday **8th December, 6pm**, at Cranleigh Village Hall is a family friendly event for everyone! All are welcome! Featuring performers from age 6-60 from all four of the Surrey Hills Choirs: Training Choir, Young Voices, Singers and Chamber Choir – the concert will be diverse and entertaining from start to finish.



The programme will include performances from each choir as well as joint items to produce an amazing “wall of sound”. The little ones from the Training Choir will perform the humorous “If I only had a brain” from The Wizard of Oz, whilst the Young Voices will entertain with a Mary Poppins medley, the 2017 hit song “Havana” and the very popular “A Million Dreams” from The Greatest Showman. The very talented “Mum’s” choir, the Surrey Hills Singers, are likely to move you to tears with the beautiful Disneyesque “Seal Lullaby” by popular contemporary composer Eric Whitacre and get you bopping in your seats with “Mercy” by Duffy. Finally our experienced and award winning choir, the Surrey Hills Chamber Choir, will perform three wonderful songs on a star theme. The mesmerising “Stars” by Esenvalds, unusually accompanied by the sound of twinkling stars played on wine glasses; the majestic “Christus est Stella” (Christ is the morning star) by local composer Will Todd; and Kate Rusby’s gor-

geous ballad “Underneath the stars”. To top this, the concert will open with all choirs singing a popular song, “The Greatest Show”.

Starting with the song “Christmas time”, the second section of the concert will take you into the festive season. Interspersed with traditional audience carols, the choirs will perform Christmas favourites like “Nazareth” from the film The Nativity, “Welcome Baby Jesus” from the musical Angel Express, John Rutter’s beautiful “Christmas Lullaby”, Britten’s much-loved “A Hymn to the Virgin” and the delightful traditional “Ding Dong merrily on high”.

If you prefer a more sophisticated concert, then join the adult choirs for the Candlelit Concert on Sunday **9th December at 8pm** in the magnificent setting of St Nicolas Church, Guildford. In addition to the songs sung on Saturday, the two choirs will sing “Sing we now of Christmas”, Harold Darke’s version of “In the bleak midwinter”, Alexander L’Estrange’s “Epiphany Carol” and the very festive “Fantasia on Christmas Carols” – a cycle of traditional carols arranged by Ralph Vaughan Williams with baritone soloist Mike Winterbotham. Great care has been given to each song to give the audience different visual and aural experiences of the performances.

Tickets for Saturday: £12 Adults and £3 for children (16 and under). (Family ticket of 5 adults for £50 are available on request).

Tickets for Sunday: Adults £12 and £5 for children 16 and under. Tickets for both concerts include programme, wine and refreshments and are available to purchase online at www.surreyhills-choirs.co.uk until 9pm the night before the performance.

After the online ticketing closes please email graham.webb@tangleweave.co.uk or call **07513 523933**. **Please book early as the concerts are very popular.** ■



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Cranleigh Medical Practice
Healthcare for you and your family



Health Changes

Cranleigh Medical Practice is continuing to grow and evolve with the changes in the village and the wider NHS community. We would like to extend a warm welcome to those who have recently moved to Cranleigh, and would like to remind new residents to ensure they register all members of their household with a GP.

We now have some new ways to contact the practice. One of these is online consultation between patients and the practice, accessed via our website www.cranleighmedicalpractice.com. It can be used to ask for advice or treatment, especially if you are unsure whether you need an appointment or not, to update your GP about an on-going condition, or following a trial of medication, or to request administrative help such as sick note renewal, referrals or to request a letter from your GP. There is also advice on how to manage your condition yourself, over the counter treatments and out of hours contacts.

Don't forget to book your flu vaccine this year! You need to have a flu vaccine each year to reduce your risk of getting flu. You should have the flu vaccine if you are 65 year of age or over, are pregnant, have a long term medical condition (e.g. asthma or diabetes) or if you are the main carer for an elderly or disabled person. Book online via online services, or contact the practice.

If you are not yet signed up for online services, please bring photo ID to Reception to activate your account. You can book appointments, request medication and view your medical record, on your computer, tablet or via an app on your phone. ■

Some say . . .
Christmas isn't a season.
It's a feeling
Edna Ferber

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We do our very best to source our meat locally wherever possible. In addition to all the usual cuts of meat you would expect to find, we are happy to work with you to prepare and cut meat to your personal taste. We also produce our own dry cured bacon from our own free range pork.

We have a full selection of ingredients in our delicatessen. These include a wide range of quality cured & cooked meats: delicious pates, salamis, chorizo and serrano hams. You'll find English black pudding & Irish white pudding, Italian olives, pesto and antipastos, sweet balsamic onions and feta stuffed sweet red peppers - something for every occasion.



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01483 800655 roy@stnicolascranleigh.org

Sunday 9th December

4pm Christingle Service

Sunday 23rd December

6.30pm Village 9 Lessons & Carols

Monday 24th December, Christmas Eve

3.30pm Crib Service

5.30pm Crib Service

11pm Midnight Service

Tuesday 25th December, Christmas Day

8am Holy Communion

10am Family Carols

11.30am Holy Communion

Jesus Christ Redeemer of Mankind, Catholic Church

Parish Priest: Fr. David Osborne

rcchurchcranleighbramley.org.uk

Monday 24th December, Christmas Eve

6pm JCROM First Mass of Christmas

11.00pm STM Informal Carols

11.30pm STM Midnight Mass of Christmas

Tuesday 25th December, Christmas Day

9am STM Christmas Mass at Cockcrow

11am JCROM Mass of Christmas Day

Tuesday 1st January 2019, New Year's Day

11am JCROM Mass

Cranleigh Methodist Church

Minister: Rev. Keith Beckingham

01483 575667 keithbeckingham@gmail.com

Sunday 9th December

10.30am Gift Service at the Band Room

Sunday 16th December

10.30am Carol Service at the Band Room

Sunday 23rd December

10.30am Morning Worship at the Band Room

6.30pm United Carol Service at St Nicolas Church

Monday 24th December, Christmas Eve

11pm Joint Communion Service St Nicolas Church

Tuesday 25th December, Christmas Day

10.30am Christmas Day Worship, the Band Room

Cranleigh Baptist Church

Minister Rev Dave Burt

01483 275371 dave@cranleigh.org.uk

Sunday 16th December

6.30pm 'Reflections of the Nativity'

Sunday 23rd December

10.30am 'Why the Nativity?' (All Age Service)

6.30pm 'Encounters at the Nativity'

(A contemporary look at the nativity)

Monday 24th December

4pm 'Meet the Nativity' (An interactive celebration for all the family)

Tuesday 25th December

10.30am 'Transformed by the Nativity'



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Art for Christmas
by Surrey Artists' Open Studios



Saturday 1 December 2018 • 10am-4pm
Cranleigh Arts Centre • 1 High Street • Cranleigh • Surrey • GU6 8AS

saos
Surrey Artists' Open Studios

FREE ENTRY

cranleigh
arts

Art for Christmas is returning for another one-day event presenting the work of Surrey Artists' Open Studio members, offering a fantastic opportunity to buy beautiful and unique gifts for your loved ones by our talented artists & makers.



Are you looking for something distinctive for someone special? Art for Christmas will have original art and craft for sale at affordable prices, from a range of Surrey-based artists.

This special Art for Christmas event at Cranleigh Arts Centre on Saturday 1 December, 10am-4pm, will be packed full of stalls with plenty of beautiful and bespoke items across a range of media all for sale and in plenty of time for Christmas.

You will meet artists from across the county and learn how they produce their work. A range of jewellery, textiles, paintings, ceramics and more will be available to buy on the day.

There will be a café selling tea, coffee and a range of delicious cakes.



Different



Struggling to find that extra special something for a loved one? Here are a couple of gifts that are sure to impress.

1

Why not have your portrait painted? Or purchase a still life by a professional artist like Marilyn Bailey.

Main picture (right): Barrie oil on canvas. Below: Still life



2 Alternatively, when you need to have your own space to enjoy your music and shut out the rest of the world, try Sennheiser HD4.40BT wireless over ear headphones @ £90.00



The new Sennheiser HD 4.40 BT offers high-quality wireless sound for every day listening on the move. The closed-back, around-ear headset features Bluetooth 4.0 and aptX compatibility to deliver true Hi-Fi sound with a satisfyingly dynamic bass.

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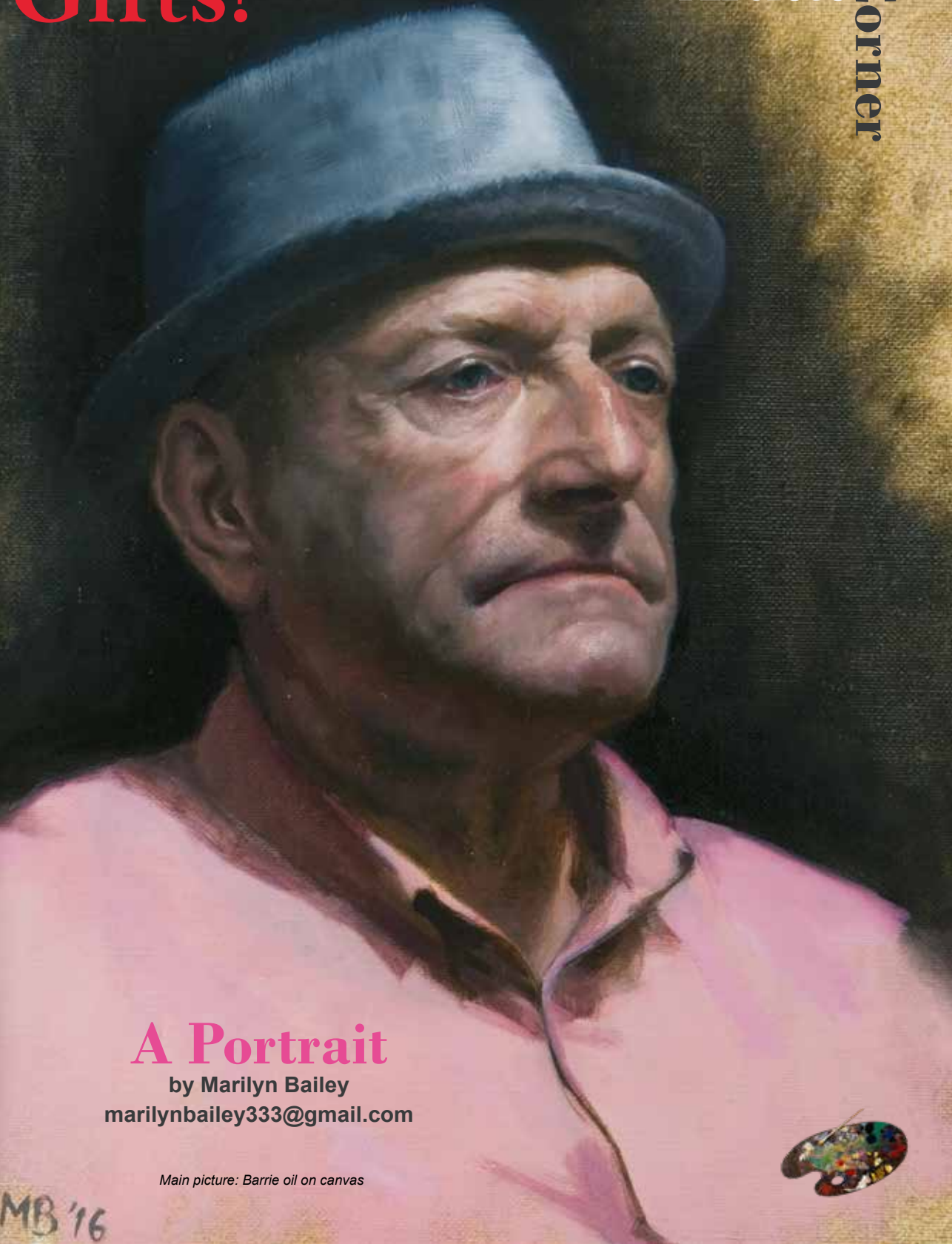
01483 89 22 07

contact: sales@robbo.co.uk



Gifts?

Artists
Corner



A Portrait

by Marilyn Bailey
marilynbailey333@gmail.com

Main picture: Barrie oil on canvas



MB '16

BOOK REVIEW

A Boy Called Christmas

by Matt Haig
(Illustrations by
Chris Mould)

'The most evergreen,
immortal Christmas story
for decades' - **Stephen Fry**



Life was changing for Nikolas, in ways he couldn't possibly have imagined. Things were going to happen to him. Good things. Bad things. Impossible things.

Father Christmas was not always an old, wise and jolly man with a big white beard, he was once just a little boy.

A fond, comedic and magical tale from award-winning writer Matt Haig that tells the tale of how one little boy from Finland came to become Father Christmas.

Little Nikolas's life was not simple. Rarely getting any sort of gift at Christmas, of course he believed in happiness...but he didn't receive very much of it.

Until one day, something incredible happened.

'A Christmas classic for a new generation, Haig's gentle, enthralling tale tells the story of Father Christmas as a boy. It's touching, funny and packed with memorable characters' - Sunday Mail

Join Nikolas on a life-changing journey, full of fantastic characters and stunning moments, watch how one little boy came to be the ultimate symbol of Christmas itself.

Full to bursting with festive marvel, this story will warm the heart of readers of all ages. ■

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New Lawyer for Lynn Murray & Co.

I have just joined the well-established Law Firm Lynn Murray & Co. in Cranleigh who up until now had dealt with let's say, the more pleasant aspects of life! Having received a warm welcome and lots of support, the new Family Law Department is now up and running.

I was asked to write this article and introduce myself to Cranleigh so I will attempt to do that in a positive way, as you will understand it's quite difficult to 'showcase' being a Divorce Solicitor as no one really ever wants to find themselves facing family break-up.

Sadly 1 in 3 marriages end in divorce, it is commonplace in our society. The impact on the family going through it can be very traumatic, the legal process is complicated and can be harsh and for this reason, if you find yourself in this situation it is crucial that you take legal advice as soon as possible to attempt to reduce the fallout for all involved.

I have worked as a family solicitor for over 20 years within this area and I have come to realise that a pragmatic approach is very important to finding a solution quickly which allows for all involved to move on physically, mentally and financially undamaged. This is the way I work, tackling the situation before me positively and constructively by providing both professional and personal support to my clients. Breaking up is never easy but by keeping a complete sense of perspective and relaying that to all involved I can honestly say that it is possible to

come through this process unscathed, I've witnessed it and there is definitely life after divorce!

I have had the opportunity of working with some of the best and most respected Barristers in this field and if the situation requires their input, they are on hand, to provide advice and further assistance.

I also specialise in co-habitation agreements, pre-nuptial agreements, children law and breaking up if you live with your partner and you're not married. Whatever relationship you are in it is important to be aware of the legal consequences should you part, not very romantic, I know but sadly not having the correct protection in place can have devastating financial consequences. If you would like to come in and have a chat with me, I offer a first half hour of advice free of charge. ■



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A Gift of Fo

The month of December focuses on Christmas and the meal for that day is by tradition more a banquet than the three course meal we have during the rest of the year. 75 years ago, this was a very different Christmas meal to what we have these days.



1 RISOTTO CON FUNGHI (Mushroom Risotto) Serves 4

Ingredients

160g of Italian rice
30g sun dried mushrooms broken into small pieces
50g finely sliced onions
50g finely chopped celery
2 cloves of garlic crushed and chopped
25mls of oil
25g margarine + 25g of butter
120mls dry white wine
50g grated Parmesan cheese
4 large fresh mushrooms
800mls of good stock
Salt and peppermill

Preparation

(The night before, soak the dried mushrooms in the wine, cover and keep in a cool place)

1. Using a suitable saucepan, fry the vegetable in the hot oil and margarine until golden brown
2. Stir in the rice and when well mixed with the vegetables add the wine and mushrooms
3. Gradually add the stock stirring all the time over a moderate heat
4. Cook the 4 large mushrooms separately and keep them warm
5. The risotto is ready when "al dente" and if too dry a little water can be added
6. At this stage the butter is added mixing it well with the rice then add half the Parmesan
7. Adjust the seasoning and serve the risotto in a large dish with the large mushrooms on top
8. Serve the rest of the Parmesan separately

A good white wine will be appreciated: Soave or Orvieto secco.

2 ARROSTO D' OCA NATALIZIA (Roasted Christmas Goose) Serves 4

Ingredients

1 x 4 to 5kg Goose trussed ready for the oven
(Rawlings the butcher take such orders)
1 large carrot roughly chopped
2 sticks of celery
1 large onion
3 cloves of garlic crushed
4 bay leaves
1 large sprig of sage
600mls of strong stock
150mls of red wine or 100mls of Port
20g of thickening agent
Salt and Peppermill

Preparation

1. On a metal oven tray with a little water place the trussed goose
2. Sprinkle it generously with salt and peppermill
3. Place in a preheated oven at 200°C for 30 minutes then take the tray out of the oven
4. Lift the goose and place the chopped



od

My favourite wine with Roasted Christmas Goose would be Amarone Della Valpolicella (a little expensive, but after all, it is Christmas)



3 PANETTONE (Serves 4)

This is the traditional Italian dessert served at Christmas, is readily available in **Sainsbury's** the weeks preceding Christmas.

My family was lucky enough to receive a Panettone at Christmas every year as thanks to my father the parish organist. The local Monsignor (a senior priest who ranked just below Bishop) was a very generous man who helped my family when my father lost his job in 1934 when Mussolini decreed that all teachers must be members of the fascist party. It was certainly a different life back then.

Dear readers, this is my last contribution to the Cranleigh Magazine. I am retiring from writing recipes. I will still be available to help anyone in matters of food at fontebasso@btinternet.com

Arrivederci— Giovanni Fontebasso



- vegetables on the tray and the goose on it
5. Place back in the oven at 180° C and cook for 1 hour
6. After that, reduce the heat to 150°C and start basting regularly every 20 minutes for a further one and half hour
7. At the end of the above time, check the temperature in the breast and in the leg joint
8. If the temperature is at least 75°C the goose is cooked. Take the bird out of the oven tray, keep it hot while the sauce is made
9. In a suitable saucepan place half the roasted vegetables liquidise them, add the stock and the wine or port. Bring to the boil and thicken the sauce to the consistency required
10. Serve the goose with a compote of apples with added finely chopped sage
11. Roast potatoes, Cauliflower in white sauce and a green salad will be an adequate accompaniment

Some say . . .

You don't choose your family. They are
God's gift to you, as you are to them
Desmond Tutu



POETRY

The Country Verger

by Raymond Holt

*The pansies never smiled today
The daffodils grew shorter,
As if they knew she wouldn't be round
To change their dirty water.*

*The harvest mouse who lived for years
Inside the threadbare hassock,
Fell fast asleep, curled like a ball
Inside her scented cassock.*

*The ladybird who on the pew
Flew home each day she dusted,
Just cried for hours in to the font
A friendship, oh so trusted.*

*On stormy crowblack winter nights
She visited the dying,
With flowers and prayer book in her hand
Her kindness undenyng.*

*She liked communion on a Sunday
The holy bread and wine,
She gave her soul to heal the sick
But never counted time.*

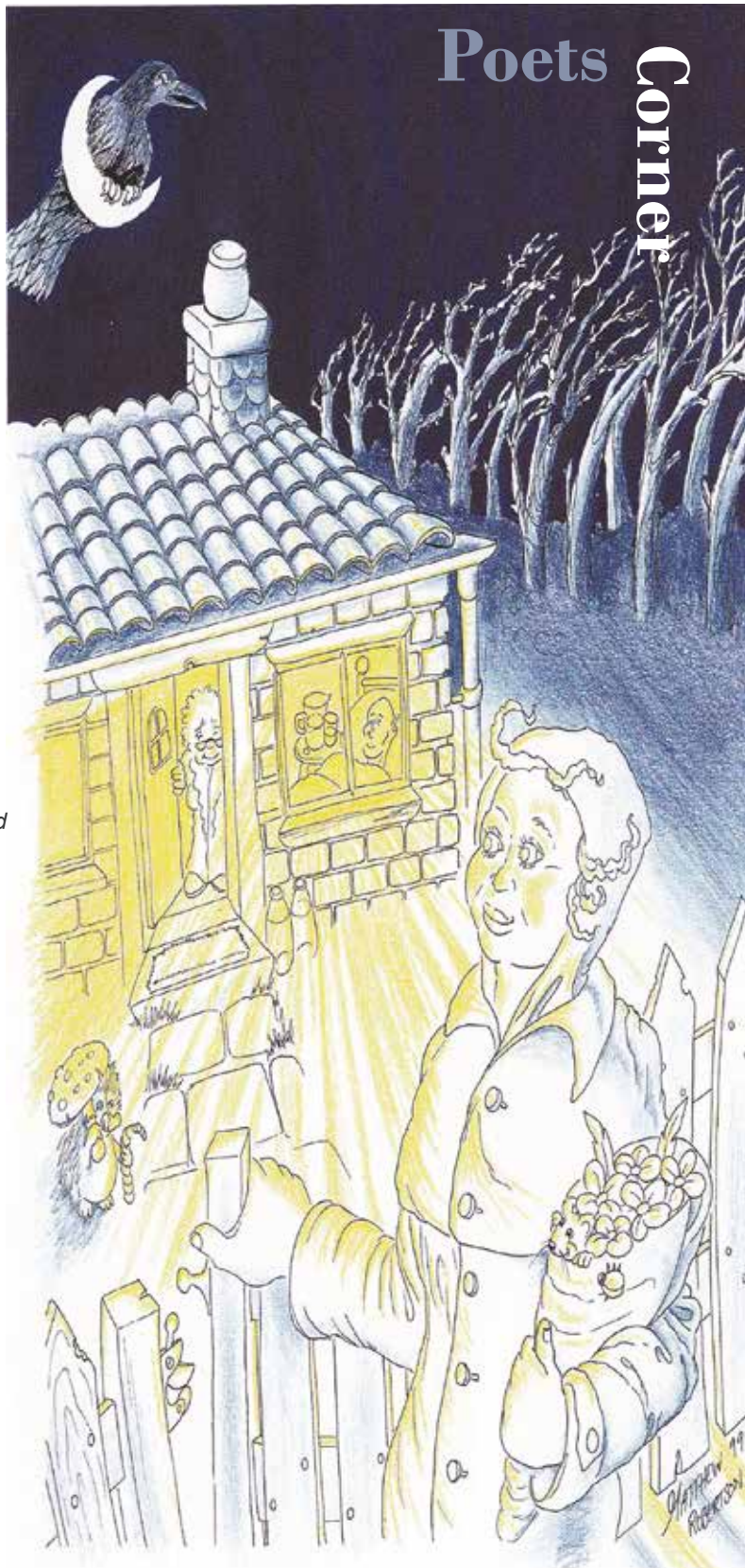
*The church it seems is empty now
Although her presence near,
But God will always take good care
Of those he holds most dear.*

(An excerpt from the book of poetry
"Looking Over My Shoulder")



LOOKING OVER MY SHOULDER

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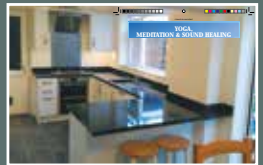
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Cranleigh Arts Centre December 2018

Celebrate Christmas at your local Arts Centre. There is something for all the family - including Panto – Oh yes there is! Why not come along & buy a special present for your loved ones as well as your charity Christmas Cards.



Festive Craft Fair:
Art for Christmas
Saturday 1 December,
10am to 4pm

Presented by Surrey Artists'
Open Studio members, Art for

Christmas has original art and craft for sale at affordable prices, from a range of Surrey-based artists. Packed full of stalls with plenty of beautiful and bespoke items in plenty of time for Christmas. You will meet artists from across the county and learn how they produce their work.

Free Entry

Exhibition: Open Competition: A Splash of Colour
Tuesday 20 November to Saturday 15 December,
10am to 4pm Artists working in a variety of traditional media have submitted work exploring the theme 'A Splash of Colour'. The exhibition will run for four weeks, with many artworks available for sale. The public will have the opportunity to vote for their favourite artworks, and an overall winner will be selected by an independent panel of arts professionals.

Free Entry



Craft Workshop: Crochet
Christmas Bunting
Saturday 1 December,
10am – 12noon

Led by Vicki Hodge, in 2 hours you will learn how to create Christmas Trees and

a few designs of snowflakes to make your festive bunting. You must already know how to crochet a foundation chain and the double and treble stitches. **NOTE: Booking only through Vicki Hodge www.thecraftingplace.co.uk, or contact@thecraftingplace.co.uk, not the Arts Centre Box Office. Workshop Fee: £35**



Event Cinema: ROH Live:
The Nutcracker

Monday 3 December, 7.15pm
A Christmas treat for the whole family. Lev Ivanov's 1892 ballet combined with Tchaikovsky's sumptuous, iconic score are presented in a festive period setting with vivid designs to make this a charming

and magical production. **Tickets: £19.75**

Event Cinema: ROH Live: The Nutcracker – Relaxed Screening Tuesday 4 December, 7.15pm
A Christmas treat for all – A relaxed screening is designed to welcome people with an Autism Spectrum Condition or anyone who would benefit from a relaxed cinema environment. **Tickets: £19.75**

Charity Christmas Cards: Card for Good Causes
At the Arts Centre until Saturday 8 December, 10am to 1pm Cards for Good Causes will be selling Christmas Cards on behalf of many well-known charities.



Live Theatre: Surrey Youth Theatre Christmas Show
Wednesday 5 December, 7pm
Everything you see on stage will be devised and performed by the students of Surrey Youth Theatre. It is a thrilling experience for them. Using themes, emotions, situations and locations, the show will be 30 minutes of rollercoaster emotions. **Tickets: £8**



Live Music: Cranleigh Community Choir Christmas Concert
Thursday 6 December, 8pm

Get into the festive spirit by coming along to the Cranleigh Community Choir & Friends Annual Christmas Show – with performances from professionals, students, Cranleigh Dance & Theatre Arts, and of course the choir, it's a great night out for all the family, not to be missed! **Tickets: £7**



Magic Show:
A Dickens of a Christmas
Saturday 8 December,
10.30am – 12.30pm

The Arts Society Cranleigh, invites you to an amazing Dickensian experience with conjuring, magic and illusion from Bertie Pearce, a member of the Inner Magic Circle. A great start to the festive season. Refreshments will be available. *Note: Booking is through a third party, Not the Arts Centre Box Office. To reserve a place call Liz Trickett on 01483 274527*

Free Entry



Live Theatre: Sleeping Beauty Panto – Evening & Matinee Performances
Saturday 8 December, 7pm & Sunday 9 December, 2.30pm

Join us this Christmas for the pantomime of your dreams! Help Prince Valentine defeat the evil fairy, Malevola and wake Sleeping Beauty with true loves kiss. 'Sleeping Beauty' promises to be our funniest and most spectacular pantomime ever! Packed with songs, slapstick, silliness, audience participation and all the fairytale magic of traditional pantomime!

Tickets: £14.50 Adult; £12 Child; £48 Family of 4



Live Music: A Brief History of Christmas
Wednesday 12 December, 7.30pm
GreenMatthews and Jude Rees present a festive romp through 600 years of music, songs and carols. Beginning in the Middle Ages and



ending in the 20th Century 'A Brief History of Christmas' is a whistle-stop tour of the origins of our midwinter festivities. Featuring long-forgotten songs and tales as well as familiar and well-loved carols. **Tickets: £12**



Live Music: Catfish
Friday 14 December, 8pm
Excellent live band with a phenomenal front man in 23-year-old guitarist and vocalist Matt Long. Catfish have just been awarded a UK

Blues Award as Blues Act of the Year. Both their albums have reached no 1 in the IBBA Blues Airplay Charts.

Tickets: £11.50 Advance; £13.50 On the Day



Adult Workshop: Needlefelting Christmas Decorations
Saturday 15 December, 10am - 3pm

Workshop, led by Hilary Charlesworth, you'll be making colourful 3D decorations and figures. Using Merino fleece and specialist needles,

participants will be introduced to the craft of dry felt making (needlefelting). You will learn the skills needed to develop your own decorations and figures, as well as some samples to take home with you.

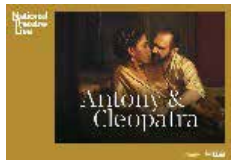
Workshop Fee: £40 incl materials



Children's Workshop: Winter Snow Globes
Saturday 15 December, 2pm - 3pm

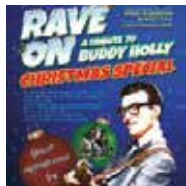
Make amazing artworks to keep and treasure in a fun creative

workshop led by local artist Miriana D'ambrosio. Get crafty for Christmas and make your own festive snow globes to decorate your home or give as presents. Suitable for ages 5+ **Tickets: £5**



Event Cinema: NT Live: Antony & Cleopatra (12A)
Thursday 20 December, 7pm
Ralph Fiennes and Sophie Okonedo play Shakespeare's famous fated couple in his great tragedy of politics, passion and

power. Caesar and his assassins are dead. General Mark Antony now rules alongside his fellow defenders of Rome. But at the fringes of a war-torn empire Cleopatra and Mark Antony have fallen fiercely in love. In a tragic fight between devotion and duty, obsession becomes a catalyst for war. **Tickets: £17.50**



Live Music: Rave on Buddy Holly Christmas Show
Friday 21 December, 7.30pm
A celebration of the music of Buddy Holly and the Crickets with Rock n Roll & Rockabilly Christmas hits to get you in the festive mood. As well as special guest Darren Page as Roy

Orbison with hits from Blue Days Black Nights to True Love Ways and I Drove all Night to Pretty Woman. When Marc Robinson puts on his horned rimmed glasses, authentic attire and picks up his Stratocaster guitar it makes us ask: will Rock n Roll ever die? That'll be the day!

Tickets: £17.50

Films: Lots of Films Coming Up – Look at Our Website For Details....

Tickets: £8.25 Adults; £7.25 Friends; £5.50 under 25s

Community: Men's Shed

Every Thursday, 10am to 1pm

Cranleigh Men's Shed is about social connections and friendship building, sharing skills and knowledge, and a lot of laughter. Part of a national scheme, it is a community project for men to connect, converse and create. The group meet every Thursday in the Arts Centre Pottery room. **Free**

Community: Craft at Cranleigh

Every Tuesday 10am – 11am

Whether you are an experienced crafter or want to practice something learned in one of our workshops, find a warm welcome and meet likeminded makers at our all-new Craft at Cranleigh drop-in! In the Arts Centre's Gallery. **Free**

Community: Knit & Natter

Every Friday 10.30 – 12 noon

Are you nifty with needles or a wonder with wool? Come and knit (or crochet) and natter in our Gallery. All abilities welcome. Bring your own yarn and needles. No booking - just turn up. **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 01483 278001. Box office 01483 278000 www.cranleighartscentre.org

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Some say . . .

What I don't like about office Christmas parties is looking for a job the next day

Phyllis Diller



BULLRUSH © Miles Thompson

CRANLEIGH CAMERA CLUB



6th DEC - Match-a-Print

Ladies versus Gents

13th DEC - Christmas Party, including announcement of the Chairman's Challenge

CHRISTMAS BREAK



CRESTED OROPENDOLA © Mike Harrison

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**Ewhurst Horticultural
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**Tuesday 13th November
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We will be holding our AGM followed by talk with slides by David Hunt "National Trust Gardens". David is a long term NT enthusiast and keen amateur photographer. His talk will include a wide variety of stately homes and gardens, countryside and coastlines, small buildings and industrial heritage. He emphasises places which the audience might like to visit locally. With refreshments and raffle. Visitors welcome £2

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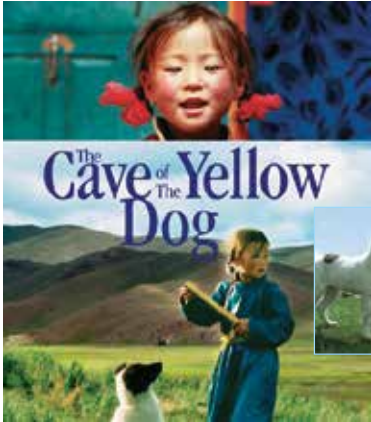


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(Behind The Cranley Hotel)



Cranleigh Film Club

DEC 2018



www.cranleighfilmclub.org.uk

Cranleigh Film Club is showing *The Cave of the Yellow Dog (U)* on **Thursday 27 December** starting at **7.30pm**; doors open at **7.00pm**. As usual our film will be shown in the **Band Room, GU6 8AF**, and there is ample parking in the adjacent **Village Way car park**.

Refreshments are available.

The Cave of the Yellow Dog (U)

A gentle and touching 'feel-good' fable of family life set in the steppes of Mongolia – quite different from a western Christmas! A tale of a little girl, a little dog, and the lessons of life – a fresh cinematic experience. A young nomad girl, Nansal, finds a small dog on the steppes and it becomes her best friend – against her parents' wishes. She names it Zochor ('Spot'). One day she loses sight of Zochor and, searching for it, encounters an old woman who tells her the legend of the cave of the yellow dog. Nansal learns a lesson about the value of life and its constantly moving cycle. A heart-warming, life-affirming film made with the real Batchuluun family none of whom had acted before. Its richness lies in its straightforward and quiet tone.

The director, Byambasuren Davaa, is Mongolian. Her films tell stories of traditional nomadic life. She spent months living with the family in northwest Mongolia to make them comfortable with the filming. She had previously made *The Story Of The Weeping Camel* (2003), also about the 'rhythm of life', in which nomadic shepherds try to save the life of a bactrian calf rejected by its mother.

Thomas Dawson, BBC, wrote: "Davaa focusses on the details of the Batchuluuns' hardworking life, their tireless adaptation to nature. The Buddhist cycle of reincarnation is central. Taking its title from a fable delivered to Nansal by an old woman, *The Cave of the Yellow Dog* is an unhurried story of a culture whose future is imperilled by the migration of its members to the (off-screen) city."

Nine wins in film festivals.

Membership costs £30 per year, covering all 12 films. To join please email your details to saralock1950@btinternet.com. We make a £5 charge for guests at each film. Do come along and enjoy the atmosphere! ■

Some say . . .
The greatest gift that you can give to others is the gift of acceptance
Brian Tracy

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01483 276780



A Busy month!



Cranleigh Amateur Swimming Club

It's been a busy month for CASC with the Dorking meet and 2 sets of Club Champs. Our Head Coach's main aim at this point in the year is to get as many swimmers with qualifying times for the Surrey County Champs as possible. And the swimmers have not disappointed him. The Dorking Meet, which is an all day affair at Dorking Leisure Centre, is a very friendly though competitive event. CASC had a great turnout and some superb results. 17 more qualifying times brought our tally up to 89 qualifying events.



Our club champs run during our own swim sessions and are like a time trial but with a few more white clad officials with stop watches, a timing board and a horn to start the races. These events bring out such a great spirit in the club as the swimmers cheer each other along. Although they are essentially racing each other, they are all looking to improve their own

personal best times. It's fabulous to see the swimmers supporting each other with consideration and how the coaches motivate every last swimmer to be the best they can be.

Last month we looked at parental support to say a big thank you. This month I'd like to give a big shout out to Cranleigh Leisure Centre. Sean and his team are amazing and incredibly supportive and helpful at



all times even when we have lots of screams of excitement. I wonder if the lifeguards may sometimes secretly fancy joining in with our fun!! Thank you all for everything. ■

If you are interested in joining Cranleigh ASC, please come down and see us on a Sunday evening at Cranleigh Leisure Centre from 4.30pm onwards or visit our website www.cranleighsc.org We offer two free taster trial sessions, for children wishing to see if they enjoy it.

If you are a local businesses who would like to sponsor our next Open Meet then please contact Paul Stevens of CASC on 07759 661949

**Some say . . .
Santa Claus has the right idea -
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Victor Borge**





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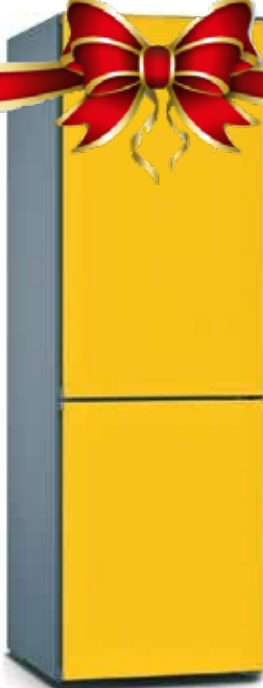
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Cranleigh Santa Dash



5k or 10k Fun Run

9th December 2018, 10am in Stocklund Square

£10 per adult, £5 per child, £20 per family (up to 2 adults & 3 children) All profits from this event will be donated by the Rotary Club of Cranleigh to local primary schools.
Entries close midday 7th December 2018.

Arrive to register on the day by 9.45am.

Children under 12 must be accompanied at all times by a parent or guardian. Complete the entry form online at www.cranleighbiz.co.uk/santadash

The event is sponsored by Cranleigh Sunflowers, Cranleigh Rotary Club, Cranleigh Chamber of Commerce, Oakwood Tax Consultants and Informed Choice. ■

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

The Brigitte Trust is an independent registered charity offering free emotional support and practical help at home to people and their families facing cancer and other life-threatening illness.



www.brigitte-trust.org

The Parrot

Forest Green



Join us at the Parrot this Christmas

The Parrot is located in the beautiful Forest Green, set deep in the Surrey Hills. Brunning and Price have been busy sensitively restoring and enhancing the building through the winter months, ready to reopen again just in time for the Christmas festivities.

We are foodies at heart and our menu changes regularly, reflecting the seasons and always offering a mix of traditional British dishes alongside something a little different and obviously at this time of year, some traditional Christmas favourites.

To take a look at our menus, apply to join our happy team or make a booking, please visit

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Cranleigh Country Market Going, Going ... Gone!



Cranleigh Country Market, formerly Cranleigh WI Market, has been part of Cranleigh's local Friday morning life since March 1980.

However, as with other stores in the village, over the past few years the Market has been struggling to survive, even though we offer fresh locally home-cooked food and preserves which contain no additional preservatives or artificial additives; a greener footprint you couldn't wish for. Hand-made items using traditional craft methods, home-grown seasonal plants and vegetables, local honey and free range eggs have also been available.

Realising that drastic action was required in order to survive and to be able to continue to offer a service to our loyal, regular customers, in April 2017 we dropped our trading days from every Friday to the first Friday of each month. Initially, this worked well but gradually, for a multitude of reasons, the impetus failed to continue.

It is therefore with much regret that, after just short of 39 years of trading in the village, Cranleigh Country Market will formally close on 31 December 2018. Our last Market will be held on **Friday 7 December 2018** - our Christmas Market, when we shall be offering complimentary tea or coffee, Christmas cake and mince pies to all our customers.

We hope you will be able to join us in The Bandroom, Village Way, between **9.15 – 11.00am** for our farewell to the village. ■

The Pocahontas Moratorium?



by
Rob James

Technology impacts on every aspect of our lives from communications to cars, and local author, Rob James, grew up steeped in its development. His father was a design engineer at BAe Dunsfold and, with Joe's passing over 25 years ago, Rob could only wonder at his possible reaction to today's, taken-for-granted, technology. Just suppose however, we could take a modern car or iPhone back in time. What would Joe make of them and what impact could this 'out of time technology' have on the past?

In his maiden book, *The Pocahontas Moratorium*, through its two protagonists, Roger Matthews and Ian Pearce, Rob takes us back to 1972 in a VW Touran. Through his work, Roger's father has become embroiled in a scheme to prevent the theft of plans for a secret military aircraft by Russian spies and, using his visitor's new technology, wants their help. In addition to a pacy plot, the time travellers experience some of the more mundane and wry aspects of an unexpected journey such as, needing a change of clothes and toiletries when they've got no money.

On their return to the 21st Century, they find that they have become something a cause célèbre attracting the interest of both the press and the scientific community. A Government Department, concerned about the threat of future technology corrupting the time continuum, imposes a ban on time travel. It becomes known as *The Pocahontas Moratorium* and it effectively prevents a return to 1972 to resolve unfinished business. ■

The Pocahontas Moratorium is published by Ex-L-Ence Publications and is available as an E-Book from Amazon.co.uk



Cranleigh Rotary's Plastic-Free Christmas Tree



Rotarians Gill Leslie (left) and Teresa Golden with the tree

Earlier this year we were all moved by David Attenborough's programme, Blue Planet 2, which highlighted the problem of plastic pollution that is now affecting all of the world's oceans.

This amazing broadcast depicted the extremely concerning damage done to marine ecosystems by plastics thrown into the sea and entering the food chains. As a result of public pressure, supermarkets and shops are slowly reducing their use of plastic packaging.

Inspired by Blue Planet II, on 17 November, Cranleigh Rotarians Gill Leslie and Teresa Golden installed a Christmas tree which carries only plastic-free decorations in the foyer of the Arts Centre. Do come along and be inspired to do your bit to rid the world of unrecyclable plastics.

Many thanks to Santa Fir for providing the tree and Cranleigh Arts Centre for agreeing to use of the foyer. ■

www.cranleighbrotary.org.uk



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**Traditional Christmas lunch
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supported by local volunteers, organisations and businesses.

If you would like to join us please contact Sheila Smith
If you would like to join us please contact
the Church office by 18th December

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Opening times: Mon: Closed all day
Tuesday to Saturday: 9.30am – 5.00pm

Rhymetime: Fridays 10.30 – 11.00am

Storytime: Tuesday 3.30pm – 4.00pm & Saturdays 10.30am – 11.00am

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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. Keith Beckingham

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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Local Clubs

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Recreation Ground, Dunsfold Road, Alfold GU6 8JB

E-mail: secretary@alfoldtennis.co.uk **07899 925237**

CRANLEIGH BOWLS CLUB

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Alan 01483 274682 or Bill 01483 275992

EWHRST BOWLS CLUB

Cranleigh Road, Ewhurst, GU6 7RN

Nigel 01483 272513 or Richard 01483 277494

CRANLEIGH PENTANQUE CLUB Cranleigh Village Sports and Social Club, Parsonage Road, GU6 7AN

Jane 01483 276952

BIRTLEY TENNIS CLUB

Birtley Road, Bramley, Guildford GU5 0LF

Francesca Stern 01483893856

CRANLEIGH BADMINTON CLUB

Glebelands School, Parsonage Road, Cranleigh, GU6 7AN

Maura 01483 267634 or Mike 01483 276667

Helpful Telephone Numbers



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Cranleigh Osteopathic Practice
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Cranleigh Chiropractic Clinic **01483 200358**

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Mrs R.A. Wimbledon SRCh **01483 277505**

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Rudgwick Surgery **01403 822103**
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Cranleigh Village Hospital **01483 782400**
Royal Surrey County Hospital **01483 571122**

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National Missing Persons **0500 700700**
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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**
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National Rail Enquiries **0845 7484950**
RAC Emergency Breakdown **0333 2000 999**

LEISURE

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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**
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CHARITIES

Cranleigh & District Lions Club **0845 8332711**
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