

SEPT 2019 - FREE ISSUE 47



CRANLEIGH MAGAZINE

SEPTEMBER

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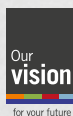
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contents

SEPTEMBER 2019

CRANLEIGH MAGAZINE

WELCOME to Cranleigh Magazine in the month of September. It is now time to be aware of the seasonal change as we move from Summer into Autumn which can happen imperceptively. The end of a season and a new one begins just as in life, when we move from childhood to adulthood and then retirement. What's next?

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Why not submit your local news to the Magazine or advertise your business, keeping people informed and connected in 2019

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6 The Joy Of Cranleigh

10 Crane Spotter

FEATURE ARTICLE

12 **People Profile**

David Snell

Picture Framer, Guitar Maker



21 September Crossword And Sudoku

22 Dates For Your Diary

26 Growing Older Gracefully!

28 Children's Activities

30 Cranleigh Village Sports And Social Club

34 Cranleigh Rotary Steams Ahead

35 Bricks Restaurant New Voucher

39 Smelling Good - The Natural Way

40 Cranleigh Fitness Classes

41 Cranleigh Village Hospital

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



44 Artists Corner - Middle Earth Models

48 Book Review

50 A Forgiving Dinner **RECIPE**

52 September - Give Your Garden New Life

53 Poets Corner

54 Cranleigh Arts Centre

56 Cranleigh Film Club

57 Cranleigh 10K Run

62 Cranleigh Swimming Club

65 Cranleigh Camera Club

67 Surrey Hills Rehab

69 General Local Information



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Cranleigh Magazine

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The Joy of Cranleigh

Joy Horn brings some anecdotes from past times

Vanished Buildings of Cranleigh The Gasworks

The way it was

While the Oval cricket ground proudly cherishes its disused gasholder as a symbol, Cranleigh took its old gasholders down when they ceased to be used and only a few people remember them.

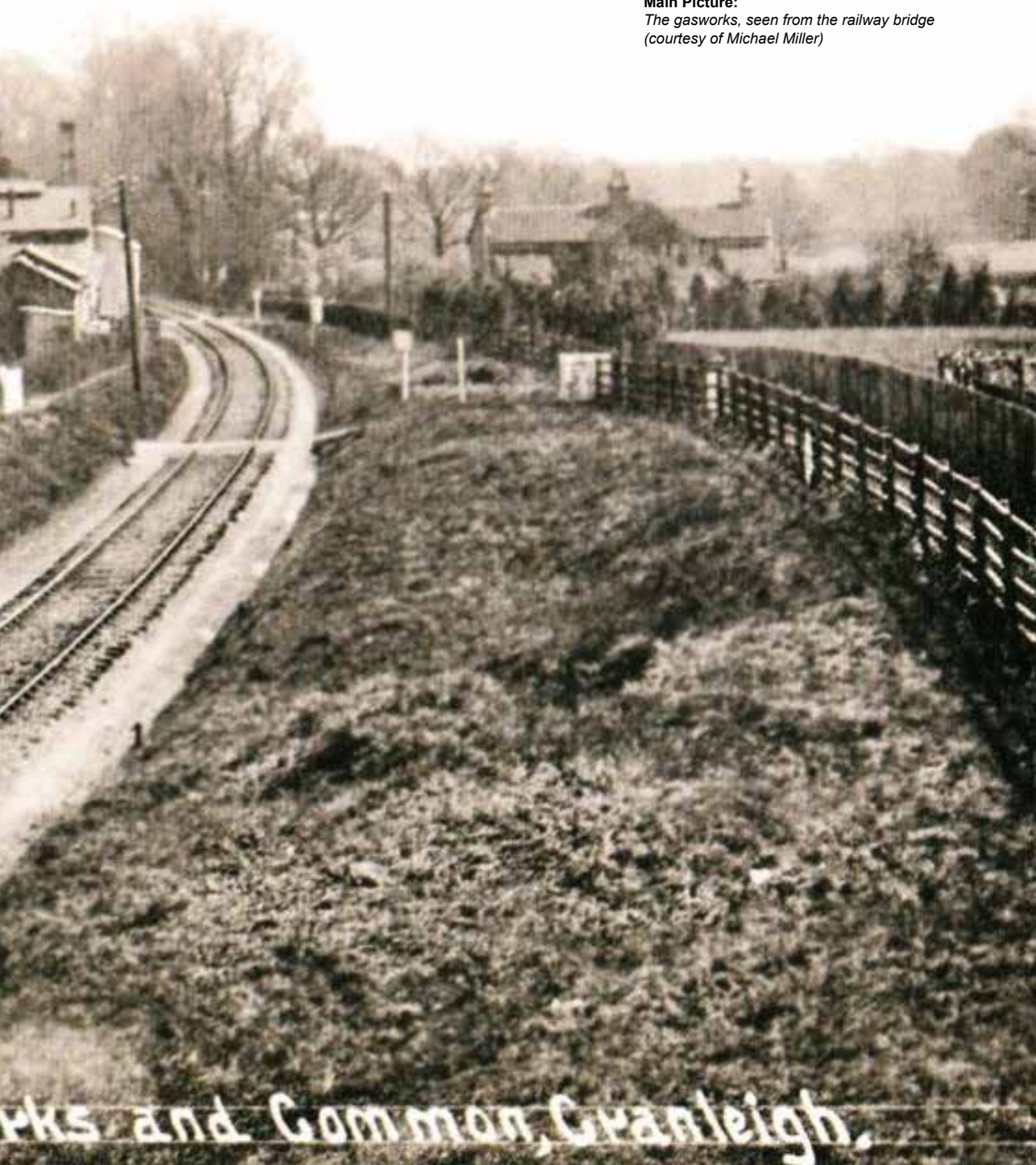
The Cranleigh Gas Company was founded in 1876.

It was another initiative of the energetic Stephen Rowland. Before this, of course, houses were lit by oil lamps or candles; cooking was on a range, heated with wood or coal. The newly-formed gas company set up its gasworks on the Common, close to the railway line (now the Downslink path) and next to the old workhouse site. Large quan-



Main Picture:

*The gasworks, seen from the railway bridge
(courtesy of Michael Miller)*



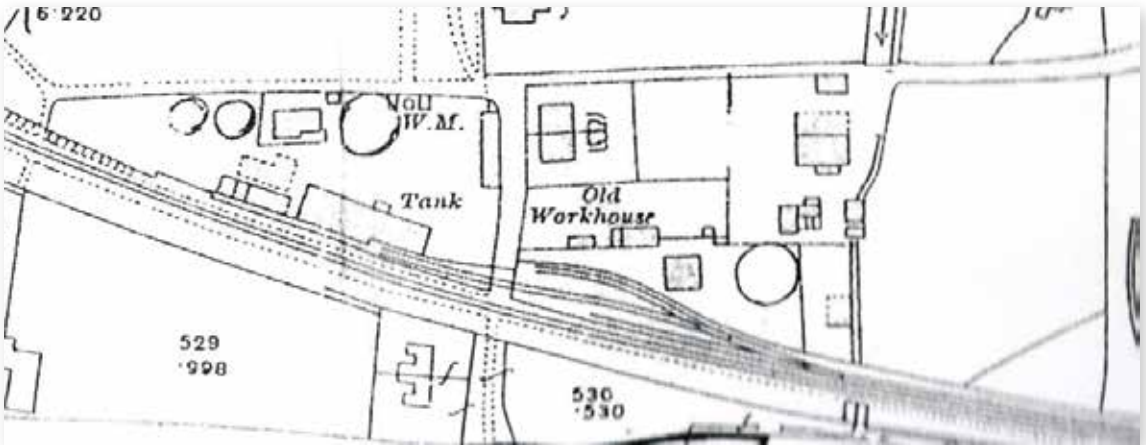
ties of coal were needed, as gas was produced by heating coal in enclosed ovens. The gas generated was a mixture of hydrogen, carbon monoxide, methane and ethylene, though it was mixed with ammonia and sulphur. When these had been purified from the gas, the usable gas was stored in a gasholder, to ensure a regular supply. A network of

pipes – the gas mains – carried the gas underneath the streets of Cranleigh, and subsidiary pipes took it to individual houses.

A map of 1896 shows two circular gasholders on the gasworks site and various other buildings.

continued on page 8





Part of the Ordnance Survey map of 1915: the gasworks has now extended into the old workhouse site, with another gasholder and a branch line from the railway

One of these was a house for the works manager, who lived on site. Gangs of coal stokers were employed, besides men able to work the machinery. Several weeks' worth of coal was stored ready for use. By 1916 the gasworks had spread into the old workhouse site, and had its own railway track so that coal could be delivered directly into the works.

In 1883 the Vestry meeting (forerunner of the parish council) resolved to light the streets by gas through the existing lamp posts. This was financed by a 'lighting rate' levied every year on house owners, which went up regularly as the village spread and needed more lamps. St Nicolas church installed gas lighting in 1907, in place of oil lamps, and the Baptist chapel had it by 1914, though it gave rise to constant complaints. New estates, like New Park Road, had gas mains dug when the roads were made.

The street lamps were lit by a lamplighter. He cycled round the village after his day job, carrying a long hooked pole under his arm. This he inserted into each lamp, and with the hook pulled down a small chain which released the gas and lit the lamp from a pilot light. At 10.30pm he cycled round the village again, to put the lamps out. On moonlit



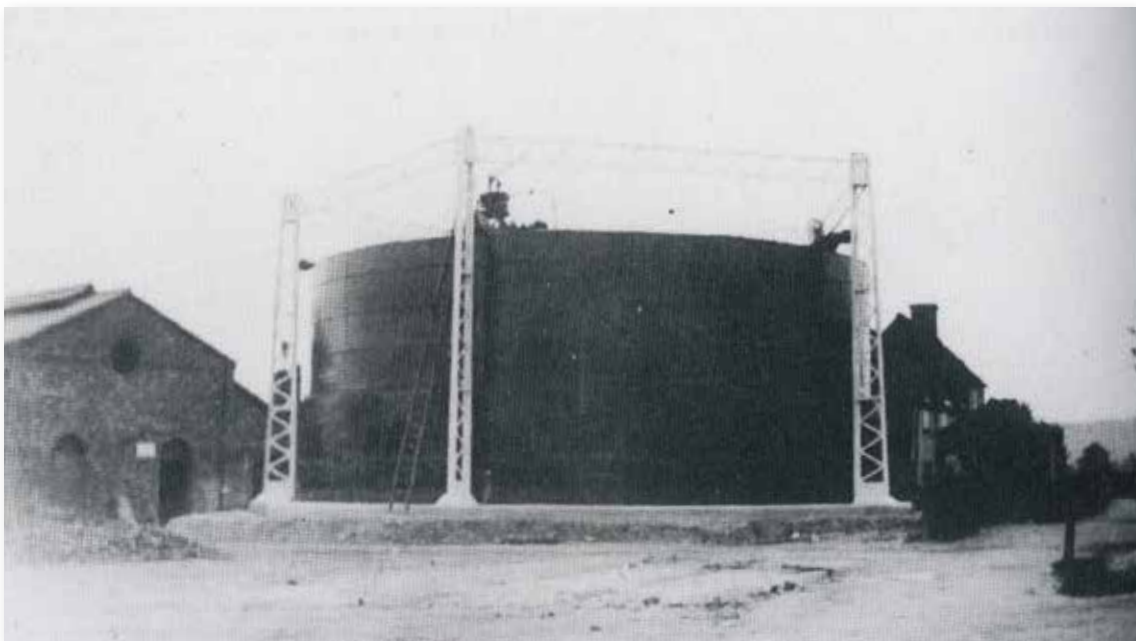
Mrs E.H.A. (Annie) Ede is one of two women on the war memorial (photo, 2018)

nights the lamps were not lit, so if it was cloudy then, darkness reigned! During both World Wars all street lighting was forbidden. The lamplighter resumed his work for a short time after the Second World War until the street lamps went over to electricity.



A gasholder and some of the buildings (courtesy of Charles and Margaret Croxford)





The gasholder that was hit by a rocket in 1944

On Wednesday August 16th 1944, a German V1 rocket fell on one of the gasholders. It exploded, and red-hot rivets were scattered across the Common. Tragically, Mrs Annie Ede, wife of the gasworks manager, was killed. She is commemorated on the war memorial. Had a full gasholder exploded, it could have been very serious indeed for the village.

Even before the Second World War, electricity was beginning to supersede gas for lighting. It was odour-free and more convenient to switch on and off. In 1929 electricity became available in Cranleigh for public use. The Baptist church discarded its gas lamps with relief at the earliest possible moment.



Brackenwood, built on the old gasworks site (photo, 2018)

However, for central heating and cooking, gas retained its appeal. It was cheaper, and gas cookers were more immediately responsive. In the late 1960s, natural gas from the North Sea replaced conventional gas, and Cranleigh's redundant gasworks were dismantled in stages. Now the houses known as Brackenwood stand on the site. ■



Jack Ede and the water gas plant

The Cranleigh History Society meets on the 2nd Thursday of each month at 8.00pm in the Band Room. The next meeting will be on Thursday September 12th, when Geoff Burch will speak on 'Ramblings of a railwayman'. Start-of-Season drinks from 7.30.



Crane Spotter:

tales from a Cranleigh birder

September

Pretty fishy business

A flash or shining iridescent sky-blue shoots by like an arrow – and before you can fully register its magnificence it has gone.

That's about all most people see of a Kingfisher and even then they count themselves lucky. Lots of people have told me they'd love to see one but never have.

They are generally shy birds and it can take some patience to find one. They can spot little fish at some distance so it's no trouble seeing you 100 metres away. Get within half of that and they are off like a shot, further along the river.

Sometimes you can get lucky and stumble upon one much closer as it sits intently scanning for breakfast on an overhanging lookout branch beside the water. Early in the day is the best time to catch the Kingfisher.

Most people never forget when they first saw one because meeting what is arguably our prettiest bird is such a special experience.

I can remember being totally enthralled to see my first when I was a boy during a fishing competition one winter on the River Mole at Dorking. It suddenly arrived, seemingly out of nowhere, and landed for half a minute on my rod. What an introduction!

Even though my 10-ounce roach and a tiddler gave me second place, and I won a prize, the catch of the day was surely that bird. It was kitted out to brighten the December dullness with shining Chelsea-blue wings, Man City sky-blue back and tail, Liverpool red legs, flashes of England white around the throat and neck, and Holland orange for the cheeks and underparts.

And that massive referee-black dagger! I wasn't sharp enough then to work out if it was a male or female, but I learned later that the female has a dash of red at the base of the bill. Not that you are likely to see that unless you have binoculars or are right on top of it.

Kingfishers can turn up when you are least expecting. Go looking for one and they are easy to miss, even when you know they should be around. Be doing something else near the water, like just going for a walk, and suddenly you see one.

I usually hear them first because they are blessed with a snappy two-tone whistle that warns everything ahead to watch out because the birding equivalent of an RAF Typhoon is zooming in at low level.



Kingfisher
Alcedo atthis

Hard to see they may be, but you never know with birds. Really crazy, bonkers, one-offs can happen and for a guy in Churt this last summer he got what



must rate as a once in many lifetimes experience. Rob Douglas had a Kingfisher in his house!

It apparently flew in through the patio doors, 'flew around for a bit then settled for a short while before flying back out and resting in an Oak tree for ten minutes!' He got a record photograph of it sitting on a shelf between ornaments and a phone.

It seems this species can be attracted to windows and if there is a second one visible on the other side of the room maybe it thinks it is flying under a bridge, leading to tragic results when it confronts a wall of glass.



Kingfisher at home, *Alcedo atthis* © Rob Douglas

Back in October 1996 a male, and a female, flew into a large window at Cranleigh Leisure Centre, presumably after jetting along the adjacent stream and mistaking the swimming pool for a lake.

The male was killed outright and the badly stunned female was subsequently released, apparently unharmed, by the stream. The male went off to be prepared for a new life at a taxidermist's (£370). I wonder whose room he is brightening right now. Better there though than a ladies' hat in Victorian times.



© Joefrei

I would recommend getting some of those raptor outline stickers for your windows – this will help protect many fatal attractions.

In Cranleigh, Ewhurst and the surrounding area the Kingfisher is a scarce but resident breeder, being seen along Cranleigh Waters, small streams, fisheries and sometimes even people's small back garden ponds. At least six regular sites are known.

Like the Churt bird, they have turned up in unexpected places such as ditches in Cranleigh School playing fields, a Ewhurst orchard, and have even been seen hovering over tiny garden fishponds more than a quarter of a mile from the nearest stream.

There are as many as 87 different species of Kingfisher across the globe. And they are not all into fish. I've seen wonderful varieties in places as far apart as Panama forests, Israeli plantations, and in New Zealand where they sit like sentries on telephone wires and dive into sheep fields for insects.

Like I said, they can be hard to see and my worst experience of this was when a massive rarity to the



Belted Kingfisher *Megascops alcyon* © Kevin Cole

UK, a mighty male Belted Kingfisher from America, turned up one April Fool's day on a National Trust lake in Staffordshire. When the news got out, everyone thought it was a joke but emerging photographs quickly proved otherwise.

Dawn next day saw me and many others circling the lake during a six-hour wait for a bird that had not been seen in England for 25 years. Suddenly there was a massive 'snap' as birders in unison closed their tripods. You've never seen a place evacuate so fast!

News had come through that a fisherman in the north east near Hull had seen it flying round a fishery pool. Oh no! It was back-in-the-cars time for most of us and an additional 200-mile round journey.

But the bird evaded our valiant attempt to re-find it and hundreds of birders went home disappointed. Only to hear three days later that it had been re-found yet again-on the River Dee in Aberdeenshire. I'm afraid that's the one that got away. ■

Twitter - @Crane_Spotter



People Profile



Who's who?

David Snell

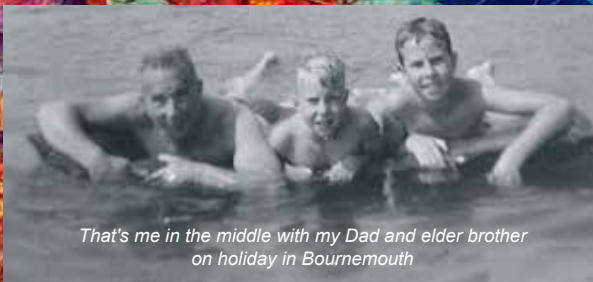
Picture Framer, Guitar Maker

I was born in Guildford in 1957, at St Luke's Hospital and am still living to this day, in Guildford. I was brought up in Guildford Park which is just by the main train station, so as a kid all I could hear was the sound of train whistles going past my window. It's also very close to the town and I went to the local primary school then onto Park Barn, the secondary school nearby.

I have one brother, 3 years older than me who is quite different in many ways. He was the brainy one who did A levels and then a degree. I was more creative and just wanted to draw and play music.

I have drawn ever since I could hold a pencil. I loved sport as well, swimming was my big sport. I swam a lot but drawing was always the highlight. I can't remember a time when I wasn't drawing. Then when I was about 11 I got my first guitar which I asked my parents for, for Christmas.

I wasn't influenced by popular music by Elvis or The Beatles, I was a bit too young for that. Within me there was just something that wanted to play the guitar. So that Christmas I was given a very cheap guitar from Woolworths. It wasn't worth much then and it isn't worth much now.



That's me in the middle with my Dad and elder brother on holiday in Bournemouth

When life chan



My mother looked after the home each day and my father worked for the Gas board. He would play the accordion. All through the war, he carried it around with him wherever he went. How he managed that I've got no idea. He was in the army and just played it for fun during any silent moments. He wasn't a great musician, he just enjoyed playing it.



So there I was at 11 years old with my first guitar and no idea how to play it. At first it killed my fingers, literally making them bleed because it was such a cheap guitar with steel strings. A beginner should never learn to play on a steel string guitar. They need a nylon string guitar, it's much more forgiving. But I broke through the pain barrier and was taught to play by a music teacher at Parkbarn School. She decided she wanted to teach a guitar group though didn't know how to play herself! She signed up for guitar lessons and was teaching us one week behind her lessons. As she was learning, she was teaching us which looking back, was pretty amazing. I learnt enough to strum a tune and from there I started to write songs.



I didn't learn to read music, I just learnt guitar chords. I've never really got to grips with sight reading and notation. Kind of 'wing it' really. When I was learning it was the era where you played what you felt. It was the classical musician who studied and wrote intricate compositions. I didn't want to play anything classical, I wanted to play pop, rock and folk music. In that sense I didn't need to read music and just wouldn't have gone down that path.

Leaving school I looked around for a job. Music and art were the two things I loved. I didn't think I was good enough at music to find employment in that area and there wasn't the outlet for it. In those days everyone went to the Careers Office in Guildford. I left school at 15 and headed there. They sat me down and said "What do you want to do?" I said "I don't really know but I want something artistic." They gave me 4 sheets of paper to look through listing hundreds of jobs. There was one advert for a hairdresser which I thought sounded quite creative. I got on the phone and was told I could start Monday...it was that quick! That's how it went in those days, in 1972.

So I worked in the hairdressers for 3 months and hated it. I quickly decided it wasn't for me and returned to the Careers Office. Out came another list, among which was a picture framer over in Godalming. The Careers Officer contacted them and again I started the following week. I caught the bus the next Monday and stayed with them for 6 years! I learnt all about picture framing, focusing mainly on mounting and the decorative side. It was a big company, who employed about 25 people, delivering across London and the South East, which was quite unusual for picture framers. We did a lot of work for the big galleries in London. I just worked in one department and enjoyed it very much, it was very creative. That's where I got my grounding for picture framing, but I never lost sight that all I wanted to do was play the guitar.

I was playing music more and hoped to find something musical I could do full time. I had become a Christian when I was 17 and all the songs I wrote became songs about God, something with a twist in it. I wanted to use my musical talent to serve Him and share my faith through music.

There's was a band being formed through an organisation called Hildenborough Hall, which ran a big conference centre in Kent, in Sevenoaks and they were preparing for a big christian mission in London, during the spring of 1980. I applied and got a place in a band formed for that particular year. I spent a year touring round the south of England, based in a large house in the Kent countryside. It was an amazing year. We did a lot of prep work, playing in colleges and schools. Then we hit the 3 month mission and played to well over 100,000 kids, going into schools and playing at assemblies. We were quite a loud Christian rock band, that's basically what we were, making a lot of noise.

continued on page 14



*Playing guitar
is all I ever
wanted to do*

continued from page 13



Playing at the school assemblies and Westminster Hall

We would pitch up at 7am, set up the hall and hit it during assembly. Then we'd stay in the school during the day playing a lunchtime concert and in the evening we'd play another concert somewhere locally. We kept this up 6 days a week and finally booked Westminster Central Hall where we did a big gospel presentation. The program lasted for about 10 weeks covering different parts of London. Right at the end we took part in a big event at the Royal Albert Hall. It was such an amazing time.

Outside of all we were doing in the colleges and schools we played general gigs and stuff from Hildenborough Hall itself so as a musician it was a great year. I also met my wife there which made it even better.

I came back to Guildford at the end of all that and got together with a mate who I'd worked with before. He'd started his own picture framing business. I went to work with him for about a year or so. Things kind of muddled along, but I really wanted to run my own business and the opportunity came up to do that.

I got married in the meantime and somebody I knew who was working at Smithbrook Kilns in 1984, said "Why don't you come and have a look, Smithbrook Kilns would be a great place for a picture framers." When I saw it I completely agreed and thought it would be a fantastic place to start my business.

However, unbeknown to me about an hour later another picture framer had rung the owners of Smithbrook to apply for a unit. They were refused in light of our agreement. God has been in our business all the way through, it's been a walk of faith really. I've been a picture framer now for 35 years.

There comes a time when you realise you can't do things like this forever. I've been wondering for the past 3 or so years what to do when I retire.

Although I've always played guitar, I've never really been passionate about it. For me it's been a

tool to accompany songs, as part of a band to deliver a message. My eldest son is passionate about guitars and just seems to know everything about them. I influenced him in this direction and he went off like kids often do, with the knowledge I imparted to him and added to it a thousandfold. Watching him blossom sparked something in me, he inspired me to look at the guitar again and start to see it more as an art form.

I began playing the electric guitar again.

When I was in the band I had an electric guitar but I hadn't really played one in at least a decade. I had sold my only electric guitar, my beautiful silver Fender Stratocaster, to buy another guitar in 2003. As these new ideas started to form in my head, I bitterly regretted ever selling that guitar. I tried to track it down.

I had part-exchanged it at a local guitar shop in Guildford and I approached them as I knew them quite well. They looked through their records only to discover it was actually stolen from their shop on Christmas Eve, 2003. Someone had bought it on a dodgy credit card, and the monies didn't go through but it was too late as they hadn't discovered this until after the bank holiday. They had never reported it and I thought that would be the end of it but never gave up hope. I thought it must be out there somewhere and kept trying to track it down.

My silver Fender Stratocaster in all it's glory



continued on page 16

go on a new jou



I found a couple of copies of it on the internet. It was a particular anniversary version and only about 2000 of them had been made worldwide, in 1979 to celebrate the 25th anniversary of the Stratocaster. I bought it brand new that year to join the band. I found one or two identical ones on eBay. But thought if I want this guitar back I don't want a copy, I want the actual one. So I said a little prayer and left it at that.

A few months later, just by chance, if there is such a thing, I looked again on eBay and one popped up, exactly the same as mine. It was silver, had the same case, and looked identical. When I compared it to my photographs, I thought that doesn't just look like mine, it **IS** mine!

When I had sold it to the local guitar shop the one thing I couldn't find was the certificate of authenticity. I later discovered it at home complete with the serial number. I rang the seller and we checked the details and they were identical. It **WAS** my guitar. Long story short he had bought it in good faith from a shop 3-4 months earlier, decided he wanted to sell it and we came to an agreement. I drove down to the New Forest straight away and picked it up. It was in exactly the same condition as I had sold it. Everything about it, all the things I had in the case were all still there. That prompted me to realise that God wanted me to play it again. I progressed from this wonderful journey and went on from there. I'm not the best at it but it's what I love.

continued on page 16

Main picture:
My son Tom and I at one of our
favourite guitar shops

rney of faith

advertise your business both online @ www.cranleighmagazine.co.uk and on this page



continued from page 15

I began to think 'What if I could build an electric guitar?'

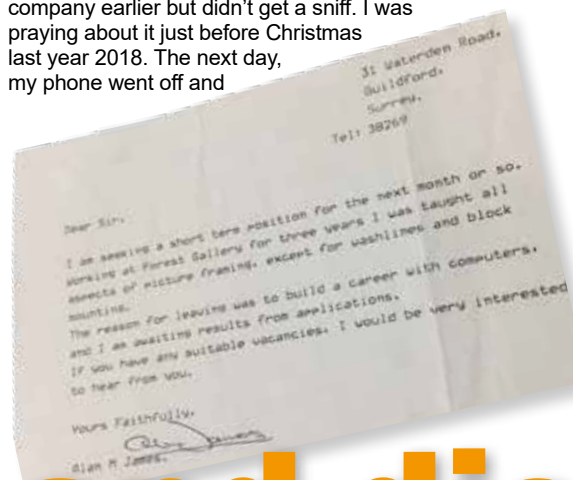
One thing lead to another. I built a few guitars using parts, then ventured to see if I could actually carve a neck using a block of wood by hand and make a fret board. As I started to look into the idea, it lead to building a workshop at home, about a year or so ago. I have organised my workshop complete with some lovely tools, including a few electric ones, though mainly chisels and the like.



Choosing the correct wood is very important

I want everything to be perfect. I want to build the best guitars in the world like no one has ever seen before.

Meanwhile, I'm still working at Smithbrook, but realise it's time to sell the business. I tried to sell it through a national company earlier but didn't get a sniff. I was praying about it just before Christmas last year 2018. The next day, my phone went off and



there was a message from a colleague I hadn't seen or heard from for over 25 years. He had worked for us as a lad. "Hi its Alan here, I've got a picture I want framed. I'm now living locally, and want to get out of the IT business. I wondered if you have a job for someone to manage your business?" I thought we've got more than a job going here!

We met up and talked it through. I explained we were looking to sell the business if he was interested. We all took it gently. It turned out that Amanda, Alan's wife, had been a nurse for 30 years and was looking for a lifestyle change.

Amanda and Alan both wanted the same thing. They moved to a house in Loxwood, 10 minutes away from the shop. They had tried to buy a house previously, on the other side of Dorking but it fell through and they ended up here. Loads of little things started to fall into place and the net result was we agreed a sale which is currently going through, so as I talk to you, this is my second to last day!

Maggie, my wife, has been a massive support in it all. She worked as a teacher and supported me when we first started the business. She came in as a partner when we started our family. We've got 3 children, two boys and a girl, all grown up now. Two are married, one still lives at home.

Maggie's been there for the entire time, in many ways she should be here having the chat too, she's the heart of it all.

We incorporated the business about 15 years ago, she became a director and we've really run it together for the last decade and a half. It wasn't her career choice, she loves children and people and being involved with them. We now have 2 grandchildren, that changes your view on life. You want to be with them and be a part of their lives.

It feels a bit self-indulgent in a way to start up a new avenue of creativity because it's all-consuming. When I go into the workshop Maggie says I go in for 5 minutes, and it ends up being 2 hours. I lose track of time and can't explain that because I've never really had that luxury before. Playing guitar, whether I'm practising or just having fun, I can zone out and lose half an hour, but building them, there's so much fine detail involved I just get absorbed working with the wood rather than against it.

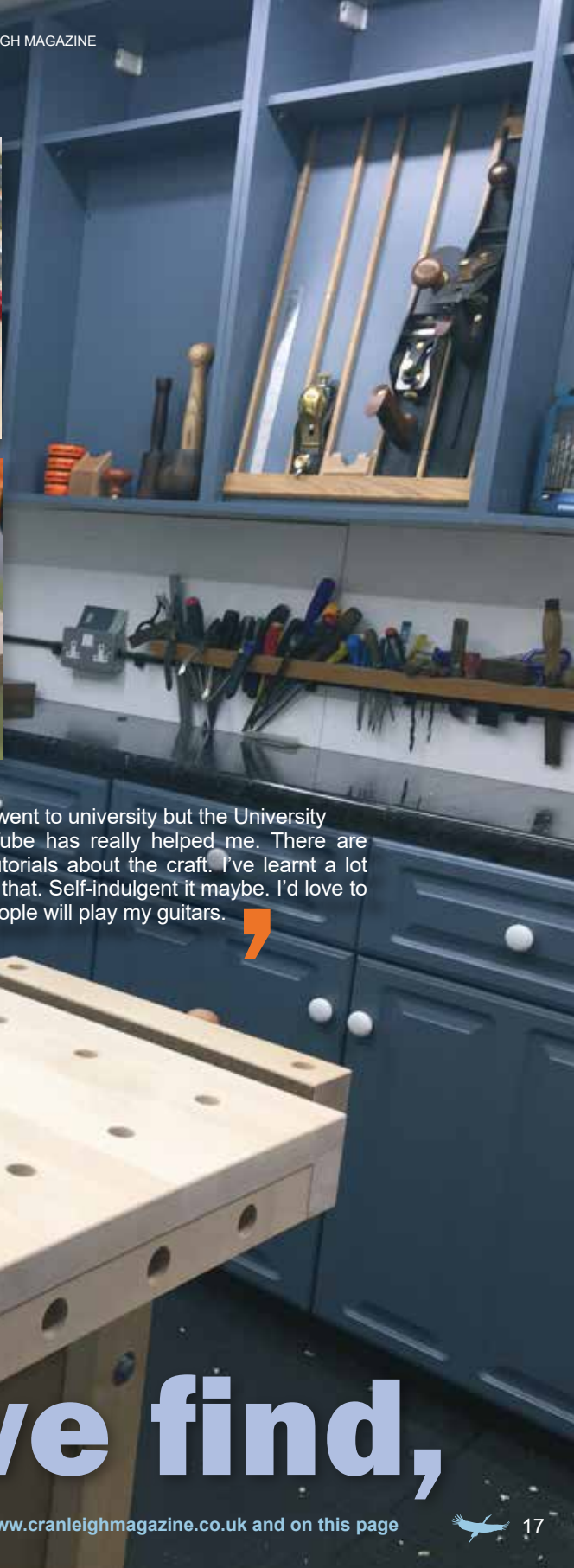


Left:
Alan's job
application
letter 1992

The workshop - my converted garage

and discovery,





I never went to university but the University of YouTube has really helped me. There are many tutorials about the craft. I've learnt a lot through that. Self-indulgent it maybe. I'd love to think people will play my guitars.



where we find,



peace and fulfil

continued from page 17



Re-crowning is delicate work

So far I've worked on two other people's guitars, re-pairing, re-crowning and setting them up. Another one I sorted for my son Tom, who works in many situations. He was playing it at a big conference and another guitarist who plays regularly at big events commented "That's a nice guitar." Tom said "Yeah my dad's done some work on it, do you want to have a go?" He did just that and thought it was amazing and borrowed it for the whole conference, so Tom had to use another one!



Masking off before polishing the frets

There's a lot of energy involved, which I believe is coming from God, through the Holy Spirit. It applies to the way I work and how I do it. I don't always know why it works, it just does.

To create a good guitar takes a combination of elements.

There are certain rules, the measurements that have to be right, the distances between frets for example. If they are wrong, no matter how beautiful it is, it won't play. Some woods are better than others, they're called tone woods. You can pick the block of wood up, tap it and it makes a note. Different woods have different notes. You can tap one and it would be quite dull, maybe because it's so dense as it's a hard wood and has no air to it. Whereas another wood might have a softer feel to it, has a bit of space to it and when it's tapped you feel the note, it resonates. I sit on the fence with this, I don't know if it's these

woods that make better guitars, they should do, it stands to reason. But the first guitar I'm working on I wouldn't call a tone wood, it's got a bit of a note so I'm very interested to see what it plays like. It's a solid body electric that I'm building as a first guitar, it's based around a standard famous guitar shape, which is a Fender Telecaster that lots of people copy. I chose it because it has such a simple design. They say for your first guitar it's the best one to choose, but I'm adding in some twists. I'm creating it to be the perfect guitar for me, as comfortable as it can be. I'm using the best materials available in my opinion so if it doesn't turn out work well I can't blame the things I didn't make, it's all down to my craftsmanship.

So that's where I'm at with guitar building, I haven't actually built a whole guitar yet. I kind of feel like I've got a dozen guitars in me somewhere, like an author who writes a book.

I've not had the pleasure of starting and finishing one yet without the interruption of work. I'd like to think I could build a high spec guitar in about 2 months if I was working 2-3 days a week. My workshop's at home, so I could go out there for 2 hours, come out and do something else, like cut the grass and then return to work for another few hours.

I'm not sure how my life will work, I'm involved in a lot of other things, I don't want guitar building to be a full-time business. I just want to do it because I love it. It's the creativeness in me that needs to have an outlet, I need to do something to be content. That's where we are at the moment and I'm looking forward to concentrating on it further in the future.

Maggie's going to enjoy family life and grandchildren and going on some holidays. We have a large garden and a big house so there's much to be done. We're very fortunate we can retire and stay there. She'll enjoy the garden particularly, that's her hobby. We're both involved with people. I'm a pastoral assistant at St Saviours Church Guildford so I get to be involved with people there. Maggie works for a charity part-time, Home-Start who help young mums.



Grandchildren are always there to lend a hand



Sketch design for a new inlay

ment . . .



THEN



NOW

Playing guitar at the Royal Albert Hall 1981

At St Saviours carols service 2018 - still going strong

After 35 years of doing the same thing we just need to land. We're going to take a couple of months to breathe to see what God wants to do with us next. What the venture with the guitars will look like will be interesting to see - it's like my thank you to God for all he's done in my life.

As we leave the picture framing business we've written a letter for Alan and Amanda in the same way a previous president gives a letter to the next. Most of it is around how blessed we've been with the business, but it's also about service, serving people and being thankful. Nobody has to come to our company to have pictures framed, there are lots of other places they can go. Whoever they are, treat everyone the same. Be natural.

Maggie and I want to express our thanks and gratitude to all the lovely clients we have had the pleasure to serve over 35 years. Many have become friends and we are delighted that Alan and Amanda James will be continuing to serve them going forward. ■




*L-R, Maggie, me, Amanda and Alan the new owners
(See our advert on page 20)*

The Autumn Of Life

Like autumn, midlife is our season of harvest. These are our peak years when the things we laboured over so intensely in young adulthood begin to pay dividends. It is a season in life for remembering, taking stock and reflecting, a time to take pleasure in the past, present and future abundance that is still to come. ■

For more information:
contact David on d.snell1@ntlworld.com






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Sign up online: <https://bit.ly/2ZbAivf>

Date: Mon 23rd Sept 2019

Time: 09:30 - 12:30

Any queries pls contact:

rosemary@smartcranleigh.org

Location

The Cranleigh Arts Centre

1 High Street

Cranleigh GU6 8AS

Some say . . .

I take a simple view of life:
 keep your eyes open and get on with it
Laurence Olivier

Good as New Charity Sale Bonanza



Saturday 21st September
11.00am to 4.00pm
Cranleigh Showground,
Ewhurst Road,
Cranleigh GU6 7DW

- Many different stalls in the Barn including Ladies, Men's and Children's Clothes, Bric-a-Brac, Toys, Household Goods, Jewellery, Electrical Goods, Linens and more
 - Tombola
 - Refreshments – our normal burger van will be back and the ice cream man
 - Free Parking including disabled
 - Greyhound Parade at 2.00pm
 - All dogs welcome.
- We look forward to seeing you.

JUMBLE SALE
Sunday 22nd September
10am -12.30pm
Also at Cranleigh Showground
Substantially reduced items
at all stalls.

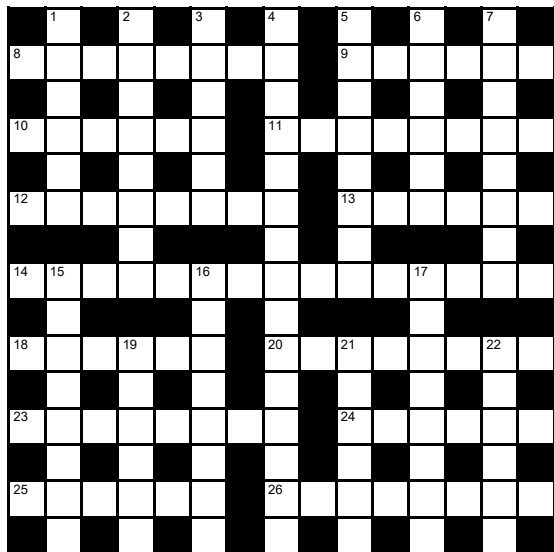
For further info please contact:
 Jo 01306 712615 or Carol 01252 781917
www.celiacross.org.uk Registered Charity 100383

Some say . . .

Positivity, confidence,
 and persistence are key in life, so never
 give up on yourself
Khalid



September Crossword Puzzle



Across

- 8 Smallest state down under (8)
 9 You can't get out this way (2,4)
 10 Sultanate in Borneo (6)
 11 Kind of ale (3,5)
 12 Switch positions (2,3,3)
 13 Victorious WWII force at Midway (1,1,4)
 14 Broad appeal (7,8)
 18 Knight cap? (6)
 20 Or go West, badly weakened (3,5)
 23 Old Scratch (3,5)
 24 Hanseatic port on the Weser (6)
 25 They are acquired on marriage (2-4)
 26 Author of "The Rivals" (8)

Down

- 1 Sterile (6)
 2 Lofty place (8)
 3 Dark blue powder (6)
 4 An enlarger (10,5)
 5 Coach (8)
 6 Impulse transmitter (6)
 7 Delivery professionals (8)
 15 Type of seal (8)
 16 Efforts to change society (8)
 17 Appeared with Nyasaland on stamps, once (8)
 19 Dividing line in a triangle (6)
 21 Turn these to gain an advantage (6)
 22 Oscillate (3-3)

Colin the Cranleigh Chameleon, was hiding on page 11 during the month of August. **Did you spot him?**

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



September Sudoku Puzzle 1 - Easy

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

September Sudoku Puzzle 2 - Hard

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

August Crossword and Sudoku Answers

1	A	2	T	3	S	4	T	5	B	6	E	7	R
8	P	L	E	A	H	O	R	I	R	A	Q		
	B	L		10	A	R	A	B	I	S	T	T	
11	P	I	C	K	U	P	H	N	12	U	S	E	
	C	N	E	I	14	E	G	G	S			C	
15	C	O	N	D	O	R	A	E	16	A	17	F	R
	R		O		18	O	L	D	E	R		L	O
21	U	N	I	F	Y	E	M	22	T	23	R	Y	I
	C	L		25	L	O	T	U	27	S	O		E
28	I	D	L	Y	U	H	29	I	S	L	A	30	N
	A			31	E	R	I	E	G		L	E	
32	L	A	D	D	C	O	33	N	E	C	T	A	R
	A	A	D	H	E	R	E	S		A	R		
37	R	A	I	D	E	E	I	38	L	I	L	T	
	S	39	A	B	D	O	M	I	N	A	L	Y	

August Crossword Solution

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

August Sudoku Easy Solution

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

August Sudoku Hard Solution



Tues
every week



**WALKING
FOR
HEALTH**

Want to get more active? We're here to help! Walking's a great way to get fit, explore what's on your doorstep and make new friends.

Tuesdays at 11am, 60 - 90 minute walk.

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**

1-22
SEPT

**SURREY SCULPTURE
SOCIETY TRAIL**



Follow a trail of contemporary sculpture featuring more than 100 pieces of work from some of the South East's finest artists. 10:00 - 18:00

RHS Garden Wisley, Woking, GU23 6QB

1
SEPT

**LIVE LOCAL,
LOVE WINKWORTH**



Wander around Winkworth as it buzzes with activity, and see the woodland transformed for their 10th annual community day, free to everyone. 10:00 - 16:00

Winkworth Arboretum, Godalming, GU8 4AD

6
SEPT

D.S.W.F. GOLF DAY



A fun day filled with excellent food, good company and a little healthy competition thrown in, while being part of an incredible fundraising effort. 10:30 - 20:00

Cranleigh Golf and Country Club, GU6 7NG

7-8
SEPT

**THE SURREY CHILLI
FESTIVAL**

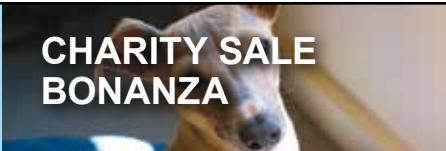


Up to 100 different stalls which will consist of food stalls, market place traders and drink outlets showcasing their products, all chilli themed! 10:00 - 19:00

Imber Court, Ember Lane, East Molesey

21
SEPT

**CHARITY SALE
BONANZA**

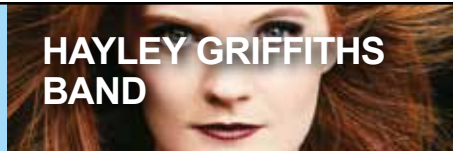


Many different stalls in the Barn including Ladies, Men's and Children's Clothes, Bric-a-Brac, Toys, Household Goods, Jewellery and more. 11:00 - 16:00

Cranleigh Showground, Surrey, GU6 7DW

21
SEPT

**HAYLEY GRIFFITHS
BAND**



Former Karnataka Lead Singer Hayley Griffiths is returning to the stage with her brand new show and will be joined by former band mates. 20:00 - 22:00

The Electric Theatre, Onslow Street, GU1 4SZ

**11,13,16,
23,24**
SEPT

HORSHAM DISTRICT COUNCIL - HEALTH &



Wed 11 Sept 9:30am:
Shere. Meet in the Shere Village Car Park, rear of Shere Museum. 7½ miles 3½ hours.
Mike: 07855 502023

Fri 13 Sept 10:00am:
Friday Street and Wotton. Meet at Friday Street Car Park. 5 miles 2½ hours.
Margaret: 01403 262311

Mon 16 Sept 10:00am:
Wisborough Green. Meet in the Village Hall Car Park. 7 miles 2¾ hours.
Mike: 07855 502023

Mon 23 Sept 10:00am:
Coldwaltham. Meet at the Labouring Man pub car park. 5 miles 2½ hours.
Irene: 01403 783637

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

www.cranleighmagazine.co.uk/event-calendar



1-4
SEPT-OCT

SPECTACULAR PLANTS TRAIL

Inspired by the book Spectacular Plants and How to Grow Them by Stewart McPherson, join them to discover Wisley's Spectacular plants. 10:00 - 18:00

RHS Garden Wisley, Woking, Surrey

1-20
SEPT-OCT

ROYAL INSTITUTE OF PAINTERS IN WATER COLOURS

This exhibition celebrates the very best of contemporary watercolour. All the paintings will be available to purchase. 10:30 - 17:00

The Lightbox, Woking, Surrey, GU21 4AA

1
SEPT

AMERICAN DAY

A day devoted to stars and stripes as Brooklands welcomes a host of American cars and motorbikes. Expect a feast of chrome and colour. 10:00 - 17:00

Brooklands Museum, Weybridge, KT13 0QN

3-8
SEPT

RHS WISLEY FLOWER SHOW

Browse, buy and get advice from nurseries, garden accessories suppliers, artists etc. Surrey NAFAS returns with colourful displays 9:00 - 18:00

RHS Garden Wisley, Woking, GU23 6QB

12
SEPT

CRANLEIGH FOLK FESTIVAL 2019

New Cranleigh Folk Festival to Debut this month, in what is expected to become a late summer highlight for live music lovers. 19:30 - 21:00

Tunsgate Arch, London Road, Guildford

15-16
SEPT

SURREY HILLS FOOD FESTIVAL

50+ producers offering tasty treats from local gins and sausages to brownies and coffee. Plus free events including talks and tastings. 10:00 - 17:00

Denbies Wine Estate, Dorking, Surrey

22
SEPT

THE SURREY HILLS CHALLENGE

A series of running and walking events will take place on the beautiful landscape of the Surrey Hills, Area of Outstanding Natural Beauty. 7:00 - 19:00

Denbies Wine Estate, Dorking, Surrey

28
SEPT

COMMUNITY APPLE PRESSING DAY

Join in a free, family friendly apple day! Bring your own apples, use our heritage press and scratter and make your own apple juice and cider. 13:00 - 16:30

Swan Barn Farm, Collards Lane, Haslemere

LEISURE WALKS

Tue 24 Sept 10:00am:
Okewood Mill via Ruckmans.
Meet in The Punchbowl Inn
Car Park. 5½ miles 2½ hours.
Lynne: 01403 268157

*All welcome. No need
to book, just turn-up
at the start point. All
walks can be wet and
muddy in places.*

28-26
SEPT-OCT

GEORGE ABBOT'S GIFT TO GUILDFORD

On the 400th anniversary of Abbot's Hospital founding on the High Street, this exhibition looks at George Abbot and the Alms House. 10:00 - 16:45

Guildford House Gallery, Surrey, GU1 3AJ



Lunchtime Classical Concerts to start at Cranleigh Arts Centre

Oliver Wass Harp and Leander Kippenberg Cello

The Cranleigh Arts classical programme finished for the summer with a most enjoyable evening with British harp sensation Oliver Wass and German cellist Leander Kippenberg. They played an entertaining mix of mostly French and Spanish pieces from the early twentieth century. All the piano parts we transcribed for harp by Oliver Wass. This unusual combination of instruments was welcomed by the Cranleigh audience for its innovation and subtlety. Yet again, the performers and the audience commented on the empathetic relationship between them all in the intimate Jack Wagg auditorium.

particularly in winter, but would love to hear professional performers in our community.

The lunchtime concerts are scheduled for Tuesdays at **1.00pm** and to last just 40 minutes without an interval. Admission will be free and seating will be cabaret style without tickets. At the end of each performance, people will be invited to contribute a donation to Cranleigh Arts Centre by means of a retiring collection. By finishing before **2.00pm** people can attend and enjoy the concert and be back home before dark.

The concert dates are **5 November, flute and piano; 10 December, violin and piano; 14 January piano solo; and 11 February** a mix of ensembles from St Catherine's School Bramley. More information will be given of the programme and performers on the website www.cranleighartscentre.org in October. To help with the costs of staging the concerts, informed Choice Financial Planning of Cranleigh have agreed to sponsor the lunchtime series.

The main evening classical series starts on **Friday September 27** with the spectacular Ukrainian pianist Dinara Klinton playing Beethoven, Liszt and Prokofiev. Dinara has been described by top Russian virtuoso Nikolay Lugansky as having "Amazing naturalness and complete union with the instrument, combined with virtuosity of the highest calibre".

Tickets are available online and from the Arts Centre box office which reopens on September 10. ■



Ashley Frripp

New for later in 2019 will be a series of four lunchtime concerts, designed to improve accessibility for many in our community who are unable to get out in the evening,



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Growing Older Gracefully!

by Sue Potgieter

Nutritional Therapist & Naturopath mANP CNHC rGNC

There comes a time in every woman's life when her body begins to change as she heads into menopause. Not so long ago, menopause was seen as one of the rites of passage through life, part of the journey through womanhood. Something to celebrate, not to dread. In today's modern world there are thousands of blogs about the subject due to the numerous problems experienced by so many. One of the most detailed studies of the effects of culture on menopause involved rural



Mayans. Although their hormone patterns were identical to postmenopausal women in the United States, none of the Mayan women experienced menopausal symptoms. Researchers felt that the Mayan attitude to menopause was responsible for their symptomless passage. Mayan women saw it as a positive event, bringing with it greater respect.

Menopause occurs when the ovaries spontaneously fail to produce the hormones oestrogen and progesterone or through medical intervention, when the ovaries are removed surgically or during treatments such as chemotherapy and radiotherapy. The lowering levels of hormones, especially oestrogen, are the cause of menopausal symptoms in women. The average age for this to begin is 51 years but can occur earlier or later.

Every woman is born with a certain number of eggs in her ovaries, and as these are used up through menstruation and childbearing the body moves naturally towards the end of the fertile years. When there have been no periods for 12 consecutive months, a woman is said to be in menopause. How a woman goes through menopause is unique to her; some women sail through whilst others suffer a raft of symptoms ranging from hot flushes, night sweats, mood swings, weight gain and fatigue.

***Inset:** Mayan horoscope*





Reduce your stimulant intake

- Keep your bedroom cool at night
- Practice relaxation exercises – yoga can be very helpful
- Breathe deeply - in for 4 counts, hold for 4 counts, breathe out for 7 counts whenever you are stressed or anxious
- Book yourself a regular massage - it may help with stress/anxiety
- Get out into nature for at least 2 hours per week - the benefits are well documented
- Get moving - walking, swimming, dancing, whatever you are comfortable doing. Movement is key to a smooth transition through menopause
- Laugh a lot as it helps to keep everything in perspective!

My story

'I slammed into menopause at the age of 40 after a total hysterectomy. I was put on hormone replacement therapy (HRT) and was on it for 8 years without any issues. However over a period of several months I began to experience different issues which I put down to stress amongst other things. After being rushed into hospital with a suspected heart attack, and nothing untoward was found, I began to do my own research. The symptoms I had been experiencing over the previous months turned out to be side effects that were noted on the insert of the HRT medication. Visual disturbance, onset of migraine type headaches and cardio issues!!!! I was instructed by my doctor to stop the tablets immediately and was then hit by hot flushes, night sweats, palpitations, insomnia, back pain, headaches and no energy at all. I decided to change what I was eating by cutting out sugar, gluten, caffeine and alcohol and within 3 months ALL the symptoms had gone plus I had lost 14kg in weight! I felt and looked fabulous! 20 years on...if I eat too much sugar (I love chocolate) and add too many cups of caffeinated coffee into the mix, then those hot flushes say 'hello, remember me'!

Lifestyle tips to help minimise symptoms

- Reduce stimulants - spicy foods, alcohol, caffeine and sugar are known to bring on hot flushes
- Eat a palm sized piece of protein with every meal to balance blood sugar and reduce sugar cravings. A high sugar intake contributes to brain fog and memory loss!
- Increase your intake of rainbow vegetables and healthy fats (oily fish, nuts & seeds, olive oil)
- Stay hydrated - drink 6-8 glasses of water per day (can be substituted with non-caffeinated herbal teas)
- Wear lighter clothes – natural fabrics are better than synthetic fabrics
- Reduce stress levels - make use of various stress reducing apps available (Calm, the Tapping Solution, Headspace)
- Get plenty of rest and be mindful of your sleep routine

Tips for the men!

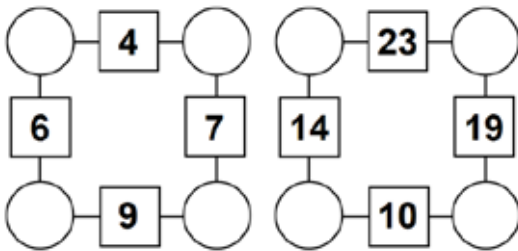
As a result of this biological process, many women feel irritable, anxious, forgetful, fatigued and may also experience a lack of sexual desire and painful intercourse. The kindest thing you can do for your changing partner is to talk to her about how she is feeling emotionally and physically, and take her needs seriously. This will help to smooth her transition into being an older woman and growing old gracefully. ■

*For help with navigating menopause or preparing for it, please contact me on **07961 990087** or sue@thegenuinelivingcompany.com*



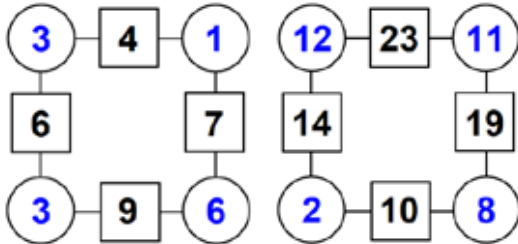
Sue

Square 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.

August Arithmagon Solution



Hidden Picture!

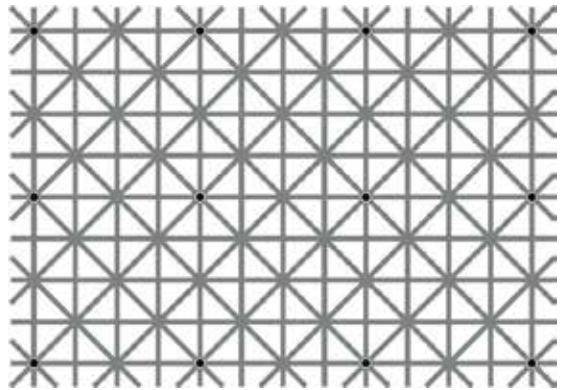
Can you find all the items at the bottom of the image and colour them in?



An Interesting Fact!

The average person walks the equivalent of five times around the world in their lifetime.

THE HIDING DOTS: There are twelve black dots at the intersections in this image. Your brain won't let you see them all at once.



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WELCOME TO CRA SPORTS AND SOCIA



Cranleigh's best kept secret!

Cranleigh Village Sports & Social Club, catering for all of the villages social needs.

The club is a very active one, made up of the social section which organises entertainment every weekend and various other dates throughout the year.

There is also a very active Bowls section which has one of the best and well maintained greens in the south, a Petanque section which has two rinks and a very fast growing membership and there is also a very successful darts team that competes in the local leagues. Also available to members is a full size snooker table.

The club is available for hire for all occasions, Parties, Wakes, Weddings etc. Why not download a booking form from our current website.



We also have our own in house caterers **Cantelo's** who can cater for all your catering needs, see the clubs web site under food.

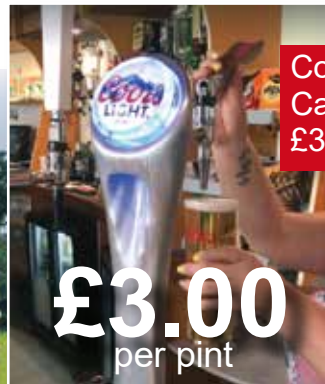
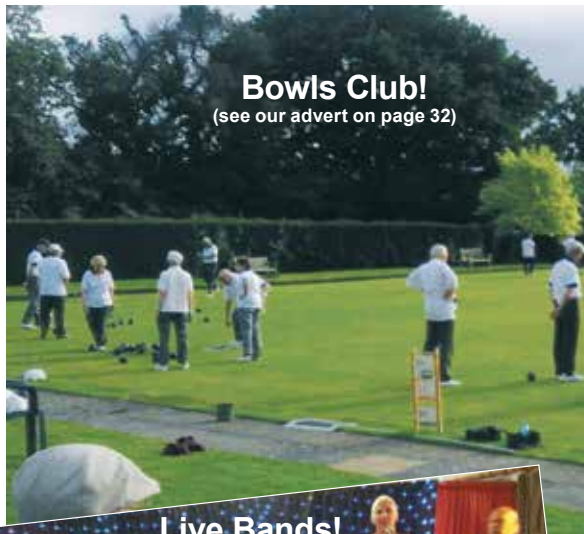


The club was first formed in 1932 as the British Legion and was situated along the Ewhurst road. It re-located to its current site in Parsonage Road in 1998 and in 2010



CRANLEIGH VILLAGE CLUB

A club for all the village.



the club removed its association with the British Legion, although the Legion still uses the premises for its meetings, and became the Cranleigh Village Sports and Social Club.

This coming September the club will be showing all the England Rugby world cup games, on its large screen and it will be offering Coors Light & Carling beers at **£3.00** per pint for members and non-members for the duration of the England games.

Membership is only **£25** per year plus **£5** joining fee. An application form from the club is available or just download from our web site. New members are always welcome.

www.cranleighclub.com

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Cranleigh Bowls Club



Bowls 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 September, 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.



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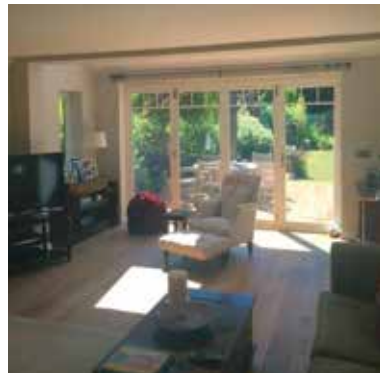




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Jill Leslie (centre) with supporters from Cranleigh Rotary

Cranleigh Rotary Steams Ahead on 50th Anniversary Year

Cranleigh Rotary's 50th anniversary year is being celebrated by a number of major public events and fundraising activities.

The next event will be the Festival of Model Railways, which will take place along Village Way on Saturday, 21 September, 10 am - 5 pm. The festival will include some 20 layouts provided by Surrey, Sussex and Hampshire Model Railway Clubs. These will include a layout of the old Cranleigh station. Outside there will be stalls to browse and, hopefully, a static steam engine in operation.

One layout will be available for anyone to 'drive'. Another layout, with a value of at least £250, will be raffled at the end of the festival. Raffle tickets are available at £1 each, in advance, at Celebration Cakes, the local Scouts and Oakwood Business Consultants.

There will also be an opportunity to vote for your favourite layout and a photo competition to enter. Take an interesting photo at the exhibition, *upload it to cranleigh.mrs.photo.2019@gmail.com by 5 October*, and, if you win, your photo will be printed and framed professionally by Frames Are Us.

The entrance fee will be **£6** for adults and **£2** for children. All profits will be donated to CHASE Children's Hospice near Guildford.

More information can be obtained from the organiser, Rotarian Tom Cornwell, at Celebration Cakes on the High Street in Cranleigh, or from Jane Briggs at Oakwood Business Consultant (phone 01483 276100 or email; joleary@oaktax.com).

50 Mile Sponsored Walk

Looking further ahead, Rotarian Jill Leslie will be marking the Club's 50th anniversary walk with a 50 mile sponsored walk from Friday 4th to Sunday, 6th October. Jill will follow the Greensand Way, traverse the Surrey Hills and finish on Downs Link at Cranleigh. She is hoping that as many people as possible will join her for at least part of the walk.

The walk will raise funds for two Rotary-supported charities in Zambia. The Jaipur Limb Project helps to fit prosthetics to people who have lost limbs, enabling them to work and earn a living. The Foundation School for disadvantaged 7 to 19-year-olds and their families aims to help children into work..

If you would like to take part in the walk, donate, or find out more, please contact Jane Briggs (daytime number 01483-276100) or Jill Leslie (evenings on 01483-275648). A JustGiving website is also being created. ■

Cranleigh Rotary Presents

A FESTIVAL OF
MODEL RAILWAYS

Saturday 21st September 2019
10 am - 5 pm

**Cranleigh Village Hall, Bandroom
and Guide HQ in Village Way**

**In Aid of the CHASE Hospice
for Children, Guildford**

Entrance: £6 (adults), £2 (children)



Entrance fee covers all venues



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Having recently made the switch from synthetic antiperspirant to deodorants that are based on more natural ingredients, I wanted to share the reasons for my change of heart.

Like many people I'd been using antiperspirants for a long time because they are easy to find and they are cheap! But having researched the subject I realised they were not the best thing for my body, and actually I didn't always find them as effective as they claim to be!



One issue with antiperspirants is that they do just what they say on the tin...they stop you from sweating. However hard we all try to deny it, your body is supposed to sweat! It's a very natural process that helps to control our body temperature and rid it of toxins. Blocking the pores of your skin with an antiperspirant to stop this process cause a buildup of these toxins under the skin.

Another issue with antiperspirants is that they often contain aluminum, a chemical linked with a number of

diseases, including breast cancer and Alzheimer's. All chemicals, of the right molecular size have the ability to be absorbed into the bloodstream and it only takes a matter of seconds for this process to occur. This scary thought was a big motivator in persuading me to explore the alternatives.

Choosing the right natural deodorant for you isn't as easy as you might think. No two people are the same so no two deodorants work the same for each person, its trial and error to find the one that works best for you. Three deodorants I've tried and liked so far are by Puremess, The Natural Deodorant Company (even my teenage sons have enjoyed using that one) and Norwex. Don't give up on a natural deodorant after the first day. It might take your body a few days or more to get used to a new product and there may be a buildup of toxins just below the skin that will need to work their way out of your body first.

Of course there are many other products on the market but primarily the chemical you are looking to avoid is aluminum, though I'd also add to that list parabens as they can cause skin irritations.

And after all of that did you know that sweat doesn't actually smell! When sweat comes into contact with the bacteria on our skin it causes that foul odour and the yellow stains on your clothes! Polyester, acrylic and other synthetic materials can trap moisture in causing bacteria to grow on and resulting in that smell! Opt instead for a natural fibre, such as cotton, hemp or silk that allows your skin to breathe normally. ■

Penny Lynch

07763 862470

pennylynch@gmail.com



FITNESS CLASSES DESIGNED AROUND YOU



Harriet Shaw fitness is run by Christine and Harriet, two instructors who have had many years' experience within the fitness industry. Their studio is attached to the family home in the heart of Cranleigh village and offers small welcoming classes with a maximum of four students per session. This enables Christine and Harriet to meet their client's expectations and ensure that exercises are performed correctly and safely. What's more, the small groups mean that clients get personal attention and exercises can be modified according to ability and specific needs.

The advantage of small groups means that clients can feel comfortable in the knowledge that they are being well looked after, therefore enhancing their exercise programme.

Clients of all ages and abilities are welcome and there are a variety of classes to choose from. If you want a more personal approach to your fitness, then one to one or couple training is also available.



At the studio, a free 30 minute consultation is offered where your fitness requirements will be discussed and a suitable class found. Even though the groups are small, the prices offered are reasonable and discounts are available for block bookings. So if you are looking to start an exercise programme or just improve your existing one then Harriet Shaw fitness could be the studio for you.

Core Strength

Having a strong core can have a positive effect on your day to day life, by making tasks much simpler to manage. Our core classes focus on strengthening the main core muscle groups using a variety of equipment, such as the Swiss ball, foam roller and Pilates ring. The classes also incorporate mobility, flexibility and balance.

Personal Training

If you are looking for a more tailor made programme specific to your training needs, then personal training could be the solution. After an initial assessment, a programme will be decided upon for you, depending on your fitness goals from cardiovascular, strength, flexibility, mobility or a combination. You may also wish to train as a couple.

Older Adult

This class is designed for the more mature client and those who may have mobility problems. The session focuses on functional exercises working on mobility, flexibility, strength and balance. The classes consist of seated and standing exercises which can be adapted to individual requirements.

September 19 New Pilates Reformer Classes

This class focuses on strength, flexibility, posture & balance using the reformer machine. Exercises can be done



lying down, sitting, standing, pulling the straps and pushing the footbar. You can use resistance or your own body weight. Classes are for beginners to the more advanced.

Studio Fitness Classes in Cranleigh

www.harrietshawfitness.co.uk

A range of classes are available including:

- Stretch Class
- Step Class (Ellens Green) 6.30-7.30pm
- Older Adults
- **NEW** Pilates Reformer Class
- Core & Balance Class
- Personal Training (1 to 1/couples)

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Cranleigh Village Hospital Campaign Group




As the dream of a new hospital in the heart of Cranleigh is now just a distant memory, I decided to set up a campaign group to try and get a minor injury clinic and other facilities back in to Cranleigh Village Hospital.

With the help of many others we have gained so much support and generated so much interest in this campaign, I certainly could not have started this campaign without them all.

We were promised new fully functioning hospital back in the village but now this is not likely to happen so the next best thing is to try and get our existing hospital back to something like it used to be.

This campaign started because of one person, my mum who sadly passed away last year. I was writing her eulogy when I remembered all the volunteer work she had done especially at the hospital. This got me thinking about what had happened about all the money that was raised for a new hospital?

I soon found out that the new hospital was never going to happen so decided to raise awareness through social media to the fact we need a minor injury clinic back in Cranleigh. It soon got the attention of so many people who had given money and staged fundraising events for a new hospital that is not ever going to be built. We now have well over 2000 signatures on our petition, if you see one of our petitions in local shops please help us by adding your signature.

This whole campaign is not about me or the people that have done so much to help, it's about doing something that will benefit the whole community.

If you would like to donate money knowing it goes directly to the Village Hospital then please donate it to the League Of Friends. They have recently raised funds for the new X-ray department which is a fantastic asset to the community. Without all their hard work and fundraising I doubt that the we would still have a Village hospital.

Andy Webb ■



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Cranleigh Probus A Club 10th September 2019

The club will hold its September lunch on Tuesday 10th at the Cranleigh Golf & Country Club. The speaker will be Judie English the distinguished archaeological landscape surveyor. Her subject for this lunch meeting will be Cranleigh from the Palaeolithic period, through the Iron age, and the Roman and Saxon times up to the modern Cranleigh village. Anyone interested in the subject and the club is welcome to attend by contacting, at least a week before the date, Stewart Shepley - phone **01483 548488**, or stewart.shepley@btinternet.com

Probus A club meets for the monthly lunches at the Cranleigh Golf and Country Club on Barhatch Lane, Cranleigh, GU6 7NG, on the second Tuesday of every month.

Please contact the club secretary David Ingham by email: dhmingham@gmail.com, phone: **01483 548488**, or visit the club website for a complete club profile and current news.



The Shades (Shamley Green Amateur Dramatic and Entertainment Society) will be holding auditions for their forthcoming 2020 Pantomime of Cinderella this October. We will once again be working to a relatively short run of rehearsals – not starting until November. The performances of our Pantomime will be 23rd, 24th & 25th January 2020.

We are a friendly group and always love to welcome new members to come and join us whether on stage or backstage - so if you think you have an inner Thespian, or would just like to have a go, no experience necessary, please come along to the auditions. Under 14 years old must have a chaperone.

Auditions

Thursday 10th October 2019

The Arbuthnot Hall, Shamley Green 7.30pm for 8pm start

For more information, please contact Jan Cornwell

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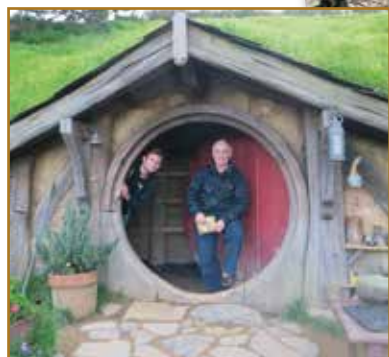
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Middle Earth Models

by Keith Field and David Coslett



David (left) and Keith in New Zealand

Keith and David, god-father and god-son, have spent the past 16 years making scenic models for David's army of Middle Earth Warhammer figures. Working from their homes in Derbyshire and Surrey they have sought to create in miniature some of the amazing scenery and film sets seen in 'The Lord of the Rings' and 'The Hobbit' film trilogies.

Following the success of their 'How to make Rock Formations' guide, they have just produced their second guide 'How to Make Deciduous Trees' in which they share more of their modelling skills and tips.

Part of the fun in making the models has been learning to use everyday objects in completely new ways. Staff in the local handyman stores now know that a tube of bathroom sealant or builder's caulk or a plasterboard metal corner strip is more likely to be used to make a waterfall, a tree or some leaded-light windows than for normal home DIY purposes! In the following edited extracts from their new book they describe some of the key stages in making a signature deciduous tree.

Getting Started

Before starting any model it is crucial to gather pictures of what you wish to model. Do not rely on memory. In the case of trees get as many pictures of real trees as you can.

Get the shape right and people are more likely to identify which trees you have modelled. Ash trees have a more vertical shape than the oak and maple, whilst the hazel is multi-stemmed with no obvious 'trunk'.

Materials

These are the key materials we used to make our large deciduous tree:

- Multi-core copper wire
- Florists' tape
- Builders' caulk
- BBQ sticks or a long nail
- False hair or 'Woodland Scenics' Poly Fibre
- Paints - spray, acrylics and children's bottled paints



- Various packs of foliage, flock and scatter materials.
- We use Woodlands Scenics' Course Turf mixed with their 'Fine Turf'
- White glue
- Extra hold Hairspray

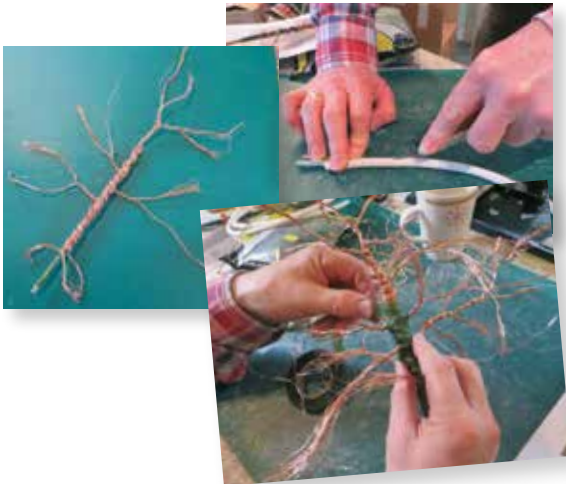
Other materials that can be used are:

- Florists' wire
- Old bonsai trees
- Roots from old garden shrubs and trees
- Sea-moss

The Framework Of The Tree

Choose a photo of the tree you wish to model and keep it in front of you as you work. Cut one or two lengths of multi-core wire, longer than the height you wish the tree to be. This allows you to create roots, as well as a trunk and branches.

Taking a sharp craft knife, slit open the outer layer of plastic and peel it back to reveal the three or more inner pieces of wire, each with their own different coloured coating of plastic. Cutting away from you with the craft knife, carefully shave away the inner plastic coating from the copper wire. Be careful not to cut the fine copper strands.



Take a long metal nail or a wooden barbecue stick. This will be the supportive 'core' of the tree and make a fixing peg for later on. Because we knew our tree would be over 30 cm high and quite weighty we bound three barbecue sticks together with florists' tape to give added strength and also more bulk to the trunk as shown above. Florists' tape magically sticks to itself!



Artists Corner



Autumnal trees in our model of 'Rivendell'



Wind the wire round the barbecue sticks creating branches and roots as required, holding the wire in place with more florist's tape. Working with wire can be quite tough on the fingers so plenty of hand lotion may be needed afterwards.

The individual strands of wire can then be teased out and twisted into shape to create the smaller branches and twigs. Use pictures of twigs to see how they divide in real life.

Twigs spread out from a branch both horizontally and vertically. Generally, the more kinks you put into each strand of wire the better! Trim any over-long strands of wire as necessary.



Do not worry too much if pieces of caulk get caught in the finer twigs of the tree. Some can be smoothed out but they will be covered by foliage later.

continued on page 46



continued from page 45

Once the caulk is dry the tree can be painted. Spray painting is the best way to ensure every twig and crevice gets a good covering of paint, as there is nothing more disconcerting than glimmers of shiny copper wire shining through the foliage later on!



The Leaf Canopy

Cut small strands of postiche or polyfibre, tease them out and, using white glue or a spray adhesive, stick the fibres onto the wire 'twigs'.



Colour

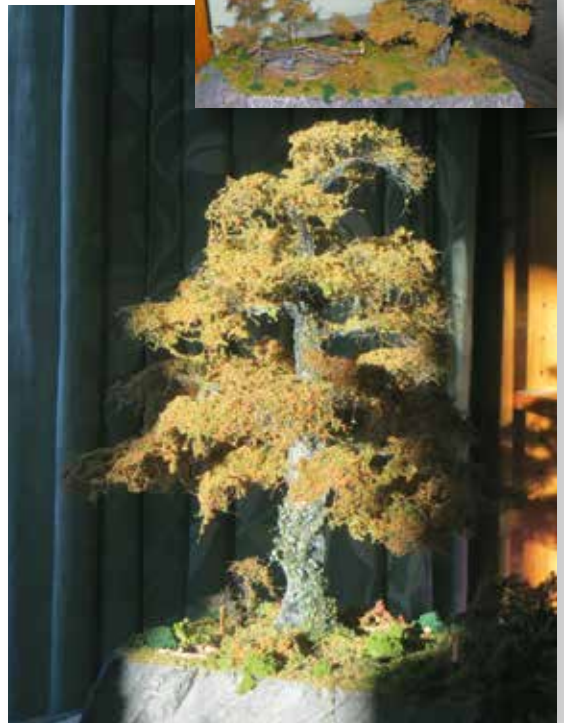
Leaves on a tree rarely look identical in colour. Even if they are all the same colour, the way the light plays on them makes some look lighter in tone than others. Therefore no one pack of foliage or flock is sufficient to create a convincing effect; a blend of different colours, shades and even types of flock is recommended.

Look at photographs of the leaf colours of trees taken at different times of year and in different lights. We used a mixture of different coloured flock and scatter materials to create the textured and muted effect we wanted for an oak tree in early autumn.



The easiest way to fix the foliage to the tree is using a cheap, 'extra hold' hairspray as shown in the photograph.

Here are some pictures of our finished tree.



We hope you have found this brief outline useful and interesting. If you would like to purchase a copy of either of our 'How To' Guides you can order them on our website at <http://middleearthmodels.com/product-category/book/>

You can also contact us and follow us on social media. ■

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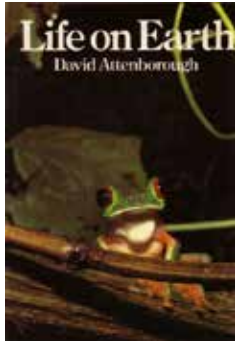
Autumn Joke
How do leaves get from place to place?
With autumn-mobiles.

BOOK REVIEW

Life on Earth

by Sir David Attenborough

*"It does not disappoint.
The new Life on Earth is
as glorious as the first"*
- *The Guardian*



David Attenborough's remarkable meeting with gorillas became an iconic moment for millions of television viewers. *Life on Earth*, the series and associated book, vitally changed the way we view and interact with the natural world setting a new benchmark of quality, influencing a generation of nature lovers.

Told through an inspection of animal and plant life, this is an incredible celebration of the evolution of life on earth, with a cast of characters drawn from the whole range of beings that have ever lived on this planet. Attenborough's observant, dynamic approach to the evolution of millions of species of living organisms takes the reader on a memorable journey of discovery from the very first spark of life to the blue and green phenomenon we know of today.

"I can't really think of any flaws with Life on Earth. The scale of the kind of story it wants to tell us truly impressive."
- *L.W (Amazon Reviewer)*

To rejoice the 40th anniversary of the book's first publication, David Attenborough re-entered *Life on Earth*, entirely updating and adding to the original text, taking account of the newest scientific discoveries from around the globe. This paperback edition also contains more than 60 full colour photographs, chosen by the author to help illuminate the book in a much greater way than was probable forty years ago.

This updated edition provides a timely tribute to an enduring wildlife classic, destined to captivate the generation who saw it when first published and bring it to life for a whole new generation.

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Some say . . .
 Autumn is a second spring
 when every leaf is a flower
Albert Camus



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A forgiving d

"After a good dinner
one can forgive anybody,
even one's own relatives."

— Oscar Wilde



1 MINESTRONE SOUP WITH BREAD Serves 4

*This delicious soup is a perfect dish for the rainy days
and a good way to use old bread.*

Ingredients

300g of bread, 1 broccoli, 200g of courgette, 1 red onion,
200g of potatoes, 100g of carrots, 2 celery stick, 100g
chopped tomatoes, Parsley, Olive oil, Salt and Black Pep-
per to taste

Preparation

1. Begin by cutting all your vegetables. Cut the red onion quite fine and the rest of the vegetables in cubes 1 inch thick, for the broccoli just cut it in medium size pieces. Remove the crust from the bread slices and cut them in cubes.
2. Place a large stock pan on a medium heat and add 2 tablespoons of olive oil and the red onion. Leave it to cook for 2 minutes, then add the potato, carrots and celery and leave it to cook for 8 minutes.
3. Now add some salt and the broccoli and courgettes. Let it cook 6 more minutes and then add the chopped tomato. Always stir your vegetables regularly with a wooden spoon as this will allow them to cook evenly. Add 700ml of water and when it starts to boil leave it to cook for 20 minutes.
4. Finally let's add our bread cubes and cook it 5 more minutes. Turn the heat off and add the parsley, the black pepper and if needed more salt. Let it rest for 5 minutes and you're ready to serve your delicious minestrone: enjoy!

Recommended Wine: Cabernet Sauvignon
(South Africa)



inner!



2 POTATO GATEAU

Serves 6

This is one of my favourite dishes, I guarantee your kids will love it. It's easy and quick to prepare.

Ingredients

500g potatoes, 50g milano salami, 50g roast Ham, 1 mozzarella cheese, 50g mature cheddar cheese, 2 eggs, 30g grated Parmesan cheese, Olive oil, Salt and black pepper to taste, 30g breadcrumbs

Preparation

1. Start by placing the potatoes in a large sauce pan and cover it with cold water. Place it on a medium heat and from the moment the water starts to boil, leave it to cook for 30 to 40 minutes depending on the size of the potatoes. To check use a fork to pinch them to see if they need more time.
2. Once the potatoes are cooked drain them and let them cool off for 3 minutes. With the help of a sharp knife remove the skin. *NB: Potatoes are much easy to peel when they are still warm.* Now place them in a large mixing bowl and with the help of a fork, mash them until we achieve a thick creamy texture.

3. Prep the rest of the ingredients by cutting the salami and roasted ham into medium pieces. Cut the mozzarella cheese and the cheddar into small cubes.
4. When all the ingredients are ready we start to add them to the mash. First we will start with the salami and roasted ham, then the mozzarella cheese, the cheddar, half of the grated parmesan and finally the 2 eggs, plus salt and pepper to taste.
5. With a wooden spoon mix your ingredients with the mash potato until they are well combined. Prepare a baking tray and preheat the oven at 180c or mark 7.
6. Place 2 tbsp of olive oil in the baking tray and spread it well, add the breadcrumbs on top and spread evenly. With your hands shape the mash and place on the baking tray, sprinkle the rest of the parmesan cheese on top, and place it in the oven to cook for 30 minutes.
7. Remove the Potato Gateau from the oven and let it cool down for 5 minutes, ready to serve and enjoy. I bet you will love it!

PS. I like to add a bit of gravy on the side.

Recommended Wine: Pinot Noir (New Zealand)



3 VEGAN DARK CHOCOLATE & SOUR BLACK CHERRY CAKE

Serves 8

This recipe was give to me from a friend that is specialized in vegan food. I found it delicious and really easy to prepare. If you like dark chocolate this is pure heaven!

Ingredients

100g dark chocolate in powder, 150g Glucose Syrup or Gomme Syrup, 100g Coconut oil, 80g sour black cherry (easy to find in syrup), 80g Almonds, 1 tsp of salt

Preparation

1. Get a large mixing bowl, add the cocoa powder, salt, glucose syrup and the coconut oil. With a whisk mix it until you achieve a smooth creamy texture. Add the almonds and the sour black cherry and whisk it for a few more minutes.
2. Place the mix in an 8x4 inch baking tray suitable for freezing, (yes this cake doesn't require an oven!) *NB: It's very important to cover the inside of the tray with grease paper.* Then place your cake in the freezer for 30 minutes.
3. Get your cake out of the freezer and cut it in to slice or square, enjoy the indulgence of the dark chocolate!

Simone Conti ■

SEPTEMBER

**Give your
Garden
New Life!**

September is here, and there's much to be done when your outside enjoying what's left of this year's warmth. As the season of Autumn begins, we've got plenty of work to do tidying and maintaining plants and equipment.

If you're looking for inspiration to bring your garden to life, see below for these Autumn pointers:

- Deadhead your penstemons, dahlias, and roses to keep flowers growing.
- Prune climbing roses and rambling roses once they've completed flowering (*unless they are repeat-flowering variations, in which case leave them until later in the year*).
- Start the autumn clean-up. Get rid of any old crops that have finished and clear away weeds to leave your plot tidy and ready for the winter.
- Pick off rotting fruits from any pear, apple and plum trees, as these will spread disease if left on the tree.
- Water greenhouse plants early in the day so the greenhouse is dry by the evening.
- Close greenhouse vents and doors late in the afternoon to help keep the in heat overnight. This will guarantee your plants crop for as long as possible.
- Feed your lawn with an autumn fertiliser which is rich in potassium and low in nitrogen.
- Burn diseased plants or dispose of the material in your household or green waste. Don't compost it as the spores may persist in the compost and infect your plants again. ■

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Life's On The Other Shoe

by **Raymond Holt**

An ex Cranleigh village Bobby

*These are the flagstones that led me to
The doctors house, where he retired.
When constant devotion to his patients
Was something that we all admired.*

*I see his stethoscope hanging in the hall
Cold and lonely, not under vests
Where once it listened intently to
Croaking coughing wheezing chests!*

*The bulging briefcase that he loved so much
A present at medical school
Now empty crusty stored and dead
Rests on the kitchen stool.*

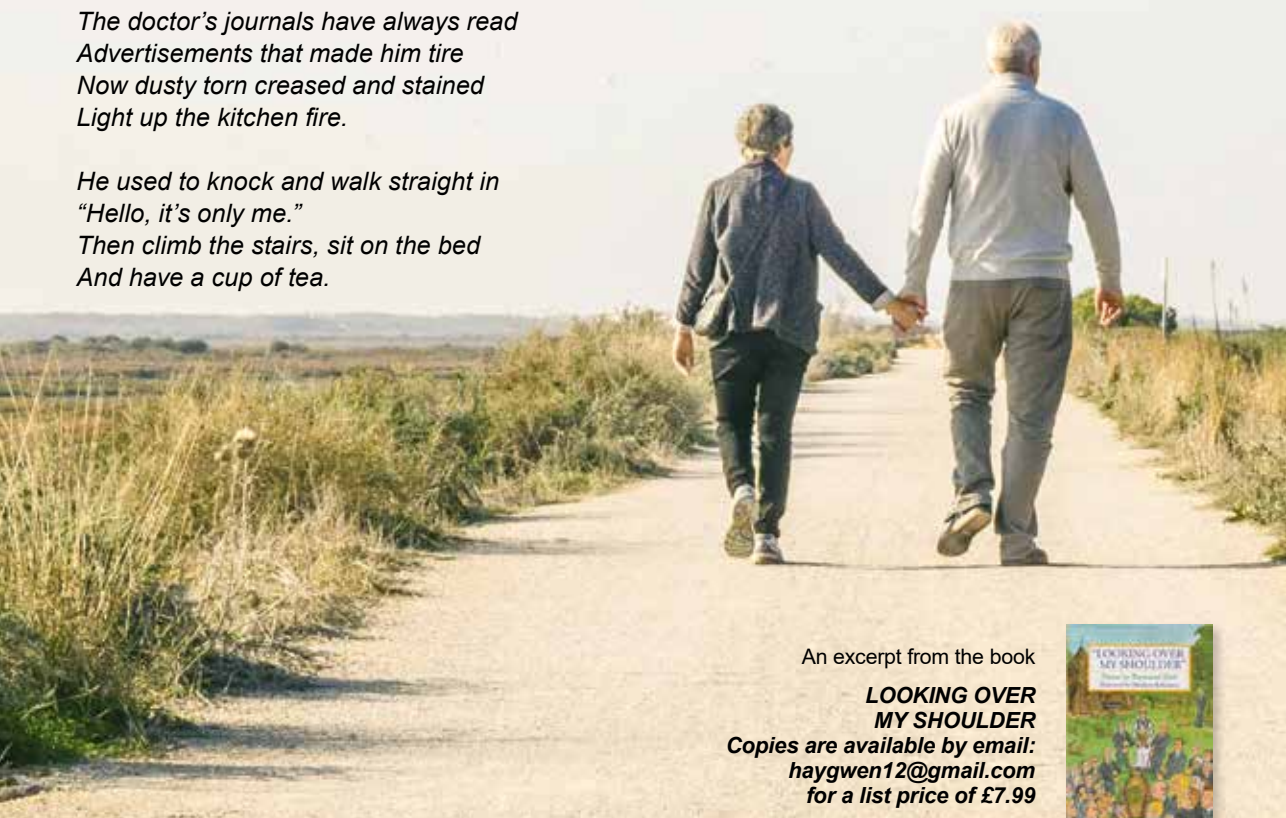
*The doctor's journals have always read
Advertisements that made him tire
Now dusty torn creased and stained
Light up the kitchen fire.*

*He used to knock and walk straight in
"Hello, it's only me."
Then climb the stairs, sit on the bed
And have a cup of tea.*

*There was a time when he would work
Throughout a winter's night
But now he's tucked up safe in bed
Until the morning light.*

*Now it's golf on Monday, shopping on Wednesday
The family at weekends
It's not surprising that throughout his life
He made so many friends.*

*I often see him in his Harris Tweed
"Hello Doctor, how are YOU?"
It's strange that now he has retired
Life's on the other shoe.*



An excerpt from the book

**LOOKING OVER
MY SHOULDER**

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for a list price of £7.99



ARTS



Cranleigh Arts Centre September 2019

Cranleigh Arts reopens their doors this month following a series of renovations, including updated washroom and pottery facilities. The revamp is part of ongoing work to improve their venue and facilities. We hope you enjoy the results! From a film festival to the fabulous family show 'I Believe in Unicorns' - not forgetting an evening of stand-up with TV comic, Andy Parsons - there is something for everyone to enjoy at Cranleigh Arts this September.



Event Cinema: Margaret Atwood: Live in Cinemas (12A)

Tuesday 10 September, 7.30pm

The publication of the Handmaid's Tale in 1985 has created a cultural phenomenon, as handmaids have become a symbol of women's rights and a protest against misogyny and oppression. Live from the London stage, Atwood will be interviewed by broadcaster and author

Samira Ahmed in a conversation spanning the length of Atwood's remarkable career, her diverse range of works, and why she has returned to her seminal handmaid story, 34 years later. **£17.50, £14.50 for under 25s**



Workshop:

**Pottery with Shelley Bock
Thursdays 12 September –
10 October, 6.30pm – 9pm**

This workshop offers an introduction to small scale clay modelling, as well as demonstrations in traditional hand building techniques. All courses suitable for beginners and those with more experience. Materials provided.

5 Week Course: £130



Film: All is True (12A)

Thursday 12 September, 8pm

Shakespeare is acknowledged as the greatest writer of the age. But disaster strikes when his renowned Globe Theatre burns to the ground, and a devastated Shakespeare returns to Stratford, where he must face a troubled past and a neglected family. Starring Kenneth Branagh, Judi Dench and Ian McKellen. **£8.25; £7.15 Friends; £5.50 for under 25s**



Comedy: Andy Parsons:

**Work in Progress – Healing the Nation
Friday 13 September, 8pm**

Join Andy Parsons as he warms up for his new tour! As seen on Mock the Week, Live at the Apollo, Q.I. etc. – and repeated on Dave.

"Cracking adlibbing...a joke-rich rallying call for a better Britain" **The Guardian**

"Coruscating live performer specialising in lacerating topical gags" **The Independent**
£13.70



Film Festival – Music on Film:

Amazing Grace (U)

Wednesday 18 September, 8pm

Witness Aretha Franklin as you've never seen her before. No one who loves music will want to miss Amazing Grace, which is both a revealing look at a key moment in American musical and social history, and an invaluable record of one of America's greatest artists doing what she did best. "Without a doubt one of

the finest music documentaries ever" **The Guardian**

£8.25; £7.15 Friends; £5.50 for under 25s



Film Festival – Music on Film:

Wild Rose (15)

Thursday 19 September, 8pm

Rose-Lynn Harlan, played by BAFTA Rising Star nominee Jessie Buckley, is bursting with raw talent, charisma and cheek. Fresh out of jail and with two young kids, all she wants is to get out of Glasgow and make it as a country singer in Nashville. "A fiery Glaswegian singer and single mother dreams of Nashville glory in this gritty feelgood feature" **The Guardian**

£8.25; £7.15 Friends; £5.50 for under 25s



Film Festival – Music on Film:

Grease Sing-a-long (PG)

Friday 20 September, 8pm

From the long-running hit Broadway show comes one of the most popular screen musicals of all time. 70's pop icons John Travolta and Olivia Newton-John join some of Hollywood's old-time favourite personalities in this valentine to the 1950's. Danny discovers the object of his "Summer Lovin'" fling Sandy

has moved to town and enrolled in his school. Rama-Lama Ding-Dong! **£8.25; £7.15 Friends; £5.50 for under 25s**



Film Festival – Music on Film:

Singin' in the Rain (U)

Saturday 21 September, 2pm

"Gotta dance!"; sings star and co-director Gene Kelly. But the imperative of the film's storyline is gotta talk! Silents are giving way to Talkies - and a hoover-turned-matinee idol is caught in that bumpy transition, as well as his buddy, prospective ladylove and shrewish co-star in a hilarious Oscar-nominated performance. Singin' in the Rain is pure singin', dancin', laughin', lovin', moviewatchin' joy. **£8.25; £7.15 Friends; £5.50 for under 25s**



Kids Craft:

Recycled Milk Bottle Elephants

Saturday 21 September, 2pm – 3pm

Make amazing artworks to keep and treasure in a fun creative workshop led by local artist Miriana D'ambrosio. Get crafty with recycled materials and make



a fabulous milk bottle elephant. These fun and funky creatures make great ornaments! Suitable for ages 5+.

£6 per child



Live Music:

Another Funkin' Disco
Saturday 21 September,
7.30pm

Back by popular demand! International Sounds returns to

Cranleigh Arts with another great night of classic funk, soul, northern & disco. Join us for another 4 hours of the best disco music from the 70s & 80s! Please note, booking for this event is through a third party, for full details visit www.internationalsounds.nutickets.com **£10 in advance (incl booking fees), £12 on the door**



Workshop:

6 Week Pottery Course
Tuesdays 24 September – 29
October, 2pm – 4.30pm

Our six-week pottery courses are aimed at all levels that en-

courage you to express your creativity in clay! Our beautiful pottery has up-to-date, extensive tools and equipment to help create your masterpieces, whether that be the potter's wheel or making a wide variety of hand-building techniques. This is a progressive learning environment to discover, develop and improve your skills. A wonderful, responsive and tactile material clay can be transformed in so many ways that it can become addictive! **6 Week Course: £180**



National Theatre Live:

One Man, Two Guvnors (12A)
Thursday 26 September, 7pm

Featuring a Tony Award-winning performance from James Corden, the hilarious West End and Broadway hit returns! Fired from his skiffle band, Francis Henshall becomes minder to Roscoe Crabbe, a small time East End hood, now in Brighton to collect £6,000 from his fian-

cée's dad. But Roscoe is really his sister Rachel posing as her own dead brother, who's been killed by her boyfriend Stanley Stubbers. Holed up at The Cricketers' Arms, the permanently ravenous Francis spots the chance of an extra meal ticket and takes a second job with one Stanley Stubbers, who is hiding from the police and waiting to be re-united with Rachel. To prevent discovery, Francis must keep his two guvnors apart. Simple. **£17.50, £14.50 for under 25s**



Classical Music:

Dinara Klinton (piano)
Friday 27 September, 7.30pm
Programme:

Tchaikovsky: Nocturne and Humoresque op. 10

Beethoven: Sonata op. 101 in A major No 28

Liszt: Transcendental Etudes No 11 & No 12

Prokofiev: Sonata No. 8 in B flat Op 84

£15, £10 for under 25s



Family Show:

I Believe in Unicorns (fundraiser)
Saturday 28 September,
11.30am & 2pm

Olivier Award nominated Wizard Presents brings best-selling children's author Michael Morpurgo's treasured story to life.

This intimate show is set in a library full of books that hold more than stories within their pages. It is a tale of the power of books, and the bravery of a young boy called Tomas. 'I Believe in Unicorns' also includes a 'book swap', for which audience members are invited to bring along a favourite children's book from home to help form part of the stage set at the beginning of the show. Duration 1 hour. Suitable for ages 6+. **£12, £10 child, £40 for family of 4**



Live Music:

Purple Zeppelin
Saturday 28 September, 8pm

Featured in the BBC TV documentary "The Joy of the Guitar Riff", Purple Zeppelin are proud to pay tribute to the two greatest Rock Bands of all time, Deep Purple and Led Zeppelin! In a

full-on two and a half hour show you'll hear more than 30 classic songs – basically *THE BEST BITS, ALL OF THE TIME!* Touring for over 10 years and seen by more than 6 million people, live and on TV, Purple Zeppelin are four talented and versatile musicians. With decades of playing between them and thousands of gigs in the UK and overseas, every show is an unforgettable experience. Come and experience the excitement of Deep Purple and Led Zeppelin in one mesmerising show! **£18.50**

BOX OFFICE INFORMATION 01483 278000 (Tues-Sat 10am-4.30pm) or visit www.cranleighartscentre.org

PRESS ENQUIRIES

For further information or images please contact Phoebe Farr on **01483 278001** or email phoebe@cranleighartscentre.org



Strawberry Cream Tea Event

Saturday 21st September

You are all invited to join us for a 'Strawberry Cream Tea' on Saturday 21st September **3 – 5pm** in St. Nicolas Church Rooms. This is a **FREE** Community event, everyone very welcome, as always.

Please ring **01483 274376** to book!

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Cranleigh Film Club

SEASON 9 Cranleigh Film Club welcomes you to the Band Room for a season of 12 international films. **2019-2020**



FRANTZ: Friday Sept 13th (open evening, free entry)
Set in Germany and France in the aftermath of World War I, Frantz recalls the mourning period that follows great natural tragedies as seen through the eyes of the war's lost generation.
France 2016. François Ozon. 113 mins, cert 12.



COLD WAR:
Thursday Sept 26th
Set against the 1950s Cold War in Poland, two people of differing temperaments begin an impossible romance.

Poland 2018. Pawel Pawlikowski. 88 minutes, cert 15.

A FANTASTIC WOMAN:

Thursday Oct 31st

Marina's life is thrown into turmoil after the death of her partner. Mourning the loss of the man she loved, she finds herself under intense scrutiny from those with no regard to her privacy. **Chile 2017. Sebastian Lelio. 104 mins, cert 15.**



WAJIB:

Thursday Nov 28th

A father and his estranged son must come together to hand-deliver his daughter's wedding invitations to each guest.

Palestine 2018. Anne Marie Jacir. 96 minutes, cert 15.



LEAN ON PETE:

Friday Dec 13th

Charley, a teenager living with his single father, finds work caring for an ageing racehorse named Lean on Pete. When he learns that Pete is booked for slaughter, the two embark on an odyssey across the new American frontier in search of a place to call home.

UK 2018. Andrew Haigh. 121 mins, cert 15.



THE GUARDIANS:

Thursday Jan 30th 2020

A matriarch oversees home and harvest during World War I, while her son falls for

her new farmhand, Francine.

France 2017. Xavier Beauvois. 138 mins, cert 15.

LOVELESS:

Thursday Feb 27th

An estranged couple going through a brutal divorce both have new partners and want to start again, until their 12-year-old son disappears after witnessing one of their fights.

Russia 2017. Andrey Zvyagintsev. 127 mins, cert 15.



LEAVE NO TRACE:

Friday Mar 13th

A father and daughter live a perfect but mysterious existence in a beautiful nature reserve near Portland, Oregon, rarely making contact with the world. But a small mistake tips them off to the authorities, and they are sent on an increasingly erratic journey in search of a place to call their own.

US 2018. Debra Granik. 119 mins, cert PG.



*SUMMER 1993:

Thursday Mar 26th

Six-year-old Frieda looks on in silence as the last objects of her recently deceased mother's flat in Barcelona are put in boxes. Although her aunt, uncle and cousin welcome her with open arms, Frieda finds it hard to forget her mother and adapt to her new home in the Catalan countryside.

Spain 2017. Carla Simon. 140 mins, cert 12.



SHOPLIFTERS:

Thursday Apr 30th

Set in Tokyo on a night of extreme cold, a father brings home a young girl he has found left outside her home to join his family who take the newcomer to their hearts. **Japan 2018. Hirokazu Koreeda. 140 mins, cert 15.**



BURNING: Thursday May 28th

Jong-Soo runs into Hae-Mi, a girl who once lived in his neighbourhood, and she asks him to watch her cat whilst she is out of town. When she returns she introduces him to Ben, a man she met on the trip. Ben proceeds to tell Jong-Soo about his hobby. **Korea 2018. Lee Chang-Dong. 148 mins, cert 15.**

***THE WELL- DIGGER'S DAUGHTER:****Thursday Jun 25th**

A Frenchman feels torn between honour and his love for his daughter when she gets into trouble with the wealthy son of a shopkeeper.

France 2011. Daniel Auteuil. 107 mins, cert PG.



***Signifies members' choices**

CRANLEIGH FILM CLUB is a members-only club. Annual Membership Fee is **£30** per person. Members' guests are welcome at **£5** each. To join, visit our website and fill in the membership application form or contact the **Membership Secretary, Sara Lock at saralock1950@btinternet.com**

Films are shown in **The Bandroom, Village Way, Cranleigh GU6 8AF**. Doors open at **7.00pm**; films start at **7.30pm**. Refreshments are on sale. Film notes at all shows and members' views researched. Please refer to the website: **www.cranleighfilmclub.org.uk**



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Cranleigh 10k Run



This year's Cranleigh 10k Run will take place on Sunday, 8 September, starting at 9.30 a.m. The run is organised by Cranleigh Runners, in association with Cranleigh Rotary. The race HQ will be at Cranleigh Band Room, Village Way, Cranleigh.

A bottle of wine will be presented to the first six men and women. A special finish medal will be presented to all participants. Entry Fee: **£15** for Club Affiliated Runners, **£17.00** for Unattached Runners. **All net profits go to local Rotary Youth Projects.** Closing date for postal entries is 5 September. To enter, go online to <https://www.cranleigh-runners.com>

Visit the JustGiving web address for Jill Leslie's walk: www.justgiving.com/campaign/CranleighRotary50Miles



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Bramley Village Hall

5:30 and 7:30 | Tracy - **07905939377**

Tuesday

Farncombe St Johns Church

9:30, 5:15 & 7:15 | Pauline - **07872162842**

Bellfields, New Hope Church

3:30, 5:30 & 7:30 | Tony - **07999377811**

Wednesday

Woodbridgehill Social Club

9:30 & 11:30 | Tracy - **07905939377**

St Clares Church, Parkbarn

5:30 & 7:30 | Tracy - **07905939377**

Cranleigh Village Sports and Social Club

3:30, 5:30 & 7:30 | Vikki - **07810868360**

Thursday

Cranleigh Village Sports and Social Club

9:30 & 11:30 | Vikki - **07810868360**

Jacobs Well Village Hall

9:30, 11:30, 5:30 & 7:30 | Nicky - **07399953818**

Rodborough School, Milford, Room 800

5:15 & 7:15 | Sally-ann - **07842448808**

Saturday

Wilfred Noyse Centre, Godalming

8:30 & 10:30 | Tracy - **07905939377**

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Cranleigh Amateur Swimming Club



Lillyella Harland-Fairweather in First Place!

Phew! We did it. We finally reached Cranleigh Amateur Swimming Club's month-long summer break!

I say, "we" but really the achievement and the hard work belongs to the swimmers and coaches. For 11 months of the year, our swimmers have turned up, week in week out, putting in hours of training. Add to that the many competitions and galas and it has been a full-on year.

We rounded off the season with outstanding achievements from two of our swimmers performing at the top end of the club.



Firstly, Sophie Moore, represented the club at the National Championships in Sheffield. Swimming the 200m Breaststroke, Sophie negotiated a tricky heat to qualify for the evening finals. In the final, Sophie achieve a personal best and club record time of 2:47.87, placing 9th.

Next up, Lillyella Harland-Fairweather, represented the Pentathlon GB team in the European Biathlon Championships in Madeira in July. Lillyella, who trains at Millfield school during term-time and with the club during school holidays, won the U18 mixed relay title, providing further evidence of the strength of our club.

These individual achievements are typical of the wider success so far this year. Since the new window for the 2020 County Championship opened in February, 18 of our swimmers have achieved 49 qualifying times. Add to that the 84 club records that have been broken this season, our representation at Regional and National Championships and we are happy that the club is doing very well for it's size. It is also moving in the right direction.

None of this would be possible without the hard work and dedication of our team of coaches. The commitment to prepare and lead every session, to plan and assess every competitive swim has been formidable, and it is all to help our swimmers to be the best they can.

Neither should we forget our team of volunteers who do the various bits and bobs behind the scenes, making sure that the club runs smoothly. Of course, us parents have played a role too, albeit a much smaller and more logistical one, making sure our swimmers are in the right place at the right time, supporting and enabling their activities.

So, whatever the involvement with the club, I think it is fair to say everyone has earned the rest. The month of August is a time for the swimmers to allow their bodies an extended period of recovery, and for coaches to take a break - a chance to recharge the batteries ahead of a busy autumn of competitive swimming. It is also the summer holidays: a chance to be with family without the sacrifices made for swimming. Perhaps, even the weather will cooperate! ■

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



Surrey Hills Singing School



Open Rehearsals during September

Ladies Daytime singing: The Surrey Hills Singers has a reputation for producing engaging and entertaining performances. Founded specifically for busy young mums, the choir currently comprises women of all ages, but the most appreciative are these busy mums who are so thrilled to experience all the attributes that singing in a choir brings – mental stimulation, physical health, happy endorphins, friendship, learning to improve their singing, and the joy of creating a wonderful sound in harmony. The opportunity to use the brain in a challenging but enjoyable way and chatting about topics other than children is particularly valued whilst they are away from the working environment.

It's not long before these ladies move back to work part-time and ultimately full-time, so our turnover of singers is higher than most choirs and in September we will be looking for some new ladies to swell our numbers again. We are an un auditioned choir who sing all styles of songs and all ladies are welcome to join us, not just mums. Mums are extremely welcome to bring babies and pre-school children. You do not need to read music as mp3 part files are made available to back up the lessons and learn on the go. We frequently have ladies join us who have not sung since school so don't let lack of confidence hold you back from singing with us. Come along and sing for a trial session or two, or just sit and listen if you prefer. You can also see some of our performances on Youtube. *Rehearsals are held on Monday mornings from 9.45am – 12 noon at the Ewhurst Baptist Church starting Monday 16th September.*



Surrey Hills Children: As part of the Surrey Hills Singing School, we often have families singing together with Mum or Dad in an adult choir and children in the Young Voices or Training Choir. Practising together is a great bonding experience. We have two choirs for children that both rehearse at St Cuthbert Mayne Primary School, Cranleigh,

on a Monday after school, starting 9th September. Children from any school are welcome. As well as using songs and games to teach singing and musicianship, the Training Choir (6-7 years old) also learn repertoire to perform at the Surrey Hills concerts. *Rehearsals are from 3.30-4.15pm. Children progress to the Young Voices at around age 8 or in Year 4 depending on the individual and their rehearsals are held from 4.15-5.30pm.*

For the experienced singer – the Surrey Hills Chamber Choir: SHCC is our only auditioned choir. As a small mixed voice choir, every voice counts, and we welcome singers who enjoy this type of challenge and commitment. We perform all styles of music and, as winners of a number of competitions, we work hard to achieve high standards and particularly like to focus on communication by predominantly performing from memory and uncondacted. Rehearsals are held Wednesdays at 7.30pm at the United Reformed Church, Guildford, starting Wednesday 11th September. We have a couple of vacancies in each section and are particularly looking for experienced basses. This season the choir will be performing in Manchester, Lucca and Cardiff, as well as the Christmas concert on Sunday 8th December.

Please contact debbie@surreyhill-choirs.co.uk for further information on any of the choirs. ■

Some say . . .
Autumn's the mellow time
William Allingham



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Sayers Croft Trust Bridge Tea

**Thursday 31st October 2019
at 1.30pm for 2pm**

EWHURST Youth Sports Centre (EYSC)

The EYSC is located in the Recreation Ground, Broomers Lane, Ewhurst, GU6 7RB. Car parking is available.

www.sayerscrofttrust.org.uk

The Sayers Croft Trust is raising funds for our Special Education Needs Programme. The funds from the Bridge Tea and other events will help us to continue the Programme for improvements to our fun and challenging activities, which has allowed over 1200 local children & families to benefit in the last 2 years. In particular, we are seeking to provide bursaries for those with disabilities, learning difficulties, or who are facing financial hardship. Please join us for an enjoyable afternoon of Bridge, with a delicious tea and Raffle Prizes, in support of this very worthy cause. ***Please bring your own playing cards and table.***



Please contact Bruce Dean: brucedean@statacom.net
Tel. **01483 277863**. The price per table is **£40**.

JOIN US FOR SOME DELICIOUS TEA!

Christmas Fair

We are holding an early Christmas Fair at High Edser, Shere Road, Ewhurst, Surrey GU6 7PQ on **Friday 11th October from 10.00am – 3.30pm** and would love everyone to come it's a fun day! There are lots of lovely gifts, Christmas cards, jams, honey and soaps for sale. There is coffee and tea with cake all day and pate and cheese lunch. We have an entry fee of **£2.00**.

You can ring me on **07775 865125** or **01483 278214** for more information if required.



YOUNG IMPALA AT WATERHOLE © Mike Hall

CRANLEIGH CAMERA CLUB



Events in September are as follows:

19th SEPTEMBER - Welcome back - an informal evening for existing members to greet new members, including refreshments, highlights of new season's programme and announcement of a new club challenge, *Members' participation*

26th SEPTEMBER - My favourite subject: 3 images of the subject you most enjoy photographing, *Members' participation*

You can find the programme and contact details on our website at **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.**

Ewhurst Horticultural Society

Saturday 7th September

The Society will be holding the Autumn Show. Ewhurst Village Hall. Open to the public **2.30pm**.

All details **www.ewhursthortsoc.org.uk** With refreshments. Presentation of awards at 4.15pm followed by raffle and auction of produce.

Show Secretary: Alina Brewer - Lilac Tree Cottage, Horsham Lane, Ewhurst, contact her on **01483 490190**





Local Residents turn BT box into kids library

A group of 5 Rudgwick residents have completed the restoration of an old BT red phone box in the centre of the village turning it into a kids Book Swap which will be formally opened by the famous British actress Dame Julie Walters on 2nd September at 3pm.

Project chairman, Edward Butler first had the idea for the library when walking his son Ollie to the primary school. He noticed how sad it looked and wondered how easy it would be to convert.

With a bit of research he found that several other boxes had been converted into libraries and he set out on his project. He formed a steering committee with 4 local ladies who were invaluable in helping drum up support from local businesses.

"Berkeley Homes in particular were very kind in giving us a generous donation and that really got the project over the line. They've built a lovely new development of houses in the village so they really wanted to help out. That money made it possible for us to finish the project before the kids go back for the new school year which was always our intention".

The local people of Rudgwick also dug deep into their pockets and gave enough money that the committee could employ full time restorer Tim Ralph to do the work.

"We were all blown away by Tim's dedication and craftsmanship throughout the project" said Edward. "Initially we wanted to do the bulk of the work ourselves as a community but when we realised how specialised it was and how intricate in detail it would be, we were actually quite relieved to hand the restoration over to Tim!"

This box will become a place where kids aged 3-16 can come and swap a book on the way to school. Local resident Julie was delighted to have been asked to unveil it

and being a Harry Potter and Paddington Bear actress she has many links to the literary world.

Edward says, "the book swap will make the phone box part of the village again, not to mention encourage the children in the village to learn to read! Its been really rewarding doing it and I hope the kids get a lot of enjoyment from swapping their books to and from school". ■



THE METHODIST CHURCH IN CRANLEIGH

We have received a very generous offer from a male voice choir, who will be returning to their home in Loughborough on September 29th after a successful south coast tour. Their conductor is a lifelong Methodist, and wishes to support our on-going fund-raising by presenting their concert in our church at 2pm that afternoon without charging the Church a fee. There will be no tickets sold for this concert, which will be a programme of varied music in two halves of 45 minutes with an interval of 15 minutes. The conductor, Chris Hill, suggests a retiring collection which will help pay for essential repairs to our schoolroom roof. We cannot continue our programme of outreach to the Community unless these repairs are done.

The excellent builders who re-furnished other rooms in our premises discovered the disastrous state of this roof when they were finishing the renovations which many of you saw when you visited our church on our Open Morning, May 4th. We are hoping to offer our premises particularly to a Nursery as we used to do, and we cannot use the schoolroom as the roof is in a dangerous state. The church itself is not affected.



We would be very grateful for your support on this occasion and trust the start time will not be too inconvenient for you. We hope to supply some kind of light refreshments during the interval. Thank you again for showing continuing interest in our church, as people still enquire about us and our activities.

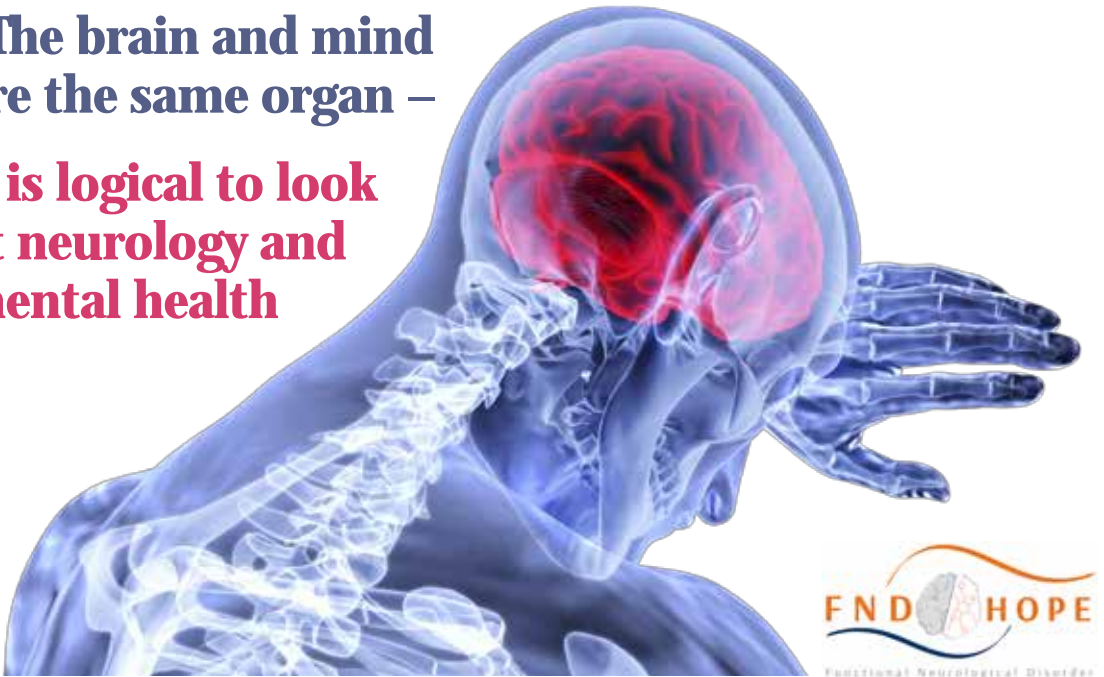
Glenda Sewell (Senior Steward)

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**“The brain and mind
are the same organ –**

**it is logical to look
at neurology and
mental health**



Dr Mike Dilley, Consultant NeuroPsychiatrist helped launch the first ever meeting of the Cranleigh FND Peer Support group. The meeting was organised jointly by Surrey Hills Rehab and FND Hope UK, a charitable organisation promoting awareness and support for individuals and carers affected by Functional Neurological Disorder.

It was a great success and for many it was the first time they had ever met someone else with FND. The group comprised a mixture of those diagnosed with FND and professionals who wanted to learn more about this little known condition.

FND Hope UK as a charity has a huge task ahead as most people have never heard of FND until they, or someone they knew were diagnosed. Yet, FND is the second most likely reason for anyone being referred to a neurologist, after headaches.

Dr Dilley from St George's Hospital, London gave news of the latest research and answered questions. He revealed plans for more joined up treatment in the future so that those diagnosed will be able to access appropriate treatment. Those with FND can find themselves sent home, often taking years for them to be correctly diagnosed, despite life being very definitely altered. The quicker someone is diagnosed, the greater the chance of them learning ways to counter or even regain the functions lost.

The group discussed that the range of symptoms is huge and the stress of not knowing what is wrong can for some speed up something called 'disassociation' – where a body loses more and more many previously automatic functions – for e.g. mobility, speech, vision, hearing, swallowing – literally anything can stop working or become intermittent. Some will suffer non epileptic seizures, yet initially misdiagnosed as epileptic.

The specialist revealed that resources are sadly short, but that St George's is leading the world in this field. All assembled felt lucky to have in our region those who are eminent in this field. Some of the group told of harrowing experiences dealing with ignorance of this condition and how even many health care professionals still do not know what FND is.

The neurologist explained that FND is more of a software issue than hardware. That everyone's experience is very different, but all with FND have something that interferes with the way the brain communicates with the body and some vital 'factory settings' can be lost or interrupted. The trigger can sometimes be an injury, illness, stress a combination of these things or just spontaneous. Every case is different.

The next meeting is scheduled for Thursday September 26th and December 19th. More details from: www.surreyhillshsrehab.co.uk or <https://fndhope.org> or book tickets through EventBrite.

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Our newly modernized reception now has a separate cat waiting area! So, we can't wait to see you there.

We give you **10%off** everything if you join our Pet Care Plan!

Ask about our **FREE** Weight Clinics where you are given **FREE** advice on the welfare of your pet.

Most of our clients come to us by personal recommendation



01483 274242

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Established over 50 years