

NOV 2019 - FREE ISSUE 49



# CRANLEIGH MAGAZINE

# NOVEMBER



## What Came First . . . ?

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### **Wild Mushrooms in a Light Cream & Chive sauce**

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(Vegan Starter available on request)

## & for main?

### **Norfolk Bronze Turkey**

cooked at a low heat basted in butter served with all the trimmings, apricot & cranberry stuffing & spiced red cabbage

### **Duck Leg Confit**

served on braised spiced red cabbage, fondant potato & black cherry sauce topped with parsnip crisps

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### **Moroccan Style Bean Tagine (vegan)**

With dried fruits, herb couscous, chargrilled pita bread & a soy yoghurt raita

## can you squeeze in a pudding?

### **Christmas Pudding**

served the way you like it let that be with brandy sauce or homemade vanilla custard

### **Butterscotch & Milk Chocolate Tart**

served with salted caramel ice cream & black cherry compote

### **Whole Roasted Peach (vegan version available)**

with butterscotch sauce & vanilla ice cream

### **Lemon Curd & Vanilla Panna Cotta**

pistachio & meringue crust & a homemade shortbread biscuit

### **Selection of Artisan Cheeses**

No7 Blue Monday by Alex James, Somerset brie, Sussex Charmer served with artisan biscuits & a homemade apple and fig chutney

For allergy advice or if you have any concerns or requests please ask a member of staff and we will try to accommodate you where possible



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NOVEMBER 2019



## CRANLEIGH MAGAZINE

**WELCOME** to Cranleigh Magazine in the month of November. Change comes yet again as we watch the leaves on the trees change colour and fall to the ground. In this month's 'People Profile' we meet someone who made a big change in their life, a career change and we ask was it always there, inbred, born with a love for nature and animals waiting to reveal itself?

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

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

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

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



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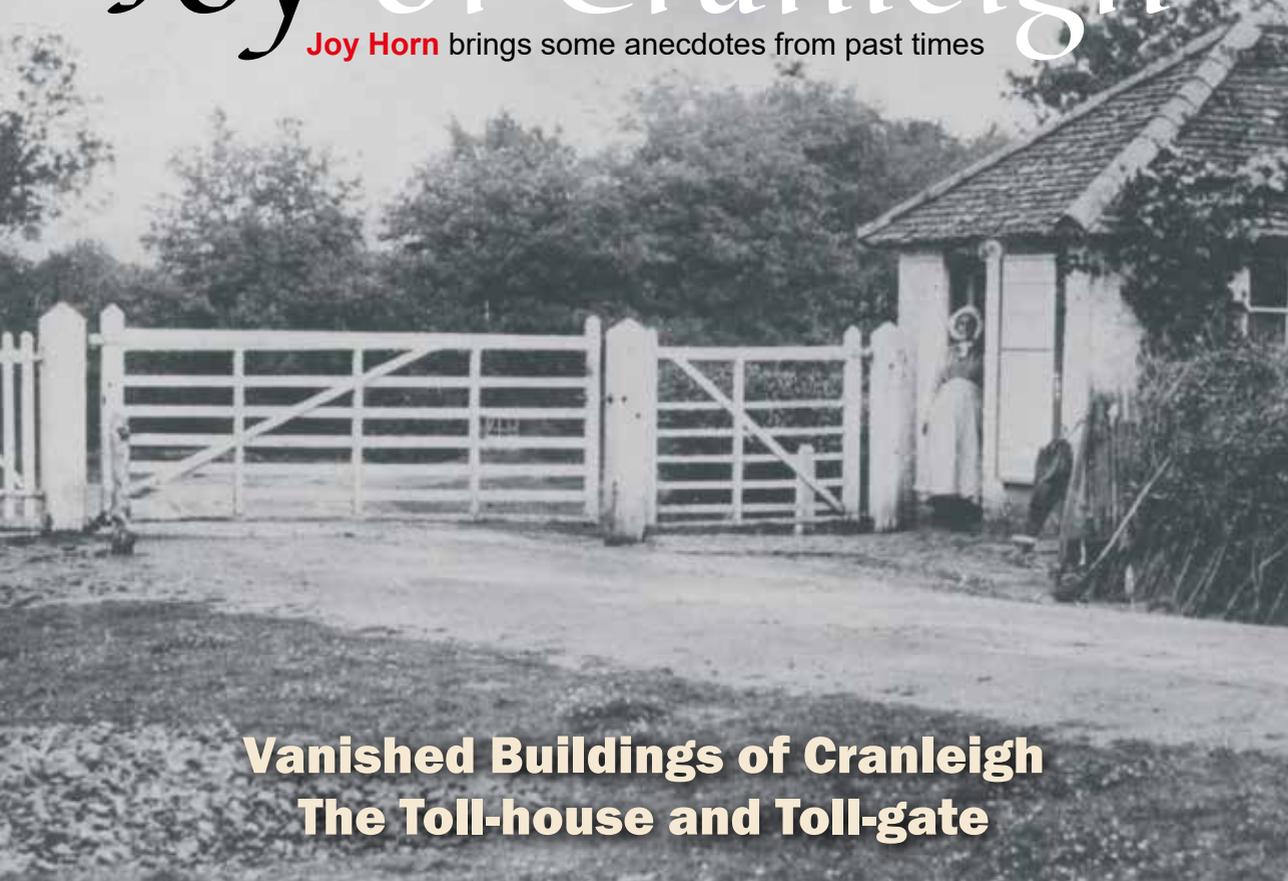
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# The Joy of Cranleigh

Joy Horn brings some anecdotes from past times



## Vanished Buildings of Cranleigh The Toll-house and Toll-gate

**Above:** Not Cranleigh's toll-house, but the one at Gaston Gate, which the Cranleigh gate would have resembled (courtesy of Michael Miller)

Roads around Cranleigh 200 years ago were little more than tracks, causing problems for would-be travellers or farmers needing to transport produce or stock to markets. In fact, the condition of the roads guaranteed that most people scarcely ventured out of the village.

One remedy was for a group of wealthy people to invest in constructing a good-quality road, known as a turnpike road, then recoup their money and make a steady profit by levying charges for using it. So toll-gates were set up across the turnpike road at intervals, with a resident gatekeeper living in a toll-house. When a traveller approached, the gatekeeper would come out and open the gate, on payment of the appropriate toll. And, yes, Cranleigh had its own toll-gate for 50-60 years in the nineteenth century.

An Act of Parliament had to be obtained for each such turnpike road. Cranleigh's Act specified that the projected road should go from Bramley, through Wonersh, Cranleigh and Ewhurst, to Rudgwick.



ANNO QUINQUAGESIMO OCTAVO

GEORGH III. REGIS.

Cap. lxxix.

An Act for making and maintaining a Turnpike Road from Bramley in the County of Surrey, to Ridgewick in the County of Suffex. [23d May 1818.]

WHEREAS the making and maintaining of a Turnpike Road from the Village of Bramley in the County of Surrey, passing through the Parishes of Wonersh, Cranley, and Emsbury, to the Parish of Ridgewick otherwise Rudgewick in the County of Suffex, forming a Communication with the Road from Brighton to London, would be of great Advantage and Convenience to the Neighbourhood, and likewise of public Utility; but the same cannot be effected without the Aid and Authority of Parliament: May it therefore please Your Majesty, that it may be enacted; and be it enacted by the King's most Excellent Majesty, by and with the Advice and Consent of the Lords Spiritual and Temporal, and Commons, in this present Parliament assembled, and by the Authority of the same, That the Knights of the Shire for the County of Surrey, the Members for the Borough of Guildford for the Time being, the Honourable Frederick Pleydell Bouverie, the Reverend George Walton Ogden, the Reverend William Hadjoo Cole, Richard Sparkes, John Sparkes, John Mather, John Street, William Street, Richard Eger, William Eger, James Stowell, John Arnold, John Boughton, Henry Tucker, Fletcher Norton, John Ryde, Henry Sparkes, Hatches Trower, Philip Barker Webb, and George Chandler, and their Successors, to be elected in Manner herein-after mentioned, shall be and they are hereby appointed Trustees for making, maintaining, repairing, and otherwise improving the First District of

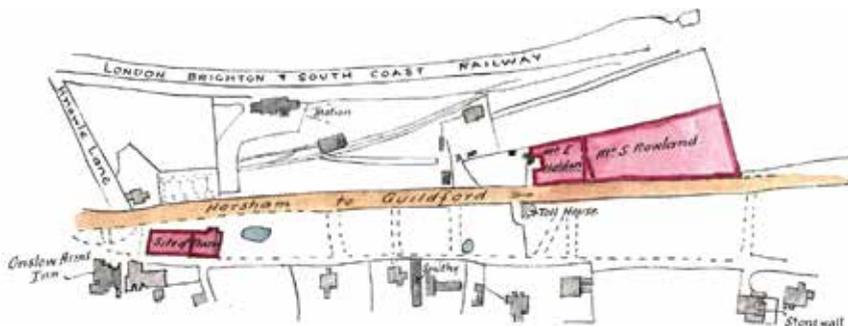
Toll-tax.  
Full Ditt.

[Local.]

17 U

1818





Sketch-map of 1887 from the Frank Warren papers (courtesy of Mrs Catherine Ferrier)



Above: Stanford House (The Cottage) in 2019 and one of its exits to the main road. A line of posts on the right marks the second exit.

Bottom left: Cranleigh's Turnpike Road Act, 1818 (from C. Budgen, *Cranleigh: a History*)

From there, another section would link it to the London to Brighton road. Royal assent was given on May 23rd 1818 and the investors drew up a list of financial pledges on June 6th. This list is in the Surrey History Centre, and contains the names of several Cranleigh men. The rector, the Rev. John Barbor Wolfe, pledged £300.

We know the position of Cranleigh's toll-house from a sketch map of 1887, although it was no longer operating then. It was on the Common, opposite the present Natural Life Shop and Glamorous Nails. In 1930, some of its foundations could still be seen: perhaps a project for excavation? The line with a curve in it on the map close to the toll-house may have been a fence or wall across the Common, and it may be the ditch that is still there and seems to follow the same line.

No picture of the toll-gate is known, but it was probably similar to that at Gaston Gate, which is still there, by the roundabout, now incorporated into a bungalow. There were four toll-gates on the Bramley to Rudgwick stretch of road – at Gaston Gate, Cranleigh, Cox Green and Rudgwick.

We know a little from the nineteenth-century Censuses about four of the Cranleigh toll-gate keepers. Henry Hersey, aged 40, was here in 1841 with his wife Sarah and two young daughters. He is described as an agricultural labourer, so perhaps Sarah attended to the gate. John Snatt, 70, harness-maker, was here in 1851: maybe his craft enabled him to look after the gate while working. William Redman, 56, is called tax-collector in 1861 and William Stemp, 36, who figures in 1871, is another ag. lab. and tax-collector – or perhaps wife Hannah looked after the gate. By 1881 the toll-gate had been removed.

It cost 2d for the toll-keeper to let a horse through; a cart, a gig and a horse team were each charged 6d. Sheep were five for 1d. Not surprisingly, these charges were very unpopular, and people went to considerable lengths to avoid them by by-passing the gate. The house on the Common called 'The Cottage' (now 'Stanford House'), which was in line with the toll-gate, had two routes from its gate which the owner's gig could take, depending on

*continued on page 8*



## The way it was



Part of a painting of the Obelisk by Edward Hassall in 1830 (Lambeth Archives)



The Obelisk in its familiar form around 1850: the extraordinary Yew tree has given its name to the later Yew Tree House and Yew Tree Veterinary Centre





whether he was heading east or west. They are still there. Various ditches on the Common and cricket field were probably dug to frustrate would-be toll-avoiders.

The investors in the turnpike road never recouped their outlay, as the road never made a profit. Some of the pledged subscriptions did not materialise.

Besides toll-avoidance, the road needed constant loads of stone and gravel as they disappeared into Cranleigh's bottomless clay. When the railway opened in 1865, it spelt the end of any hope of a profit, as it followed much the same route as the road. The Highways Act of 1878 renamed turnpike roads as 'main roads' and the Local Government Act of 1888 transferred responsibility for their maintenance to the new County Councils.

There is still a reminder in Cranleigh of the old turnpike road – the Obelisk. This was set up to commemorate the road's construction, with plates showing the places that could be reached by it. Curiously, they show the towns the traveller has come from. The most likely person to have put it up is Cranleigh's surgeon John Ellery, who lived at Broadoak close by. Originally the Obelisk was surmounted by a small pineapple. ■

*(Grateful thanks to Beni Lee for her suggestions on this article.)*

**The Cranleigh History Society** meets on the second Thursday of each month at 8.00pm in the Band Room. The next meeting will be on Thursday October 10th, when David Latimer will speak on 'Parson Woodforde: the diary of a country parson'.

**Far right:** The present day Cranleigh Obelisk still commemorates the Turnpike Road, which the toll-gate served



# Crane Spotter:

## tales from a Cranleigh birder

### November

#### Watch out for the Nordic invaders

**T**he apples are ready and now I'm waiting for the 'chock-a-chock chock'.

No, it's not some sort of sweet fireworks night treat for the kids but it is my recipe to attract a rather shy type of thrush to the garden.

Last month I wrote about the autumn's rusty tones arriving with the Redwing in October. Around two weeks later we get its beefy big brother flying over for the winter to escape the piercing chill of Scandinavia. The Fieldfare.

Small flocks often audibly announce themselves as they head south-west in waves, about twice the height of mature Surrey oaks. Luckily, although they are known to fly at over 10,000 feet, many come low enough to see with the naked eye.

I liken their calls to 'chock-a-chock chock' and when you hear them you know that the first heavy frosts will not be far behind. Overhead an invading flock can look a motley army because every few wingbeats individuals fold their wings for a rest, so they are never in unison.

Most of the earliest arrivals just seem to carry on going beyond Surrey and it is usually not until the winter that you can catch up with later arrivals 'on the deck' in the fields.

Ploughed, stubble or grassy fields can be good for the worms later in the season when they have already stripped the orchards of fallen fruit.

This month and into December look out for them in hedges or trees laden with hawthorn, whitebeam and rowan berries. Scores of them will roost in the Scots Pines of The Hurtwood and along the Greensand Way, ready to descend just after dawn for a red berry breakfast.

Fully laden trees can be stripped of fruit in just a few days and then they remain immediately bare of these birds too. All is quiet again as the ravenous visitors move on to where the food is and their squeaky, hoarse chatter invades pastures new.

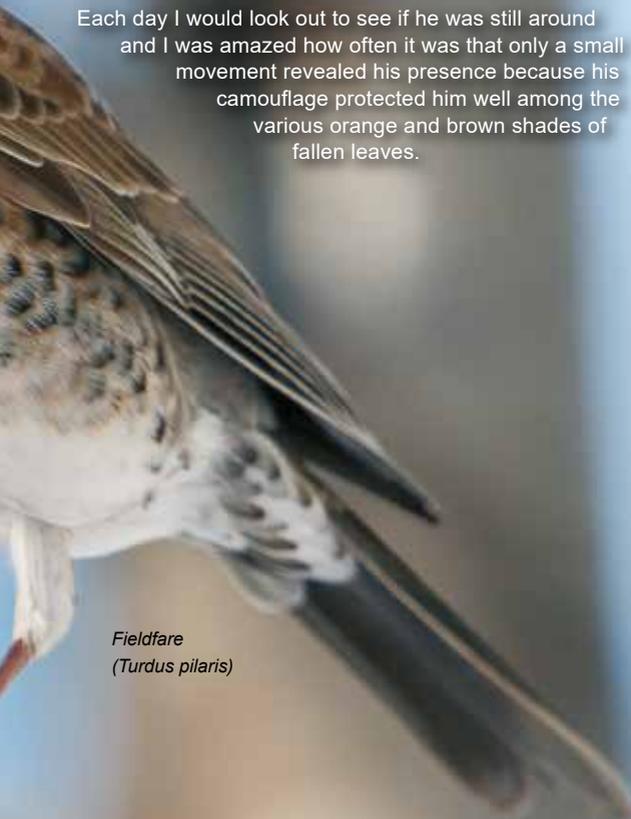


When the winter gets harder though the Fieldfare, whose name comes from the Anglo-Saxon *felde-fare* – ‘the traveller over the fields’ – is ready and hungry enough for a trade-off. He will come into your garden to bash out the last of any remaining apple flesh.

Last year a bossy Fieldfare visited my lawn in Cranleigh almost daily from 28 December and stayed faithful to the area throughout January’s darkest days, visiting other gardens too. He was present right through to 25 February.

He saw off all the local Blackbirds, who mistakenly thought his apple larder was meant to be shared with them, and some neighbours and I enjoyed close views as he patrolled his patch, pecking three or four rotting apples into submission every morning.

Each day I would look out to see if he was still around and I was amazed how often it was that only a small movement revealed his presence because his camouflage protected him well among the various orange and brown shades of fallen leaves.



Fieldfare  
(*Turdus pilaris*)

The Fieldfare is a handsome strutting chap and bigger than a Blackbird. He has a grey head and nape - it looks like he is wearing a little helmet for battle - while black ‘mascara’ runs like war paint around his eyes.

Grey extends down the bird’s nape, lower back and rump, while the tail is long and black. His back - or mantle - and wings are a beautiful chestnut colour, the breast and belly sides are rich orange, especially in males, and give way to whitish underparts decorated with little black ‘arrow-head’ markings.



Fieldfare (*Turdus pilaris*)

There is a small white stripe above the eye, the bill is yellow with a black tip and the legs are dark pinkish brown.

My earliest around here was exceptionally ahead of the main influx, on 24 September, but most years birds noticeably start going over only from mid-October.

Keep a look out for them into the early Spring. My latest was 17 March although my friend Dave Harris saw as many as 15 very late birds on fields in Cranleigh on 22 April 1990.

I have seen them in summer in various European countries, including Poland, Finland and Estonia. There they are often much tamer as they venture down to lawns to collect a different diet to here – mostly worms for feeding their young.

A Fieldfare ringed in Ewhurst on 24 February 1956 was seen again at Reinsvoll, Norway, on 23 July the same year. That was some travel over numerous fields! I wonder if he made it back here. Hopefully my apple addict of last winter will do so. ■



Redwing (*Turdus pilaris*) © Magnus Manske

Twitter - @Crane\_Spotter 

# People Profile

ORD

Who's who?



**Main picture:**  
Running in the women's 4 X 400m relay



**Henrietta Kodilinye Sims**  
Surrey Poultry Vet

I'm not a Cranleigh girl, I was born in East London 'within the sound of Bow bells' which considering my 'Surrey' accent is a bit ridiculous. I lived there all my life until I finished university and it was my husband's job that brought us to live locally, near Cranleigh.

My father was a country boy from Staffordshire and my mother a 'townie' from Barrow in Furnace. They relocated to London because of their jobs.

# When does you

I went to Godstowe Preparatory Boarding School when I was 8 years old, then on to The Cheltenham Ladies' College, where I enjoyed the best fun ever! I loved the freedom of boarding school and the variety of activities on offer. It was great being out and about and active all the time. My chosen activities were mainly art and sport based, though I remember when we were 10, we had our own little garden, our own 'patch' to tend, just 'free range' which was really nice. Being an international school, I also got to hear about far away places and strange animals from girls from across the globe, from Orangutans to Kinkajous and Slow Lorises.

The only downside I experienced of boarding school was when I returned home I didn't have any friends around in holiday time because I didn't go to the local school, so it could be a bit lonely as an only child. I was the only girl who ever cried at the end of term.

The subjects I excelled at were all the sciences – biology especially. I loved biology because we had some awesome teachers who made it good fun, and I loved learning about how the natural world worked. I wasn't good at anything writing-related like English and History.

From the sport point of view, I did a lot of athletics and ended up running for Great Britain. I went to the European Junior Championships in Lithuania and took part in some home Internationals as well. I was a sprinter, the 400m and 4 x 400m relay. Our relay squad placed 5th in the Final.

My first GB vest came at the same time as studying for my A levels, so that was a pretty stressful year. On reflection I think doing them together meant I excelled at both. If I'd only had one thing to focus on there would have been time to kill, and I'd have wasted my free time. I'm the type of person where if I'm busy, I get stuff done and feel more productive. I'm lazy when I have time on my hands.

My teachers told my parents I would have to give up athletics if I seriously wanted to study veterinary science and that was enough motivation for me! I'd always wanted to be a vet. I'd wanted to help animals since I was very young.



At the agricultural show-showing a goat in 2003

My mother's not animal-minded in the slightest. She never had pets. I asked her recently why she wasn't interested in animals and she admitted, "It's because I never had them around me but I wanted you to have them and be exposed to them". As I grew up and understood more about animal welfare and where our food comes from, my parents' interest increased with me. It was never the case of 'Let's take her to the zoo', more like 'Let's take her to the farm'!



Pigs, my favourite animals on a farm visit

We were allowed to take pets to boarding school and I had guinea pigs as my first pets. I don't quite remember how this came about but during one half-term break I had to take some stick insects home and after that I turned into a stick insect fanatic. I used to drag my dad to phasimid study groups at the Natural History Museum on a regular basis. My poor dad having to sit through that! I even made him wear the T-Shirt!

Every year from when I was tiny, we'd go to the Royal Welsh Agricultural Show and suddenly one year, when I was 9, to my delight my dad announced 'Let's get some chickens'. They were my pride and joy! One Christmas we built a giant snow-castle for them and put Napoleon the cockerel on top as chief. We called him "Nappy" for short. I used to sit down in the coop and they would flutter onto my head, shoulders and arms, often leaving little unwanted gifts behind. We hatched chicks in our home incubator and they would keep me up all night cheeping under their little infra-red light, but I loved them.

I had an interest in ALL animals, particularly wildlife. We would often go pond-dipping for newts and frogs. Once we caught a frog and my Dad let me keep it in a bucket to observe it for a while. Dad had popped a stone into the bucket but chastised me when he realised I'd removed the stone, 'What will the frog sit on?' he said. The poor frog couldn't keep swimming forever and Dad explained I could've almost killed it. My parents always taught me to care for animals and give them what they needed, to be gentle with them. They gave me the awareness that animals are not here just to amuse us, they have their own ways and their own habitat where they live and thrive. We've got to keep them in their ideal environment by putting them back afterwards.

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# r career kick in?



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When I was little, like a lot of children, I just wanted to cuddle and cosset any animals I came across. As a teenager my passion developed into being interested in food, sustainability and where our food comes from. This in turn awakened the desire to take care of our food animals and keep them happy and healthy before we eat them. They deserve the best life possible. This 'journey' led to me wanting to become a food vet.

A food vet's role is to look after production animals, ensuring their health and welfare is maintained. It is a really important job. Food-producing animals deserve our attention as much as any other animal. People really care about their dogs and cats but forget about livestock like the cows. I wanted to be one of those people who made sure they were happy too. I think it was going to the agricultural shows with my parents that flicked a switch in my mind.

By the time I was 18 my mind was focused on being a vet. The only other pressure that could have influenced this decision was my athletics training and competing. When my teachers said I'd never make it as a vet, that was all it took. I announced, "I'll show you."

From that point I've never looked back, and even though I was keen to pursue athletics, it was always – 'pursue being a vet as a career, follow athletics as a hobby'. I'm not deluded, it's one thing training to be a vet and another thing to make enough money out of it to also be an athlete. I could make pocket money out of competing, but I knew I could never earn a salary. So I always kept it to one side and eventually because of my veterinary studies, I had to give up competing all together, although I am still an athletics coach.

Vet school was really hard work, but good fun too, and I met some life-long friends there. Hospital rotations were exhausting but we had some great laughs together. Once, we led a large male Alpaca with mange into the small animal hospital for a medicated bath. The nurses were horrified! My best friend and I once discussed rectalling cows when we were in Tesco's at the till, then realised the cashier was looking at us so oddly.

Unfortunately, when the time came to graduate, I wasn't confident about farm work so I didn't pursue being a farm vet initially. I came to work at Brookmead Vets which suited me well, because their practice was 90% small animals and 10% farm work; equine at the time. It was my husband's job that brought me here, though he was only my boyfriend at the time. He's a physiotherapist (we've got quite the 'combo' going on!) and worked as a GB physio when I was doing athletics. He was already working in Surrey. My parents had retired and moved to France so I decided to come down here to Cranleigh from East London.

After two years of living and working in Cranleigh, meeting the most wonderful people and their animals, I start-

ed itching to get back to agriculture. I began a Diploma in Veterinary Epidemiology and Public Health which is all about disease prevention and protecting our food chain. Then I saw an advertisement for a Poultry internship and thought, "You know what, I LOVE chickens and I've never been on a chicken farm or learnt much about it, I'm moving to Lincolnshire and train to become a chicken vet!" My



Judging at the Chilworth Dog Show 2018



# What came first



husband was more than a little surprised and it was quite a challenge living apart for so long, but it was well worth it. I don't regret leaving traditional practice in the slightest, but I have some fond memories of it. I mean, how many jobs mean you get to tell an owner their pet was being over amorous? Or end up taking home an apparently "ugly" little terrier to foster (I personally thought he was beautiful and fell in love with him), who stole the duck fat at my parents house then vomited under their Christmas tree. My mother was not amused! I've been bitten (more like gummed) by a toothless pug while cutting its nails, and spent many an hour laughing over terrible testicle jokes with the nurses whilst performing castrations (sorry gents).

Being a poultry vet is tremendously varied work, no two days are the same. I wasn't completely satisfied as a small animal vet, I didn't feel I was making enough of an impact. On the other hand, as a food vet there's opportunity to make a difference to large numbers of animals on just one visit. Working on the whole food chain, with businesses, farmers and animals - it's just so varied and suits me better.

Having a job that means working with chickens is a bonus! I love the way a chicken hatches out of an egg and it's just complete - a 'mini chicken'! Having developed and hatched in an incubator it then knows instinctively where its food and water is, even without mum there. It's the most amazing and surprising little species, self-sufficient and incredibly intelligent. They're so sweet the way they all flock towards you when they're tiny and all of a sudden you are surrounded by a sea of cheeping yellow.

I would love to have my own chickens. I think they make great pets. I'd love my son to learn the lessons I learnt from having animals, like patience and kindness. I can't though because of my job. I can't risk spreading disease to other people's poultry, so I'll have to leave that job to our rescue cat. I am passionate about nature as well as farming. I want to help protect the environment and 'get back to nature'. I keep a large vegetable plot and have

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# t, the chicken . .



continued from page 15

tried to make my garden more wildlife friendly. I love the idea of being more self-sufficient and giving back to nature, although it is hard work. I think nature can teach us important life lessons like 'let it be' and 'don't disturb things unless required'.

While it would be great for more of us to be self-sufficient, I doubt we all have the time in our lives. Animals and plants take a lot of time to look after. If we all went down the "good life" route, would animal welfare actually be better for the animals? It definitely wouldn't be more sustainable. Free range and organic animals actually use up more resources than intensively farmed animals. At the end of the day we've just got to respect nature.

As a family, spending time outside together is important to us. We are so lucky to live within such beautiful countryside. We encourage our son to experience all the things nature has to offer, from fish-spotting to playing with leaves and stomping in puddles. There is no such thing as being too muddy in our house, much to my parents dismay when they visit from France and we drag them through the local muddy woods and streams. I think it's so important that we appreciate what wonderful nature is on our own doorstep. Hedgehogs need our support, not only Tigers.

I think chickens are awesome to work with. The other day my toddler said "Mama fix chick-shens". I was so proud. I've recently launched my own business as a pet/backyard poultry vet. I want to help people achieve healthy, happy birds and support my family. I am passionate about education, I believe it is so important. If we were all educated about the natural world we would probably treat it better. It's sad that it's so difficult to find experienced poultry vets, so as a lecturer at Surrey University I'm trying to change this. I teach all our vet students about poultry surgery and medicine, and even take them on field trips to practice our handling and examination techniques. Pet poultry deserve as much care and attention as any other pet, so I think it's essential they play a significant part in our curriculum.

Sadly my husband is frightened of flapping birds, they are not his thing (I'm being hypocritical with my fear of spiders), but otherwise he shares my passion. He helps me in the garden and wants to keep bees one day, but meanwhile he has to be content with making solitary bee hives out of my prunings instead.

Looking after chickens as part of family life is great. They cause hours of amusement, give you fresh healthy eggs and teach good life lessons to children, but it's essential to know what's involved. A chicken can live 7-10 years, depending on the breed so it's quite commitment. There are many local courses available on how to keep your chickens healthy and safe e.g. how to set up your coop, prevent fox attacks and what is the best food. Chickens are naturally a prey species, so they act more like rabbits than cats or dogs when they are ill. They are good at hiding illness,

*Main picture:  
My Aunt's chickens*

# ... or the egg!





so predators don't think they are easy targets, therefore as owners it is really important we spot illness early on for veterinary intervention to be successful. There's lots of support answering the medical queries for dogs for example, but not so much for chickens. I'm going to run chicken health courses to help people understand more about how their birds work, and how to spot early signs of things going wrong. It doesn't cost a lot to start up either, anyone who uses the internet can often buy a second hand chicken coop. It's possible to find free chicken coups on the internet too, but it's essential to remember to disinfect a secondhand one before use. At the other end of the spectrum, some new, large sized ones are available on the market for £1,000, so there's many options to suit all.

When choosing the type of chicken there's a wide range to choose from. Some are pedigree breeds costing about £30 each, or there are organisations like 'Fresh Start for hens' and the 'British Hen Welfare Trust (BHWT)' who re-home ex-commercial hens.

Their only cost is a minimum donation, or more if you'd like to give a gift. Laying pellets, oyster shell and grit are essential as they'll be laying eggs and have to process a high amount of calcium to produce the egg shell, so feed high in calcium is the way to go. Without that they will break down their own bones to produce the eggs, which is definitely to be avoided. How self-sacrificing is that! I once fed my chickens a large quantity of watercress prunings. At first you'd think great, iron and calcium rich treats! But then a week later when I was back at boarding school my parents phoned me to say the strangest thing had happened. All their eggs had turned green. Not the shell itself, they were normal, but the yolk. When my mum cracked an egg into a pan it was a strange greeny yellow colour. She assumed it was off but then Dad noticed it smelt fine. (We do the smell test a lot at home. Ignoring the best before dates is a guilty challenge for us.) Anyway, they realised it was just pigmentation, the eggs were fine.

The daily time commitment to care for them is about 20 minutes. It's good to pick them up, handle and inspect their condition on a daily basis. Obviously if you wish to spend more time you can. Then an additional hour each weekend would be required to clean their coop. Despite popular opinion, eggs should be kept in the fridge. They should also be kept as clean as possible, so ensure the nest box material is regularly refreshed. Never wash them, you only remove the protective waxy coating. Unlike pet birds, commercial birds are vaccinated against Salmonella, which is why 'Lion Code' stamped eggs are so safe nowadays.

*continued on page 18*

**Photo captions:**

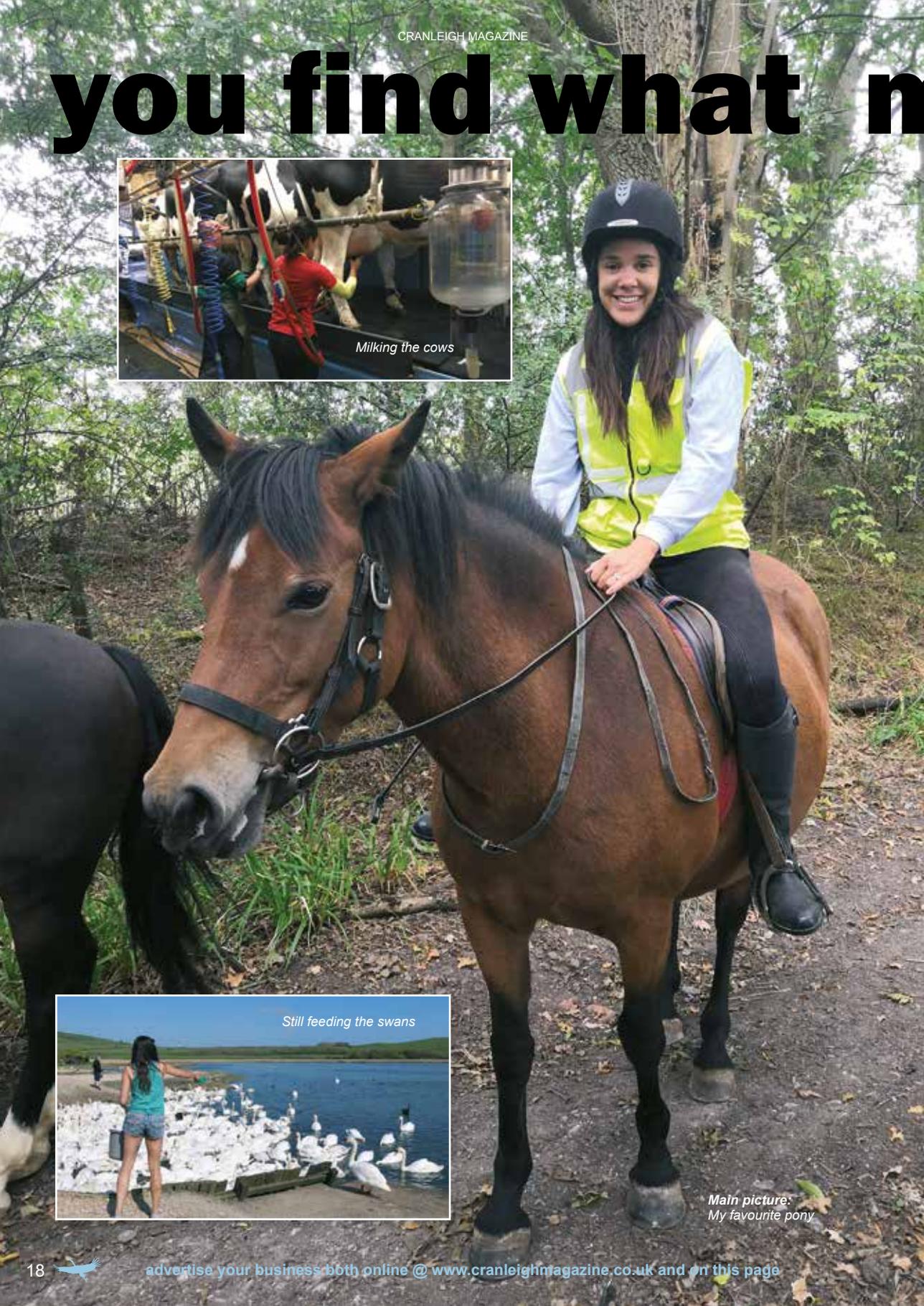
1. Feeding the swans at a very young age
2. Having a cuddle with a goat
3. My pet Gerbils at University
4. Learning how to keep bees
5. Ducks – splitting up a duck fight

# Then one day . . .

# you find what m



Milking the cows



Still feeding the swans

Main picture:  
My favourite pony



# makes you tick!



continued from page 17



*Me at University*

Before you start out, I would highly recommend doing plenty of research. The library stocks lots of books about poultry husbandry. Ensure you have a large enough space for them and that you're able to invest in the initial equipment, especially fox-proofing, as that may add to the cost and labour. It's advisable to dig a trench and fill it with concrete to stop foxes from digging underneath any fencing.

Make sure you choose the right breed too, there's no point having a flighty cockerel or one with large spurs if you have young children. Our first cockerel, Sargent, used to have a right go at us if we went into the garden, so we took to wearing a long black cloak and flapping it whenever he came near. He clearly showed more respect to giant birds than humans. I would highly recommend having a cockerel (if your neighbours can cope with it!). They interact so gentlemanly with the ladies, sharing the juiciest treats, shielding them from danger, checking out any potential threat first. They're a model of chivalry. The less time you spend with chickens, the more feral they'll become, so keep interacting with them. You can even train a chicken to do tricks.



*Hide and Seek in the woods*

The more you handle them, the friendlier they'll be. People always look impressed when I say I'm a vet, but as a profession, vets are struggling at the moment. Findings have revealed high rates of dissatisfaction, caused by pay rates, long hours and stress. There are many mental health issues, it's a big priority for us at the moment. The work-life balance is hard to deal with and the pay is not particularly good either compared to other jobs, so high numbers of vets are leaving the profession which is a very sad fact. My advice to any young person considering a veterinary career is to be very sure that you understand what your committing yourself to. A veterinary degree is not just about playing with animals all day. It is about supporting owners as well. It can open many unexpected avenues like being a chicken vet, working for a supermarket, drug company or the government and getting involved with animal welfare policies. The communication, problem solving and decision-making skills you learn are useful in so many other careers. It might be wise to view a veterinary degree and career as two separate things. Too many undergraduates aim to get a veterinary degree to be a vet, but then become sad and disillusioned afterwards. But there is no need to be, it can be a fantastic career.



*Feeding the ducks with my little boy*

I love being a vet, now I have found my niche. I know I am improving animals' lives, which is what I always wanted. Go in with your eyes open, work hard, have a backup plan and consider other veterinary avenues too. You have to love animals and people. It's a fine balance. I believe that animals aren't luxuries so we should commit to looking af-

ter them first and foremost, and that's what I plan to do. ■

**For more information on poultry contact:**  
Henrietta Kodilinye Sims - Surrey Poultry Vet  
email: [surreypoultryvet@gmail.com](mailto:surreypoultryvet@gmail.com)




Animal Physiotherapy | 01483 388060  
[www.superflyanimalphysio.co.uk](http://www.superflyanimalphysio.co.uk)



# What Came First . . . ?



**T**he chicken or the egg? The chicken, no, the egg, no, the chicken, no, the egg. It's mindboggling to try and work out.

How does an idea or inspiration germinate in our lives and make us the person we become? Is it there from birth, already mapped in our DNA? Or does society shape our every fibre? ■



**Why did the chicken cross the ocean?  
To get to the other tide!**

**Christmas Deadline!  
7th December  
Smithbrook  
Picture Framing**

**HURRY! Make sure you get your framing done in time for Christmas!**

We will be taking our last orders for Christmas on the 7th December ready for delivery by the 21st of December!  
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**TIS THE SEASON TO BE JOLLY**

## **COMMUNITY CHRISTMAS DAY LUNCH**

**Come and join us at  
Cranleigh Baptist Church  
262 High Street, Cranleigh**

**Time 1-4 pm**

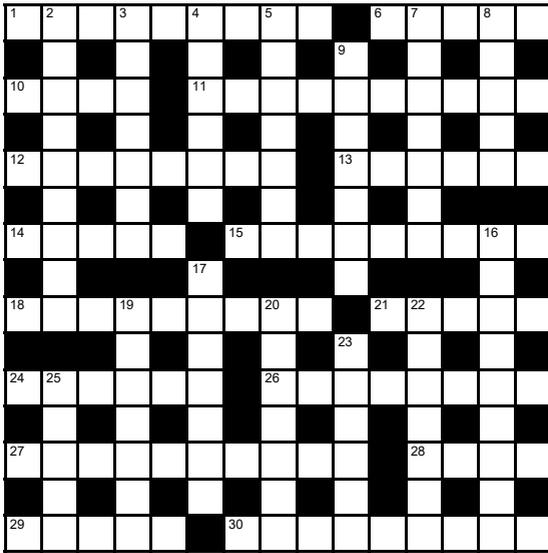
**Traditional Christmas lunch, carols  
Transport provided if necessary  
No charge - Children welcome**

**If you would like to join us please call the church office on 01483 275371 and leave a message or email on [office@cranleigh.org.uk](mailto:office@cranleigh.org.uk) no later than the 15th December**

If you would like to contribute in any way to the above, please also contact Janet Wallis at the Baptist Church.



### November Crossword Puzzle



- |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Across</b></p> <ul style="list-style-type: none"> <li>1 They get in the way (9)</li> <li>6 Long-continued practice (5)</li> <li>10 Macchu Picchu builder (4)</li> <li>11 Resting, like actors (10)</li> <li>12 Canes (8)</li> <li>13 Stretched-out rectangle (6)</li> <li>14 Embellish (5)</li> <li>15 Strong dislike (9)</li> <li>18 Turn on the waterworks (4,5)</li> <li>21 Fleecer (5)</li> <li>24 Showy decoration (6)</li> <li>26 Amount of sugar needed to help with medication (8)</li> <li>27 Diversion (10)</li> <li>28 First name in French fashion (4)</li> <li>29 Worrier's malady (5)</li> <li>30 Advocates of land reform (9)</li> </ul> | <p><b>Down</b></p> <ul style="list-style-type: none"> <li>2 Communication problem for musicians in narrow streets? (9)</li> <li>3 Rotates around a kind of heater (7)</li> <li>4 Trapped (6)</li> <li>5 19th century American philosopher (7)</li> <li>7 ---, coulda, woulda (7)</li> <li>8 Eco-conscious (5)</li> <li>9 Raring to go (2,3,2)</li> <li>16 Immensely powerful (9)</li> <li>17 Suffer remorse (4,3)</li> <li>19 Merit (7)</li> <li>20 Hazarding (7)</li> <li>22 Husband of Eleanor of Aquitaine (5,2)</li> <li>23 Piano (6)</li> <li>25 Standard of perfection (5)</li> </ul> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Colin the Cranleigh Chameleon, was hiding on page 34 during the month of October. **Did you spot him?**

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



### November Sudoku Puzzle 1 - Easy

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

### November Sudoku Puzzle 2 - Hard

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

### October Crossword and Suduko Answers

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

October Crossword Solution

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

October Sudoku Easy Solution

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

October 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**

**2**  
NOV

**CRANLEIGH  
LIONS BONFIRE  
& FIREWORKS**

Make-a-Guy competition, torch-light procession, bonfire and firework display. Sponsored by Cranleigh and District Lions Club. 18:00 - 21:00 (Approx)

**Stocklund Square, Cranleigh, GU6 8RN**

**3**  
NOV

**JAMES KETCHELL -  
CHASING EXTREMES**



James Ketchell is the only person on the planet to have summited Everest, rowed the Atlantic and cycled the world! 19:30 - 22:00

**The Electric Theatre, Onslow Street, Guildford**

**9**  
NOV

**BRAMLEY BONFIRE  
& FIREWORKS 2019**



The Bramley Bonfire is always a spectacular event with a torchlit parade, raging bonfire and magical fireworks. 18:00 - 20:30

**Bramley Field, Bramley, Surrey, GU5 0AX**

**12**  
NOV

**SCRIPTEASE:  
CHARLIE'S AUNT**



*Theatre.* Charley Wyckham and Jack Chesney pressure fellow student Fancourt Babberly to pose as Charley's aunt Donna Lucia from Brazil. 19:30

**The Electric Theatre, Onslow Street, Guildford**

**17**  
NOV

**MILITARY  
VEHICLES DAY**



Over 80 vehicles, spanning the decades and representing the field of conflict from across the world, as well as displays in the Paddock. 10:00 - 17:00

**Brooklands Museum, Weybridge, Surrey**

**20-23**  
NOV

**TERRIBLE TUDORS &  
AWFUL EGYPTIANS**



Prepare yourselves for an amazing show with Horrible Histories live on stage! For times visit their website:

[www.atgtickets.com/venues/new-victoria-theatre/](http://www.atgtickets.com/venues/new-victoria-theatre/)

**New Victoria Theatre, Woking, GU21 6GQ**

**7,15,28**  
NOV

**HORSHAM DISTRICT COUNCIL - HEALTH &**



**Thu 7 Nov 10.00am: Milton Heath, Dorking.** Meet at Milton Heath and The Nower free car park off Westcott Road, Dorking RH4 3JT. An undulating walk passing a pretty mill cottage and waterfall. No stiles. No dogs. 5½ miles 2¾ hours. **Lynne 01403 268157**

**Fri 15 Nov 10:00am: Albury Heath and Farley Green.** Meet on south side of Albury sports ground. This undulating woodland walk has lovely views and will pass disused watercress beds. No dogs. 4 miles 2½ hrs. **Margaret 01403 262311**

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

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



**Thur**  
every week

**WALKING  
FOOTBALL**



Started a few months into 2019 and have between 10-14 players at a session. Play for an hour, with at least one break. Open to all 10:00 - 17:00

**Cranleigh School, Horseshoe Lane, GU6 8QQ**

**1-3**  
NOV

**AWESOME AUTUMN  
HALF TERM**



Half term fun celebrating Awesome Autumn with fun activities, including trails, craft, puppet shows and gardening workshops. 19:30 - 22:00

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

**5**  
NOV

**WOKING BEER  
FESTIVAL**



Over 60 real ales available plus bottled beers, ciders and perries, gin bar and wine bar, live music, food. 3 sessions, 18+ only. 6:30 - 8:30

**Woking Leisure Centre, Surrey, GU22 9BA**

**8**  
NOV

**SARAH  
MCQUAID**



Recently honoured with a Lifetime Achievement Award, Sarah has drawn praise for her voice and her engaging rapport with audiences. 20:00 - 22:00

**Farnham Maltings, Bridge Square, Farnham**

**16**  
NOV

**CHESSINGTON  
RUNNING WILD**



An exclusive chance to run 5km or 10km through the famous Chessington World of Adventures. Kids Challenge for children 6+ on race day. 7:00 - 12:00

**Chessington World of Adventures, KT9 2NE**

**16**  
NOV

**CHRISTMAS  
CRAFT FAIR**



Pay a visit to their Christmas Craft Fair, there will be plenty of unique and handmade gifts on offer to suit all tastes. 11:00 - 16:00

**Rural Life Centre, Farnham, GU10 2DL**

**22**  
NOV

**GRIFF RHYS JONES:  
ALL OVER THE PLACE**



Griff is back and once again all over the place touring the UK this autumn with his brand-new full-length stand-up show. 20:00 - 22:00

**Farnham Maltings, Bridge Square, Farnham**

**29**  
NOV

**SOUTH COAST  
SOUL REVUE**



This year Cranleigh Arts Centre invited South Coast Soul Revue back to kick start our Christmas early with two hours of hi-energy soul & funk. 20:00 - 23:00

**Cranleigh Arts Centre, 1 High Street, GU6 8AS**

**LEISURE WALKS**



**Thu 28 Nov 10:00am: The Kings Head Rudgwick - Baynards.** Meet in the car park opposite the pub. A flat circular walk but does include a few short steep slopes, gradual inclines and some stiles. No dogs. 6 miles 3 hrs **Geoff 01403 258180**

**30**  
NOV

**FATHER CHRISTMAS  
& MRS CHRISTMAS**



Pop along and meet Father Christmas and his wife in their cosy festive sitting room. For times visit their website: <http://bit.ly/2nGfRjx>

**Hatchlands Park, East Clandon, GU4 7RT**

BUY YOUR NEW HOME WITH A £4,000 DEPOSIT

# Are you looking to get on to the property ladder but don't think you have enough savings?



**CLARION**  
HOUSING

Have you considered Shared Ownership as an affordable route to achieving your dream as a first time buyer? This route to home ownership is an excellent step towards owning your own property.

## Maple ROW –

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Maple Row is a charming development on the Horsham Road within walking distance of Cranleigh Village.



Clarion Housing has desirable new-build apartments available through Shared Ownership ready to occupy now. Tucked away on the southern edge of Cranleigh the apartments are split over three blocks with just four properties in each. Ideal for first time buyers or even downsizers in the area.

- Two spacious double bedrooms
- Open-plan kitchen/living area
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- Two allocated parking spaces
- Surrounded by green spaces with secure play areas
- Easy access to local amenities and the Surrey countryside.

### A VIEWING IS ADVISED

Book your appointment today. All apartments are built and ready to go.



**DEPOSIT FROM £3,906**

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To find out more about Shared Ownership or to book a viewing contact the Customer Service Team:

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\*Full Market Value £312,500. Eligibility checks and Terms & Conditions apply. Speak to your sales negotiator for further details. Values and availability are correct at the time of publication.



# ARE YOU READY TO KEEP OUT THE COLD THIS WINTER?



TRUSTED  
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RESPECTED  
FOR OVER  
35 YEARS



HUGE  
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BUDGETS



## Do you suffer with rattling windows? Draughty doors?

With winter just around the corner, now's the perfect time to get that sorted.

At P&P Glass, one of Cranleigh's premier installers, we've got a stunning selection of windows and doors, all offering outstanding energy efficiency.

That means they're excellent at keeping the cold out, the heat in, and cutting both your energy bills and your carbon footprint.

Take the first steps to a warmer, more comfortable home this winter – Call **01483 467250** or visit your nearest P&P showroom today!



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Portsmouth Road  
Esher  
KT10 9AD  
**T: 01372 468272**

**WIMBLEDON**  
337-339 Haydons Road  
Wimbledon  
London  
SW19 8LA  
**T: 0208 544 2420**

A large, rustic wooden mallet is positioned diagonally across the upper half of the page. Below it, a single brown egg sits in a small white ceramic cup. The background is dark, making the wood and egg stand out.

# Eggs: Friend or Foe?

by Sue Potgieter

Nutritional Therapist & Naturopath mANP CNHC rGNC

**T**he humble egg has been the subject of controversy for many years with our fears of high cholesterol, salmonella etc. being fuelled by various reports in the media. We have been warned for a long time to cut down on our intake of cholesterol and within the last 40 years the consumption of eggs was called into question. Why was this? One egg has 200mg or more of cholesterol which takes up most of our 300mg daily limit. However, in a large meta-analysis of 16 major studies which had between 1,600-90,000 participants in each, eggs were found to NOT be linked with heart disease! In fact, in the Physicians' Health Study, NO link could be found between eggs and heart disease.

**What are we to believe?** One minute butter is bad for us, then it's a healthy saturated fat. One minute alcohol can increase our risk of disease, and in the next report it can reduce it. One minute eggs are

bad, the next minute they are the latest superfood. Confused? What is missing in all the media reports is context. Without context, you end up with confusion. It's the same when learning a new language. Context, context, context my tutors used to say to me! The word may be correct but out of context it makes no sense.

Eggs are known as a '**complete protein**' or '**first class protein**' because they contain all the 8 essential amino acids that we require daily. Proteins are made from 25 amino acids, 8 of which are essential because they cannot be manufactured by the body. The other 17 are naturally made in the body. Amino acids are the building blocks of all our cells, muscles and bones, as well as the hair, skin and nails. They also make enzymes which are vital catalysts of daily processes in the body. Research has shown that leucine, one of these essential amino acids found in





Egg muffins for breakfast



Find out where your eggs were farmed when you buy



Eggs are an excellent source of Choline

eggs, can help with weight loss by stabilising blood sugar levels and encouraging the body to shed fat. A good reason to have eggs for breakfast!

When buying eggs, avoid those that are from hens raised in commercial operations or on an industrial scale. Look for eggs raised on farms where hens are allowed to roam freely and to forage naturally. Their eggs will have far higher levels of nutrients. Egg yolks should be dark, deeply coloured orange or yellow. Avoid eggs with pale yellow yolks. Egg whites contain all the B vitamins (B1, B2, B3, B5, B6, B9, B12) whilst the yolks contain the fat soluble vitamins A, D, E & K. Eggs are also an excellent source of choline, essential for brain health, cell formation and detoxification. The yellow colour in the yolks comes from lutein and zeaxanthin (nutrients known to be beneficial for the eyes, especially in those with macular degeneration).

Regarding cholesterol, it is an essential substance in the body as our steroid hormones are made from it and it maintains the integrity of our cell membranes. It is also vital for brain health, being a component of the myelin sheath (think of the plastic coating which surrounds an electrical wire to protect it). Your liver makes cholesterol and monitors the levels within the body, reducing production if there is too much and vice versa. A cholesterol test will tell you your total cholesterol, LDL & HDL levels and non-HDL ratio. Aim for good levels of HDL (obtained from nuts, seeds, avocados, oily fish).

Eggs prevent LDL oxidation (damage) and increase LDL and HDL particle size, so they protect against heart disease. More accurate cholesterol testing is available privately these days and can measure the size of these LDL and HDL particles. These tests test for Apolipoprotein A1 and B, LDL, HDL and Lp(a) and the results show whether small or large particle LDL & HDL are present. Smaller LDL particles are believed to carry a higher risk of cardiovascular disease than larger ones, and larger HDL particles may be more protective.

In cases of conflicting advice I like to remember the following: KISS (Keep It Simple Sue). So, if you don't like eggs, don't eat them! If you are vegan you can use ground flaxseeds in baking as a substitute. For each egg in the recipe, whisk one tablespoon of ground flaxseeds with 3 tablespoons of water until the mixture becomes gooey. 'Flax eggs' are cholesterol free and packed with soluble fibre to bring your cholesterol down instead of up. \*\* When using ground flax seeds only grind what you need, as after a couple of days in the fridge ground flax seeds can become rancid and harmful.

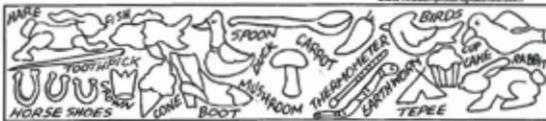
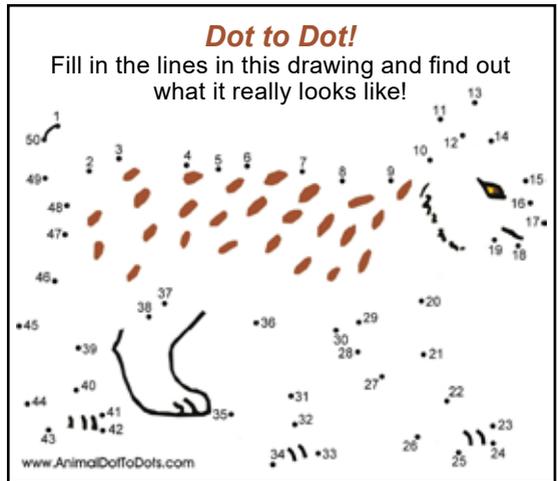
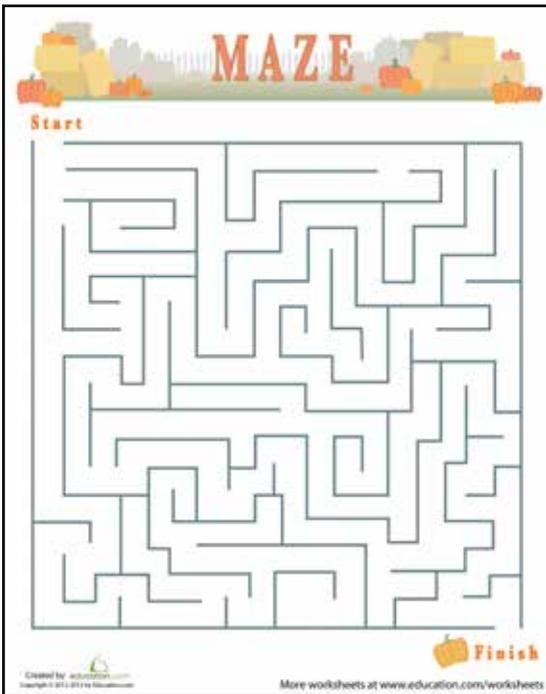
**Eggs are back in favour . . . so here are a few ideas to incorporate them:**

-  Slice a sweet potato (like toast) and put in the toaster until cooked (yes really!). Serve with a couple of poached eggs on top and a handful of watercress.
-  Quickly fry some chopped up veg in coconut oil and stir in a couple of beaten eggs. Just before they are completely scrambled throw in a handful of baby spinach. Serve with a handful of rocket.
-  Make breakfast egg muffins (email me if you want the recipe) ■

For further information about the private cholesterol testing or any health concerns, email me: [sue@thegenuinelivingcompany.com](mailto:sue@thegenuinelivingcompany.com) or call me: 07961 990087



Sue



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6	11	5	8	13	5
7		15	9		8
1	11	10	1	4	3

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\*Prices correct at time of going to press. Photography depicts streetscene and Showhome and is indicative only.



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**Saturday 2nd November**

**9.00am:**  
Parade Torches **£5** & Grand Draw tickets **£1** on sale outside the Co-op and Sainsbury all day, and at Park Mead from 4pm.  
Grand Draw first prize **£250**, second prize **£150** plus many other great prizes to be won.

**1.00pm:**  
Benson's Fun Fair, on the Common.

**3.00pm:**  
Make-a-Guy competition, Stocklund Square. Sponsored by Burns & Webber.

**5.45pm:**  
Slinfold Concert Band will be playing on Stocklund square. Rawlings Hog Roast and other refreshments, on the Common.

**6.00pm:**  
Procession starts from Park Mead Shops led by The Friary Guildford Marching Band.  
**THERE WILL BE TRAFFIC DELAYS.**

**6.45pm:**  
Bonfire prayer, with winning Guy placed on top of the bonfire.

**6.50pm:**  
Bonfire is set ablaze.

**7.30pm:**  
Firework display set to music. Sound & Light display sponsored by Specsavers.

**8.00pm:**  
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## Rent your *perfect* retirement property at Elmbridge Village



### Rental isn't often assumed as the typical tenure option for the elderly, but it should be.

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We even offer a Try Before You Buy scheme providing potential residents with

a taste for village life - a complimentary overnight stay can help to decide if moving into a retirement village is the best option. Elmbridge Village resident, Maureen Baxter said:

"In today's economic climate, I wasn't prepared to buy. I'm 79 now, I've been renting since 2012 and I have no intention of buying any further properties, so it suits someone in my situation.

"But there were so few retirement villages that offered rental options, so it was great to find one that could offer this, especially as rental includes the service charge."

But whatever option is chosen, prospective residents moving to Elmbridge Village can push loneliness to the side and enjoy a like-minded community where they can be as sociable and independent as they want to be.

Elmbridge Village provides residents with a friendly community in a safe environment. The on-site communal facilities, that spark countless opportunities to interact with others, includes Elmbridge Manor as the centre of retirement village life with a fantastic main hall for concerts and major events, restaurant, bar and lounge, library and onsite visiting GP surgery.



There's a strong variety of resident-led activities, which typically includes table tennis, bowls, fitness classes, film nights and trips outside the village.

And remember, when you rent a property at Elmbridge Village, you'll always have full ownership of the lifestyle and the community around you.

For more information about Elmbridge Village call **01483 676100** or visit [www.elmbridgevillage.co.uk](http://www.elmbridgevillage.co.uk).

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# Cranleigh Rotary's Model Railway Festival



*The Village Hall was full of model railways*

Cranleigh Rotary's 50th anniversary year is being celebrated by a number of major public events and fundraising activities. The most recent event was the Festival of Model Railways, which took place on Saturday, 21 September. Some 20 exhibits, provided by Surrey, Sussex and Hampshire Model Railway Clubs, were on display along Village Way and inside the Village Hall, Guide HQ and the Band Room.

One of the most interesting layouts was the old Cranleigh station and outbuildings perhaps the last opportunity to see the actual layout of the station grounds before it closed in June 1965. Outside there were stalls to browse and several steam engines in operation.

To add to the excitement, there were several layouts for young people to actually 'drive'. Another complete layout, with a value of at least £250, was raffled at the end of the festival and the proud winners were Peter Phillips and his son.

Some 400 adults and children attended and the profits from the event, expected to be in the region of £2,000 (including a top-up donation by the Club), will be donated to Shooting Star Chase Children's Hospice near Guildford.

"It was a wonderful occasion, and I am delighted that we were able to raise a substantial sum to support Shooting Star Chase," said Rotarian Tom Cornwell, the organiser of the festival.

## 50 Mile Anniversary Walk Cancelled

**Between 4th and 6th October**, Cranleigh Rotarian Gill Leslie was intending to walk 50 miles across the Surrey Hills in order to raise funds to support two Rotary-backed development projects in Zambia. Unfortunately, Gill suffered an injury during training, which meant that the walk had to be cancelled.

Jill said: **"I am devastated. I initiated this event and have extensively trained to do this at times hilly walk. I am extremely sorry to cancel it and would like to thank everyone who supported the planning of this event. I hope Cranleigh Rotary will find other ways of supporting the two Zambian charities."** ■





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*Penny Lynch*

## *A Functional Kitchen.*

**W**e spend so much time in our kitchens, from making a quick cuppa while we read the paper to a full blown dinner party, they have to be efficient and functional workspaces. Here are few tips to guide you.

● *If possible store items close to where they will be used. Even if you've got a small kitchen, those unnecessary extra steps can make preparing anything in the kitchen a chore if it's not organised efficiently. For example, put the tea/coffee and mugs close to the kettle, put the crockery next to the dishwasher so it can be put away easily and put condiments and oils close to the stove so they are within easy reach when cooking.*

● *Tidy the cupboard with storage containers/tupperware. This one easily gets out of hand but is very quickly rectified and a lot more manageable once it's done.*

● *Find a home for everything in the junk drawer! Chances are that most things in there aren't kitchen items and can go elsewhere in the house/shed, plus you'll gain an extra draw for spreading out your cooking utensils or spice jars into.*

● *Go through the fridge and get rid of last weeks dinner left-overs, out-of-date jars, and the unknown dish at the back that looks like*



*a biology experiment! Once you have cleared out what's not required you can categorise the shelves, meat (ideally on a glass shelf at the bottom of the fridge), dairy, veg, condiments etc. As well as looking better it also means you can see exactly what you have and what will need topping up next time you go shopping.*

● *Put small appliances away to maximise usable work-top space. Not only giving you more room for cooking but instantly also looks tidier and far easier to clean.*

● *Think about how you deal with your rubbish. We have so many bins in the kitchen these days, recycling, compost, general waste, that a little thought needs to go into where we locate each one. Under the kitchen sink is a handy location, if you've got room, as it's not generally used for food or equipment. There are so many options and sizes of containers available these days you should be able to find the perfect size for your available space.*

● *If you have limited cupboard space think about utilising the walls for shelving or hanging racks. Also a great way of displaying your favourite mugs.*



● *A must have for any functional kitchen is under-cupboard lighting. If you don't already have them consider buying a strip of LED lights that stick to the underside of the cabinet. Very easy to attach and plug in. They will make a dull corner usable, especially as the gloom of autumn sets in!*

And above all tailor your kitchen to your needs, not to anyone else's. ■

**Penny Lynch**

**07763 862470**

**pennytlynch@gmail.com**



# Cranleigh Christmas Fair 2019



Saturday 9th November  
10am-4pm,  
Cranleigh Prep School

This year marks the **10th anniversary** of the Cranleigh Christmas Fair. Over the past decade we have welcomed thousands of visitors, played host to hundreds of stallholders, and raised nearly **£100,000** for the Cranleigh Foundation charity.

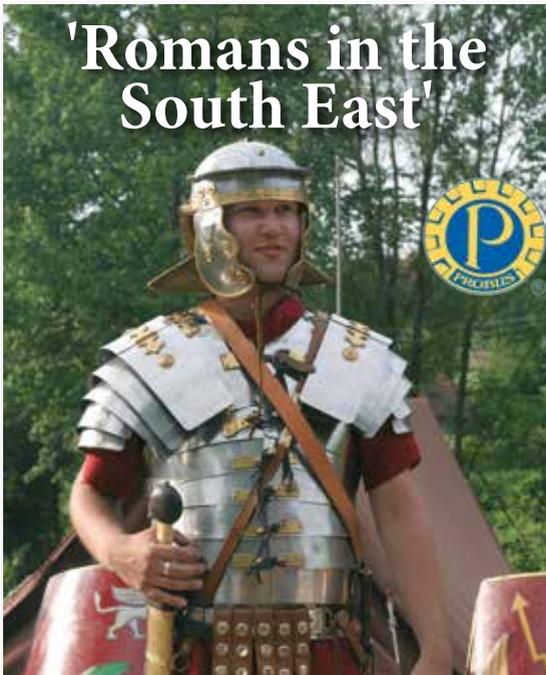
The Cranleigh Christmas Fair is the perfect way to kick-start your Christmas shopping, with 90 independent stall-holders selling unique, high quality products and offering a host of gift ideas. Over half the stalls are new to us this year and, of course, we have invited back some perennial favourites to give you the perfect range of ideas for the whole family – including the dog.



There's an outdoor food court selling Christmas delicacies and lots of delicious refreshments so you can make a day of it.

The fair is a fabulous, one stop shopping extravaganza, here in Cranleigh. Please bring your friends and family; everyone is welcome. **Doors are open from 10-4. Entry is £5 which goes to the Cranleigh Foundation; children and concessions are free.**

For more details, and a full list of stalls, see [www.cranleighchristmasfair.com](http://www.cranleighchristmasfair.com)



© MatthiasKabel

## Cranleigh Probus A Club 12th November 2019

The November lunch will be held on Tuesday 12th at the regular venue, the Cranleigh Golf and Country Club on Barhatch Lane. Members will enjoy meeting for a drink before the two course lunch is served. The after lunch speaker will be **Barry Stephens** whose subject is **The Romans in the South East.**



Unidentified Roman legions invade Britain  
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The club welcomes anyone interested in hearing the speaker of the day and especially all retired men from a professional or business background.

Please contact : Stewart Shepley, phone **01483 548488**  
email: [stewart.shepley@btinternet.com](mailto:stewart.shepley@btinternet.com).

Please indicate your interest at least five days before the date of the lunch. The Club website provides extensive interesting information. Just google Cranleigh Probus A Club.



## New lunchtime concerts at Cranleigh Arts Centre



Renata Konyicska

New for the winter months is a series, on five Tuesdays starting at 1 pm lunchtime, of short (up to 40 minutes with no interval) concerts with free admission, no tickets, cabaret style seating and a retiring collection.

The lunchtime concerts start on **Tuesday 5 November** with pianist **Renata Konyicska**. This will be followed on **Tuesday 10 December** by **Sarah McKenna** (violin) and **Nao Maebayashi** (piano). Full details of each programme is on the Cranleigh Arts website. The lunchtime series is being supported by Informed Choice Financial Planning.

Cranleigh Arts are inviting groups and societies, as well as individuals who do not like to be out after dark in winter, to come and enjoy professional performers. Do spread the word and do come yourselves; relax and enjoy!

## International cello star to perform in Cranleigh



Jamal Aliyev

Meanwhile on **Friday 15 November** the next full evening concert series at Cranleigh Arts brings a new international star of the cello to our local community. He has local connections having originally studied at Yehudi Menuhin school in Cobham.

**Jamal Aliyev**, born in Azerbaijan, burst onto the scene in 2017 with his his BBC Proms debut and later won the Arts Club – Sir Karl Jenkins Music Award. He has performed at Wigmore Hall and Royal Albert Hall and with London Mozart Players and Royal Philharmonic Orchestra.

Jamal plays a Giovanni Battista Gabrielli cello (1756) on generous loan from a private individual. He is accompanied by pianist **Maria Tarasewicz**

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**The Telegraph**

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'20,000 Leagues Under  
the Sea'*

# A Deep Sea Dive!

By Christopher Sutton - Prop Maker

**B**eing a prop maker means that I am constantly having to adapt to working in new materials and problem solve on the job, a recent project of mine was no different. Last year whilst studying in my second year at university I tasked myself with designing and building a deep sea diving helmet prop as my final major project. This was to be inspired by Jules Verne's novel '20,000 Leagues Under the Sea'.



*Base of the chest piece*

Having designed and planned the project I began with sculpting the form for the chest/ collar piece of the helmet around a shaped form which I previously prepared. Taking patterns from this meant that it would be possible to ensure that the shape would be true to the desired shape in another material. This material was plastazote foam; when cutting foam it is important to ensure that the scalpel blade is sharp so that it can be cut cleanly without any tearing. I stuck these foam pieces together 'Evo-Stik' contact adhesive (which is ideal for joining foam).



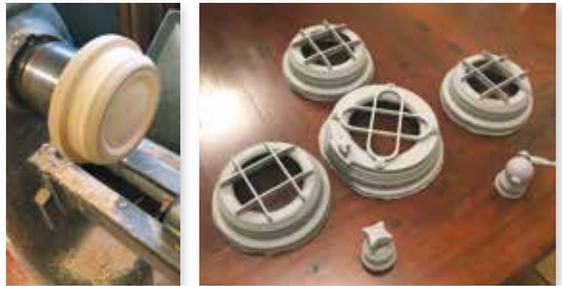
*Making the holes for the helmet*

ning to look uncannily like a diving helmet. Next once the sphere holes had carefully been marked and cut out using a Dremel rotary tool, I began the long process of filling and sanding to smooth out the piece. At this point I also turned pieces of lace-wood on the lathe for the window surrounds which were then moulded and cast in fibreglass with a 'gel coat' layer on the surface to capture the details. After digitally designing shapes such as the window grills and details such as plaques etc I used a laser to cut some 3mm acrylic sheets. The grills could then be secured to the window surrounds and fixed into the helmet.



*The shape for the helmet*

To get the main round shape of the helmet I inflated a large latex balloon and secured it inside the foam collar. I initially coated this assembly in fibreglass resin to begin adding strength into the piece. One balloon later after a certain explosive mishap; I added three layers of fibreglass matting that once dried, made very solid object that was begin-



*Cutting the shapes on a lathe and the final, finished pieces*

At this point it was necessary to sculpt on the tentacle patterns using a material called 'Milliput' which is ideal for such pieces as it dries hard with no risk of cracking. These were sculpted around the two plaques I had previously cut on the laser cutter and fixed using two part epoxy resin. Once final details and fixtures had been added the helmet was prepared for painting using gray primer. Using a primer is a very good idea for most painting jobs as it means that different materials will take the paint in a uniform way and with any luck the colour should stay true to advertised. Since I wanted the design of my diving helmet to be unconventional to match my '20,000 Leagues Under the Sea' inspiration, I chose to make it red with copper coloured accents. Both

*continued on page 46*

continued from page 45

of which were spray painted with several coats in a spray booth after careful application of masking tape.



*The process of texture and colour creation*



Finally I added a few final details along with clear acrylic windows and began a process known as 'weathering'. This involves essentially adding signs of wear and usage that has to be carefully worked out in order to make sense and allow the viewer to interpret believability to a piece. I used a series of washes and airbrushing in a series of tones.

The making of this prop proved a very enjoyable one for me and was achieved over the course of four weeks. In any project I hope to develop my skills and learn more along the way, this project was no exception and remains one of my firm favorites. It's work such as this that makes me excited about the jobs that I hope will come to me in the future. ■

For more information contact Christopher here:

**c.sutton601@gmail.com**

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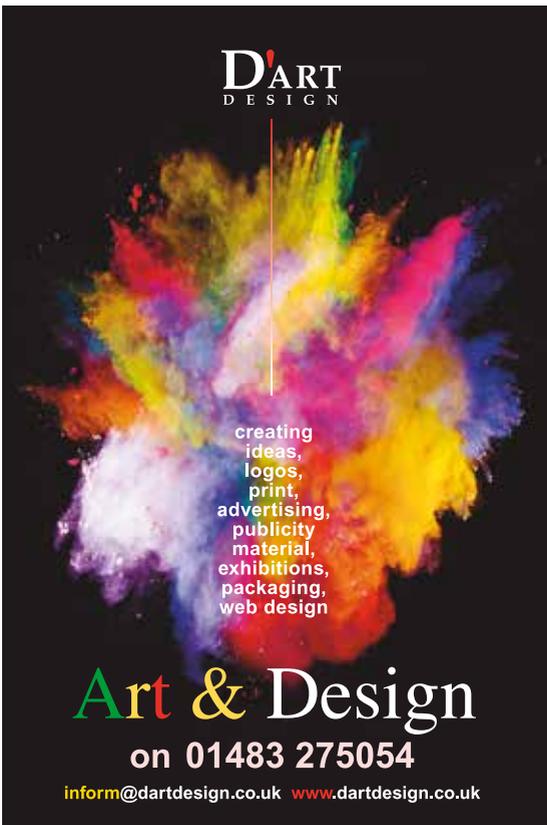
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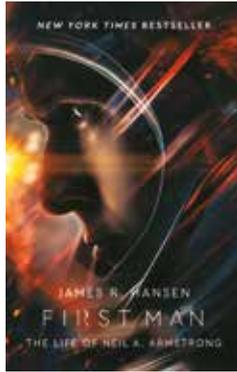
Some say . . .  
 Setting goals is the first step in turning the invisible into the visible  
**Tony Robbins**

# BOOK REVIEW

## First Man: The Life of Neil Armstrong

by James Hansen

*"This engagingly written biography will stand the test of time." - Library Journal*



**F**irst Man by James Hansen offers the only approved glimpse into the life of America's most famed astronaut, Neil Armstrong, the man whose "one small step" created history.

Hansen discovers the life of Neil Armstrong. Based on over 50 hours of interviews with the deeply private Armstrong, who also gave Hansen access to private documents and family sources, this is an unmatched biography of an icon.

When Apollo 11 touched down on the moon's surface in '69, the first man on the moon became a legend. Hansen intensely recreates Armstrong's career in flying, from his seventy-eight combat missions as a naval aviator flying across North Korea to his developmental transatmospheric flights in the rocket-powered X-15 to piloting Gemini VIII to the first ever space docking. For a pilot who cared more about flying to the Moon than he did about walking on it, Hansen asserts, Armstrong's storied vocation took a personal toll, paid in kind by his wife and children. In the years since the Moon landing, rumors swirled around Armstrong regarding his dreams of space travel and his beliefs.

This book reveals the man behind the spacesuit. In a powerful exploration of American hero worship, Hansen addresses the complex heritage of the First Man, as an astronaut and as a human being. In First Man, the personal, technological and iconic blend to form the portrait of a great but hesitant hero who will forever be known as history's most famed spaceman.

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Received 5 stars out of 5 on Amazon.co.uk

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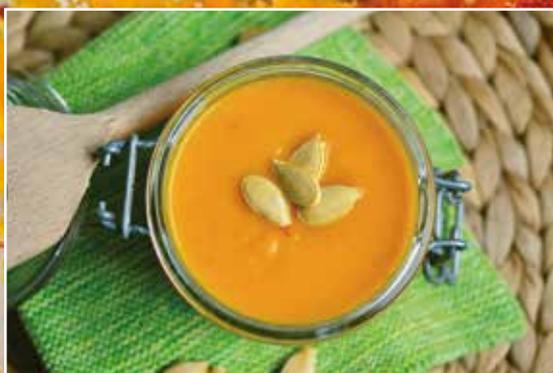
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# Chicken Fee

"People who love to eat are always the best people."

— Julia Child



## 1 CHICKPEAS & PUMPKIN SOUP

Serves 4

This heart warming soup includes some of the best vegetables in season for November, it is a real treat on a rainy night.

### Ingredients

600g pumpkin, 100g chard, 1.5L of chicken stock or vegetable stock, 400g chickpeas (tin will do fine), 100g of finely chopped onion, 2 bay leaf, olive oil, salt and pepper

### Preparation

1. Begin by cutting the pumpkin in half, with the help of a sharp knife remove the seeds and the skin. Once clean, cut the pumpkin into cubes and put them on the side. Next wash the swish chard and cut it into strips.
2. Take a large stockpot and place it on a medium heat, then add some olive oil and the onion. Cook the onion until it becomes soft, then add the pumpkin and after 5 minutes the stock. Let it cook for a further 5-6 minutes.
3. Now we can add the chickpeas, the Swiss chard, the bay leaves and season it with salt and pepper. Finally add all the stock and let it cook on a moderate heat for 15 minutes with the lid on, then a further 15 minutes without the lid. Remove the bay leaves and add a bit of olive oil before serving. Enjoy this delicious soup!

**Recommended Wine:** Beaujolais (France)



## 2 CHICKEN À L'ORANGE

Serves 4

### Ingredients

500g of chicken breast, 40g 00 Flour, 40ml Grand Marnier or any orange liquor/Triple sec, 120ml orange juice, 20g butter, 25g live oil, salt and black pepper to taste

### Garnish:

400g cherry tomato, 1 clove of garlic, 2 sprigs of thyme, 25g olive oil, salt and pepper to taste

### Preparation

1. Start by preparing the garnish, wash and then dry our cherry tomatoes. Pour some olive oil in a medium fry pan and the garlic clove until it starts to fry, then add your cherry tomatoes and season with salt and pepper. Cook for 5-6 minutes on a medium heat. Turn the heat off, add the 2 sprigs of thyme and cover it with a lid.
2. Now let's get to the main dish, this is a variation from the real famous French dish Duck a L'Orange. Some times I prefer this version as it's much lighter than the original and duck can be real strong flavour for many people.



# d!



3. Begin by flouring the chicken breasts, place the butter and the olive oil in a large frying pan and place it on a low heat. Once the butter and the oil is hot, place your chicken breasts in and cook until both sides are golden brown.
5. Now this can be a bit of a tricky part! Add the orange liqueur and then with the help of a kitchen lighter or long matches light it (that's what French call the 'Flambé!'). **NB: Just be careful keep the pan far from your face, the flame will last less than a 1 minute as the alcohol will evaporate very quickly.** Add the orange juice and cook it on a medium heat for 15 minutes, turning the chicken every 5 minutes to keep both sides moist, add salt and black pepper.
6. You're now ready to serve. Place the cherry tomatoes on the base of the dish, cut our chicken breasts in to slices and place it on the top of the tomatoes, then finish it off by pouring the orange sauce on top. Enjoy it!



**Recommended Wine:** Chablis (France)



### 3 SOFT PUMPKIN PIE

Serves 4

#### Ingredients

500g clean pumpkin, 40g white sugar, 3 eggs, 150g brown sugar, 75g almond flour, 16g yeast, 150g chocolate chips, 150ml seeds oil, 175g 00 flour, 100ml milk, dust of cinnamon and icing sugar

#### Preparation

1. Cut the pumpkin into medium size pieces and lay them in a oven dish. Cover the pumpkin with the white sugar and roast them in a preheated oven at 180c or mark 5 for 1 hour.
2. Once the pumpkin is cooked and soft, mush it with the help of a fork and remove any remaining water. In a large mixing bowl add the 3 eggs and the brown sugar, then with the help of an electric whisk mix it until the sugar is completely melted.
3. In a small bowl mix the 00 flour and the yeast, add to the large mixing bowl the almond flour and the mix you just prepared in the small bowl. Keep mixing with the electric whisk to incorporate all the ingredients.
4. Now slowly add the seed oil and to incorporate it keep mixing. Finally add the mush pumpkin, the dust of cinnamon and gently pour the milk. Keep mixing to make sure the mix is smooth. Once all the milk has been absorbed add the chocolate chip.
5. Prepare a cake mould, one that is around 9inch would be ideal. Grease the mould with butter, pour your mix in and place it in a preheated oven at 180c or mark 5 for 40 minutes. Once ready let it cool down and then dust it with icing sugar. Enjoy!



**Recommended Wine:** Prosecco Treviso (Italy)

**Simone Conti** ■

# NOVEMBER

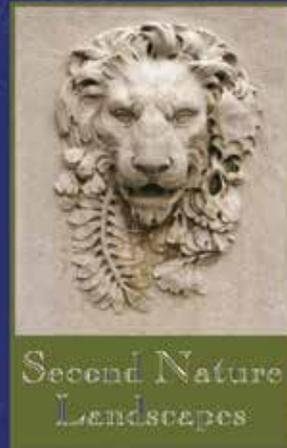
## What comes first in the Garden...

In November we begin to order the garden for winter. Clearing the last of the fallen leaves, planting tulips and composting the leftovers of summer from the borders. It is also a time to start anew in the garden, review horticultural successes, failures, and plan for the next gardening year before our heads are filled to the brim with the festive season.

### So...what job comes first in your garden? Here are some to get you going!

- Dahlias and other tender bulbs should be dug and stored in a cool, dark place after first frost.
- The ground should be cold enough to plant tulips across the next few weeks. Try to avoid planting after a heavy frost or in waterlogged parts of the garden.
- Winter heating dries the air out from your home. Ensure your house plants survive by misting them or placing the pots on a pebble filled tray of water to guarantee suitable humidity and moisture. Avoid placing larger houseplants right on tiles where under floor heating is present, as this will cause them to dry out significantly.
- Clean and oil your garden tools for storage. Place some sand and some oil in a bucket, then slide your garden tools in and out of the sand. This will do a great job of cleaning them, as well as applying a light coat of oil to prevent rusting. Clean any empty pots that have been lying around in the garden before storing them in the shed over winter. ■

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# Charlie

by **Raymond Holt**

An ex Cranleigh village Bobby

*Outside The Fruit Shop now there seems  
A vacant calm remembrance  
As if the fruit and veg just knew  
There could be no resemblance.*

*The bushy moustache, a smiling face  
The trilby hat and feather  
The wood truck and his bicycle  
A kindness hard to measure.*

*To unload the boxes from the van  
Under Ed's discreet direction  
And to humbly assist all around  
Deserves some kind reflection.*

*He liked the Cranleigh Bonfire Night  
The procession to the guy  
And now I miss his cheerie face  
And sparkle in his eye.*

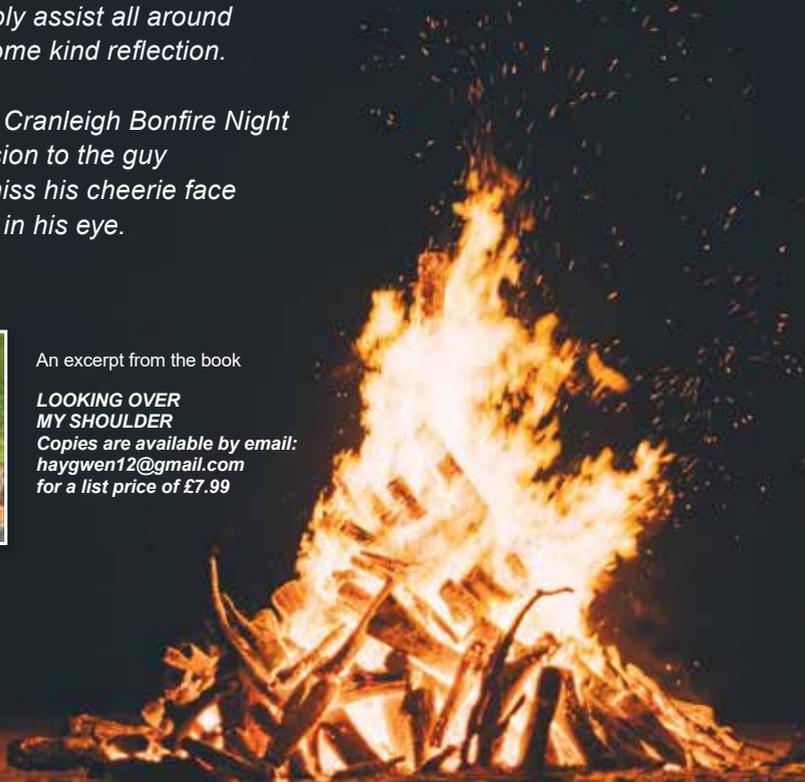


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## "He liked the Cranleigh Bonfire Night"



# cranleigh arts

## Cranleigh Arts Centre - November 2019

Theatre, family shows, film, event cinema, live music, ceramics courses and kids' crafting workshops – you can find it all at Cranleigh Arts this month! Doors open 45 mins before evening events, so why not head down early and pick up a drink before the show? You are welcome to bring refreshments purchased on the premises into the auditorium to enjoy during the performance.



### Family Show:

**What a Wonderful World**  
Saturday 2 November, 2pm

This is an amazing romp through the universe where you can get your hands on the stuff of creation!

Duration 45 min (ages 2-5)

**£10 adult, £8 child**



### Kids Craft:

**Feather & Paint Dream Catchers**  
Saturday 2 November, 2pm – 3pm

Make a colourful dreamcatcher to hang in your window in a fun creative workshop led by local artist Miriana D'ambrosio. All materials provided! Suitable for ages 5+

**£6 per child**



**ROH Live: Concerto/ Enigma Variation/ Raymonda Act III**

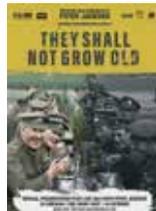
Tuesday 5 November, 7.15pm

Petipa's Raymonda Act III is full of sparkle and precise technique. Approx running time: 3 hrs **£14**



**Music: A Brief History of Music**  
Wednesday 6 November, 7.30pm

Enjoy 600 years of musical history in 90 minutes! Beginning in the Middle Ages and ending in the 20th century, this fun and fast-moving show is a whistle-stop tour of Western musical history. **£12**



### Film:

**They Shall Not Grow Old (15)**  
Thursday 7 November, 8pm

Using state-of-the-art technology and materials from the BBC and Imperial War Museum, filmmaker Peter Jackson allows the story of World War I to be told by the men who were there. **£8.25; £7.15**

**Friends; £5.50 for under 25s**



### Theatre:

**Shackleton's Carpenter**  
Friday 8 November, 7.30pm

Shackleton's Carpenter, Harry McNish, was the only man who challenged The Boss on the Antarctic ice floes. Shackleton's Endurance sank in Antarctica, leaving the 28 strong crew stranded. **£16**



**Workshop: 6 Week Pottery Course, led by Cabby Luxford**  
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you to express your creativity in clay! This is a progressive learning environment to discover, develop and improve your skills. **£180**



### Classical:

**Jamal Aliyev (cello) Accompanied by Maria Tarasewicz on piano**  
Friday 15 November, 7.30pm

L. van Beethoven 12 Variations on 'Ein Madchen oder Weibchen' from Opera 'Die Zauberflote' Op66, S. Rachmaninov Vocalise, David Popper Elfentanz Op.39, David Popper Hungarian Rhapsody, Op.68 (1894), P. Tchaikovsky Pezzo capriccioso, Op.62, J. Brahms Cello Sonata No.2 in F, Op.99 **£15.50**



**NT Live:****Hansard (12A) (encore)  
Thursday 21 November, 7pm**

See two-time Olivier Award winners, Lindsay Duncan and Alex Jennings, in this brand-new play. It's a summer's morning in 1988 and Tory politician Robin Hesketh has returned home to the idyllic Cotswold house he shares with his wife of 30 years,

Diana. **£17.50, £14.50 under 25s**

**Exhibition on Screen:****Leonardo: The Works  
Saturday 23 November, 2pm**

Da Vinci's peerless paintings and drawings will be the focus of this film, as EOS present every single attributed painting, in Ultra HD quality, never seen before on the big screen. Approx running time: 85mins **£13.50**

**Music:****Toploader  
Supported by Changing Colour  
Friday 22 November, 8pm**

With over two million album sales and a string of top 20 hits both at home and abroad, Toploader are a band not to be missed! Their debut album 'Onka's Big Moka' - released 20 years ago this year. **£18**

**NT Live:****Present Laughter  
Thursday 28 November, 7pm**

Matthew Warchus directs Andrew Scott in Noël Coward's provocative comedy Present laughter. As he prepares to embark on an overseas tour, star actor Garry Essendine's colourful life is in danger of spiralling out of control. **£17.50, £14.50 under 25s**

**Music:****South Coast Soul Revue  
Friday 29 November, 8pm**

Last year's gig with South Coast Soul Revue was one of the highlights of our Winter Season. This year we've invited them back to kick start our Christmas with two hours of hi-energy soul & funk. **£14 standing, £16 balconies**

**Kids Craft:****Jam Jar Lanterns  
Saturday 30 November, 2pm - 3pm**

Join local artist Miriana D'ambrosio for a fun creative workshop, and create a lovely lantern to light up your home or give as a gift this festive season. All materials provided! Suitable for ages 5+.

**£6 per child**

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

**PRESS ENQUIRIES**

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

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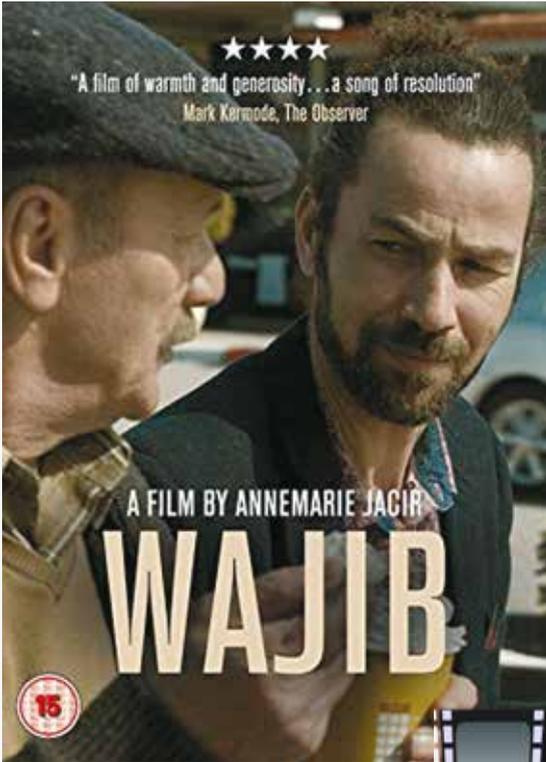
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# Cranleigh Film Club 28 November 2019



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

Cranleigh Film Club is showing *Wajib* (15) on Thursday 28 November starting at 7.30pm; doors open at 7.00pm. As usual our film will be shown in the Band Room, GU6 8AF, and there is ample parking in the adjacent Village Way car park. *Refreshments are available.*

## Wajib (15)

Annemarie Jacir, the director of our film for November, grew up in the Arab world, worked in Europe, then returned to Palestine. She's an actress, screenwriter, poet and short story writer. She mentors young filmmakers: 'the future is very bright. I have noticed the confidence in the young women I work with. I don't remember my generation being so confident.'

It's present-day Nazareth. The father had sent his son away years ago for his own good, due to his political affiliations and his strict political standards. Now, in this poignant, bitter-sweet comedy the two must come together to fulfil a tradition, a 'social-duty' (*wajib*) by going around town to hand-deliver his daughter's wedding invitations. It's a community that the father struggles to keep united and that the son no longer understands. And the social-duty exists on several levels. On the way round they argue about the state of the world as buried family tensions and revelations come to light. 'I don't feel filmmaking is a duty but rather an art form that I'm mad about', explained Jacir, 'everyone has their *wajib*, everyone has their own things they feel they need to do or should do. Much of it is empty. But some of it is about being kind to each other, and about being human,

living in a community together. Even if one doesn't understand the politics, the essence of the film is this father-son story, two men struggling to understand each other.'



*"With superb lightness of touch Jacir uncovers the ancient hurts with which these characters wrestle, laying bare the nerves beneath the polite smiles. A film of surprising warmth and generosity, which takes a situation riven by discord and turns it into a song of resolution," Guardian.*

At one level the father represents the practical, real Palestine where you have to get along, whereas the son represents the ideal. But the clash of these two is not theatrical. The dialogues are so real that in the end the viewer does not feel injected by the director's ideas; he just starts to rethink his own ideals and practices.

## Come and join us!

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

## Cranleigh Lion Tamers Christmas Bazaar

Cranleigh & District Lion Tamers are holding a Christmas Bazaar in the  
*Cranleigh Village Hall* on  
**7 December 2019 from 10.30am to 1.30pm.**

*If anyone would be interested in hiring a table to sell their own crafts and gifts please contact Dot on 01483 273680 for more information.*





# Cranleigh Folk Club will be Homeless

**C**ranleigh Folk Club promotes a wide range of acoustic music in Cranleigh and the surrounding villages, especially encouraging local talent. Founded in the 1980's, it has had many homes, moving on when pubs close their function rooms – or close completely - and currently meets at the Bulls Head Ewhurst.



The Red Bull Pub Ewhurst

Their excellent function room is due to be demolished to make way for houses, so the club is looking for a new venue, preferably with a bar, to accommodate around 20 people in a quiet environment one evening a month, usually the first Friday of the month but other nights would be considered. Please contact the organiser at: [cranleighfolkclub@gmail.com](mailto:cranleighfolkclub@gmail.com) with any ideas. ■

If fruit comes from a fruit tree,  
what kind of a tree does a chicken  
come from?  
A poul-tree!



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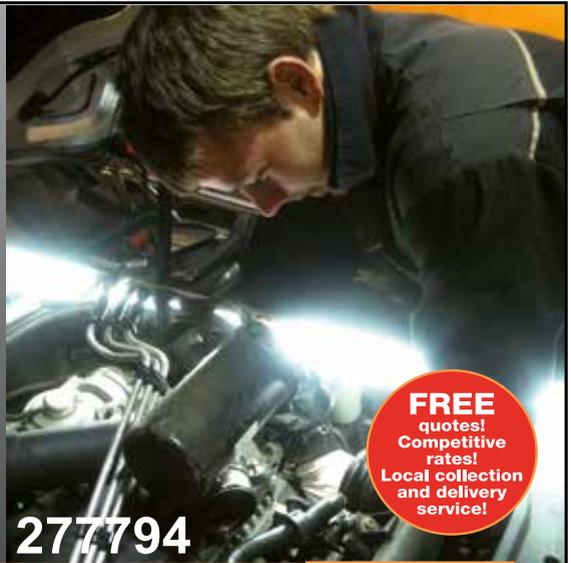
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## Cranleigh Amateur Swimming Club

# The Season of Busyness!

**H**ere at Cranleigh Amateur Swimming Club, the summer now seems a distant memory. Long gone are the lazy warm summer days, replaced by seemingly constant rain and swimming. Lots of swimming.

As a volunteer at the club, Autumn is the busiest season. To give our swimmers a chance of gaining county times before the end of the year, we take part in many events. Our biggest commitment is hosting our Autumn Open Meet, where other clubs join us for an all-day gala. We also have 3 weekends of Club Championships, which are small swimming galas only for our members. Add to that several meets at external clubs and it is plenty to be getting on with.

As you might imagine, the events we host ourselves need lots of organisation. For the Open Meet, this starts many months out. It begins with deciding events, applying for the appropriate licences, and notifying clubs. As the gala nears, there are swimmers' entries to manage, officials to organise, and a volunteer schedule to arrange. This culminates with setting the pool up the evening before. Ensuring the timing boards are in place and the referees and officials have what they need. That's not to forget providing somewhere to sit for the many swimmers joining us the next day.

On the day of the gala, there is even more to do. For each session of the gala, there are ideally around 20 officials judging the swimmers. There are also many behind the scenes jobs, ranging from announcing the races to handing out medals. That's not to mention manning the front desk, fundraising, and making sure swimmers are in the right place for each race. And of course, hosting and catering for

the visiting officials, many of whom spend all day on their feet at the pool. It defines a team effort, and that is before we even mention the swimmers.

This is all fresh in the memory because as I write, our Autumn Open Meet took place only two days ago. With all the hard work from our parents and supporters, the event ran smoothly and was a success. The thanks and positive comments from visiting clubs make the hard work worthwhile.

While behind the scenes success is nice, more important is how our swimmers performed in the pool. If you have followed these articles for a little while, you will be unsurprised to know the answer is "very well".

Of our many swimmers competing over the weekend, the vast majority achieved one or more personal best. In terms of County Championship qualifying times, there was also success. Notable performances came from Thomas Craig and Sienna Reilly, each qualifying for two new events. Connie Emmett added another qualifying time to her list, while Will Stanley recorded his first qualifying time for 2020. Several other swimmers (Callum Stevens, Lana Howells-Davies and Ellen Shayler) also improved on times they had already achieved.

Besides the team's personal bests and county times, Connie once again set a new club record. Her swim of 3:16.42 beat the previous 200m individual medley girls' short course record. Sadly, this article is too soon to have a collated list of medal winners, but our swimmers came away with a good haul of golds, silvers and bronzes.



A few weeks before our own Open Meet, many of our swimmers also took part in the Littlehampton Autumn Meet. Oddly, Littlehampton host events in Bognor, so it was an early start for the swimmers who started soon after 8 am.

The bleary eyes soon disappeared in the pool and the day turned out to be a good one for the club. Our swimmers managed 65 personal bests, with new county times for Alice Bruce, Millie Hastie, Harry Jupp and Siena Reilly. We also had 26 swimmers claiming top 3 medals.

Given that the meet took place after only 4 weeks back training following the summer break, this was definitely a success. Particularly encouraging was the number of younger swimmers in our Intro squads who took part. A great sign for the future of the club.

Next time I write we will have had another external gala as well as two weekends of Club Championships. Plenty to feed back on, so watch this space. ■

*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](http://www.cranleighsc.org).*

*We offer **two free taster trial sessions**, for children to see if they'd enjoy it.*



## CRANLEIGH ART & CRAFTS SOCIETY - CRAFT MARKET

**Thursday 14th November - 9.30am - 3.30pm**  
**Cranleigh Village Hall**

The Society was founded in 1968 by Joy Attwell who was a well renowned potter in Cranleigh.

All are welcome to this annual event which, once again, is taking place mid week. Any craft people, who would like to book a stall, would be most welcome.

**Enquiries: 01483 898206**

# The Brigitte Trust

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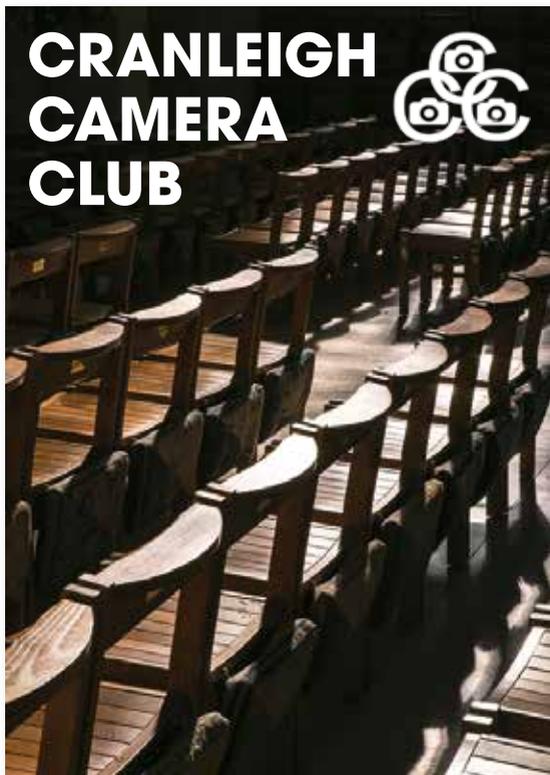
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CATHEDRAL LIGHT © Phil Copestick

**C**ranleigh Camera Club is a small friendly club catering for people of all ages and photographic abilities and is affiliated to the Photographic Alliance of Great Britain through the Surrey Photographic Association.

If you enjoy photography and may be looking to improve your photographic skills, or wish to share your photographic experiences with other like minded people, then please come along to one of our meetings.



LIGHT MUSIC © Anne Smith

## Events in November are as follows:

**7th NOVEMBER** - A review of last year's "Outside Events" images, *Members' participation*

**14th NOVEMBER** - Workshop and critique, *Members' participation*

**21st NOVEMBER** - 2nd colour print competition - Set Subject: Stone, *Darren Pullman AFIAP*

**28th NOVEMBER** - Panels for accreditation including Tony Baverstock's FRPS panel, *Tony Baverstock ARPS*

**The Club meets most Thursdays at 7:30pm (September to June) at the Baptist Church Hall, 262 The High Street, Cranleigh, GU6 8RT, Consisting of talks, demonstrations, competitions and practical sessions.**

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



The Society will be holding its AGM followed by talk with slides by Tracy Bull

**"Designing a winter border".**

Tracy is an experienced horticulturist living in the Surrey Hills. Having volunteered at Wisley she retrained at Merristwood, gained a certificate in Horticulture and began the Surrey Hills Gardening School. She publishes articles on gardening and volunteers with the National Trust and the Parks Department of Waverly Borough Council.

**Meeting held at the Glebe Centre 7.30pm,** with raffle and refreshments. Visitors welcome

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# The Role Of Our Rehabilitation Assistants Within Surrey Hills Rehab



**S**urrey Hills Rehab are pleased to introduce you to our Rehabilitation Assistants, who are a fundamental part of the service we provide. We are fortunate to offer a wide range of knowledge and experience from within our NeuroRehabilitation team.

If you attend SHR you may meet them either in our exercise groups or 1:1 sessions, either at our Rehabilitation studio at Smithbrook Kilns or if required, in your own home.

Having these wonderful assistants with all their specialist skills and experience allows SHR to keep Rehabilitation costs down for our clientele alongside the wealth of knowledge from the wider team. A HCPC Registered Physiotherapist initially assesses everyone and prescribes and reviews the appropriate Rehabilitation programme.

All are Members of the Chartered Society of Physiotherapy and supervised and trained by Kim Wilson, Clinical Director NeuroPhysiotherapist.

## Megan Flower

Megan is a Level 4 Personal Trainer and a stroke survivor herself. Megan assists in group exercise sessions for People with Parkinsons, Stroke and MS along side a qualified physiotherapist. Her vast range of knowledge keeps the groups active and challenged with lots of fun and enthusiasm.

## Sarah Patten

Sarah has a Level 5 Diploma in Leadership for Health and Social Care. She has a wide range of knowledge gained from working in a range of settings, public and private sector. For 10 years Sarah worked with people with autism and learning difficulties supporting them to achieve their goals. Sarah assists with our classes and is enjoying her new role within our specialist physiotherapy team. With her diploma and experience she also assists Kim with the service development.

## Caroline Michell

Caroline is a Rehabilitation Assistant that worked within the local NHS NeuroRehabilitation service for many years with Kim before joining SHR. Her experience within Physiotherapy, Occupational and Speech and Language therapy supports the SHR participants, including the new Dyscover Aphasia SLT course starting in November. She brings much needed skills to support our clients.

## Cathy Mitchell

Cathy has a Physiotherapy Technicians Level 3 Diploma and has 23 years experience in NeuroPhysiotherapy, 16 years working in the NHS as a Band 4 Technician from acute neurology wards to domiciliary NeuroPhysiotherapy. Her skill set is in all neurological diseases, brain injury and stroke rehabilitation. Cathy sees people within their own homes, working towards their goals and applies a wide scope of NeuroPhysiotherapy treatment options at a highly skilled level. ■

## Kim Wilson

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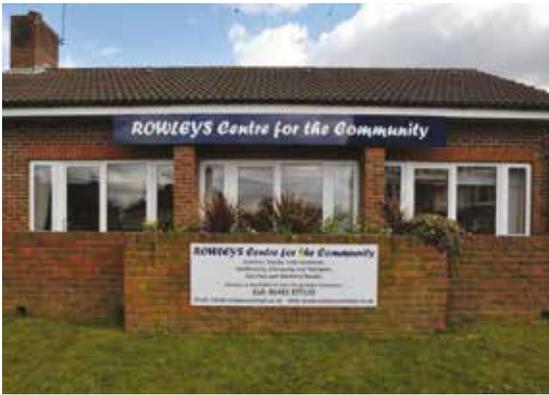
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### Volunteer first aider appeal for St John Ambulance Cranleigh

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

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The Rectory, High St. **01483 273620**

**Roman Catholic** *Father David Osborne*

St Nicolas Avenue **01483 272075**

**Methodist** *Rev. Keith Beckingham*

Church Office, High St. **01483 575 667**

**Baptist** *Rev. David Burt*

Church Office, High St. **01483 275371**

**Free Church** *Mr Cyril Wearn*

Alfold Chapel, Alfold Road, Alfold **01403 752167**

### CITIZENS ADVICE

#### WAVERLEY CRANLEIGH BUREAU

Village Way - Cranleigh **0344 848 7969**

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

## Local Clubs

#### ALFOLD TENNIS CLUB

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

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**Duncan 01483 271455**

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Rudgwick Surgery **01403 822103**

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Cranleigh Village Hospital **01483 782400**

Royal Surrey County Hospital **01483 571122**

Dementia & Carer Support **01483 274398**

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Alcoholics Anonymous **0845 7697555**

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Citizens Advice **0344 848 7969**

Cranleigh Community Line **01483 267999**

Cruse Bereavement Care **01483 565660**

Legal Line **0906 5534545**

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## CHARITIES

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