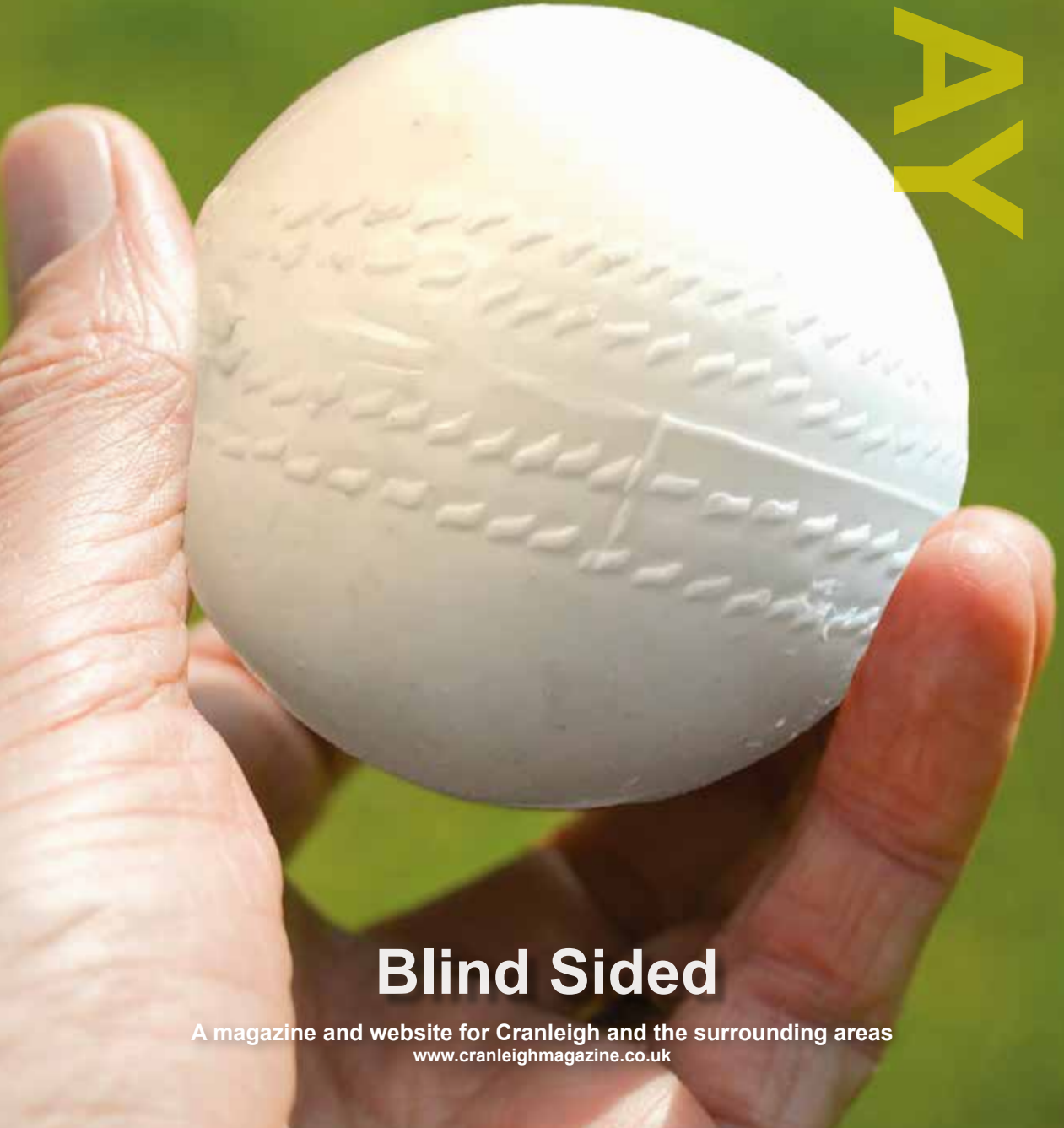


MAY 2019 ISSUE 43



# CRANLEIGH MAGAZINE

MAY



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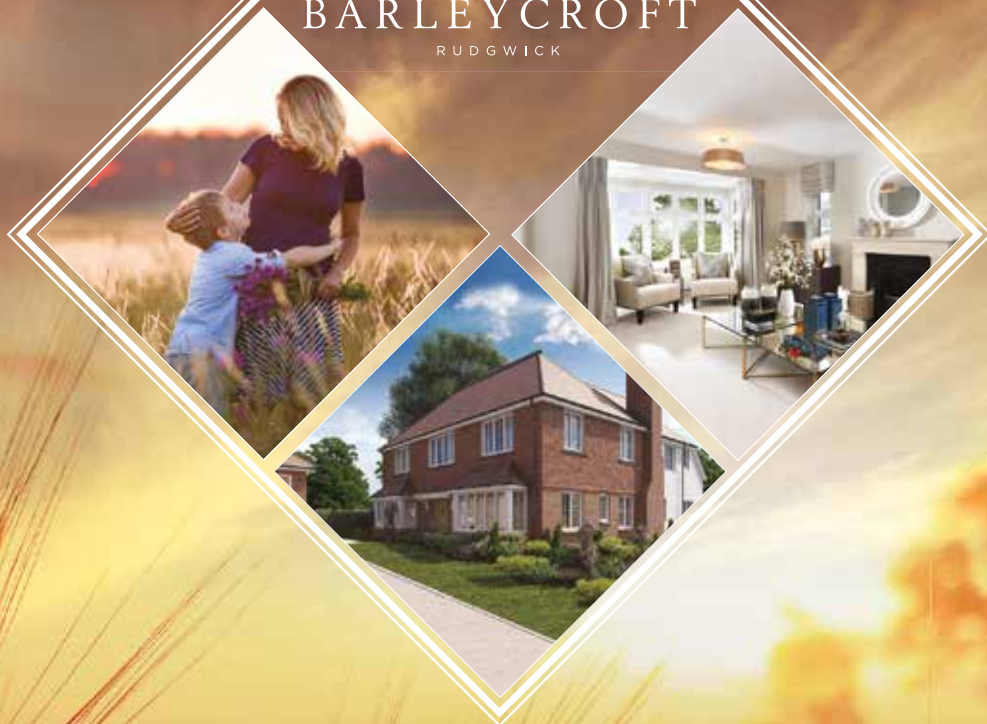
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# contents

MAY 2019



## CRANLEIGH MAGAZINE

**WELCOME** to Cranleigh Magazine in the month of May. It is surprising the unexpected encounters that happen each day in the street with people! Take a look at this month's 'People Profile' to meet someone we bumped into recently.

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

Why not submit your local news to the Magazine or advertise your business, keeping people informed and connected in 2018

**Contact 01483 275054 or email:**  
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John Woodford  
Funeral Director/Cricketer



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



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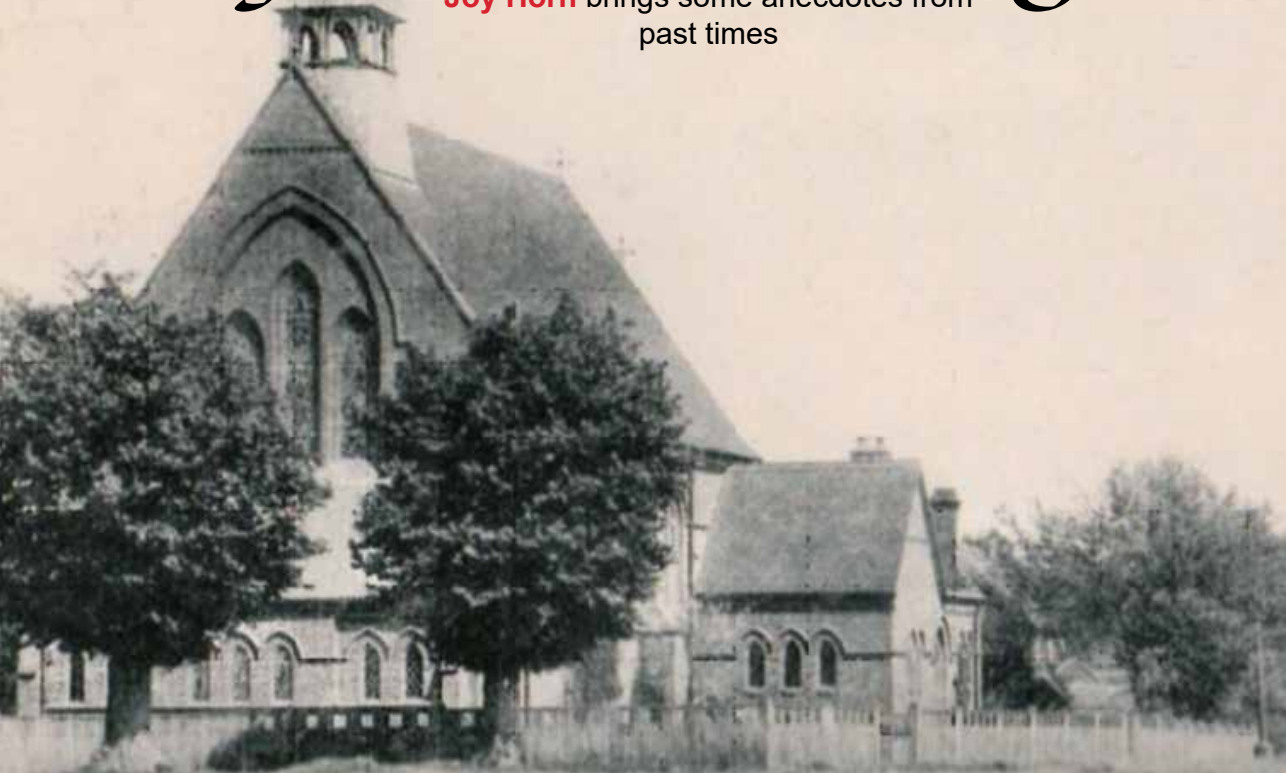
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# The Joy of Cranleigh

**Joy Horn** brings some anecdotes from past times



Vanished Buildings of Cranleigh

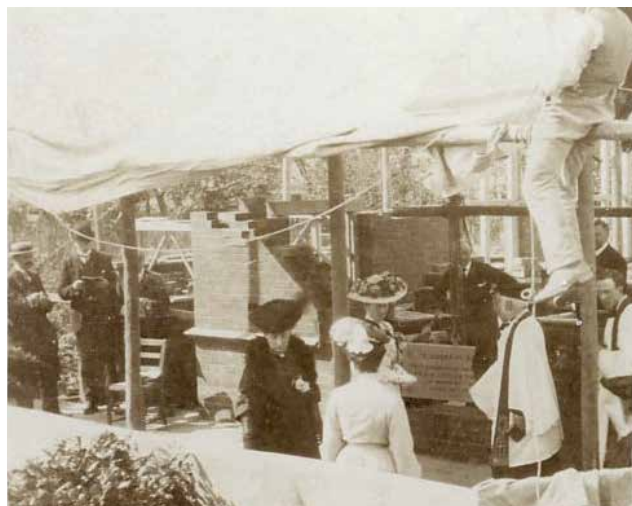
## St Andrew's Church on The Common

The way it was

**F**or 75 years, almost every picture postcard of Cranleigh Common included a view of the large church of St Andrew, yet now its existence is almost entirely forgotten.

The clergy and parishioners of St Nicolas church decided in 1897 that a new church building was needed for the west end of Cranleigh village, because of 'the rapid rise in population'. This was certainly true. Cranleigh had 1,090 people in 1801 and would rise to 2,752 in 1901. Parkgate Cottages and many houses in Elmbridge Road had recently been built in west Cranleigh, besides buildings associated with Cranleigh School.

By April 1898, the fund for a new church building had reached £1,980, and the plans by Edward Lunn, architect, and the tender of Messrs Mitchell Bros of Shalford were accepted. In June the foundation stone was laid by Lord Ashcombe, with a great gathering of local clergy and people, the la-







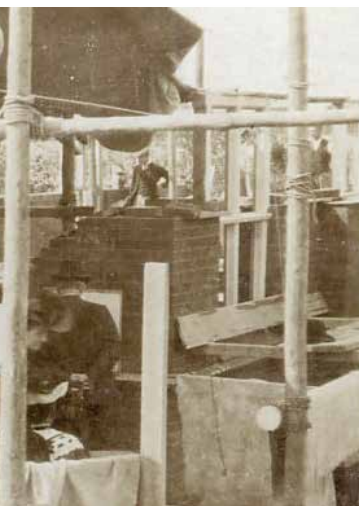
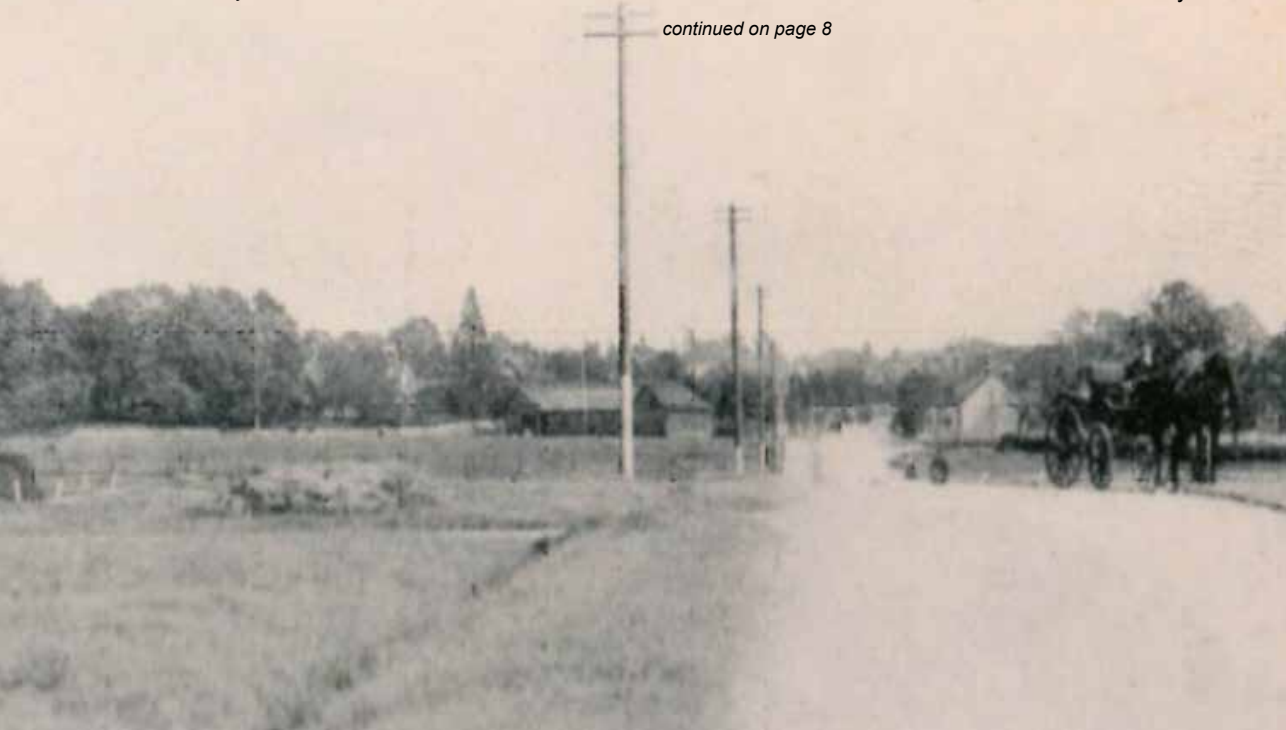
*Painted white stones proclaim that Mr Pirie's shop is 'St Andrew's Bakery'*

dies wearing their best and most elaborate hats. According to the foundation stone, the building was 'a thank-offering to Almighty God for the blessings of Queen Victoria's reign, 1837-97'.

The building was completed by April 1899, when it was dedicated by the bishop of Winchester. The building was in Gothic style, faced in hand-made red bricks produced locally at the Hazelwood Brickworks. Later a church room was added for mid-week activities, and an organ was installed in 1910.

The assistant curate of St Nicolas was responsible for conducting services, with occasional help from the chaplain of Cranleigh School. The St Andrew's cricket club originated here. The bakery next door to the church became known as 'St Andrew's Bakery'.

*continued on page 8*



**Left:**  
An informal picture of the foundation stone-laying  
(courtesy of Michael Miller)

**Above:**  
St Andrew's church in 1905 (courtesy of Mrs Vera Wilkinson)

**Below:** St Andrew's Flats for senior citizens, 2019







*St Andrew's (a Frith postcard, courtesy of Mrs Vera Wilkinson)*

When Essex schoolboys lived at Elmbridge School, from 1940 onwards, they regularly attended here, walking in file along Elmbridge Road. There was a full range of services and activities for all ages, and in 1940 the church became financially independent of the mother church, St Nicolas. However, expensive repairs to the fabric were required after the Second World War, so, despite the fact that about 60 people were attending services regularly, the decision was taken in 1964 to cease holding services.



*Plans for the new church by Edward Lunn, architect*



*On Whit Monday, 1930, Cranleigh Carnival raised money to build the Memorial Village Hall*





*St Andrew's being demolished (photo, courtesy of Ollie Copus)*

It was discovered that because the building had been 'dedicated' and not consecrated, there was no need for it to be deconsecrated. So it was sold to Hambledon Rural District Council, who eventually demolished it in 1975. The organ was given to All Saints church, Kampala, Uganda and the church bell sent to a church in the Gilbert and Ellice Islands in the South Pacific (now called Kiribati and Tuvalu). Flats for senior citizens were built on the site.

A bus was laid on to bring West Cranleigh people to St Nicolas church on Sunday evenings. When a second church room was built at the main site in 1971, it was named in memory of St Andrew's church. The very active 'St Andrew's Adult Club' met in this room every Tuesday evening until 1999. They went carol-singing at Christmas around the Common and Guildford Road. Every Easter they supplied the lilies for the church display and ran the grocery stall at the Rectory Fête. ■

(Grateful thanks to Brian Bagot for information and advice.)

**The Cranleigh History Society** meets on the second Thursday of each month at 8.00pm in the Band Room. The next meeting will be on Thursday May 9th, when Katherine Stearn will speak on 'The Life and Times of William Cobbett'.



*Interior of St Andrew's 1950s or 1960s (Elmbridge School Collection)*



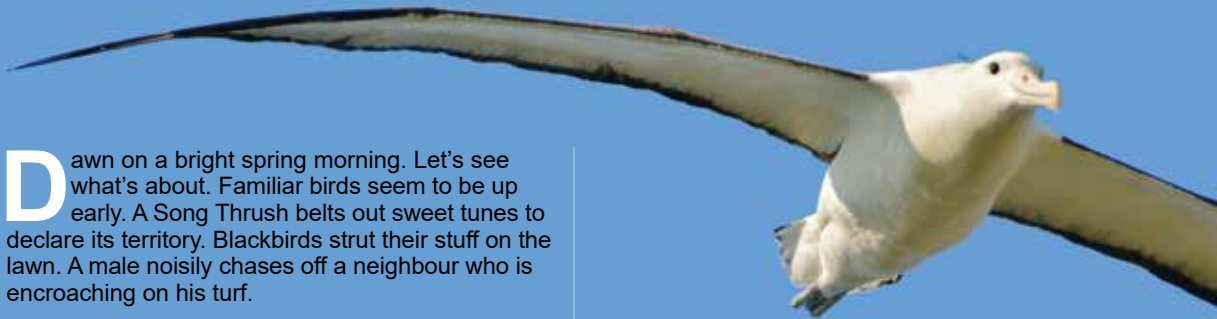
*The plaque outside St Andrew's Room at St Nicolas Church*

# Crane Spotter:

tales from a Cranleigh birder

May

## Birds of the Cranleigh underground



**D**awn on a bright spring morning. Let's see what's about. Familiar birds seem to be up early. A Song Thrush belts out sweet tunes to declare its territory. Blackbirds strut their stuff on the lawn. A male noisily chases off a neighbour who is encroaching on his turf.

The House Sparrows tumble from their overnight ivy roost. They are already squabbling. It is going to be a long day.

A couple of Dunnocks hop alongside the hedge and from a prominent watch post above them a dazzling Yellowhammer adds to the mounting chorus.

Above me a Starling flock whizzes past and Skylarks dance upwards, singing ever higher over the fields. The trees host a moving tapestry of colour as Goldfinches, Greenfinches and Chaffinches drop in. Strange I haven't seen a Robin yet.

A Swallow flicks past – but hang on. It doesn't look right. It is smaller than ours in Surrey should be. And what's this whooshing past? Big, brown and blue with a curved bill and white tufts on its throat? Another close encounter follows as a small stranger with a long-fanned tail trills and circles my head.

These three 'oddities' are Welcome Swallow, Tui and Fantail. Could there have been a mass escape from Birdworld in Farnham? No. We are observing the birds of the Cranleigh underground. A trip of 7,918 miles through the centre of the earth would reveal them - right under our feet.

European birds I saw on a recent trip to New Zealand were introduced by the early settlers to make themselves feel at home, and they seem to be thriving. You can even see some at Cranleigh Station. Yes, we haven't had ours for over half a century, but the name lives on at a 2.4 square mile cattle farm I discovered on the North Island.

Doing not so well are the country's indigenous birds. 77 are threatened with extinction. 80 species in the country are endemic, or breeding endemic, so are very special.

Many extinct birds were ground-nesters with no natural predators until Europeans brought invasive mammals like rats, mice and stoats with them. Human hunters wiped out more and over 60 species are sadly now extinct.

Many others hang on by a feather but with some patience I saw a good proportion of them. All have an amazing story, and many are world record holders.

Here are just 10 of the special ones that lifted my spirits.



*Okarito Brown Kiwi (Apteryx rowi)*

**Okarito Brown Kiwi** The iconic Kiwi is the only bird in the world with nostrils at the end of its bill. More recently it has been found to comprise of as many





**Main photo:**

Northern Royal Albatross  
(*Diomedea sanfordi*)



as five species. We spent over two hours in pouring rain waiting for the rarest, the Rowi or Okarito Brown Kiwi, which was described as new to science as recently as 2003.

Bee keeper hats didn't protect all our bodies from mosquitos, and we were bitten to bits as the night wore on. But the target bird of the trip, a calling male, delightfully revealed itself as it scurried past only inches away under our red torch lights. It is one of only around 430 left.

**Little Blue Penguin** The world's smallest penguin. A dark underwater shape, like a whale, approached the sandy beach as dusk fell. Then out they waddled, looking anxiously back with outstretched wings to check all behind were following.

Scores passed within feet as they scampered to their cliff-face burrows to feed chicks. They had swum over 40 miles that day and now some faced a mile walk to their youngsters. Clockwork commuters like so many of us - by morning they would be back at work in the sea to earn their family's next dinner.



Yellow-eyed Penguin (*Megadyptes antipodes*)

**Yellow-eyed Penguin** A good three times taller than the little fella, this is the world-rarest penguin. And with possibly under 2,000 left in the wild there are fears this South Island and sub-Antarctic islands' beauty faces extinction.

Disease, rising water temperatures, barracuda predation and commercial fishing are all big enemies. One of those I saw realised I was a friend though, coming so close I could have kissed it.

**Northern Royal Albatross** No trouble seeing these on a visit to the only mainland breeding area for the world's largest seabird. Birds were on nests while others soared effortlessly overhead on a 9ft. 6ins wing span.

Respect! They can live beyond 60 and range 118,000 miles a year over the southern oceans. It may be eight years before they return to find a mate.

**Westland Petrel** A long-winged all black seabird with a yellow bill. But to see them we climbed up through sub-tropical rainforest. We looked towards the sunset as darkness fell and waited for the adults. They literally crashed in through the tree canopy.

One landed clumsily near our feet and, after feeding its chick in a burrow, took off again by climbing a stump in front of us and launching itself off the hillside. It will winter with others off Chile where - incredibly - this years' chicks will later miraculously find them. And in five years the now adult youngsters will return to breed in the same burrow, if it is empty.

*continued on page 25*



# People Profile



Who's who?

**John Woodford**

*Funeral Director & Cricketer*

I was born in 1953 when my parents were living with my grandparents in Ash Vale, close to Frimley. They then moved to Normandy, near Guildford. I had two sisters and three brothers, two of which sadly passed away in infancy. Normandy was mainly a farming community and I have a very good recollection of seeing cows walk up the middle of the road from the field, ready for milking.

The farm opposite our house was an arable farm and we would watch the harvest and hay making happen every year. It was a very happy, safe and rural place to grow up.

*continued on page 14*

# Hit for a six, in





**Main picture:**  
*My England Cricket World Cup 2002  
team shirt*

more ways . . .



*continued from page 13*

My dad was a serving sailor, who joined the navy at 15 in 1936 and trained as a gunner. It was mentioned in dispatches that he was injured by shrapnel in a fight with a Stukka. He was very proud of this fact because the shrapnel went straight into his leg and was never removed, so he carried his memorable 'war wound' around with him everywhere he went.

My mother had several part time jobs, as well as running the home, cooking and looking after the children. When my father came out of the navy he worked as a Range Warden on Ash Ranges, where the military have firing ranges. The pay was abysmal from what I understood, so he went on to become a bus conductor. He was a hardworking man though we hardly saw him because he would leave early in the morning and do double shifts to earn extra wages. He would come home on a Friday night with a brown wage packet, which he would give to my mum; she would take out the housekeeping money and would give him his pocket money. I can remember the first time he earned £20 in one week after he'd worked many long hours. He brought home the £20 and my parents were ecstatic. It was worth a fortune to them in the early 60's. All those vivid memories stick with me to this day.

At the end of Junior School, I passed the 11 plus exam and went on to Camberley Grammar school. I didn't like the academic side of school but I really enjoyed the sport. I played football and cricket for the school. Although I passed the 11+ exam gaining a place at the grammar school, my academic focus just wasn't really there. I knew nobody at Camberley Grammar and found it very difficult to settle in and left school at 16.

## **"I was one of a kind"**

Having left I had no idea what I would do. Having my Grammar School attendance on my CV gave me a good advantage. People liked to see that, it implied a certain level of intelligence though I was always the one to knock that 'law' out! Fortunately, it was the era when the papers were full of jobs and opportunities.

I was never out of work but changed jobs often. I couldn't find anything that absorbed me for more than two years, because I would get bored. Then I saw an advert for a job as a chauffeur and coffin bearer, for Pimm's funeral service in Guildford. I only applied for the job because I thought it would be a bit different to drive cars around and do a bit of this and that. It was late 1982 aged 29, and I was offered the position and that was it, I was hooked! For the first time in my working life I felt I was actually doing something useful.

Our work involved all aspects of the funeral profession. Being helpful to families at such a distressing time, gave great satisfaction. I worked with really good people and formed some beautiful friendships that still last to this day.

I was keen to learn more and more and was encouraged to do so. I learnt how to embalm and worked in the office learning how to be a funeral director. I passed the professional qualification of the National Association of Funeral Directors Diploma in 1988, and just went on from there.

In 1986 Pimms were bought out by the Co-op and my career developed further from there. I went on to become branch manager, then area manager and finally regional manager. In my last post with the Co-op I was responsible for 35 branches involving over 3,500 funerals, which was huge, probably too big. This wasn't the job that hooked me and when I left in 2009 I was completely disenchanted with where the funeral business was going. The paperwork was overwhelming and the pressure to push people to purchase things felt immense and wrong. It had become all about number crunching and accountability as to why this or that hadn't been achieved. It wasn't my way at all.

An opportunity became available for me to take redundancy when the company were restructured. I went on to start a Human Resources degree, thinking that could be another occupation I would enjoy, but I was only half way through the course when the big financial crash happened, and I didn't complete the degree as opportunities in this field were drastically diminished.

I had to review my work life and applied for numerous jobs. Sitting on a computer browsing opportunities on the internet made it much easier to apply for a position but who was going to take me on? On top of all this, my sight was beginning to go at that point too.

My failing eyesight wasn't due to a knock on the head or an accident, it was a gradual deterioration. Doctors thought I had a genetic problem. When I was about 34, I went to the opticians to have an eye test because I was having difficulty seeing in the dark. But the optician couldn't offer any advice so referred me to a specialist who diagnosed a problem with the retinas and he in turn, referred me to a Retinal Specialist in Harley Street, London. It transpired that the red blood cells in my retinas were dying, meaning the retinas were dying too, for no obvious reason. He hadn't come across this condition before and wasn't able to give a diagnosis. He wrote to a few other specialists and even presented my case at a World Conference to see if any other doctors had a patient with similar symptoms, but no one came forward.

## **So it seemed, I was one of a kind.**

I was still able to drive in the day but then it became difficult to drive in the sunshine as well. Eventually I saw another specialist who told me the condition had gone too far and it wasn't legal for me to drive anymore. I was then registered as 'partially sighted'. Eyesight is measured by the distance each eye can define the detail of an object. For an average sighted person, each eye can see clearly with the object about 30ft away. For me, my right eye can

# than I'd ever im



## “It was purely by chance”

see detail 6ft away and my left eye only 3ft away. I am now what they call ‘severely partially sighted’, registered as ‘blind’.

Having left the Co-op and gained an incomplete HR qualification that I couldn’t use, I ended up working for Mencap. It was a very satisfying job, working with a fantastic team. I worked in a residential home in Angmering, West Sussex. But after three years I realised that the profession that had hooked me in 1982 was where I really belonged. The opportunity to start my own business and put in place the values that I held dear opened up to me, here in Cranleigh.

My wife Gail and I both knew the village, and indeed it is where we first met whilst Gail was the funeral director at Pimm’s in Cranleigh in the late 80’s. Our work took us away from the village but we always hoped that one day we could return.

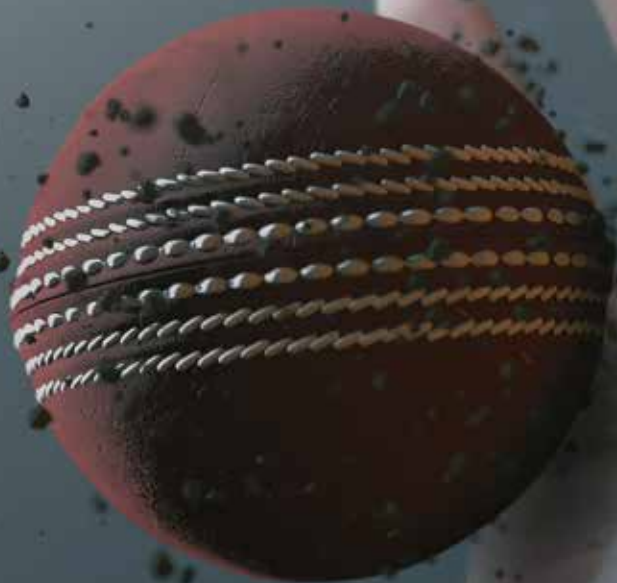
*continued on page 16*



*Surrey County cap*



*England World Cup cap*



# agined . . .



continued from page 15

It was purely by chance that we visited one Thursday morning, having not been to Cranleigh for about 10 years. To our surprise we saw Marks and Spencer's and Boots on the High Street and realised it had changed from the little village it was in the early 90s. We looked for a place to set up the business but couldn't find any premises in the High Street. We walked around the cemetery, crossed the road nearby and spotted a shop at the lower end of Ewhurst Road which was empty. We went to the adjacent shop and spoke to the owner who explained the premises was vacant and showed us around.

It took a little while to finalise the details but we finally got the keys in February and opened our new business in April 2012. We immediately started looking for a house in the village because our son had left school by then and gone on to

Smithbrook Kins shop



Surrey VICC shirt - front



Surrey VICC shirt - back



Playing during a practice match

Blind cricket matches work well until a guide dog decides to steal the ball from the pitch and run off with it (happened to us at Arundel Cricket pitch)...imagine several blind and partially sighted players trying to find a quick running dog with a ball! Rather comedic to watch I am told. - John Woodford

# and I didn't see





study at the University of Surrey. We moved home in 2013 and absolutely love living here.

In order to relax in my leisure time I play 'Visually Impaired Cricket' which I discovered in my 40s. Regular cricket as everyone knows it, I now refer to as 'Red ball Cricket', given the colour of the ball, Visually Impaired Cricket being played with a white ball, containing beads inside that rattle when thrown.

When I was young, cricket had been one of my main sports. I'd play football in the winter and cricket in the summer. I played for the local village team in Normandy at the age of 10 and absolutely loved the game. I played for them until my early 20s, then football took over for a while because cricket is quite a time-commitment. A cricket match is basically an all-day thing and as a young person it took a big chunk out of a weekend. I've played for a few different teams over the years until I couldn't see the ball anymore and it was getting dangerous.

After an interval when I didn't play cricket at all, I discovered Visually Impaired Cricket through a support group I belonged to called '4sight', in Bognor. I became a member and regularly received a monthly magazine they produced. There was an article one month by Geoff Smith, an England Visually Impaired Cricketer who lived in Hove and wanted to set up a Sussex team. I was very enthusiastic about this idea and went along to Arundel Cricket Club one evening to meet up with some other guys. We knocked the ball about, discussed it and got to know each other. And that's how Sussex Sharks Visually Impaired Cricket Club began with just four of us at the time.

Geoff was a social worker and knew several visually impaired people. He encouraged his contacts to play cricket. Within a year we had 20 players, male and female, ranging from 10 years, up to Geoff who was the oldest, and myself the second oldest at 48. In 2001 the club was formed and affiliated to Sussex Cricket Club. We used their indoor nets at Hove and they supported us, providing kit, transport and financial support for the team. We joined the National League, travelling all across the country playing other Visually Impaired Cricket Teams. In 2002 I was invited to join a weekend training squad for the England team. I was picked to play in the following one-day series against Pakistan, where I made my debut for England. (We lost the one-day series, 2-1). This was in June and the World Cup was in November. I was selected for the England squad and we travelled to India to play.

The team was financed through donations and sponsorships. The Brian Johnston Trust supported us and another organisation called the Primary Club. This is a Club a batsman joins if ever they get the 'Golden Duck'. A 'golden duck' refers to a batsman who is out for nothing on the first ball they face. So be it a learner, visually impaired or professional cricketer, they join the Primary Club. This Club is a huge supporter of disability cricket and helped finance our tour to India.

On this tour we took three sighted guides, a manager and physio covering their expenses as well. Apart from that it was just the squad, 17 players in all, no wives or partners accompanied us. We were there for three weeks.

*continued on page 18*

**" I'd play football in the winter  
and cricket in the summer "**



*A set of our cricket stumps*

# it coming . . .



# ...I was



*Surrey Visually Impaired County Cricket Club 2016. That's me eighth from the left in the back row.*

There were only seven countries playing Visually Impaired Cricket internationally at that time, so we all played each other. One of our games in the round robin was a victory over Pakistan and one of our totally blind cricketers scored a double century. The top four teams qualified for the semi-finals, including us and we played against Pakistan again but they beat us on this occasion, going on to win the entire tournament. We ended up coming third, which was a great achievement. It was the best position England's ever achieved in the world cup, before or since.

Last year the first ladies cricket team went on tour. The International set up won't allow ladies to play unfortunately, so they're not affiliated with the ECB. They have to call themselves the UK Ladies. They've played in the West Indies and played a team in the Far East, so that game is growing as well. On a domestic basis, girls can play in all our teams.

The rules of Visually Impaired Cricket are virtually the same as sighted cricket, with the exception of one or two things. There are various categories of sight, and that's the same in any visually impaired sport. These categories range from B1 - where people are totally blind, through to B3 which is mid to partial, for people who have relatively good sight but are registered partially sighted, and in between it's B2 which is what I am - low to partial. When joining a team, a player has to be classified by British Blind Sport and have a regular sight test every three years.

There are two sizes of balls played. The large ball is a size 3 football and must be bowled over arm. The small ball is the same size as a usual cricket ball. The larger ball is used for domestic cricket, the smaller for international. When bowling the big ball, a size 3 football, it has to bounce once for a B3. For B2 and B1 it has to bounce twice. This is so the player can hear the ball approaching by the noise rather than by it startling them by bouncing right at their feet before they know about it, so they get two bounces. The only other difference is that for B1, totally blind players, their runs are doubled. The smaller ball has to be bowled under arm and rolled along the ground; this is the same for any category of sight. Due to the differing nature in bowling styles from domestic to international cricket, the batting styles vary considerably. In the domestic form of the game, the batting strokes are similar to those used in red ball cricket, whereas in international games the main strokes are the sweep and the drive.



*Large size 3 football*



*The small white ball*





# blind sided!



Fielding is very difficult. B1s stand right on the edge of the pitch, very close to the bat. They can catch off one bounce, so if they hear it, they can move and catch the ball. There are some very good players that can do that, who have impeccable hearing and can sense the sound well.

Catching a player out happens the same way as in usual cricket too. There are usually one to two catches in a game, mainly by the B3 classification, and the occasional B2. In a sense that sums up the beauty of the game, and the difficulty. The beauty of Visually Impaired Cricket is it's totally inclusive, a mixed team of varying degrees of ability. Although we play in leagues and cup games, it's always played with good spirit. In comparison in a Red ball cricket match when someone makes a mistake, there's someone's shouting at you. Whereas in Visually Impaired Cricket there's total encouragement because we're all in it together and anyone of us can make a mistake. There's great comradery and team spirit.

When I moved from Sussex to Surrey in 2013, I contacted Sight for Surrey, and they put me in touch with the guy in charge of Visually Impaired Cricket in Surrey.

I play for Surrey now, I joined them 4 years ago. Again, it started as a very small team but it's grown and has been very successful. We've just joined the National League and have a team in the development league as well. We're affiliated to Surrey Cricket Club, and the Oval is our official ground, though we don't play there. Our home team ground is Frimley Cricket Club, just opposite Frimley Hospital. A cricket match is virtually a whole day commitment. The game starts at 1pm and finishes about 6:30-7pm, depending on whether both teams have their overs. We play in the T20 competition as well, and currently hold the cup. I've gradually accepted my increasing blindness. The biggest issue is that there's never been a diagnosis so I don't know quite how bad it's going to get.

My involvement in Visually Impaired Cricket opened up a whole new sports world to me. I would encourage other visually impaired sports people to make enquiries. Local enthusiasts can just go onto Surrey Cricket Club's website where visually impaired cricketers have a section, or contact British Blind Sports.



Anyone living in the village is welcome to contact me and I can put them in touch with our Manager. They can come along to training; any ability is welcome. The beauty of the Club is that there are youngsters who have never been able to participate in sport, or run around a field and that's exactly what we get them to do. We have young people who have never played cricket before and some

adults who haven't either. Most of them turn into really good players. Others who have participated have gone onto participate in other visually impaired sports like tennis, bowls and golf ball. ■



**To contact John Woodford:**

Tel: 01483 276 500

or Email: [john.woodford@hotmail.co.uk](mailto:john.woodford@hotmail.co.uk)

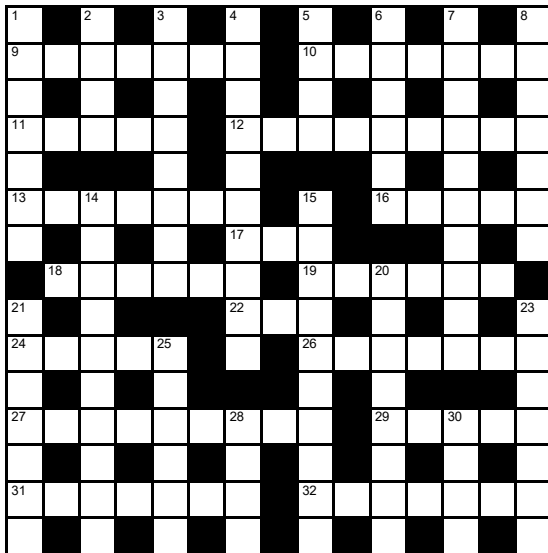
[www.familyfuneralservices.co.uk](http://www.familyfuneralservices.co.uk)

**Blind Sided**

**S**ometimes things happen in life, when we are not expecting them, which take us by surprise. They hit us from behind, from the 'blind side'. Be watchful, resilient and never give up, no matter what life throws at you. ■



## May Crossword Puzzle



### Across

- 9 Georgia's capital (7)  
 10 An ancient one had a bird problem (7)  
 11 Banish (5)  
 12 Comparable (9)  
 13 Road journey refreshment break (3,4)  
 16 Wield (5)  
 17 Fish eggs (3)  
 18 Oddball (6)  
 19 Entirely (6)  
 22 Pre-DVD technology (1,1,1)  
 24 Dorian Gray's vice (5)  
 26 Door knockers (7)  
 27 Seen behind the scenes (9)  
 29 Believer in karma (5)  
 31 Found between sea and shining sea (7)  
 32 Make clear (7)

### Down

- 1 Try (7)  
 2 Bluff King Hal's regnal no. (4)  
 3 First-class (4-4)  
 4 View unfavourably (10)  
 5 Youth charity (1,1,1,1)  
 6 Monotonous routine (6)  
 7 Next? (6,4)  
 8 Adjusts beforehand (7)  
 14 If it's too hot, get out of it (3,7)  
 15 New actress about spreading the word (10)  
 20 Last remaining chance of relief (4,4)  
 21 Tofu base (7)  
 23 Publishing (7)  
 25 Home of the Prado (6)  
 28 Oil-rich monarchy on the Arabian sea Peninsula (4)  
 30 Old boatman (4)



Colin the Cranleigh Chameleon, was hiding on page 42 during the month of April. Did you spot him?

Crossword and Sudoku – answers will appear in the next issue.

## May Sudoku Puzzle 1 - Easy

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

## May Sudoku Puzzle 2 - Hard

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

1	R	M	C	I	R	C	L	E	D	P	
8	W	H	O	O	P	I	U	A	R	O	A
	Y	T	C				L	O	O	S	P
11	U	L	T	I	M	A	T	E	S		
	N		V	D		S					
16	F	O	R	E	S	A	W				
	O	I									
21	L	U	C	I	F	E	R				
	D	H	L	E		T	I	C		P	A
26	I	N	T	O	U	C	H				
	N	E									
30	G	I	R	L	D		S	T	A	Y	C
	G										
37	N	O	N	O	T	E					
	R										

April Crossword Solution

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

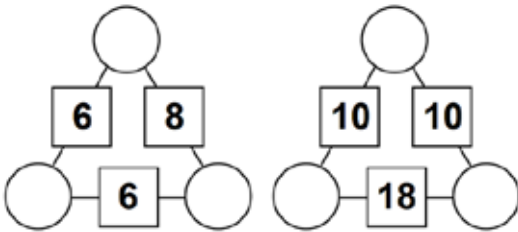
April Sudoku Easy Solution

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

April Sudoku Hard Solution

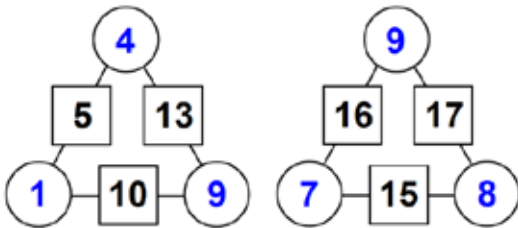


### Triangle Arithmagons



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.

### April Arithmagon Solution



### Connect the Dots

Follow the numbers below and see if you can reveal the picture. What's the drawing?



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**PHOTO ILLUSION:** Is the wall in the photo really destroyed? It's actually a painting by John Pugh!



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every week



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**We meet up at Cranleigh Leisure Centre.**

**Sat**  
every week

**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**

**2**  
MAY

**CLARE TEAL  
& HER TRIO**



An evening sparkling melodies from the UK's best-loved jazz singer and Radio 2 star Clare Teal, together with her world-class Trio. 19:45

**Denbies Wine Estate, Dorking, Surrey**

**3**  
MAY

**THE SCULPTURE  
PARK - HALF PRICE**



For art lovers, collectors, sculptors, photographers and nature enthusiasts. To celebrate Surrey Day, visitors can enter for half price. 10:00 - 17:00

**The Sculpture Park, Jumps Road, Farnham**

**6**  
MAY

**BLACKHEATH  
VILLAGE FAIR**



Supporting local village organisations and charities. More than 60 stalls to make this a real family occasion for everyone to enjoy. 14:00 - 17:00

**Blackheath Lane, Guildford, GU4 8RB**

**7**  
MAY

**GUILDFORD  
FARMERS' MARKET**



Taking place on the first Tuesday of every month, buy High quality fresh local produce directly from over 50 local farmers and producers. 10:30 - 15:30

**High Street, Guildford, Surrey, GU1 3QT**

**12**  
MAY

**EMERGENCY  
SERVICES DAY**



Every conceivable vehicle used in the emergency services will grace the Museum site in an impressive line-up of display vehicles. 10:00 - 17:00

**Brooklands Museum, Weybridge, KT13 0QN**

**18**  
MAY

**TRINITY FOLK  
FESTIVAL 2019**



Trinity Folk Festival is returning for its 7th year and seeks to bring some of the best national and local musicians to Guildford. 13:00 - 21:00

**Holy Trinity Church, Guildford, GU1 3RR**

**1,2,6,10  
16,23,31**  
MAY

**HORSHAM DISTRICT COUNCIL - HEALTH &**



**Wed 1 May 10:00am:**  
Holmwood Common. Meet at The Royal Oak Public House Car park. 5.5 miles 2½ hours.  
**Mike: 07855 502023**

**Thu 2 May 10:00am:**  
Leith Hill. - Below the Tower. Meet at Starveall Corner car park. 5.5 miles 2½ hours.  
**Lynne: 01403 268157**

**Mon 6 May 10:00am:**  
Adversane – Bank Holiday. Meet at the Blacksmiths Arms. 5 miles 2½ hours.  
**Irene: 07790 420752**

**Fri 10 May 10:00am:**  
Dunsfold. Meet by the Sun Inn. 5 miles 2¾ hours. **Margaret: 01403 262311**

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

**[www.cranleighmagazine.co.uk/event-calendar](http://www.cranleighmagazine.co.uk/event-calendar)**





**1-23**  
MAY - JUNE

## MOONSCAPES AT WATTS GALLERY

In the 50th anniversary year of the moon landing, this exhibition will explore the fascination that artists and scientists have with earth's neighbour. 10:00 - 17:00

**Watts Gallery, Down Lane, Guildford, Surrey**

**2**  
MAY

## ANCIENT TREE WALK

Enjoy a stroll through the park and garden with the senior gardener and discover their collection of ancient and unusual trees. 11:00 - 13:00

**Hatchlands Park, East Clandon, Guildford**

**4**  
MAY

## AUTO ITALIA - ITALIAN CAR DAY

One of the biggest events of the year at Brooklands celebrating the UK's love for all things Italian. This is Auto Italia's 34th Spring Gathering. 8:30 - 17:00

**Brooklands Museum, Weybridge, KT13 0QN**

**4**  
MAY

## SURREY DAY LITTER PICK & PICNIC LUNCH

Celebrate the very first Surrey Day. The Salt Box is hosting a Plastic Patrol and Picnic Lunch on Whitmoor Common! 10:30 - 13:30

**Whitmoor Common, Guildford, Surrey**

**9-11**  
MAY

## WAY UPSTREAM

Four friends enjoying a trip through the most picturesque Countryside, what could go wrong? For times visit: [www.yvonne-arnaud.co.uk](http://www.yvonne-arnaud.co.uk)

**Yvonne Arnaud Theatre, Guildford GU1 3UX**

**11**  
MAY

## LEGO EXHIBITION

Browse the marketplace with stalls selling toys, clothing and much more and enjoy refreshments from the cafe. 10:30 - 16:00

**Farnham Rugby Club, Surrey, GU9 9ND**

**25-16**  
MAY - JUNE

## WILD SURREY EXHIBITION

Surrey Wildlife Trust is celebrating our county's diverse wildlife with a special competition and exhibition highlighting nature. 10:00 - 16:45

**Guildford House Gallery, Surrey, GU1 3AJ**

**27**  
MAY

## SURREY COUNTY SHOW 2019

The show offers award winning livestock and horse entertainment, local foods and crafts, floristry, countryside and farming displays. 10:00 - 17:00

**Stoke Park, Guildford, Surrey, GU1 1UP**

## LEISURE WALKS

**Thu 16 May 10:00am:**  
Ranmore Common. Meet at the Denbies Hillside National Trust car park. 5 miles 2¼ hours. **Geoff: 01403 258180**

**Thu 23 May 10:00am:**  
Ockley Forest Green. Meet in the car park by the A29, the Horsham side of the field. 5.3 miles 2½ hours. **Geoff: 01403 258180**

**Fri 31 May 10:00am:**  
South Holmwood. Meet at Fourwents Pond car park. 5 miles 2½ hours. **Margaret: 01403 262311**

*All welcome.  
No need to book,  
just turn-up at the  
start point.*



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**Berkeley**  
Designed for life



continued from page 11



Kea (*Nestor notabilis*)

**Kea** The world's only alpine parrot throws its 2.2lb weight around in mountain car parks and at coffee stops. There's never a dull moment when this highly intelligent metallic yellow/green endangered species is on patrol.

Tourists are encouraged not to feed them, but pairs show no fear as they hop in to relieve unwitting customers of their sandwiches, cakes, coffee and even car windscreen wipers. Only a few thousand survive. Kea that is.

**Takahe** Imagine a huge Moorhen-shaped bird, deep blue, green and brown, with thick pink legs and a triangular bill. This flightless rail was thought to be extinct in the late 1800s but was sensationally rediscovered in 1948.



Takahe (*Porphyrio hochstetteri*)

With the population at a perilous 347 in 2017, I looked for them on an island and was privileged to see a very tame pair with a little black chick in tow.

**Black Stilt** My mate Mark Davies and I had to become waders to catch up with the world's rarest wader on one of the scenic braided river valleys below the country's highest mountain, Mount Cook. Adults are black with long pink legs while the young ones are peppered with various degrees of white patches.

It's good to know some are successfully breeding but cats, ferrets and even hedgehogs are a con-

stant threat. We saw around one tenth of the world's 137 population in one afternoon. And we got pink legs ourselves from the icy water.



Black Stilt (*Himantopus novaezelandiae*)

**Wrybill** This intriguing wader is a small plover and the only bird in the world with a bill curved to the side – and always to the right. Only around 3,000 are left.



Black-billed Gull (*Larus bulleri*)

**Black-billed Gull** Its white eyes make it look gormless - but I should be kinder. This critically endangered species is the most threatened gull in the world. So it was good to encounter them on both the main islands.

New Zealanders as a nation have risen to the tough conservation challenge facing them. I hope we in the UK can learn from them and do likewise. ■

Twitter - @Crane\_Spotter



**Some say . . .**

**Interest makes some people blind, and others quick-sighted.**

**Francis Beaumont**



# Blindsided-

# by a cancer diagnosis?

by Sue Potgieter

Nutritional Therapist & Naturopath mANP CNHC rGNC

**T**he dictionary definition of blindsided is to surprise someone, usually with harmful results. Have you ever been blindsided by a cancer diagnosis or prognosis?

I remember when my late husband received his cancer diagnosis back in July 2014. He had a mole on his back which was checked regularly but I noticed a change in it one day when he was out in the garden without a shirt. He was seen very quickly by the GP and two weeks later he had it removed. We waited patiently for the results, never expecting a diagnosis of malignant melanoma! However, 2 days before his scheduled appointment he got a call from the Radiology department of a local hospital requesting him to undergo a CT scan. (Admin error!) We knew at once what his results were and therefore had 2 days to process the news and make some decisions BEFORE going for the results appointment!

It was a blessing in disguise, as we were able to discuss at the appointment (rather heatedly I must admit) the treatment route that he had chosen and his reasons for it.

If he hadn't received that phone call from the Radiology department 2 days earlier we would have been blindsided by the news. How do you cope in a situation like that?

Studies into the mind-body link show that it is vital to treat feelings of helplessness and despair in order to fight the progression of cancer. This is usually done through meditation, prayer, yoga and other stress relieving techniques that engender a deep state of calm in a person. Raised stress levels, after being blindsided, cause the body's natural killer cells to be blocked by stress hormones thus preventing them from doing what they were designed to do - kill off mutant cancer cells.





5. Read/watch uplifting books and documentaries
6. Practise daily gratitude
7. Pray/meditate every day
8. Protect yourself: Guard your heart and mind from other people's fear; be careful what you listen to. Does it build you up or knock you down?
9. Check out alternative therapies: Acupuncture, reflexology, EFT (tapping), massages
10. Daily affirmations: The unconscious mind only responds to positive statements so use the present tense only. State facts not wishes.



#### Helpful books and organisations:

Sophie Sabbage 'The Cancer Whisperer'  
Sophie Sabbage 'Lifeshocks'  
Jane McClelland 'How to Starve Cancer'  
David Servan-Sreiber 'Anti-cancer A New Way of Life'  
Chris Woollams 'The Tree of Life'  
Xandria Williams 'Vital Signs for Cancer'  
Jenny Hrbacek 'Cancer Free-Are You Sure?'

#### Helpful Charities:

Yes to Life  
Gerson Therapy  
Clouds Trust

Wishing you health and happiness wherever you are on your cancer journey. ■

*Want to know how nutrition can support you at this time?*

*Email: [sue@thegenuinelivingcompany](mailto:sue@thegenuinelivingcompany)*

*Sue*



**Some say . . .  
Love is blind; friendship  
closes its eyes.  
Friedrich Nietzsche**



### What are my tips for navigating a cancer diagnosis?

1. Educate yourself: Learn all you can about various treatments and how your particular cancer behaves
2. Positive mind-set: Have a vision of the future. Create a vision board to keep you focused on the positives.
3. Anti-inflammatory diet: Reduce refined sugar and carbs and increase your rainbow vegetables; include healthy fats such as olive oil and coconut oil; cut out alcohol
4. Work with a Nutritional Therapist as nutrition can help chemotherapy treatment to be more effective





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## Cranleigh Rotary Refreshes MABAC Runners

*Lynda McDermott, a Trustee of Cranleigh Co-Op, with Richard Kenyon, Vice-President of Cranleigh Rotary.*

This year's MABAC Run in Cranleigh took place on Sunday, 31 March. The day dawned overcast and rather chilly, very different from the preceding warm, sunny Spring days. The runners who completed their races later in the morning were, therefore, very grateful to find hot tea, coffee and a multitude of delicious cakes provided for them by members of Cranleigh Rotary Club.

The refreshments were free, but donations were accepted on behalf of local charities and these raised the grand total of £378. A further £1,000 was donated by the MABAC Running League.

In addition, Lynda McDermott, who is one of the local Trustees of the Co-Op in Cranleigh, provided boxes of bananas that were distributed free of charge, as part of the Co-Op's local community services.

"Thanks must go to everyone who provided their time, energy and cakes in order to contribute to the success of the day," said Rotarian Teresa Golden.

The MABAC Running League arranges a series of races throughout the year, aimed particularly at the fun runner. Most of them are cross country events which are held on Sunday

mornings in some beautiful parts of the Surrey countryside, and they are very popular with club members and guests. See [www.mabac.org.uk](http://www.mabac.org.uk)



## Cranleigh Adult Masters

## Swimming Club

Are you a good all round swimmer and need to get into some serious fitness? Then join the 'Adult Masters Swimming Club' Tuesdays and Thursdays **9 - 10am**. The pool comes with a professional instructor at **£6.00** per session for a mixed class.

For more information contact Mike Wilson on  
**01483 271 733**





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## DEMENTIA LOCAL SUPPORT GROUPS



### WeCare

The Glebe Centre Ewhurst GU6 7PY

1st & 3rd Thursday morning, 10am to 12.00 noon  
Come for Refreshments, Friendship, Chat and Activities.  
The opportunity for those with memory problems to be entertained and for those who care for them to talk amongst themselves. Just turn up you will be made most welcome.

For further information call Tony on **01483 267027** or  
**email: [tony.gauvain@btopenworld.com](mailto:tony.gauvain@btopenworld.com)** or Carol on  
**07775 865125** or **email: [carol@highedser.co.uk](mailto:carol@highedser.co.uk)**

### Memory Lane Café

Cranleigh Arts Centre

1st & 3rd Monday afternoon, 2.30pm to 4.30pm  
Come for Refreshments, Friendship, Chat and Activities.  
Choices to those with Dementia to enjoy and a relaxing time for those who care to speak with others who care for their love ones. Just turn up you will be made most welcome.

For further information call Michael on **01483 274398** or  
**email: [mamwild@aol.com](mailto:mamwild@aol.com)**

### Memory Lane Café

Cranleigh Leisure Centre

Friday mornings in Term Time, 10am to 12.00 noon  
This group will focus on people at early stages of memory or cognitive difficulties and will eventually provide a physical activity class; as well as some stimulatory activity depending on participant need.

For further information call Anna Pritchard on  
**01483 274400** or **email: [annapritchard@pfpleisure.org](mailto:annapritchard@pfpleisure.org)**

### Melody Memories

Cranleigh Arts Centre

2nd & 4th Wednesday morning, 10am to 12.00 noon  
If you have memory problems or care for someone who has, why not join this fun and stimulating singing group? Run by an experienced and supportive team, you can be sure of a warm welcome and lots of laughter. £4pp per session.

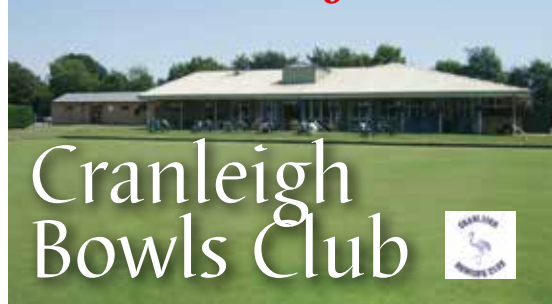
For further information call Camilla on **07596 107010** or  
**email: [camilla@prospancommunities.org.uk](mailto:camilla@prospancommunities.org.uk)**



## CRANLEIGH & DISTRICT PROBOSIS A CLUB

**Robert Avis** will talk about Baden Powell and his Scout-ing legacy. This is the first lunch since the new commit-tee was elected. It will be held as usual at the Cranleigh Golf and Country Club on Barhatch Lane where a two course meal will be served. For more information log in to the club's website via google. Alternatively contact David Ingham the club secretary via:  
**[dhmingham@gmail.com](mailto:dhmingham@gmail.com)**, or phone: **01483 54848**

## Come and join us!



## Cranleigh Bowls Club



**B**owls is an exciting and competitive sport at all levels. It is a great pastime just to enjoy, relax and meet new friends from the local community. Our Club is open to new members, both male and female, no matter what your age, experience or standard.



Throughout the summer season from April to Sep-tember, we play competitively in League, EBA and Surrey Championships and friendly matches against other local clubs, as well as hosting our own club competitions. Why not come along and give the game a try? You will be guaranteed a warm welcome.

We are located at the rear of Cranleigh Village Sports & Social Club in Parsonage Road, which has ample free car parking facilities, changing rooms, and a lively bar. We'd love to see you! All you do is just turn up, we will do the rest.



For more details please ring

**01483 274987 m: 075168 955833**  
**[www.cranleighbowlingclub.com](http://www.cranleighbowlingclub.com)**

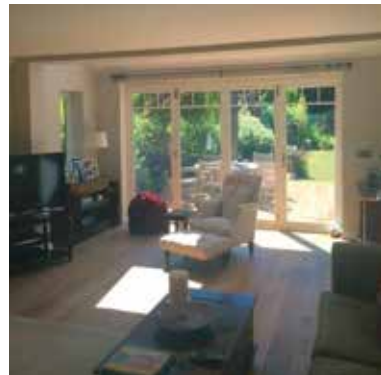




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## What makes a great business? Ask P&P Glass



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**Answer: None of the above.**

It's about seeing yourself as part of something much bigger than any of that – a huge network of customers, employees, and dozens of other local firms, all working together for the benefit of everyone involved.

It's about treating the people that work for you, and the businesses you collaborate with, as well as you treat your customers – and giving those customers flawless products, backed with the most dedicated service and support.

For nearly 40 years, that's how Surrey's P&P Glass has operated. Today, it's one of the South East's most trusted window and door installers. With 60 staff and a spectacular range of windows, doors, rooflights and glass products, since 1981 P&P has delighted literally thousands of homeowners from right across the region.

At the heart of the P&P ethos is a commitment to outstanding customer service. It's no surprise that 60% of its business comes from existing customers and word-of-mouth referrals.

But the company takes the wellbeing of its staff very seriously, too. Unlike many businesses in its field, P&P directly employs all of its installers. It doesn't use subcontractors. And it offers extensive training to the people that work for it, including fully-funded apprenticeships.

It's an approach that, over the years, has seen it showered with awards. Its won nine in recent years, gaining recognition for its customer service, conservatory design, training and development and more, and been named a finalist in fourteen.

"P&P Glass has always been about more than just making money," comments Managing Director Tom Scanlan. "We care deeply about everyone we work with – every customer, every employee and every supplier.

"We want to excel at everything we do, whether that's installing stunning doors and windows or providing skilled employment and training opportunities to dozens of local people."

"We're really proud of what we've achieved over the last 38 years, and excited to see what the next 38 will bring. If you're interested in learning more about us we can do for you, don't hesitate to give us a call." ■

**For more information call P&P Glass on 01483 467250 or visit [enquiriesgulford@ppglass.co.uk](mailto:enquiriesgulford@ppglass.co.uk)**



**G**ardening is hardly a simple practice, it takes skills, commitment, and a bit of luck to grow flowers and veg. However, while most tips about gardening are quite common, some can be quite bizarre.

Try these gardening points that may surprise you:

- Lay numerous sheets of newspaper over soil and cover with mulch, this will help keep moisture and suffocate weeds.
- Keep aphids away from your rosebushes by burying dried/cut up banana peels an inch deep around the bottom of the plant.
- Mix strips of aluminium foil with mulch and it'll keep insects away. The foil also reflects light back on the plants, encouraging growth.
- Ripen end-of-season tomatoes perfectly by wrapping them in a few sheets of newspaper once they're off the vine.
- Add wet, shredded paper to your compost, this removes unwanted odour.
- If you want some butterflies in your garden, place overripe fruits on a raised platform. Be sure they're above head level.
- If crows or birds are becoming a problem, hang foil strips on plants to keep them away. ■



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**M**echanical 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](http://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 aim to exceed, rather than meet, your expectations, whilst always at exceptional value. ■





**K**ee your cleaning equipment in one place, preferably a purpose made trunk or bucket. It's far better than hunting around for what you need each time.

**Declutter!** It takes a matter of minutes to declutter a room before cleaning it, but leave it and you'll be moving the same clutter again and again, making space to clean properly!

**Empty** your vacuum cleaner bin and clean or replace the filters on a regular basis. You'll be amazed how much suction is lost through blocked filters.

Never go upstairs empty-handed. There's always laundry, school books or shoes to take upstairs. Why not kill two birds with one stone?

**Iron** while you're watching your favourite David Attenborough documentary. It'll be done before you know it!

**Do one** load of laundry a day, rather than letting it pile up and become a chore.

**The last person** in the shower each day wipes down with a squeegee and a cloth. This makes it so much easier when it comes to cleaning, not to mention limiting the build-up of mildew on the grouting and sealant.

**Vacuum, shake or wash** your door mat regularly. It's surprising how much dirt gets tracked into the house if your front/back door mat isn't doing its job.

**About to make a long telephone call to a friend?** Why not get a duster in your hand and multitask? To be honest, even a 5 minute call could see a room or two done.

**Organise** your junk drawer into little pots or dishes. For example, have one for elastic bands, one bag clips and

another for pens. You'll save so much time not having to rifle through each time you're looking for something.

**Wipe up spills immediately!** It's so much easier to clean them up right away and it avoids dried on or stained carpets and furniture.

**Your vacuum picks up more dirt** when you use it slowly. You may think that you're a whizz at vacuuming because you're speedy, but chill out a bit and take your time, you'll be much more effective at picking up the dirt.



**Huge piles of linen** in the airing cupboard can very easily topple over or become unmanageable. Consider adding extra shelving and possibly adding an over-the-door rack for extra towels.

**Teamwork!** Did you know, two people can make a bed 4 times faster than one? ■

**Penny Lynch**

**07763 862470**

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**Some say . . .**

**An eye for an eye only ends up  
making the whole world blind.**

**Mahatma Gandhi**





# rewards

## DOG TRAINING



**can't believe how fast this year is going. Easter was late this year and the weather has been lovely, especially as the nights are starting to draw out. The dogs are enjoying all the new scents and smells as the seasons change.**

The Kennel Club Good Citizen scheme is one of the fun courses I teach. The last Bronze and Silver classes all passed their certificates (see the Silver group celebrating above) and the next courses start on the 3rd May in Epsom. I'm hoping to bring them to the Cranleigh area in the future.

The first Small Dog Social at Flying Paws Field on the 7th April was well attended and everyone seemed to enjoy it. The dogs got to work together as well as play and it was nice to teach a big class again. Because so many people struggle with getting their dogs back, the next session will be concentrating on recall and is on Sunday 5th May. Places are strictly limited and you will need to book. More events will be taking place in the coming months so don't forget to sign up for the newsletter so you get to find out what's happening first.

For more information about my services and events, visit the website (currently under reconstruction) or Facebook page. I look forward to meeting you and your dog in the future.

Best wishes, Sara Ward, KCAI (CD) ■

Email [sara@rewardsdogtraining.co.uk](mailto:sara@rewardsdogtraining.co.uk) or call me on 07504 925341

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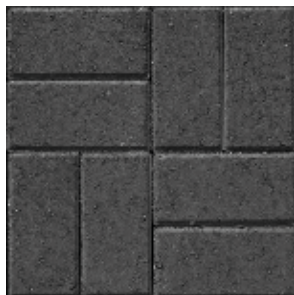


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**W**hat's happening at your church? is a question we've often been asked over the last six months, as people have seen builders busy at work at the side of the church. Now you can come and see for yourself!

We've been making the premises more user-friendly for both church events and community use by replacing the old kitchen, having new toilets and re-designing the side meeting room and vestry so that we have more flexible use of all our facilities.

We're having an Open Day so that anyone can just drop in and see the new work. Light refreshments will be available, and there'll be a cake stall. Paintings by one of our members will also be on sale. We'd love to see you then, or of course you'll always be welcome at our Sunday morning services (back at the church from April 28th) which start at 10.30am. Children are welcome too – our 'Sunday Club' for them is at the same time. ■

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# SURREY ARTISTS' OPEN STUDIOS

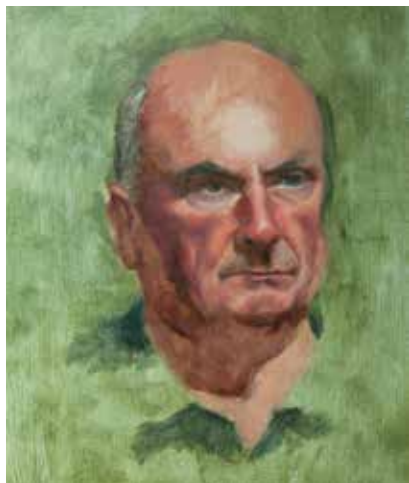
by Marilyn Bailey



Jenny (left) and Sophie (right)

I am taking part in the SAOS and with just over one month to go and I must confess that I am feeling a bit alarmed. I'm not 100% certain that is a very good beginning for an article but as my intention is to share the ups and downs of life from an artist's perspective, it really is as good as it gets just now.

Were things different, it would have been possible to continue with the portrait I began last week at a small, but definitely significant, Atelier in Barnes. This is the place I go to in the UK when I want to work with other artists, to talk painting and to put myself under the critical eye of another who is skilled in the ideas and techniques I use.



Jeremy

I joined a 5 day workshop which is a real busman's holiday - and a delight. I stay very close by, in a fabulous Airbnb location which means all I had to do was tumble downstairs in the morning and Jimmy - who is a 'host', or Kate - who is the principal host (I know I can call her 'hostess') make me a huge gold and floral mug of sublime coffee from one of those DeLonghi grid, steam, hubble

bubble and serve straight from heaven, machines. Then I wander down the road past super-trendy and super-wonderful Gail's artisan bakery and cafe, a sumptuous place to pick up a bite to, *not just* eat but savor and wonder at the otherworldly deliciousness while 60's and 70's music plays, not just any old song, but absolutely the right song.

Ah . . . I'm going off track!

The portrait. Five days is not long to paint another person. With just 8 of us receiving thoughtful and perceptive guidance and help from owner / director / principal tutor Travis Seymour, you could get an electric shock from the highly charged level of focused energy in the studio.

Travis and I both studied at Angel in Florence (The Angel Academy of Art, Florence). You know all about it now as I have already written about its life changing abilities in teaching Realist Painters. Travis studied there several years before I joined the full time program so we did not overlap. He and his artist wife, Nancy Fletcher, then went to New York to study more at Grand Central Atelier New York City and learn from New York Realist painters.

Although Travis and I did not meet in Florence, we are certainly on the same page when it comes to methods and concepts of painting. It also means we can share very fond and hugely amusing memories of the school and its tutors. Now do take note...

*"Anyone who would like to learn more about Realist painting please do join a workshop either with Travis in Barnes or Angel in Florence".*

While it is definitely not a walk in the park as its tough going, persevere as it is so enriching if you want to learn.

Ah! Open Studios. Yes I want to finish my portrait. We are all sent a high resolution jpg image once we get home and I'm utterly absorbed in working on it. When it's done, I'll let you see it!

Or better still, come to my Open Studio! ■



*Main picture:  
Incense Burner*

## Surrey Artists' Open Studios

1 - 16 June 2019 / 11am - 5pm daily and  
Thursday evening 6pm - 8.30pm

**An opportunity to visit artists' studios in and around Surrey.** Do look on the web site or pick up a brochure from the Cranleigh Arts Centre or a local Artist taking part. I'm not open every day, so do check - details are also in my Blog (I'm very proud of it as it was a very tricky piece of technology and it really works well) or on Facebook, but please do come along, I'd so like to meet you!

I have to get six of my paintings ready for Helen and Mike to show at Olympia's Art & Antiques Fair, then work on my Open Studio pieces, get some of them framed, send out invites and write a new blog entry . . . did you think an Artist's life was peaceful and contemplative? **What a nice idea!**

### References:

[www.blog.marilynbailey.com](http://www.blog.marilynbailey.com)  
[www.barnesatelier.com](http://www.barnesatelier.com)  
[www.olympia-art-antiques.com](http://www.olympia-art-antiques.com)  
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All these works by Marilyn Bailey





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SCOTTISH WILDCAT © Swales Parry

## CRANLEIGH CAMERA CLUB



**Events in May are as follows:**

**2nd MAY** - 5th PDI + mono prints competition, *Keith Newton LRPS*

**9th MAY** - Best PDI and Print of the year competition, *Tony Baverstock (ex Chairman)*

**16th MAY** - Outdoor Events competition, *Dave Brooker*

**23rd MAY** - Presentation: Wildlife through a lens, *Tom Way*

**30th MAY** - Results of Chairman's challenge

You can find the programme and contact details on our website at [www.cranleighcameraclub.co.uk](http://www.cranleighcameraclub.co.uk)

**The Club meets most Thursdays at 7:30pm (September to June) at the Baptist Church Hall, 262 The High Street, Cranleigh, GU6 8RT.**

## Christian Aid Door-to-Door Collection Cranleigh

**VOLUNTEERS NEEDED PLEASE**



We are seeking helpers to assist with both delivering collection envelopes and collecting donation envelopes and also volunteers to help with the count later in May.

There will be roads located nearby where you live for which we do not yet have collectors - eg Mead Close, Kings Road, Grange Park, Taylors Crescent, Harrier Close, Harrowdene, Cranleigh Mead and others.

If you have some time available to assist in this worthwhile collection, we would be very grateful. For further information please contact Peter Allin **07747 631789** or Jane Briggs on **01483 276100**. Last year we were able to raise over **£3,000**.

If you would like to know more about being involved in Christian Aid within the village, please contact us. ■



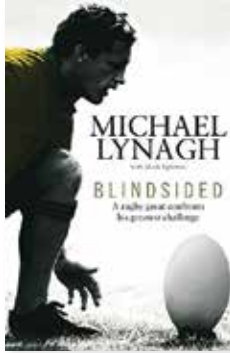
# BOOK REVIEW

## Blindsided

by Michael Lynagh &  
Mark Eglinton

*'One of the most  
thought-provoking  
reads of the year'*

- **The Guardian**



**F**ormer Australian rugby union legend and World Cup winner, now much-admired television sports pundit, on his magnificent career in the game, and how close he came to losing his life.

Few players in the history of rugby have had as memorable a career as Wallaby fly-half and captain Michael Lynagh.

In a time when Australia took the rugby world by storm with their impressive talent, in chief orchestrator and daring captain Lynagh they had a essential figure at fly-half who shaped their style of play and at the same time played a huge ambassadorial role in the world game.

*'A revealing insight into the "absolute ordeal" of goalkicking' - The Times*

Fast forward to that April day in 2012, as Lynagh lay partly blinded in intensive care, his life on a thread following a stroke, his wife and three young boys across the other side of the world. The day that determined the rest of his life.

Lynagh's story is one of motivating highs and crippling lows. It's the personal tale of a sportsman playing to the very edge of his profession, but also a human tale of surviving overwhelming trauma and finding a new meaning to life.

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*Flat soled shoes are required, all other equipment is provided.*

If you have recently moved to the area you will be made most welcome, please contact any of the above to find out more about our Club.



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Denning House,  
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# A Seasonal Su

“Let food be thy medicine and medicine be thy food.”

— Hippocrates



## 1 ASPARAGUS FRITTERS

Serves 4

*This dish is delicious and easy to prepare, it can be a lovely option for breakfast/brunch, or a nice Starter for dinner and Sunday lunch. You can serve it with endless options such as poached eggs, smoke salmon or crispy bacon. I'll leave it to you to find your favourite match.*

### Ingredients

2 large eggs, 500g of fresh asparagus, 60g grated mature cheddar cheese or parmesan cheese, 2 table spoon of breadcrumbs, 1 table spoon of flour, Salt to taste, 50g butter

### Preparation

1. Begin with preparing the asparagus. The month of May is when asparagus are in full season so you should be able to find some good quality asparagus at a good price. Break the asparagus into 1 inch long pieces, use your hand to do this so you can assess the tenderness of the asparagus. They should be easy to break, but if they start to get hard to break don't use them
2. Once all the asparagus is prepared, wash them in cold water
3. Place the butter in a medium size frying pan and set to a very low heat, once the butter starts to get hot, add the asparagus and let them cook until they be come soft. This will take around 12 minutes. If they start to go too dry just add a bit of water. Once cooked they should be soft and creamy



4. Once the asparagus have cooled down, place them in a large mixing bowl. Add the eggs, grated cheddar, flour, breadcrumbs, salt and pepper. Then mix everything together with a wooden spoon until it's nice and smooth
5. Place the frying pan back on the stove, pop in a bit of olive oil or butter and get it nice and hot
6. Using a large tablespoon, start to create your fritters. **NB: Whether you prefer bigger ones for breakfast or small ones for a starter is up to you.** Place a large scoop of the mix in the frying pan, then adjust it in size and thickness with the help of a spatula or a wooden spoon. Make sure the fritters are cooked both sides by turning them around a few times until you get that lovely golden colour. Once golden, place them in dish covered with kitchen paper to get rid of the excess oil. Once all fritters are ready pick your toppings and you're ready to serve.

**Recommended Wine:**  
Albarino Rias Baixas



# rprise!

## 2 SAUTÉED SALMON & FRESH PEAS Serves 4

Another great vegetable in season right now are peas. This recipe is an easy way to cook fresh fish, while matching the original flavour with the sweetness of the peas.

### Ingredients

250ml vegetable stock, 300g fresh peas (net weight after they're cleaned), 400g of fresh salmon filet or diced, Salt & black pepper, 50ml of white wine, 1 medium white onion

### Preparation

1. Start by pouring the olive oil into a medium pan and onto a stove at medium heat. Finely chop the white onion, then place into the pan and let it cook until it starts to get a golden colour
2. We'll then add the peas. In a small boiling pan, place the stock to a low heat to keep it hot but not boiling. Cook the peas for 5 minutes and pour the vegetable stock in, make sure there's enough stock to completely cover the garden peas. Add the salt and pepper, put the lid on and cook for 12 minutes
3. While the peas are cooking, let's get the fresh salmon filet ready. With a sharp knife remove the skin and cut the salmon into small cubes, about 1 inch per side. When the peas are 5 minutes from being ready, add the diced salmon and the white wine. Bring the heat a bit higher and let it cook for 5- 6 minutes, until the

- wine is completely evaporated
4. Stir very gently so the shape of the salmon doesn't get ruined. Check if it needs more seasoning and add according to taste. Now the salmon is ready!

**Recommended Wine:** Verdicchio Di Jesi



## 3 CHEESECAKE IN A JAR Serves 4



This is a great version of cheesecake for the spring/summer months that you can enjoy in the garden and out and about!

### Ingredients

#### For the Base

100g digestive biscuits, 65g unsalted butter, 2 empty and clean Jars (250ml-300ml capacity)

#### For the Yogurt Cream

250g Greek yogurt, 7g gelatine sheets (you can find them in any supermarket), 35g whole milk, 70g fresh double cream, 150g fresh strawberry (not too big in size), 30g icing sugar, add a few drops of vanilla extract

#### For the Coulis

100g fresh strawberry, 100g of caster sugar, 10g corn flour, Lemon juice

### Preparation

1. Begin by putting the gelatine sheet in cold water to get it soft. Prepare the base of the cheesecake by crumbling the digestive biscuits. *NB: I usually use the blender as it's less messy!*
2. Melt the butter (use a bain-marie or a microwave). Place the crumbled biscuits in a mixing bowl and slowly pour the melted butter in with the help of a rubber spatula or wooden spoon. Mix well until you get an even mixture. Place it in the bottom of the jars with the help of a spoon. The cheesecake base is now ready, put the jars in the fridge so the mix will not dry out
3. Now for the cream, we will need 2 small mixing bowls, 1 small sauce pan, 1 whisk and a rubber spatula. Pour the milk in the small sauce pan and place on a medium heat until warm (doesn't have to reach boiling). When it gets warm, add the gelatine sheet, stir well and let it cool
4. In one mixing bowl pour the double cream, vanilla extract and the sugar. Whisk the mix until it becomes creamy and silky. Once the milk has cooled down,

*continued on page 52*





add the Greek yogurt and mix until you get a smooth creamy texture. Now you can put the 2 creams together and with a rubber spatula, start to gently mix them together, the yogurt cream is now ready

5. Cut the strawberries in slices (the thickness of a pound coin), then get the jars from the fridge and place the sliced strawberry inside the jars against the glass. Then pour the cream inside the jars, close them and pop them back in the fridge. Your cheesecake is starting to look delicious!
6. Finally, prepare your coulis. For this you'll need a small sauce pan, 1 strainer and a small bowl. Start by cutting the strawberries into small chunks. Once all the strawberries have been chopped, place them together with the lemon juice, the sugar and the corn flour into the small sauce pan and put on a high heat. It will have to cook for 10 minutes, mixing it occasionally. Once it's ready, drain it in to the bowl and let it cool
7. Once the coulis is cold, get the jars from the fridge and place it on top of the cream. Our cheesecake is finally ready. It does takes a bit of time to prepare it but after the first mouthful it will be all worth it!



**Recommended Wine:** Late Harvest Tokaji

*"I would like to thank Chris and Sara Jones, for helping my family to settle into Cranleigh. Two of the most amazing people I've ever met in my life."* ■

**Simone Conti**



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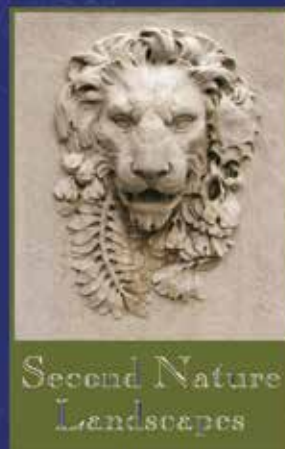
## LOST RING

My gold ring described as yellow gold, with small square diamonds was lost in the Cranleigh High Street area near the Richard On-slow pub. I also walked along by the dog parlour and over the zebra crossing into Sainsbury's food store. I have checked with Sainsbury's to ask if a ring was handed in but no luck! It is of sentimental value to me. If found please email: irene.a.harrington@gmail.com



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# Inside my mind

by Raymond Holt

An ex Cranleigh village Bobby

*Inside my mind, I need a place  
To simply hide away.  
From problems people give me,  
Now and every day.*

*From stolen bikes and burglaries,  
Sudden deaths and thefts galore.  
From domestic situations  
And accidents by the score!*

*The punchy drunk at closing time  
Whose brain is in a fog -  
And our friendly local vicar  
Who keeps losing his black dog.*

*From farmer old Sam Snow  
Who really loved his land -  
But fifty travellers loved it more  
And parked their caravans.*

*So will you please excuse me  
Whilst I hide inside my mind?  
And tomorrow if I'm lucky  
My sanity I'll find!*

An excerpt from the book

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## Cranleigh Arts Centre May 2019

**Cranleigh Arts is celebrating their 40th anniversary!** Our local venue's mission is "to enrich, entertain and inspire our community" and, over the last 4 decades, they have done just that, bringing a fantastic array of arts and entertainment to the local community. Founded in the 1970s, Cranleigh Arts is celebrating in true 70s style with the Supersonic 70s Show. So come on down and join the party!



### Film: Colette (15) Thursday 2 May, 8pm

After marrying a successful Parisian writer known commonly as "Willy" (Dominic West), Sidonie-Gabrielle Colette (Keira Knightley) is transplanted from her childhood home in rural France to the intellectual and artistic splendor of Paris. Soon after, Willy convinces Colette to ghostwrite for him. She pens a semi-autobiographical novel about a witty and brazen country girl named Claudine, sparking a bestseller and a cultural sensation. After its success, Colette and Willy become the talk of Paris and their adventures inspire additional Claudine novels. Colette's fight over creative ownership defies gender roles and drives her to overcome societal constraints, revolutionizing literature, fashion and sexual expression.

**£8.25; £7.25 Friends; £5.50 for under 25s**



### Live Music: Jim Cozens & Friends Friday 3 May, 7.30pm

Enjoy a drink and enjoy the best country, rock n' roots acoustic music that Surrey has to offer! Jim Cozens: Veteran British singer songwriter. Backwoods Creek: High energy, fun fuelled Country Rock. Sophie and Cam: Extraordinary performers, beautiful songs. Rebecca Jayne: Pure and perfect, Country Music made brand new. **£8**



### Comedy Double Bill: Adam Hess & Glenn Moore Saturday 4 May, 8pm

See two fantastic stand-up shows in one night! Edinburgh Comedy Award-nominated comedian and star of ITV's Tonight at the London Palladium and Live from the BBC, Adam Hess joins Mock the Week and Absolute Radio's Glenn Moore on the arts centre stage. Praise for Adam: "For good quality gags per minute, there is no better comedian on the Fringe" The Independent "I've seen few shows that are funnier" The Times Praise for Glenn: "Tipped for great things" GQ. **£13.50**



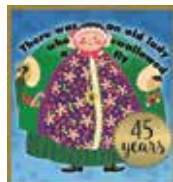
### Workshop: Woven Tapestry - the art of painting with yarns Saturday 11 May, 10.30am - 5pm

In this one-day workshop, participants will weave a sampler of both traditional and 3D techniques using colourful yarns and a simple frame loom (which they can keep). They will have enough skills by the end of the day, to work on their own projects in the future. The day is suitable for both beginners and improvers and all equipment will be supplied. Those with some experience will be helped to work on their own designs. The workshop is led by Hilary Charlesworth, a weaver and textile tutor with over 30 years of experience. Her work can be seen on [www.totallytextiles.co.uk](http://www.totallytextiles.co.uk) **£45**



### Kids Craft: Carnival Masks Saturday 11 May, 2pm

Create a fabulous festive mask in this workshop led by local artist Miriana D'Ambrosio. Perfect for parties and in plenty of time for Cranleigh Carnival! All materials provided. Suitable for ages 5+ **£6 per child**



### Family Show: There Was an Old Lady Who Swallowed a Fly Saturday 11 May, 2.30pm

There Was an Old Lady Who Swallowed a Fly. I don't know why she swallowed a fly... but The People's Theatre Company do! And now you can too as they bring one of the world's best loved nursery rhymes to life just in time to celebrate the 45th anniversary of Pam Adams' best-selling book! This magical show has been written especially for grownups to enjoy with their children, so come and relive the delights of this most charming of tales complete with a feast of sing along songs, colourful animal characters and heart-warming family fun. It's the perfect treat for anyone aged 2 to 102! **£11.50 adult, £9.50 child**



### NT Live: All My Sons (12A) Tuesday 14 May, 7pm

Academy Award-winner Sally Field and Bill Pullman star in Arthur Miller's blistering drama All My Sons. America, 1947. Despite hard choices and even harder knocks, Joe and Kate Keller are a success story. They have built a home, raised two sons and established a thriving business. But nothing lasts forever and their contented lives, already shadowed by the loss of their eldest boy to war, are about to shatter. With the return of a figure from the past, long buried truths are forced to the surface and the price of their American dream is laid bare. **£17.50**



### ROH Live, Ballet Triple Bill: Within the Golden Hour, New Cherkaoi, Flight Pattern Thursday 16 May, 7.15pm

The contemporary face of The Royal Ballet is shown in works from three of today's leading choreographers. Christopher Wheeldon's Within the Golden Hour is based around seven couples separating and intermingling, to music by Vivaldi and Bosso. Crystal Pite's Flight Pattern uses a large dance ensemble and Górecki's





familiar music from his Symphony of Sorrowful Songs for a poignant and passionate reflection on migration. Between them, a new work by Sidi Larbi Cherkaoui, has its premiere to bring the contemporary truly up-to-date. **£19.75**



**Classical Music: Lucas Krupinski (piano) Friday 17 May, 7.30pm**

J. S. Bach - Prelude and Fugue in C-sharp major BWV 872  
F. Schubert Sonata - Sonata in A minor D 845: 1 *Moderato*; 2 *Andante poco moto*; 3 *Scherzo: Allegro Vivace - Trio Un poco piu lento*; 4 *Rondo: Allegro Vivace*. A. Scriabin - 3. Piano Sonata: 1 *Drammatico*; 2 *Allegretto*; 3 *Andante*; 4 *Presto con fuoco*. M. Ravel - La Valse. **£14, £10 under 25s**



**Cranleigh Arts 40th Anniversary Fundraiser - 70s Party:**

**With The Supersonic 70s Show Saturday 18 May, 7pm**

Yes, it's the hottest ticket in town! The 'Supersonic 70s show' has been 'wowing' audiences nationwide with a show GLAM packed with all those incredible hits from the greatest musical decade of them all...the 70s!

Led by the 'Catsuit Wonder Girl' vocalist Janey Bombshell, this 'all live' band delivers a power packed spectacle that will have you dancing in the aisles to all those hits from this golden age of pop. From the towering might of Queen, Fleetwood Mac & ELO, through the 'pin-up pop' of David Cassidy, David Essex and Donny Osmond whilst foot stompin' to the sounds of Sweet, T.Rex, Mud and Suzi Quatro you won't have time to catch your breath! Taking you on a tantalising trip down memory lane with timeless classics by The Carpenters, 10cc and Elton John, the band even add in a touch of 'Grease' and the Eurovision song contest all played to exquisite precision. **£25, including a 70's style drink and chicken or veggie in a basket**



**Live Music: Gala Fundraiser with Members of the ENO**

**Thursday 23 May, 7.30pm**

Join Members of English National Opera for a spectacular operatic journey from the gilded opera houses of Italy

to the Russian steppes, via the London of George Frederick Handel. Other musical morsels will be provided by Messrs Gilbert and Sullivan and the greats of the musical theatre world. There may be humour. They may even be props! We are hugely looking forward to this, our third visit to Cranleigh. This is a fundraising event in support of Cranleigh Arts Centre (Registered charity no. 284186) and Smart Cranleigh ([www.smartcranleigh.org](http://www.smartcranleigh.org)) **£25**



**Live Music: dS:uK Friday 24 May, 8pm**

dS:uK bring the experience of one of Dire Straits' most iconic concerts to Cranleigh Arts. "Alchemy" was Dire Straits' first big LIVE album, recorded at the Hammersmith Odeon in July of 1983 during the last two shows of the "Love Over Gold" tour. The tour included hits including Tunnel of Love, Romeo and Juliet and Private Investigations. dS:uK will play the concert in its entirety - with the affection for the music, and the attention to detail that the

band have become known for, making them a must see show on the UK Tribute scene for any Dire Straits fan.

**£20 on door, £18 in adv.**

**Early bird offer: first 60 tickets only £16!**



**Film: Stan & Ollie (PG)**

**Saturday 25 May, 8pm**

Starring Steve Coogan and John C. Reilly as legendary movie icons Laurel & Hardy, Stan & Ollie is the heartwarming story of what would become

the pair's triumphant farewell tour. With their golden era long behind them, the duo embark on a variety hall tour of Britain and Ireland. Despite the pressures of a hectic schedule and with the support of their wives Lucille (Shirley Henderson) and Ida (Nina Arianda), their love of performing, as well as for each other, endures as they secure their place in the hearts of their adoring public.

**£8.25; £7.25 Friends; £5.50 for under 25s**



**Film: Mary Poppins Returns (U)**

**Wednesday 29 May, 2pm (relaxed screening) & 8pm**

In Depression-era London, a now-grown Jane and Michael Banks, along with Michael's three children, are visited by the enigmatic Mary Poppins following a personal loss. Through her unique magical skills, and with the aid of her friend Jack, she helps the family rediscover the joy and wonder missing in their lives.

**£8.25; £7.25 Friends; £5.50 for under 25s**

**Community Activity: Craft at Cranleigh**

**Every Tuesday, 10am – 12 noon**

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 Craft at Cranleigh drop-in! **Free**

**Community Activity: Knit & Natter**

**Every Friday 10.30am - 12 noon**

Are you nifty with needles or a wonder with wool? Come and knit (or crochet!) and natter with like-minded people in the Gallery and enjoy our latest exhibition at the same time. All abilities welcome, bring your own yarn and needles. No booking necessary – just turn up! **Free**

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

**PRESS ENQUIRIES**

For further information or images please contact Phoebe Farr on **01483 278001** or email [phoebe@cranleighartscentre.org](mailto:phoebe@cranleighartscentre.org) ■



**Volunteer first aider appeal for St John Ambulance Cranleigh**

St John Ambulance in Cranleigh is recruiting volunteer first aiders (18+) to join the local unit. No previous experience is needed as full training will be provided. For more information, please contact Unit Manager William Brown on **William.Brown@sja.org.uk** or call **01483 278175**





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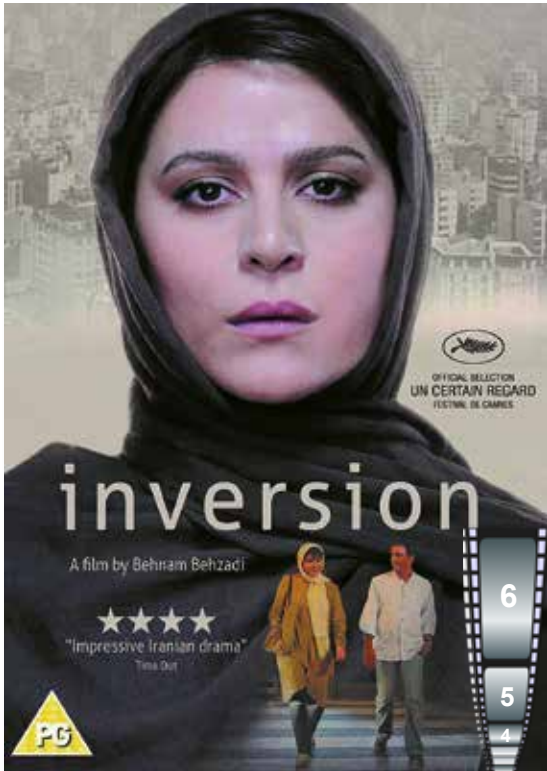
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# Cranleigh Film Club May 2019



[www.cranleighfilmclub.org.uk](http://www.cranleighfilmclub.org.uk)

Cranleigh Film Club is showing *Inversion* (PG) on Thursday 30 May starting at 7.30pm; doors open at 7.00pm. 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.**



## Inversion (PG)

A strong Iranian feel this month. Behnam Behzadi's film, *Inversion*, centres on Niloofar, who has a successful tailoring business. The youngest sibling, but the only one unmarried and childless, she is tentatively resuming a friendship with a man whose previous courtship of her had been cut short by family circumstances. When her grandmother's illness worsens in the Tehran smog her self-interested fam-

ily forces her to give up her independent business life and move to the country to care for her grandmother. Even her suitor turns out to have a secret which contributes to her oppression. *Time Out* said, "It's an impressive Iranian drama, delving into the labyrinth of Iranian social mores and the ways in which women of different generations mark out their own emotional space."



Behzadi loved the cinema from childhood but there were few films after the revolution. He studied cinema and started in the theatre and photography whilst directing shorts. He has made over 20 films, mostly shorts, but this, his third feature, is his first using professional actors. He says he was inspired to make the film after walking past a girl on a Tehran street who was wearing a mask against the smog, and sobbing; did she wear the mask against the smog, or to protect herself from the reprimands of society?

"What sets it apart is its plucky heroine coupled with Behzadi's ability to capture the strength of his female characters. A simple film, yet the character-based storytelling is nevertheless than compelling. Niloofar's struggle is brought to life through the enchanting wide eyes of Saba, her young niece, who, with her more progressive attitude, is forced to watch as men trample all over her aunt's freedom," *Little White Lies*. "Introducing the film at Cannes, Behzadi explained the status of an independent filmmaker in Iran, "you feel you are alone all the time...you have nothing except your aloneness." Having the strength to be alone is at the heart of *Inversion*. Behzadi's storytelling is conventional, but the film's appeal lies in revealing the web of family obligation and filial responsibility," *Roger Ebert*.

Do come and join us!

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

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## Vikki's worth her weight in gold!



**A** weight loss expert from Cranleigh has struck gold for the exceptional work she does in helping more than 250 people to lose weight at her local group every week.

Vikki, who runs the Cranleigh Slimming World groups every week, has been awarded 'Gold' status by the national slimming club because of her success in supporting slimmers to reach their dream weight and the super service she provides to those members.

The accolade is given to Slimming World Consultants who

consistently have 100 or more members in their group over several months, and who provide such exceptional service that members come back week after week because they're losing weight beautifully and wouldn't miss their weekly group for anything. It represents the highest level of service in slimming and makes Vikki one of the most successful of Slimming World's 4,000 Consultants, meaning Cranleigh is home to some of the best slimming support in the UK.

Vikki says: "I am delighted to have received the 'Gold' award. I absolutely love my job. I'm passionate about helping people to transform their lives by losing weight and seeing them succeed is reward enough, but being given this recognition for the whole group really is the icing on the cake. This award belongs to the Cranleigh group's 250 members. They're the ones who make our group the success that it is with their fabulous commitment, the wonderful support they give each other every week, and, above all, their impressive weight losses while following Slimming World's Food Optimising eating plan. They make the group a fun, buzzy place to be and I can safely say I always look forward to going to work. I truly believe I have the best job in the world."

"The Cranleigh group has really put healthy weight loss on the map in Surrey. Together, members have lost an amazing 3,714lbs, that's 266 stone since Christmas. Obesity is at record levels everywhere and with 75 per cent of adults in Surrey being affected, many people here are suffering a range of weight-related health problems from diabetes to heart problems and feelings of low self-worth that impact on their working and personal lives every day. It's never been more important that people who struggle with their weight get the support to make the changes needed to lead healthier lives – both for themselves and their children, too."

To join the Cranleigh group, which is held every Wednesday at 3:30, 5:30 and 7:30 and Thursday at 9:30 and 11:30 at Cranleigh Village sports and social club, either pop along or give Vikki a call on 07810 868360.



Vikki Mangan-Rose currently runs groups on Wednesday evenings and Thursday mornings in Cranleigh.

To contact Vikki Mangan-Rose Email: [vikkibramleyslimmingworld@outlook.com](mailto:vikkibramleyslimmingworld@outlook.com)  
Or telephone 07810 868360



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The Amateur Swim Club sponsored swimmers

## English Channel Sponsored Swim 2019

It's the time of year when everything's changing, a sudden abundance of green, plenty of sunshine and a very welcome switch to British Summer Time. The changing clocks make a lovely difference for our swimmers, no longer having to arrive and leave for all their training in the dark, but instead enjoying the longer daylight hours.

And it's not just outside where things have been going on; in the pool, there has also been plenty happening since our last update.

First up, we can report a very successful performance at the Atlantis Open Meet, hosted at K2 Leisure Centre in Crawley in March. This was a chance for all of our swimmers to compete against swimmers from other clubs in a 50m pool, some for the very first time. Across the board the club did very well, being in the top 3 clubs for medallists, a terrific achievement for a club of our size. Our swimmers achieved some great results, with 7 gold medals, 3 silvers and 5 bronzes, while setting 9 new club records and plenty of personal bests. **Notable performers were:**

- **Callum Stevens** (400 Free-Gold)
- **Lana Howells Davies** (50/100/200 Back-Gold & 3 club records)
- **Sophie Moore** (50/100 Breast-Silver)
- **Lily Harding** (50 Fly-Bronze & a club record)
- **Yasmina Voogd** (50 Back-Bronze)
- **Emily Cook** (100 Free-Silver, 100 Breast-Bronze)
- **Connie Emmett** (50/100 Free & 100 Breast-Gold & 2 club records)
- **Lucy Andrews** (100 Free-Bronze & a club record)
- **Jasmin Arciero** (200 Back-Bronze)
- **Kayla Brown** (2 club records)

Sophie Moore and Jack Westerman also swum times qualifying them for the upcoming South East Regional Championships in May.

Back in the Cranleigh pool, we have also been busy. On a Friday night in late March, the club completed a sponsored swim, cumulatively swimming the distance across the English Channel. Swimming 33,800m, equivalent to Dover to

Calais, 44 of our swimmers swam the distance in four relay teams in one hour and 50 minutes.

As part of the relay, each swimmer swam multiple legs of 100m, attempting to swim each leg as close to their 100m Freestyle personal best as possible. Prizes were offered to the swimmers whose average performance was closest to their PB. The swimmers who performed best in each squad were Lucy Hoy (Development), Wilburt Harmsworth (Intermediate) and Lily Harding (Senior).

All swimmers put in a monumental effort as part of a true team event, gaining a new appreciation of the difficulty of the challenge. Most positively, the club raised over £2,000, which will be split between our nominated charity, The British Heart Foundation, and the club, to fund important new equipment. Thank you so much to the Senior swimmers, coaches and volunteers who organised and helped with the event, and to everyone who supported the fundraising. A special mention goes to Lia Bevan who was the swimmer who raised the greatest amount.

Our busy schedule continues, with the Littlehampton Easter Open Meet and our own Summer Open Meet next up.

*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](http://www.cranleighsc.org) We offer two free taster trial sessions, for children wishing to see if they enjoy it. ■*

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



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### Ewhurst Horticultural Society - Plant Sale Saturday 11th May Ewhurst Village Hall

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**01483 272488**

e-mail: [showsec@ewhursthortsoc.org.uk](mailto:showsec@ewhursthortsoc.org.uk)





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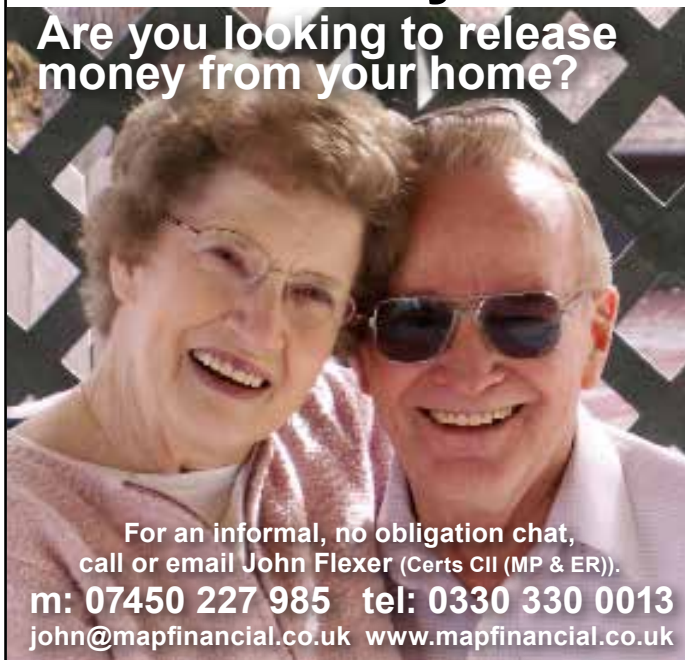
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If you would like any further information about the offer or Colonic Hydrotherapy, please do not hesitate to give us a call or visit the Colonic Hydrotherapy Page on our website which has detailed information about the Colonic Process.

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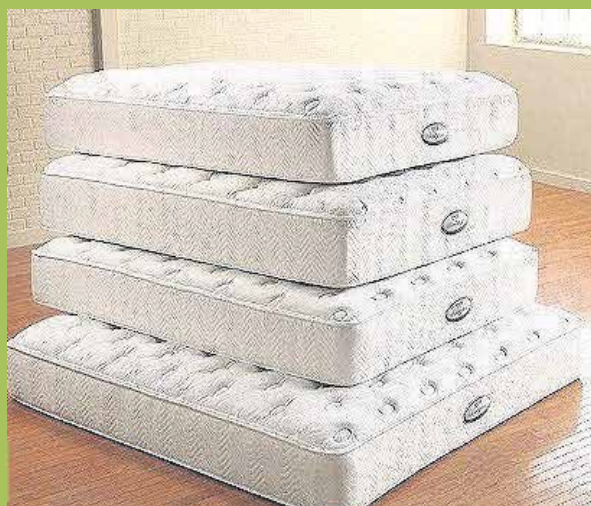
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## Reconnecting Cranleigh

**S**MART Cranleigh is a community network that supports and enables local initiatives in and around Cranleigh. We are helping bring together a wide range of local groups and organisations together to defeat loneliness and isolation, raise awareness, learn and find new ways of working to help people stay connected.

We are creating a high street community space where people can drop in, get advice and get involved at Oliver House by Cromwell's Coffee House between 10-1pm Tuesdays, Thursdays and Saturdays between May – October to meet others, and help signpost to some of the support and activities available in the community with a listening ear.

### Did you know?

*The proportion of pensioners living alone is higher in Cranleigh than the rest of Surrey. 1/5 have no cars and there are a higher than average proportion of carers living in Cranleigh. Nationally, 15% of older people are always or often lonely. 16-24 year olds at risk of feeling lonely*

We are living longer, have more solitary working and high use of social media. We need to find local ways to support social relationships as essential to social wellbeing. We all want to live well in a community and enjoy a good quality of life. There are a rich variety of things the community already provides that needs to be more widely known and better joined up.

The quality of our relationships and information was a key part of the Public Health and SMART Cranleigh Needs Assessment in 2017 which highlighted problems and opportunities relating to young families, loss and changing life circumstances / relationships, dementia and caring responsibilities. These can compromise our ability to reconnect.

Keeping independent and preventing ill health is the emphasis of the strategic approach adopted by an integrated approach between health, local government, social and communities working together. Meaningful social engagement needs society-wide change which takes time. Cranleigh is wanting to find our own solutions, involving all ages working and learning together collaboratively in new ways.

More people need easier ways to access local information. This involves building a source of information that is available within the community through a calendar and directory.

SMART Cranleigh are making a start through developing a Community Calendar and Directory and facilitating a small groups of volunteer community Connectors. Come and join us. We need your help.  
Contact: [stephen@smartcranleigh.org](mailto:stephen@smartcranleigh.org)



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Tuesday to Saturday: 9.30am – 5.00pm

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### 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**

Monday, Tuesday & Thursday 10.00 a.m. - 4.00 p.m.

## Local Clubs

#### ALFOLD TENNIS CLUB

Recreation Ground, Dunsfold Road, Alfold GU6 8JB

E-mail: [secretary@alfoldtennis.co.uk](mailto:secretary@alfoldtennis.co.uk) **07899 925237**

#### CRANLEIGH BOWLS CLUB

Located at the rear of Cranleigh Village Sports &  
Social Club, Parsonage Road

**Alan 01483 274682 or Bill 01483 275992**

#### EWHURST 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

**Duncan 01483 271455**

#### 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



### PHYSIOTHERAPISTS & OSTEOPATHS

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

### PODIATRISTS / CHIROPODISTS

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

### DOCTORS AND SURGERIES

Cranleigh Medical Practice **01483 273951**  
Loxwood Surgery **01403 752246**  
Rudgwick Surgery **01403 822103**  
Wonersh Surgery **01483 898123**  
Shere Surgery & Dispensary **01483 202066**  
Cranleigh Village Hospital **01483 782400**  
Royal Surrey County Hospital **01483 571122**  
Dementia & Carer Support **01483 274398**

### CHEMISTS / PHARMACY

Boots Village Way **01483 273274**  
Boots High Street **01483 274207**  
Cranleigh Pharmacy **01483 274323**  
Rudgwick Pharmacy **01403 823791**

### DENTAL SURGERY

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

### VETERINARY

Brookmead Veterinary Surgery **01483 274242**  
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Bricks Cranleigh **01483 276780**  
The Curry Inn **01483 273992**  
Rania Restaurant **01483 267800**  
The Richard Onslow **01483 274922**



### EMERGENCY

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

### TRAVEL

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



### LEISURE

Cranleigh Leisure Centre **01483 274400**

### LOCKSMITHS

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

### HELPLINES

Surrey Drug & Alcohol Care  
**Freephone 0808 802 5000**  
Age Uk Surrey **01483 503414**  
Alcoholics Anonymous **0845 7697555**  
Cranleigh Village Care **07908 976 394**  
(Volunteer Transport Service)  
Citizens Advice **0344 848 7969**  
Cranleigh Community Line **01483 267999**  
Cruse Bereavement Care **01483 565660**  
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Victim Support (Surrey) **0845 3899528**



### CHARITIES

Cranleigh & District Lions Club **0845 8332711**  
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### COUNCILS

Cranleigh Parish Council **01483 272311**  
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