

JAN 2020 - FREE ISSUE 51



CRANLEIGH MAGAZINE

JANUARY

vision

20/20 Vision

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JANUARY 2020



CRANLEIGH MAGAZINE

WELCOME to Cranleigh Magazine in the month of January, a time when we can't help but look forward to the year ahead and wonder what's in store. 2020 vision is a term used to express normal visual clarity or sharpness of vision. Imagine how great it would be if we could see past the disappointments and the pitfalls of life, overcoming them and climbing on to success.

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

Why not submit your local news to the Magazine or advertise your business, keeping people informed and connected in 2020

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



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Mountain range

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The Joy of Cranleigh

Joy Horn brings some anecdotes from past times

Buildings with a Story

The Victorian Schoolroom in Sainsbury's Car park

The way it is

The Victorian Schoolroom in Sainsbury's car park (viewed from the south)

This month we begin a series on 'Cranleigh Buildings with a Story'.

Have you ever noticed a little building with a slate roof, looking out of place in Sainsbury's car park? This is its story.

In the nineteenth century, education was neither compulsory nor free. In Cranleigh, many young people getting married signed their names in the parish register of marriages with a cross instead of a signature as they could not write. It has been estimated that only about one in four of the people here was literate, and the presence of four or five small private schools made little impact.

The Village School was built in 1848 with donations from public-spirited people and help from the National Society for Promoting the Education of the Poor. Hence it was known as the National School. It consisted of a single large room, with living accommodation for the Schoolmaster and his wife at the back. Parents had to pay a small sum for each child. It was closely linked to the parish church.

It was probably the opening of the National School that encouraged the Baptist church to start its own school. In 1858 it built an extension to its premises on the Common (behind Chapel Place) to serve as a schoolroom. It must have been fairly cramped for the 32 pupils who were there in 1867. David Mann, founder of the Cranleigh store, received all his education here, and became a well-read and successful business man.



The newly-built National School, about 1850, complete with its bell





The Baptist Schoolroom (north side), in its time as a Mission Hall, 1885 - 1904 (David Mann & Sons archives)

As the church grew, the school needed more space, so a purpose-built schoolroom was erected next to the railway station yard in about 1867. This is the building that can still be seen, by the side of the car park.

The schoolroom was put up by the building firm started by the church's pastor, George Holden, and by then run by his son Ebenezer. Its walls were single brick, and it was tile hung, with a slate roof. There were no windows then on the south side: perhaps the railway would have been too distracting for the schoolchildren. There were five windows, however, on the other side. The pine floor rested on very old oak beams, with many notches cut into them. Holden's firm (which specialised in oak) was evidently reusing old timber, maybe even from ships.

All the pupils would have been in the one room, sitting on forms, with the youngest at the front – the first form. The basic curriculum was Reading, Writing and Arithmetic, with strong emphasis on memorising facts and tables.

Pupils were expected to learn their lessons and repeat them back to the teacher, or perhaps to a monitor or pupil-teacher who was learning on the job. They wrote with chalk on a wooden-framed slate. Girls may have learnt some plain sewing, and we know that one girl was knitting an antimacassar in 1867. (Anti-macassars were decorative coverings that were draped over the backs of armchairs to prevent the 'macassar oil' that gentlemen

put on their hair from staining the upholstery.) Discipline is likely to have been strict, with punishments such as standing in a corner, sitting on a dunce's stool or wearing a dunce's hat. One former pupil recalled that when Mr Holden entered the schoolroom, 'he was in the habit of boxing the ears of the boys, remarking, "If they don't deserve it now, they will before long"'.

In *Alice in Wonderland*, published in 1865, Lewis Carroll poked gentle fun at the schools of his day. He parodied one of the moral songs written by Isaac Watts, 'How doth the little busy bee / Improve each shining hour', as 'How doth the little crocodile / Improve his shining tail'. The Baptist church enjoyed singing the hymns of Watts, like 'When I survey

Children playing truant: notice the slate carried by the second boy. An illustration from Isaac Watts, Divine Songs for Children, in a 19th-century edition.



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the wondrous cross'. The day school was very likely to have taught his 'Divine Songs for the Use of Children' too.

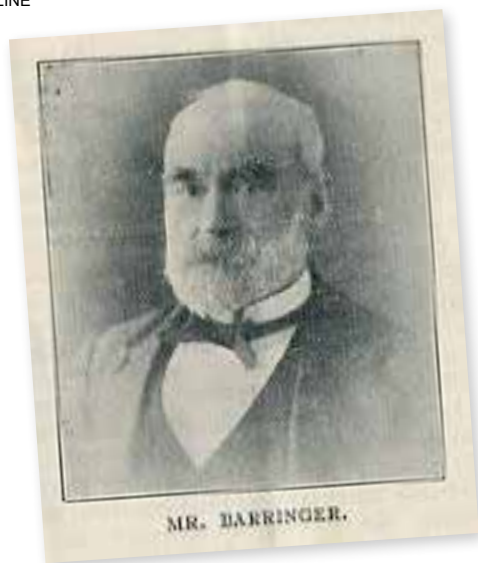
The teacher's salary and the school's running expenses were borne by Charles Barclay Barringer, the Baptist church pastor after Holden. Fortunately, he was a man of considerable means, who lived at The Cottage (now Stanford House) on the Common, from where he could see the school, before the intervening buildings were built. Eventually the school expenses became too great, and the school was closed about 1883. The existing pupils, sixty to eighty of them, transferred to the National School. They can be identified in the School Admissions Book, by the entry next to their names saying 'No Catechism'.



The original Baptist chapel (1828), with the schoolroom built on to the side of it



An early postcard of the Wesleyan Methodist church, with the Victorian schoolroom visible at the back (courtesy of Roy Pobjee)



Charles Barclay Barringer (1830-1907), second pastor of the Baptist church



A temperance pledge, signed by David Mann in his late twenties (David Mann & Sons archives)

After this, the schoolroom became a Temperance Hall, and then a non-denominational Mission Hall. When the Wesleyan Methodist church was built in 1904, it incorporated the old schoolroom as its church hall, as it is today.

(For the record, education became compulsory for all children aged 5-12 in 1890; it became free for all from 1891.)

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 January 9th, when Brian Freeland will speak on 'Richelieu: the Cardinal and his City', preceded by a brief AGM at 7.30. ■



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Crane Spotter:

tales from a Cranleigh birder

January

Rambling Brambling – a 2020 vision

If you had your eyes set on a 2020 vision this month, and want to see something often overlooked, then why not kick off the New Year with a trip down on the beech?

Among the trees I mean, not by the seaside – although that is an increasingly popular destination on 1 January for those wishing to rekindle warm summer memories in the depths of winter.

For in the woods of the Surrey Hills at this time of year there are yet new delights to behold among the fallen amber leaves. The sweet chestnuts are long gone but other seasonal 'fruits' provide a feast for the eyes. Bramblings. These mostly black and orange dazzlers may be found busy snuffling amongst the leaf litter looking for lunch. They are like little tigers from the Taiga.

It is the beech mast they are after and its availability in places like Holmbury Hill and Winterfold provides them with an important lifeline. Some mast gets squashed by passing cars on the country lanes so you might even see these birds without getting your feet muddy.

Bramblings are generally shy finches and, in my experience, they rarely frequent small garden feeding stations. But you could always get lucky. Or have a big garden.

Their faded plumage at this time of year means they can be easily overlooked among their more common cousins, the Chaffinches, often feeding alongside them.

Watch out for their distinctive black-tipped yellow bills (black in summer), the faint lines down the back of the neck, and a long white rump revealed when they are disturbed and fly up into the treetops.

Bramblings are another of our winter visitors who arrive from as far away as Siberia. I've heard their haunting song in the birch and conifer woods of Norway and it's not one of the best. It has been likened to the sound of a wood-cutting saw and is rarely encountered here.



© Nick Goodrum

<https://www.flickr.com/photos/nrgoodrum/47212298381/>





Brambling
(*Fringilla montifringilla*)



Brambling - male (Fringilla montifringilla)

But a tell-tale identification feature to listen out for is a harsh, drawn out wheeze which they often give in flight. They started appearing again in mid-October last year, heading south west, and many will have gone to sunnier climes in southern Europe.

These birds seem particularly attracted to the red berries of the local Whitebeam, if earlier arriving species from the north like Ring Ouzels have not nabbed the harvest first. It is likely they will be very hungry after such long journeys and then they can be very tame.

One memorable morning 15 months ago, as many as 40 were just above my head feeding in just one tree in the Surrey Hills. But passing dog walkers, cyclists and walkers missed the show as they either had their eyes to the ground or were checking their mobile phones.

As soon as the fruit is gone many Bramblings seem to resume their Autumn migration ramblings.

But some can hang around and in this second part of winter may form loose flocks as they are joined by Scandinavian reinforcements forced south as more snow scuppers access to their food sources.

Some years the Brambling may not appear at all when you hope it will but keep an eye open and an ear peeled. You may get one going back up north in the Spring as it flies overhead. I once saw one as late as 11 May, calling from his perch on top of a Scots Pine along the Greensand Way.

Perhaps he mistakenly thought he was already home. Now in a summer plumage of glossy black head and back, contrasting orange throat and breast, grey spots on the white belly and orange, black and white wings, he was clearly ready for breeding. A vision to behold. ■

Twitter - @Crane_Spotter



People Profile

Vision



It has to start s





Who's who?

Jack Bruford
Engineer

I was born in Guildford and grew up in Ewhurst where my parents had a house on Pitch Hill. My first school was Ewhurst Primary then I went to Cranleigh Prep School, followed by Cranleigh Senior School and from there to Brooklands College. I have one brother and sister and I'm the youngest in the family. My brothers the oldest, aged 42 now and my sisters recently had her 40th birthday. I am 33 years of age.

My father has been a drummer for many years and has been in various bands throughout his career. My brother has followed my dad's footsteps into the music industry, and now runs his own music agency, sorting bookings and events for artists. My sister lives in Majorca and has a private chef business, which she runs with her husband. I had no inclination to be involved in any of those things. I play drums very badly and I'm more likely to fix a drum kit than play it!



Me at about 4 years old, I was drawn to vehicles

From about the age of 10 years, I was always 'fixing things' at home, as opposed to my dad who didn't even know how to take a spark plug out of the lawnmower, and I would fix things like that for him too. As we lived up in the Surrey hills, I spent a lot of time adventuring in the woodland, climbing and playing in our treehouse. I enjoyed time at the Sayers Croft centre in Ewhurst, doing high rope courses and learning to climb there.

My granddad was an engineer. He came over to Britain during the war, from Poland and worked at Vicars Armstrong in Brooklands to aid the British efforts. He was an aircraft engineer, and a pilot too. He left Poland in a plane he piloted and helped get other people out as the Nazi regime entered. He passed away when I was quite young, so I didn't get much time to spend with him, but he is probably where I get my engineering streak from as no one else I can think of in the family, does this sort of stuff.



Another 'go kart' designed as a project

continued on page 14

Main picture:
Me in my first hand made 'go kart' made out of an old Suffolk Punch lawnmower engine stuck on the back. It had no brakes!! I was 8 years old when I started to build it

omewhere . . .

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I was never very far away from anything mechanical

When I was at Cranleigh Prep school, there was an 'art class' that was really an early form of design technology and we used to build things like go karts. I was never particularly academic, certainly Maths, English and French weren't my forte, I was fairly good at science, especially anything electrical. I think I built about four go karts when I was there, none of which ever worked!

I boarded at Cranleigh Prep school, even though my parents only lived in Ewhurst. It took me about 3 or 4 years to realise Ewhurst wasn't that far away, because when my parents would take me back after a weekend on a Sunday night, the long way round and I thought that Cranleigh school was quite a long distance from my house. They had one prime directive . . . to stop me running home! I had been a pretty naughty kid at Cranleigh Prep. But one Sunday night returning to the school, my dad drove me back and completely forgot their scheme and drove the normal route, and we arrived within about 6 minutes. I was very suspicious about the whole situation after that.

As I said before, I was very naughty at Cranleigh Prep, I spent a lot of time being disciplined and my 'get out of jail card' would be to build things, so I spent a lot of time in the art room in the lab there. It was when I went up to the Senior school, that I nurtured my engineering interest further and from there I took my GCSE in Design Technology. For my design project I built a go-ped, a petrol scooter and that was really enjoyable. The other thing I was keen on at school was the Combined Cadet Force and I was able to spend a lot of time involved in this. We would go on great trips to Wales, with the CCF staff Sergeant, who had previously served in the military. It was while I was at

Cranleigh School I realised I wanted to join the army as a vehicle technician, and so combine two passions effectively. I really enjoyed engineering and the outdoor life. I was country grown so I was used to shooting, and that sort of thing.

Moving forward, I left Cranleigh before Sixth Form because at that time the school didn't offer Design Technology at A level. I went to Brooklands College in Weybridge, where I did a National Diploma in engineering. Many students who go to Brooklands to study engineering, go into the motor-



Speed and driving was in my blood

sport side of it, which is specific to vehicles. I wasn't sure at that point, what direction I wanted to take in the army, whether to go into the Royal Engineers, The Royal Electrical Mechanical Engineers, or the Royal Signals. I kept my choices open by going for an Engineering Diploma as opposed to a Vehicle Diploma. I had two really great years there and passed with flying colours.

From when I left Brooklands to going into the Army was a very short time frame. I went straight onto basic training the following week at the Pirbright training college. There you learn in three months how to be a soldier, and that was brilliant. I was about 18, nearly 19 then. I'd learnt to drive



A bit of necessary roadside maintenance and tinkering during a car rally

but where does



while at college and spent 3 days a week as a labourer, working hard on a building site. I used that time to get fit to try and beat the basic training and pass selection. During my basic training I was selected to go on the Artificer course which came out quite early on in my training. Originally when I left Cranleigh school and was at Brooklands, I was given an induction course at Sandhurst as a commissioned officer. I could have gone down the Officer route if I wanted to, but I would have needed to go to university first, and I didn't really fancy that, it wasn't right for me. I wanted to be hands-on and more involved in engineering.

The Artificer route was offered as a fast-track non-commissioner route, which meant fast tracking ranks, and gaining extra training specific to your field. When I left Brooklands College, I went to Pirbright, to learn how to be a soldier and all that kind of stuff. Fifty-four of us joined that platoon. From that point I was placed in 4Bn REME, down in Borden and went into the School of Electrical and Mechanical Engineers.

I studied the electrical and mechanical engineering trade, as a tracked vehicle engineer VM(A), heavy artillery, tanks, armoured personnel carriers, that type of thing. My main weapon system which I was working on at the time was the challenger 2 main battle tank, and we'd do a lot of classroom time and physical training on that, it was some of the best times of my life.

This was just at the peak of the Afghanistan conflict, and what we were due to do was Phase 1, which was basic training, Phase 2 which is learning your trade and Phase 3 which is learning as on-the-job shadowing. However, two thirds of the way into my training, I started dropping my fitness levels. You are regularly marked on where your fitness is and have basic fitness tests about once a fortnight.

It's quite an intense experience. I didn't struggle with it because I'm tall and could stay at the front easily, but I know some of the shorter guys struggled. During my phase 2 training, after about 9 months training, my run times started to drop off. I'd gone from the top 15% of my troop to the bottom 30% which was concerning because they graph your data and productivity. Initially they advised me to drink less beer in the mid-week and keep hammering it. I personally couldn't get my run times back up, I felt exhausted more and more of the time. There was a particular day where I remember having a dental abscess that was really bad and it stuck with me for 2-3 weeks. I remember going to the medics to report a very sore tooth. They were great and in their defence, they didn't know exactly what they were looking for and gave me antibiotics and sent me on my way. Three weeks later I had a chest infection and was given more antibiotics and told it would go away.

Strangely enough it was someone in my squad who suggested I ask for a blood test. I went ahead and did just that. When the results came through the medics said I needed further tests immediately. I was very quickly moved

into Frimley Park, which was a military hospital then. At the time my parents were unaware of all that was going on because I kept it quiet. Further tests involved taking a sample of my bone marrow from my hips. My Commanding Officer visited a few times and was very helpful, but ultimately even after being in hospital for 2-3 days, still no one knew what was causing my symptoms.

Subsequently I had an operation and as I was being put to sleep, I told the Nurse (Stella), I didn't want an anaesthetic until I knew what the operation was for. She said there was a small chance it could be cancer and the operation was needed for further investigations to be carried out. She was reassuring but was also clear at how serious this was. I was crying my eyes out as I went to sleep. It was a very low point for me, I felt like I wouldn't wake up. It was a very difficult experience not knowing what was going on. I'd never been ill to that extent before, I'd always been in top notch health.

When I came around from the anaesthetic, they explained I had Leukaemia, at quite an advanced stage. They said my blood counts were very low and I required urgent treatment.

At this point I didn't know whether to tell my parents or not as they still didn't know I was even in hospital. In a day I would be moved again to the Royal Marsden because Frimley Park didn't specialise in the treatment I required so I felt I had no option but to let my parents know. Without a doubt the team at the Royal Marsden saved my life.

The care I received was second to none. It's not a private hospital, it's all NHS. They gave me a whole bank of tests and said I should have gone in a few months before. I'd persevered through because I was doing my training but all the infections were caused by my immunity being so low. I was given a 10-15% chance of survival at the point of entry but the good thing was I was in the right place and apparently the muscle fitness I'd built up over time could be what would save me.

It was a very fortunate turn of events that happened in a short amount of time really. If I hadn't joined the army I may not have survived, but I was treated quickly. I was in a room all on my own - they couldn't put anyone else in the room because of infection control. I was alone in this room for about 13 weeks. In about 2-3 weeks my chance of survival had increased to 50-60%. My treatment was all chemotherapy, started off immediately intravenously. They put a PICC line in my arm and a central line in my chest, so the drugs could be given directly, and immediately if needed. I had a lot of blood transfers, changing my blood completely three or four times in the first week. I had about 6-8 pints put through me, and that picked me up and I got through it.

I completed the 13 weeks of treatment with the support of my family and friends. I had the army lads come to see

continued on page 16

it lead you to,



continued from page 15

" Here's what your chances are "

me, the Army Chaplain came at one point and gave me the blessing which was a bit scary. But there were worse things being said to me every day than the blessing - 'This is the treatment you're going to start'. 'Here's what your chances are'. 'This is how it's going to affect you'. 'You will lose your hair'. 'You will have issues with your stomach'. 'You won't want to eat anything. Then you'll want to eat everything. 'You'll put on and lose weight'. All that sort of stuff, it was quite hard. I got through that whole ordeal and when they classed me as an outpatient, I was moved into a different ward. The blood transfers and chemo purified my system and the chemo tried to stop the leukaemia coming back.

I was healthy enough to be transferred to an outpatient and came back five days a week for chemo, so I was commuting up and down to the hospital. My parents gave me lifts and I could just about drive a little at the time. I could walk, but was very weak. I spent a lot of time resting and hanging around, trying to make the most of it. The silver lining was that my mind was active and I kept focused on what might happen in the future.

At the next stage I was selected for a special trial treatment course for patients of my age called UK ALL (Acute Lymphoblastic Leukaemia). Being 19 I was right between Paediatric and Adult care. So I tried this course, which was set in stone. I had treatment five days a week for the first 12 weeks, then I had three days a week for another 12 weeks, then two days and eventually just one day a week, or thereabouts.

When I got down to two days a week, I was not particularly unhealthy, I was in pretty good shape so I thought I would just continue with my daily operations and go back to the army. I returned to 4Bn to continue my training, clocked in with my military ID and went back to work. I went back 3 days a week and was at home 2 days a week. With all the toing and froing to hospital for this chemo course, I didn't want to get behind on my training. One thing they distil in you in the army is that you don't want to get 'back trooped', because once you go back you lose all your mates and teamwork, and go back a whole year. I didn't want that to happen so I returned and kept training hard.



Fighting fit-so I thought

Main picture:
Passing out Parade,
(me in the back row).
Little did I know I'd soon
be passing out
in a completely
different way

One day on parade at 5am, instead of there being say, 600 people there, there was 601. They realised that I had been serving class and everything but was unaccounted for all this time. They pulled me aside to tell me I couldn't serve in the army and receive chemotherapy at the same time and eventually gave me a medical discharge. The timing of my discharge was helpful in that throughout my illness and treatment I was paid in full. As a training salary it was pretty low

you pass out on



for the first 12 months but I had put it all in savings and with that I started planning what I was going to do with my time from here on.



My first Land Rover

I had a Land Rover which I'd built from the ground up as I knew Land Rovers so well, and I converted it into a mobile workshop. I then revisited what I knew so well and began agricultural and garden machinery repairs, for local friends

of the family. I would do callouts to people's houses from the back of my Land Rover, fixing their equipment, anything from diggers to lawnmowers. I did this for about four months and then gradually people were asking if I could repair their cars. One winter I was under a car with the trickle of rain water going down my neck as I lay in the gutter, and I thought, 'Sod this, I need to be indoors'.



My first proper workshop

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parade . . . and



you get a wake

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New life as mechanic after leukaemia battle

After a long and difficult battle with leukaemia, a man has found a new life as a mechanic. He has converted an old barn into a workshop and is now working as a one-man band. He has been in the motor trade for 13 years and has built a business up to 15 staff in his Cranleigh branch. He has been very successful and has a good reputation for his work. He has been in the motor trade for 13 years and has built a business up to 15 staff in his Cranleigh branch. He has been very successful and has a good reputation for his work.



I can be very 'OCD' about getting things right and I believed I could do a far higher quality job indoors than outdoors, especially with bigger work, so I moved into a small workshop which I built myself. I converted an old barn in a friend's place in Shamley Green and officially began my business called M.E.S. I was a one-man band for about a year, I made the whole thing from the ground up. I had just about got myself going properly, when unfortunately, the house was sold and I had to move at short notice. This was another case of character-building. To keep getting pushed backwards and forwards can be demoralising. I had 48 hours' notice to pack up, no contract or lease, and had to look for a new site. I knew roughly where I wanted to be and spoke to a few people with different sites available and we ended up where we are now in Cranleigh, we were very small. It was me by myself with one ramp at the outset and slowly but methodically it grew into what we are today.

We have been in Cranleigh for over 11 years now and worked hard to promote and build a business based on trust and experience. One thing I didn't realise when you



Getting the Cranleigh workshop ready

start in the motor trade is the unevenness. You think you can simply do a good job and move forward a step, and if you do a bad job, you go back a step. But in the motor trade, because the industry has been tarnished with a poor reputation for many years in the past, you have to work against that. However, after working well for 5 years, we got to a good place, though it was hard. We have customers now whose lawnmowers I serviced years ago. We still have them 13 years later and people come back and back. We've built the business from just me as the one-man band. I would work all day and invoice in the evening to catch up. I worked like this 7-days a week. We've built the business up to 15 staff in our Cranleigh branch.

There were two factors when I left the army that motivated me to start my own business.

● One of the long-term effects I was warned about was the side effects of the high dose steroid pills I'd received to treat the leukaemia in the deep down bone joints. Leukaemia is a bugger for hiding away, so even after treatment it can survive and come back twice as strong.

I was given high doses of dexamethasone steroids and a side effect of this is that the joints can deteriorate from attacking the leukaemia. The good news is the steroids were effective in killing the leukaemia and got it all after a year's worth of treatment and it was reduced right down to a slower treatment and my results started coming back nice and healthy which is great. The downside of it is it killed my knee joints. It can often affect the hips, knees and ankles. In my case it's only my knees so far. But I had to have one new total prosthetic knee fitted last year in 2018, and I'm due to have another one changed next year. One of the side effects of having new knees is if you work too hard on them by going underneath vehicles for example, they reach a point where a further knee replacement isn't eventually possible. Effectively I was told I should plan to be desk bound or wheelchair bound by 35-40+, which was a real slam for me. I reached the point where I decided if I'm going to do this, I'll do it properly. I decided to push hard, and get my business to a position where if I couldn't work under a vehicle, I'd be in a position of desk likeness, more customer-based. In order for that to work I needed to build up a team and a support network that would make that happen.

● The other reason I opened M.E.S was because my treatment fell on random days and it's too difficult to work somewhere else, other employers won't necessarily take you on, knowing you have a serious illness that needs on-going treatment.

I'd also been told because of the amount of treatment I'd had and how ill I'd been, I would be significantly less likely to have kids later in life. When you are 18-19 that can't be any further from your mind, you're just getting on with life. If I survive that's great but if I can't have kids that's an unfortunate side to it. There are a lot of things to come to terms with.



up call. Grab it!



However, it was with great delight when I was 26, and I'd met my wife Ellie, we were blessed with our boy William, who will be 7 years old in February. The doctors were amazed that we had him, and he's completely fine and healthy. We are very lucky and grateful every day. We've recently had our second baby, Ben, who is now 3 months old, so we're twice as lucky! You can't really put the blessing into words. When you've been told you're not going to have children and then you do - twice!



My little boy William wants to be just like his Dad

There is the concern in the future of whether either of them would be ill at 18? Could they get the same thing? But we are reassured by doctors that it's not genetic, so it shouldn't be passed down. There's no history of Leukaemia in my family before me so as far as that goes it should be fine. My family is the biggest part of my life.

So looking back my drive to create a successful business could be put down purely to the illness, almost 100%. I was driven at school, but I was average, I did things differently, I was naughty. I liked engineering but would play havoc at school. I'd build tree houses and climb trees. That's always been in my blood, but my drive to succeed has only come in the moment when Stella, my nurse at the first operation said 'this is quite serious'. I realised then my chances we're 10-15% chance of survival and thought 'Right, this is your second chance, don't waste it'. Without that I never would have pushed as hard as I have now.

Every day is an extra day for me. I have the usual trauma of running a business and the general stress that goes with it. But in terms of my past I can put it into perspective. I can always step back, no matter how difficult it gets running the business, and remember things could have gone very differently. Had I not had the blood test in the army, had I not been treated so quickly, had I not been treated at the Royal Marsden, I would have had a very different story.

Every day is not to be wasted. It's really given me a new perspective on life. It's something that wasn't by choice, but forced upon me and when you realise that you've got to roll with the punches, so much of the battle of illness is a mental one. I'm a true believer of what doesn't kill you,

"I could not have done it without Ellie"

makes you stronger. So if you decide you're going to beat something, and do so, you then start to get the cogs moving and that drive is unparalleled.

William has just started school, he's in year 2. You can't keep him on the floor, he's always in trees and all over the place. He's very interested in cars, if he comes to



work with me he wants to wash a car and see all the inner workings, he wants to know everything, and I expect Ben will be exactly the same, like father like son. It goes without saying that I couldn't have done this without Ellie, certainly in the last 9 years we've been together and her support. She gave up a really great career at Park Mead as a teacher to work at the business and has given her courage, hard work and support.

My sister ended up working for 4 or 5 years at Macmillan. One of the things that made her join was the fact that I was being treated at the time. She became head of accounts corporate fundraising, and did many of the schemes with Tesco's. So when you see their boxes, it's my sister that organised a lot of that stuff. She was determined to give back because of the help that I received from people just like MacMillan. They are very supportive when illness strikes.

There are a lot of things to take away from this: if you're ill, you're not on your own, there's a huge network of people to support you. If you are fortunate enough to have an experience like mine and survive, use that to your advantage, it can be a blessing in disguise. At the time it feels terrible, but moving forward it makes you a strong character and human being, certainly very strong willed. It gives you a

whole new vision! ■



'Go for it!'

For more information contact Jack Bruford here:

jack@unitonecars.co.uk (see our ad on p.34)

office@carscranleigh.co.uk (see our ad on p.36-37)





20/20 Vision

Whatever our educational, social or economic background, each one of us have our own individual mountains to climb in life, which at times can seem too steep to even attempt, but when facing an obstacle or setback we need to see a clear way ahead, one that uplifts our spirit and leads us on to health and our very survival. Look up not down and be inspired. ■



Some say . . .

The only thing worse than being blind is having sight but no vision.

Helen Keller

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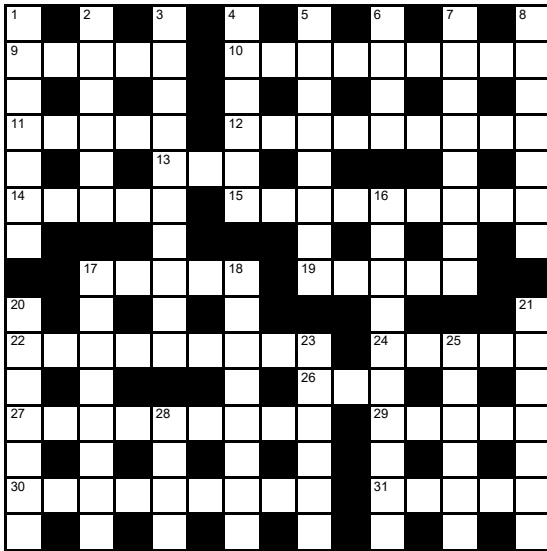
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January Crossword Puzzle



Across

- 9 Inverted slow-mover (5)
 10 Hyped too high (9)
 11 Carton containing other cartons (5)
 12 Exciting experience (9)
 13 Teetotal (3)
 14 Once the subject of a financial bubble (5)
 15 House of worship (9)
 17 Explode (5)
 19 It's white for a new Pope (5)
 22 Construction sites with slipways (9)
 24 Informal greeting (3,2)
 26 Temporary home for many serious cases (1-1,1)
 27 Most employees think this of themselves (9)
 29 Goes for gold? (5)
 30 Lofty (9)
 31 Military subdivisions (5)

Down

- 1 Dates (7)
 2 Backpackers' stopover (6)
 3 Neither you nor me but the other guy (5,5)
 4 Sudden attacks (6)
 5 Portions (8)
 6 Left behind after a cat vanishes (4)
 7 Conflict (8)
 8 Stuck redhead goes crazy (7)
 16 Pleasant mood (4,6)
 17 Beneficiary of a Biblical miracle (5,3)
 18 Corrida star (8)
 20 Soften minced sausage (7)
 21 Hold (7)
 23 The "Ice Age" 9 Across (6)
 25 Advantageous to both sides (3-3)
 28 Harassed persistently (4)

Colin the Cranleigh Chameleon, was hiding on page 52 during the month of December. **Did you spot him?**

Crossword and Sudoku answers will appear in the next issue.



January Sudoku Puzzle 1 - Easy

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

January Sudoku Puzzle 2 - Hard

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

December Crossword and Sudoku answers

| | | | | | | | | | | | | | | | | | | | | | | | | | |
|----|---|----|---|----|---|----|---|----|---|----|---|----|---|----|---|----|---|----|---|----|---|----|---|----|---|
| 1 | R | 2 | A | 3 | G | 4 | T | 5 | A | 6 | P | 7 | E | 8 | R | 9 | I | 10 | L | 11 | O | 12 | U | 13 | S |
| | B | | U | | L | | A | | E | | E | | R | | | | | | | | | | | | |
| 14 | H | 15 | O | 16 | U | 17 | R | 18 | L | 19 | O | 20 | N | 21 | G | | | | | | | | | | |
| | D | | N | | S | | E | | I | | A | | A | | | | | | | | | | | | |
| 22 | W | 23 | E | 24 | B | 25 | S | 26 | P | 27 | R | 28 | I | 29 | N | 30 | K | 31 | L | 32 | I | 33 | N | 34 | G |
| | | | A | | | | | | I | | | | A | | | | | | | | | | | | |
| 35 | T | 36 | E | 37 | W | 38 | A | 39 | R | 40 | D | 41 | E | 42 | S | 43 | S | 44 | A | 45 | C | 46 | R | 47 | E |
| | R | | A | | E | | T | | C | | R | | E | | | | | | | | | | | | |
| 48 | D | 49 | U | 50 | L | 51 | Y | 52 | H | 53 | O | 54 | C | 55 | K | 56 | E | 57 | Y | 58 | T | 59 | E | 60 | A |
| | M | | | | | | | | | | | | | | | | | | | | | | | | |
| 61 | S | 62 | P | 63 | E | 64 | C | 65 | T | 66 | A | 67 | T | 68 | O | 69 | R | 70 | S | 71 | C | 72 | A | 73 | T |
| | E | | L | | R | | V | | O | | H | | I | | | | | | | | | | | | |
| 74 | S | 75 | T | 76 | R | 77 | I | 78 | P | 79 | L | 80 | O | 81 | I | 82 | T | 83 | S | | | | | | |
| | E | | F | | A | | N | | P | | O | | L | | | | | | | | | | | | |
| 84 | P | 85 | R | 86 | O | 87 | F | 88 | I | 89 | L | 90 | E | 91 | S | 92 | Y | 93 | E | 94 | L | 95 | L | 96 | E |

December Crossword Solution

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

December Sudoku Easy Solution

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

December Sudoku Hard Solution



Tues
every week



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your doorstep and make new friends.
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Thur
every week

**WALKING
FOOTBALL**

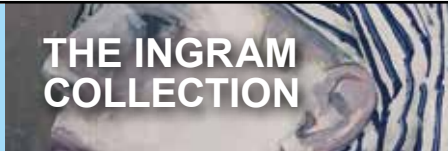


Started a few months into 2019 and have between
10-14 players at a session. Play for an hour, with at
least one break. Open to all 18:30 - 19:30

Cranleigh School, Horseshoe Lane, GU6 8QQ

1-5
JAN

**THE INGRAM
COLLECTION**



Tomas Harker, this year's winner, uses painting to
consider how images inform our understanding of
present day reality and history. 10:30 - 17:00

The Lightbox, Chobham Road, Woking

1-5
JAN

**ENCHANTED BOTANIC
NEW YEARS**



Enter the Glasshouse to view a display of festive
plants and magical animals with a little bit of steam
punk style. 10:00 - 15:30

RHS Garden Wisley, Woking, GU23 6QB

1
JAN

**NEW YEAR'S DAY
CLASSIC GATHERING**



Everybody – whether you're driving a 'Classic' or not
– is welcome to the largest New Year's Day Classic
Gathering in the UK. 9:00 - 16:00

Brooklands Museum, Weybridge, KT13 0QN

2
JAN

**CRANLEIGH
VILLAGE W.I.**

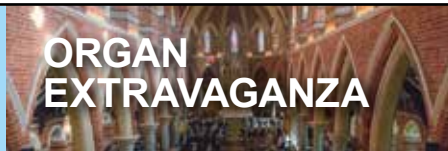


Tea and coffee are always a priority, with friendly &
witty conversation. Most importantly, a great deal of
fun and laughter is had by all. 10:00 - 12:00

The Bandroom, Village Way, Cranleigh

17
JAN

**ORGAN
EXTRAVAGANZA**



Local organists will have the opportunity to play and
be taught on the spectacular Mander organ in the
school Chapel. 19:30

Cranleigh School Chapel, Surrey, GU6 8QQ

19
JAN

**VINTAGE SPORTS CAR
CLUB DRIVING TESTS**



Some 60 pre-war cars will tackle a dozen different
tests around complicated courses laid out around the
historic Brooklands site. 10:00 - 16:00

Brooklands Museum, Weybridge, KT13 0QN

7,20
JAN

HORSHAM DISTRICT COUNCIL - HEALTH &



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

Thu 7 Jan 10:00am: Leith Hill 5 miles 2½ hrs.
Meet at the National Trust's Starveall Corner car
park on the Leith Hill to Abinger Common road. No
stiles but several hills with loose stones and roots
underfoot. **Lynne 01403 268157**

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

www.cranleighmagazine.co.uk/event-calendar



Fri
every week

RHYMETIME!

Rhymetime sessions are held at Cranleigh Library every Friday morning and are aimed at babies and toddlers, aged 3 and under. 10:30 - 11:00

Cranleigh Library, High Street, GU6 8AE

Sat
every week

PARKRUN

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

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

1-5
JAN

NEW YEAR GLOW

Enjoy the atmosphere of the New Year season with the light installation around the garden which blooms with magical giant illuminated flowers. 16:00 - 20:00

RHS Garden Wisley, Woking, GU23 6QB

1-15
JAN

RURAL LIFE SPECIALS

The Rural Life Centre is transformed into a winter wonderland with something to enchant young and old alike. 11:00 - 18:00

Rural Life Centre, The Reeds Rd, Farnham

4
JAN

GUILDFORD FITSTUFF G3 2020 SERIES

The Fitstuff G3 2020 run series includes hills, mud, sand, and more hills, with spectacular views over Surrey! For times visit: bit.ly/35F5qqz

Newlands Corner, Albury, Guildford, Surrey

6
JAN

WINTER LIGHTS BRUSH PARTY

It's all about fun! Get yourself a drink from the bar, settle down to your canvas and unleash your inner Van Gogh! 19:00 - 22:00

The Nag's Head Inn, Knaphill, GU21 2RP

20
JAN

TORCHLIGHT TOUR

Join us for a special tour of the Museum as night falls. Warm clothes, sensible shoes and a torch are highly recommended. For times visit: bit.ly/2rolaPV

Brooklands Museum, Weybridge, KT13 0QN

23
JAN

THINKING TIME BRUSH PARTY

Join us for a great night out in Cranleigh! Enjoy an evening you'll be talking about for weeks with wine, painting, music and laughter! 19:00 - 22:00

Cranleigh Arts Centre, 1 High Street, GU6 8AS

LEISURE WALKS

Mon 20 Jan 10:00am: Pitch Hill Circular 6½ miles 3 hrs. Park and meet at the car park near the quarry, GU6 7NN. This walk, which includes some climbs, will take us through mainly woods in the Hurtwood area. Dogs welcome. **Mike 07855 502023**

25-1
JAN-MAR

THE GIANT HOUSEPLANT TAKEOVER

Step into a house reclaimed by its plants after its human inhabitants have left. Carnivorous plants feast in the dining room and cacti play chess. 10:00 - 15:45

RHS Garden Wisley, Woking, GU23 6QB

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Seeing with

NEW Vision!

by Sue Potgieter Nutritional Therapist & Naturopath mANP rGNC

Depending on when you get your copy of Cranleigh magazine delivered, we will either be entering or will have entered a new year and a new decade. It's common at this time of year to look back over the past year and to take stock. We buy new journals or new diaries, we set new goals and adopt new habits. Science shows that those new goals and new habits have often fallen away by the middle of February. What is it that trips us up every year?

I believe the answer is lack of vision. 'Without vision a people perish' and 'hope deferred makes the heart sick' are both observations made by King Solomon in his book of Proverbs. My last decade did not turn out as I had envisioned. In fact it was quite the opposite and it has taken me the last 5 weeks whilst being in South Africa to process where I have come from and to recalibrate my journey ahead. My vision got lost and submerged in the events of the last decade but I am now in a position to lock in that vision once again.

With that vision in place, I can now decide on the steps that I need to achieve it. I prefer to use 'steps' rather than

'goals' as the term carries with it a sense of moving forward. As Lao Tzu said 'a journey of 1000 miles begins with 1 step'. Whether your journey is 1 mile or 1000 miles make a decision to take that first step.

Seeing clearly what you want to achieve is vitally important and when the going gets tough your why will keep you on track. We all need a why; a reason to do something; a purpose which drives us forward. It also helps if you have good eye health! I can't imagine what it must be like to be blind or to lose your sight. I have worn glasses since the age of 16 and I often joke with people that without my glasses on I can't hear properly! Eyesight is probably the most important of the five senses and with macular degeneration, cataracts, glaucoma and dry eyes being the scourge of old age, there are several nutrients which support eye health in particular.

Have you heard that eating carrots helps your night vision? It's not an old wives tale as carrots contain vitamin A, essential for maintaining your eyes light-sensing cells, also known as photoreceptors. Vitamin A is also found in liver, egg yolks, dairy products and as carotenoids found





had a 43% lower risk of macular degeneration compared to those with a much lower intake. These two nutrients generally occur together in foods. They can be found in spinach, Swiss chard, kale, parsley, pistachios and green peas. Egg yolks are considered one of the best sources due to their high fat content.



Omega 3 fatty acids, EPA and DHA, are also important for your eye health. DHA is found in large amounts in the retina and is also vitally important for brain and eye development in infancy. Omega 3 fatty acids are found in oily fish such as salmon, mackerel, anchovies, sardines and herrings. There are also excellent vegan sources of omega 3s that are now available.



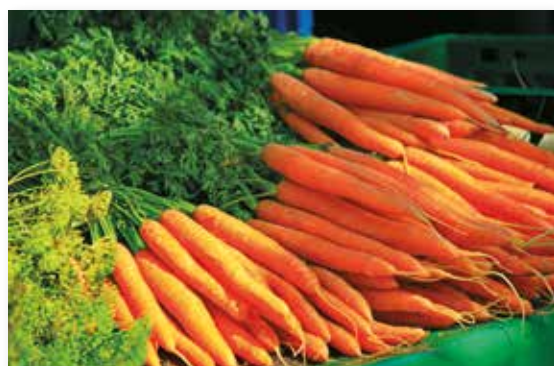
Sea buckthorn, or Omega 7, is excellent if you suffer from dry eyes. A sour, orange berry originally from Scandinavian countries but now grown in the UK, sea buckthorn is also excellent for intimate dryness often experienced in women during menopause.

Zinc is also vitally important for the health of your eyes. Your eyes contain high levels of zinc and a deficiency in the diet may lead to an increase in macular degeneration. Zinc is found naturally in oysters, venison and pumpkin seeds. Zinc is also beneficial for prostate health!

In 2020, take care of your vision both physically and mentally. Losing either will greatly impact your life and change it for ever. ■

For help or advice or to join my 9 week 'detox your life' online course (use the code CM2020 to get 10% discount) please email me: sue@thegenuinelivingcompany.com or phone me: 07961 990087

Sue



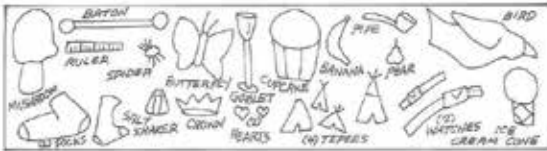
in yellow and orange fruits and vegetables, kale and spinach.

Lutein and zeaxanthin are also yellow carotenoids and they function as a protection in the eyes against bright light. They are like sunblock for your eyes and are particularly beneficial for the health of the macula, an area found in the centre of your retina. One study shows that those with the highest intake of lutein and zeaxanthin



New Years Hidden Puzzle

Can you find all the hidden items in this New Year themed activity?





CHARTERED CERTIFIED ACCOUNTANT

Bernard Brace

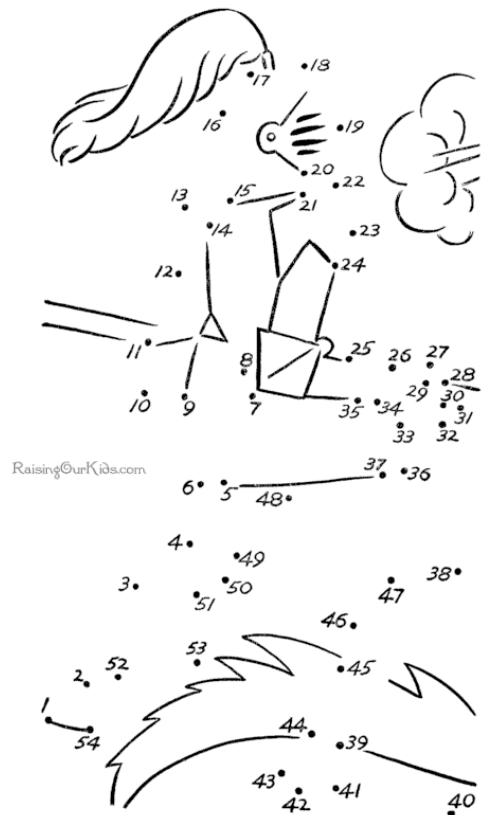
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Friday 28th February - 8:00pm

The Ron Green Big Band was formed some thirteen years ago, by Ron, a very enthusiastic Jazz follower, who at the time, was playing with the Slinfold Concert Band, and the Petworth Town Band. Now in his nineties, he has decided to call it a day with the band, and the band members are very grateful and thankful for his initiation of this band.

It was from these two bands where most of the former band members came, and originally it was a group of friends who just wanted to play swing music for fun. It soon became obvious that more was possible from this group of very enthusiastic and talented players.

The band has now grown into a very competent semi-professional band playing at dance venues, wedding receptions, parties and concerts, including Wentworth Golf Club and The Amex stadium at Brighton & Hove FC. They have also performed regularly at Cranleigh Arts Centre for the last few years.

The band members travel from various parts of Sussex, Hampshire and Surrey to meet up on a monthly basis at The Band Room at Cranleigh to rehearse.

The band is now under the musical direction of Xav Riley, a very accomplished local musician from Ewhurst. The normal line up is 6 Saxophones, 3 Trumpets, 3 Trombones, plus a rhythm section of piano, bass, guitar and drums, together with a female singer.

The band's repertoire contains music from many eras and you can expect to hear items from Benny Goodman, Duke Ellington, George Gershwin and other great jazz composers and arrangers.

This concert is a fantastic opportunity to enjoy live music from a talented local band and support a vibrant Arts Centre, keeping music live in Cranleigh. ■

Cranleigh Arts Centre

Tickets at a giveaway price of **£12**
Box Office: **01483 278000**
www.cranleighartscentre.org



A huge thank you to all those people in the village and surrounding areas who took part in the annual appeal for shoeboxes which are distributed by the Bethlehem Humanitarian Centre in Hunedora, an area which has suffered from deprivation over recent years. Following Michael Wild's article on the children's shoebox history, I should like to bring you up to date with this year's appeal.

In November we collected 132 boxes from St Nicolas Church, this included 15 from Dunsfold. Cranleigh Rotary Club collected 64 from the community and 742 from the local schools; (Glebelands 219, St. Cuthbert Mayne 96, Parkmead 54, Womersley and Shamley Green 86, Cranleigh Preparatory and Cranleigh School 85, Church of England Primary 98, Long Acre 75, St Josephs 17 and the Rikkyo School 12.)

We normally store our boxes, along with those from churches in Poole and Sevenoaks, at Cranleigh Riding for the Disabled barn at Rowly. From there they are normally taken to Daventry. This year, however, there were problems with the storage depot there and so we were asked if all the boxes from the other churches around the country, who take part in this appeal, could come to Cranleigh and be collected from here in the large articulated lorry.

The RDA kindly agreed and Ralph Gregory, and another member of a Northampton Church collected boxes from the other churches in Newcastle, Leeds, Luton, Frinton, and Berkhamsted - an exhausting journey. In all it came to a total of 2,314 boxes, plus clothing, knitted hats and scarves, toys etc. Additionally Glasgow and Tiverton deliver their boxes directly to Hunedora, (over 1,000 more boxes).

All the boxes had to be put onto pallets ready to be loaded and volunteers from St Nicolas Church and Cranleigh Rotary Club joined together to do this. The first lorry unfortunately was involved in an accident and another was hastily procured. The boxes were finally packed up and the articulated lorry set off for Romania on Monday December 2nd.

Michael Wild and I are stepping down from the organisation this year as we have been involved for a number of years. We are hopeful that others in the village will take over and carry on this rewarding work; talks are ongoing.

With grateful thanks to all the volunteers who helped at each stage of the appeal and whose hard work made it all happen; to the people who gave boxes and lent machinery and of course to the RDA who kindly lent us their barn, without which none of this would not have been possible.

Ruth Collins and the shoebox team. ■



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Rowleys Centre for the Community presents 'Sing for Joy', starting on **Wednesday January 8th 2020, from 1.45pm until 3.15pm**; and thereafter every first Wednesday in the month.

Come and meet Gill Cooney in the Waverley Suite and join in some musical memories.

Price: **£4.40** (Rowleys members **£3.50**); to book ring **01483 277155**.

Gill Cooney is an accredited leader for 'Singing for the Brain, supported by The Alzheimer's Society. ■

Some say . . .

Gratitude makes sense of our past,
brings peace for today, and creates a vision
for tomorrow.

Ralph Waldo Emerson



We are having a Sports Club Fair on the **14th January at Cranleigh Leisure Centre between 5.30-9pm** for local sports clubs to showcase their sport with a view to attracting new members.

We are hoping this will catch those wanting to "get fit" after the Christmas indulgence as exercise is much more fun if you are doing something you enjoy. Entry is free to all clubs and those wanting to attend. For further details please email: **annapritchard@pfpleasure.org** ■

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- JACK BRUFORD
MANAGING DIRECTOR



JANUARY

Visions of Grand Gardening...

As the New Year is a time of celebration, renewed energy and grand plans for the next twelve months. Tasks in the garden this month are generally about keeping things nice and tidy, and getting ready for the year ahead.

Complete the vision you have with your garden early this year with these tasks:

- Put your new-year eagerness to good use by cleaning pots, tools, water butts and greenhouses to prepare for spring. It's not the most dazzling of tasks, but it will set you up for a great growing season.
- Start scheduling what you want to do with your garden in the months to come. Now's the time to order seeds and plants from the cosiness of your chair.
- Check your winter security is still working for you, assess any stakes, supports and ties that may have been broken in bad weather.
- Continue looking after the wildlife, put out food for peckish birds and keep leaving some areas of your garden uncut for shelter until the spring.
- Scrap your Christmas tree and add it to compost bins. Additionally, the stripped down branches make great pea sticks.
- Central heating can dry the air in your home and damage indoor plants. Mist house plants often and stand them on a tray of pebbles filled with water. ■



"The Cokelars of the Surrey / Sussex border villages 1850-1970"



Cranleigh Proboscis A Club 14th January 2019

Roger Nash will be speaking about "The Cokelars of the Surrey /Sussex border villages 1850-1970". He will answer the questions who were they, who was their leader? Accounts of their conflicts, worship, joyous funerals and "combination shops" will be presented. The local communities at Loxwood and Shamley Green will be of special interest.

The lunch will take place at the Cranleigh Golf and Country Club on Barhatch Lane where members and guests will assemble from noon on. New attendees are welcome for any lunch and to hear speakers on the second Tuesday of every month.

For more information on the club and its history please see the website for Cranleigh Proboscis A Club. To indicate your interest for attending a lunch please contact Stewart Shepley no less than five days before the lunch date on **01483 548488**, or **stewart.shepley@btinternet.com**. ■

Some say . . .

In order to carry a positive action we must develop here a positive vision.

Dalai Lama





20 ways for your family to go green in 2020

By

Penny Lynch

For our New Year's resolutions in 2020 it seems only appropriate that we do them in a green fashion.

Repurpose glass jars. Because they have screw-top lids they are great as leftover containers or bulk storage. Ideal for taking down to For Earth's Sake, in Cranleigh, to restock.

The inevitable New Year clear-out. Make sure you donate to our wonderful charity shops. They take almost anything, even clothes with holes in! Try to save it from going to landfill.

Use reusable bags for shopping, grocery or otherwise. Keep a stash of them in the boot of your car or somewhere that you won't forget to take them with you.

Turn the lights off when you leave a room.

Hang your laundry to dry rather than using the tumble dryer. This time of year with the heating on I find that it dries perfectly well when hung indoors.

Switch appliances off when you're not using them, rather than leaving them on standby. We all know that we should but most of us don't!

When the sun reappears open the curtains rather than switching on the lights.

Pay your bills online to save a paper bill from dropping through your letter box.

Use Ecosia as your search engine. For every 45 online searches they will plant a tree. And it's just a good as google. ([ecosia.org](https://www.ecosia.org))

Switch your utilities provider to one that deals only in green energy. It's easy to find one if you head to [uswitch.com](https://www.uswitch.com) or any of the comparison websites.

Before buying anything (non-food) check that you can't get it second hand first.

Mend leaky taps and toilets. A tap dripping just 10 times a minute will waste 3 litres of water every day!

Collect rainwater for your garden and indoor plants. Obviously at this time of year the outside plants are getting plenty of water but now's the time to fill a water butt or two for when the rain decides to stop.

Turn the temperature down on your thermostat by a degree or two. Lowering your heating by a single degree can save you as much as £80 a year in heating costs. Fetch out those winter jumpers and fluffy slippers to keep you cosy instead.

Check that the seal around your front door, back door and windows are working effectively. Especially at this time of year a gale can blow in, seriously increasing your heating bill.

Grow houseplants, they help to remove toxins from the air in your home.

Plastic is found in tampons and sanitary pads! Visit city-tosea.org.uk to find out how easy it is to cut plastic out of your periods and save you money.

Where you can, buy organic and locally sourced fresh produce. Where that's not possible check out the Clean Fifteen fruit and vegetable list. These 15 products are not typically as contaminated with pesticides as others. Though also be aware of the Dirty Dozen list that should always be bought organic because they can be highly contaminated if bought non-organic.

Always buy recycled toilet paper. It's estimated that over 100,000 trees are cut down each day, worldwide, to make toilet paper! These days you can even buy it without a plastic wrapper. Who Gives A Crap and Greencane are just 2 companies that sell it plastic free but there are probably others.

And above all reduce, reduce, reduce. Every purchase should be carefully considered. Your purse and your planet will thank you. ■

Penny Lynch

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Deirdre Lay receiving her award

A Very Special Award

Deirdre Lay of Ewhurst was presented with a very special award at the Brigitte Trust AGM held at Clendon Wood Natural Burial Reserve on November 12th - 35 years of volunteering! Deirdre was presented with an engraved vase and certificate by Mandy Preece, guest speaker on the day, who is an end of life companion who promotes listening and family support.

www.brigitte-trust.org

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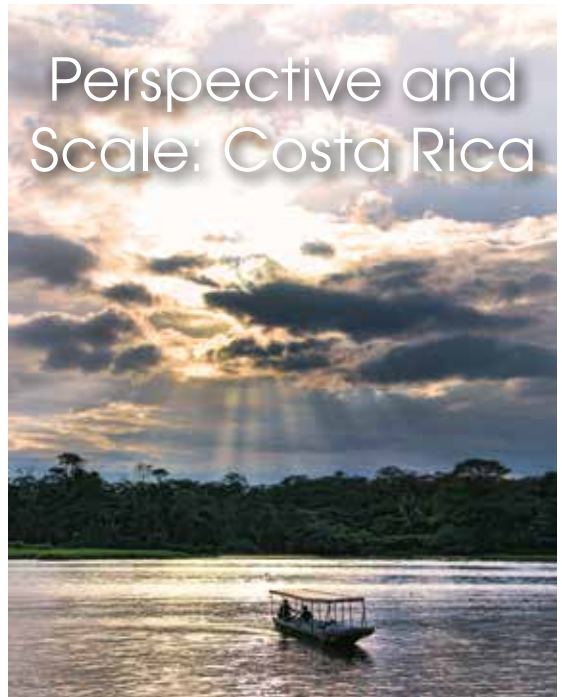
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Henry Bushell, a nineteen year old from Plaistow will be giving a slide presentation and talk about his recent trip to Costa Rica with Raleigh International - on **Saturday, January 11th in the Billinghurst Centre from 5.30-7.30pm.**

Are you the parent or grandparent of a young person who might be interested in travelling abroad for 4-12 weeks with 'Raleigh International' (the sustainable development charity), to work side by side with communities to create positive change? Do bring your children (14 and above) and be inspired.



For details about his talk and to book tickets please see this link; <http://bit.ly/37MJmX>

Henry warmly invites anyone who enjoys travel to join him at his slide presentation and talk.

Tickets can also be booked by calling **01403 871472** – please leave a message and we will call you back. ■



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Beastly Intentions!

By

Richard Johnston



Making a Beast headdress to a deadline can prove to be quite challenging but even more so when it is supposed to resemble someone else's designed headdress too!



Due to a mix up in scheduling, the pantomime production company were not able to use the headdress and clawed gloves they had hired so they approached theatrical scenery and prop making company MYA Workshop in Yapton near Arundel, Sussex, to solve this problem.

Upon examining photos of the originally made head-dress, I discovered that some sort of real fur had been used, probably a long haired goatskin or possible yak fur. As it would have been very difficult and time consuming to try and match the real fur, some faux yak fur was found instead and the project began!



The bicycle helmets gave a good basis to start from

I started by buying a bicycle helmet, removing the outer plastic cover and then began to carve and sand the polystyrene foam into less of a helmet-like shape. Then the horns were carved from plastazote foam, ridges added using a soldering iron to melt the surface, then heat formed into shape using a hot air gun and stuck to the head shape using a glue gun. Then upholstery foam was glued on and carved to give a better shape and plastazote ears glued on.



The Beasts Hands!

The next job was to stick on the fur fabric and it was very time consuming but eventually the whole headdress was covered. But, at this stage, it looked rather like a large teddy bear! Fortunately, after a bit of a trim with an electric razor and a wash and scrub and brush using paint, water and PVA glue, it was beginning to look more 'beastly.' There was also a blonde wig to be added to the back of the head and a goatee beard and bottom lip and fangs to make plus the gloves with claws so there was still plenty of work to do.

I started making the bottom lip and fangs by first sculpting the shape using grey clay and then covering that in plaster to make a mould. Into that negative shape, I poured liquid latex and left it overnight to form a thick



The back of the mask

skin. One dried, pulled from the mould and painted, I added the goatee style beard and scrubbed and painted it using the same process as for the head. Then the fur fabric was added to some leather gauntlets and claws made from heating up and shaping some Worbla and glued on using the hot glue gun.



Front of the completed outfit

Eventually, the whole ensemble of head, goatee and gloves were completed just in time for the client to collect. Phew! We are all now looking forward to seeing some photos of the actor wearing the whole costume on stage! ■

If you would like to see more work from MYA Workshop then please do have a look at the Facebook page here: **www.facebook.com/myaworkshop** or on Instagram: **[@myaworkshop](https://www.instagram.com/myaworkshop)** Richard Johnston - **www.sketchworksdesign.com**

Some say . . .
If you have a vision, do
something with it.
Anthony J. D'Angelo



The Gate of the Year

By Gill Thompson

Eighty years ago, in December 1939, Great Britain was at war. Adolf Hitler had become German chancellor in 1933 and under his command the armies of the Third Reich were now marching through Europe leaving a trail of destruction in their wake. Once again Britain faced an uncertain future. It was only twenty-one years since the last war had ended, and those who'd lived through it must have been filled with foreboding at the thought of more terrible losses, more families ripped apart, more deprivation, suffering and fear.

So when King George V1, our present queen's father, gave his first Christmas broadcast of the war he must have wondered what he could say that would reassure a frightened nation as it faced a new year of uncertainty. Thankfully, his wife, the Queen mother, had given him an idea when she introduced him to the poem 'God Knows' by Minnie Haskins. George V1, as a Christian monarch, was expected to deliver a Christian message. The first five lines of Haskins' poem fitted this perfectly:

And I said to the man who stood at the gate of the year:

*"Give me a light that I may tread safely into the unknown."
And he replied: "Go out into the darkness and put your hand into the Hand of God. That shall be to you better than light and safer than a known way."*

The King memorably and poignantly ended his broadcast with these words. But it's likely that few people at the time would have known who Haskins was, much less her poem. In fact the poet had no idea her words would be quoted. "I heard the quotation read in a summary of the speech," she told *The Daily Telegraph* the following day. "I thought the words sounded familiar and suddenly it dawned on me that they were out of my little book."

Minnie Haskins was a grocer's daughter brought up at Warmley, Bristol. She taught at a Congregationalist church Sunday school there. Apparently the image in her poem came to her at Warmley when she was standing at a top floor balcony window, looking down the illuminated drive-way to the gate.

She studied at the London School of Economics and taught in its social science department until 1944. She published two more volumes of poetry, *Through Beds of Stone* (1928) and *A Few People* (1932).

Despite the reassurance of George V1's 1939 Christmas broadcast, the early months of the year did not go well for his country. By May 1940 Hitler had launched his blitzkrieg against the Low Countries and France. With the French defences broken, German panzer forces burst through, and began a rapid advance across France and Belgium. Very soon Rommel's armoured pincer movement was threatening the British army with entrapment, their forces were being obliged to withdraw. The German High Command went so far as to boast that 'The British army is encircled and our troops are proceeding to its annihilation.' According to those close to him, Winston Churchill feared he would have to announce the greatest military disaster in British history.

George V1's response was to declare that Sunday, 26 May should be observed as a National Day of Prayer. He attended Westminster Abbey with members of the cabinet whilst people flocked to churches throughout the country to ask for God's help.

Yet, inexplicably, Hitler overruled his generals whilst they were only ten miles from possible destruction of the British army. Then came a huge storm, grounding the German Luftwaffe squadrons and allowing the British foot soldiers to move to the coast under cover. In contrast, the British channel was becalmed, allowing the little ships which had made their way to Dunkirk from all around Britain to safely progress to the army's rescue.

The rest is history . . .

After her husband's death, the Queen mother had the words of Haskins' poem carved on the gates of his memorial chapel. And 63 years later they were read at her own funeral, a powerful testimony to their faith at a crucial time. ■



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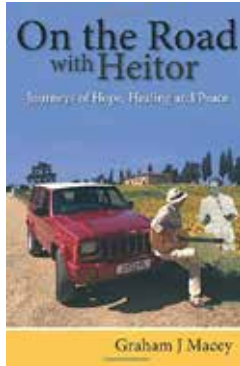
BOOK REVIEW

On the Road with Heitor:

Journeys of Hope, Healing & Peace

by Graham J Macey

"A book with a journey that anyone who has cared for parent or loved one should read. A great first outing for this writer." - Mr S C Mak, Amazon Reviewer



The Story Of A Mother's Love

This book is set in a small suburban Surrey bungalow where, in 2012, Graham Macey came to be the full-time carer for his 89 year old mother until her death in 2019.

It began as an attempt to make sense of it all – a way of simply coping with the situation and with the very troubled relationship that existed between the author and his mother.

Slowly, it became clear, that the pain of the present was inextricably entwined with pain of the past, and it was here, and only here, that the seeds of healing were to be found and nurtured.

This book describes the many journeys of this healing – journeys of hope, reconciliation and peace – journeys in which the author came to watch, as his mother learned to use her courage, her willpower, her love and her humility to let go to all the pain of her 'broken-ness,' until, as a frail 95 year old woman, she was able to take everything that the world had thrown at her, and rise above it all.

And so it was that a mother's love was able to inspire the author with the hope and the courage he needed to complete the journey of his own healing – a love redeemed, restored and radiant – free at last to nurture and to cherish – to teach and to protect – to guide and to set free... a Mother's Love indeed.

This book is now available on Amazon as a Paperback and eBook - please contact the author for further details. email: graham@nomadshuffle.co.uk



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

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1 CEVICHE

Serves 4

When I was working in Spain I had the pleasure to work with a very talented Peruvian chef. After we became friends he showed me his family recipe for this amazing dish. Packed with omega 3 oils and clean proteins, a perfect healthy starter after all the festive comfort food. I don't like coriander too much so I replace it with parsley, but I leave that to your personal taste.

Ingredients

450g skinned haddock fillets, 1 tsp coriander seeds or Parsley, 1 tsp black peppercorns, The juice of 6 limes, 1 tsp of salt, 2 tbsp olive oil, Bunch of spring onions, trimmed and sliced, 4 Tomatoes, skinned and chopped, Dash of Tabasco, 2 tbsp of fresh coriander, 1 avocado

Preparation

1. Cut the haddock fillets diagonally into thin, even strips and place in a bowl.
2. Crush the coriander seeds and the peppercorns to a fine powder. Mix with the lime juice and salt, then pour over the fish. Cover and chill for 24 hours, turning the fish occasionally.
3. The next day, heat the oil in a pan, add the spring onions and fry gently for 5 minutes. Add the tomatoes and the tabasco, toss together over a gentle heat for 2 minutes. Remove from the heat and leave to cool.
4. To serve, drain the fish from the marinade, dispose of the marinade, we will not need it anymore. Combine the fish with the spring onion and tomatoes and the chopped coriander/parsley. Taste and adjust seasoning if necessary.
5. Halve the avocado, peel and remove the stone. Slice the flesh crossways. Arrange the slices around the inside of a serving bowl and pile the ceviche in the centres. Garnish with lime slices and coriander/parsley, I personally love to serve it with some toasted crusty bread. Enjoy your Ceviche!

Recommended Wine: Vinho Verde (Portugal)





Food Visions!

2 TROUT POACHED IN WINE Serves 4

In this part of Surrey we are blessed with some delicious trout from the Tillingbourne River. They are delicious, cheap and locally sourced so they don't have to travel for miles. For this recipe you can use any freshwater trout, always remember when you buy fish look for shiny, slippery skin and bright eye - both indicators of freshness.

Ingredients

4 small trout, cleaned with heads on, 2 salt and black pepper, 50g of butter, 1 large onion, skinned and sliced, 2 Celery stick, trimmed and sliced, 2 Carrots peeled and very thinly sliced, 300ml of dry white wine, 1 Sachet of bouquet Garni (available in most supermarkets), 1 Tbsp of plain flour, Lemon wedge and freshly chopped parsley to garnish

Preparation

1. Sprinkle the inside of each trout with salt and black pepper to taste.
2. Melt 25g of butter in a small saucepan, add the onion, celery and carrots and stir well to cover the butter. Cover and let it sweat for 5 minutes.
3. Lay the vegetables in a greased casserole and arrange the fish on top. Pour over the wine and add the sachet of bouquet Garni.

4. Cover tightly and cook in the oven at 180c or mark 4 for about 25-30 minutes.
5. Transfer the trout and vegetables to a warmed serving dish and keep hot reserving the cooking juice and discard the bouquet Garni sachet.
6. Blend together the remaining butter and the flour. Whisk in pieces in the cooking juice and simmer gently, stirring, until thickened. Pour into a jug to serve separately. Use the lemon wedge and the parsley to garnish.

Recommended Wine: Greco di Tufo (Italy)



"I wish you all a Happy New Year! I hope you enjoyed the festivities and I bet we all had a lots of nice comfort food. I would like to start 2020 with some healthy and tasty fish recipes."

— Simone Conti

continued on page 52



continued from page 51



3 CARROT CAKE

Serves 8-10

This is a real classical cake, I love this recipe is from Rose Carrarini, she is an English chef that owns a landmark restaurant in Paris. I had the pleasure to meet her a few years ago and she is amazing. This is one of her signature dishes.

Ingredients

Unsalted butter for greasing, 4 Eggs, 225g of superfine caster sugar, 300ml sunflower oil, 9 medium size carrots, 300g Plain flour (sifted), 1/2 Tsp of baking soda, 1Tsp Baking powder, 1/2 Tsp of salt, 150g finely chopped walnuts, 1 tsp of ground cinnamon

For the Icing

125g unsalted butter (softened), 250g Creamy cheese, 1/2 tsp of vanilla extract, 60g icing sugar

Preparation

1. Butter a 23cm cake tin and line its base with parchment paper. Beat the eggs and the caster sugar until they are light and fluffy but not too white and meringue-like.
2. Pour in the oil and beat for a few minutes, fold in the carrots and then the then the flour with the cinnamon, baking powder, baking soda and salt. Finally fold in the walnuts.
3. Pour the mixture into the prepared cake tin and bake for about 45 minutes on a preheated oven at 180c or mark 4.
4. Once ready remove the cake from the oven and cool before taking it out from the cake tin.
5. To make the icing, beat the butter with the cream cheese for a few minutes till the mixture is smooth, add the vanilla extract and the icing sugar. When the cake is cold, ice the top with the icing. Enjoy your Carrot Cake!



Recommended Wine: Sauterne (France)

Simone Conti ■

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St Nicolas Church, Cranleigh or old gravestones leaning

*Old gravestones leaning,
Like tipsy drunken sailors.
Some upright and new,
Like dummies at the tailors.*

*Some messages are centuries old
And difficult to read,
And some memories fade,
Like flowers gone to seed.*

*The Cheshire cat peeping out,
Never seems to speak a word,
It just keeps on smiling,
At thoughts it overheard.*

*Was it something I said,
To make that gravestone cry?
They have feelings too,
Loving memories never lie.*

*And when we are looking,
Could they be looking too?
Loved ones never die,
They stay with me and you.*

*So don't go saying things,
Believing no one's there,
Our eyes don't see everything,
Some thoughts and words we share.*

by Raymond Holt

An ex Cranleigh village Bobby



An excerpt from the book

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MY SHOULDER**

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for a list price of £7.99

cranleigh arts

Cranleigh Arts Centre - January 2020

Plenty to enjoy at your local arts centre this year. Here is our January schedule. 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.



Event Cinema:

André Rieu - 70 Years Young
Saturday 4 January, 7pm &
Sunday 5 January, 3pm

70 Years Young is André's ultimate concert featuring musical highlights chosen by the maestro himself from his illustrious career so far. Bring your friends and kick off the New Year together in style, in the com-fort of the cinema, with the most wonderful music from the birthday boy – the King of Waltz! Hip hip hooray! **£17.50, £14.50 under 25s**



Film: The Biggest Little Farm (PG)
Thursday 9 January, 8pm

Uplifting, educational, and entertaining, The Biggest Little Farm chronicles the eight-year quest of John and Molly Chester as they trade city living for 200

acres of barren farmland and a dream to harvest in harmony with nature. "Joyful in all the best ways. It's utterly and completely beautiful" First Showing

£8.25; £7.25 Friends; £5.50 under 25s



Film:

The Lion King (PG) Relaxed Screening
Saturday 11 January, 2pm

Disney's all-new live action Lion King journeys to the African savanna where a future king is born. Simba idolizes his father, King Mufasa, and takes to heart his own royal destiny. But not everyone in the kingdom celebrates the new cub's arrival.

£8.25; £7.25 Friends; £5.50 under 25s



Classical: Lunchtime Concert:
Raya Kostova (piano)

Tuesday 14 January, 1pm

Raya Kostova grew up in Varna, Bulgaria and was awarded a scholarship to study at the Royal Academy of Music (BMus) and later at Trinity Laban Conservatoire of Music and Dance, from where she obtained a first class PGADip and won numerous

awards. **Duration approx 40 mins. Free admission, with retiring collection. No booking necessary.**



Event Cinema:

NT Encore: Present Laughter
Tuesday 14 January, 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. Engulfed by an escalating identity crisis as his many and various relationships compete for his attention, Garry's few remaining days at home are a chaotic whirlwind of love, sex, panic and soul-searching. **£17.50, £14.50 under 25s**



Event Cinema:

ROH Live: The Sleeping Beauty
Thursday 16 January, 7.15pm

This production of The Sleeping Beauty has been delighting audiences in Covent Garden since 1946. A clas-sic of Russian ballet, it established The Royal Ballet both in its new home after World War II and as a world class company. Sixty years later,

in 2006, the original staging was revived, returning Oliver Messel's won-derful designs and glittering costumes to the stage. Tchaikovsky's enchanting score and Petipa's original choreography beautifully combine with sections created for The Royal Ballet. **Approx running time: 3hr.**

£19.75, £15.50 under 25s



**Live Music:****Wilson & Wakeman****Friday 17 January, 8pm**

Featuring Damian on vocals and acoustic guitar and Adam on piano, vocals and acoustic guitar, Wilson &

Wakeman are back! Best known as the keyboard and guitar player with Ozzy Osbourne and Black Sabbath, Adam has released 9 albums with father Rick Wakeman and 4 solo albums. Damian is widely known for bands like Headspace. **£16**

**Kids' Craft: Air Balloon Lanterns****Saturday 18 January, 2pm – 3pm**

Create your own hot air balloon lantern in a fun creative workshop led by local artist Miriana D'ambrosio. All materials provided. Suitable for ages 5+

£6 per child**Classical: Mengyang Pan (piano)****Friday 24 January, 7.30pm**Pianist Mengyang Pan is the winner of prestigious competitions and performs in some of the best venues throughout the UK. For Cranleigh she will perform: **Bee-**

ethoven Sonata in F minor, "Appassionata" Op. 57 Allegro assai; Andante con moto; Allegro ma non troppo. **Liszt** Rhapsodie Espanole. **Debussy** Nocturne and Humoresque op. 10. **Prokofiev** Suite Bergamasque. Prelude; Menuet; Clair de lune; Passpied. **Chopin** Variations on "La ci darem la mano" **£15, £10 under 25s**

**Live Music: Leather & Lace****Saturday 25 January, 7.30pm**

A dynamic new show bringing all those Classic Rock Anthems and Power Ballads you know and love to the Cranleigh stage. Presented by a

7-piece rock band featuring some of the finest musicians & singers on the circuit today. A show for all ages that will have you singing along to every song! **£18.50**

**Workshop: 6 Week Pottery Course****Tuesday 28 January – 3 March, 2pm – 4.30pm**

Our six week pottery courses are aimed at all levels that encourage you to express your creativity in clay! Our beautiful pottery has up to date and extensive

tools and equipment to help create your masterpieces whether that be on the potter's wheel or making with a wide variety of hand-building techniques. **£180**

**Event Cinema:****ROH Live: La bohème****Wednesday 29 January, 7.45pm**

Puccini's opera of young love in 19th-century Paris is packed with beautiful music, including lyrical arias, celebratory choruses for Act II's evocation of Christmas Eve in the Latin Quarter and a poignant final scene over which the composer himself wept. Richard Jones's character-led production perfectly captures La bohème's mixture of comedy, romance and tragedy, with striking designs by Stewart Laing. Sung in Italian with subtitles.

Approx running time: 2hrs 30min**£19.75, £15.50 under 25s****Film: Mrs Lowry and Son (PG)****Thursday 30 January, 8pm**

Beloved British artist L.S. Lowry (Timothy Spall) lived all his life with his overbearing mother Elizabeth (Vanessa Redgrave). Bed-ridden and bitter, Elizabeth actively tried to dissuade her bachelor

son from pursuing his artistic ambitions, whilst never failing to voice her opinion at what a disappointment he was to her. **£8.25; £7.25 Friends; £5.50 under 25s**

**Theatre: Choice Grenfell****Friday 31 January, 7.30pm**

Kick In The Head (Old Herbaceous, Three Men in a Boat) are proud to present a celebration of the 40th anniversary of the loss of the wonderful come-

dienne and monologist, Joyce Grenfell. A wonderful tribute featuring some of the best of Joyce's hilarious songs and monologues including Stately as a Galleon, School Nativity Play, A Terrible Worrier and First Flight. **£14**

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

PRESS ENQUIRIES

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

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Cranleigh Film Club

Thursday 30 January 2020



www.cranleighfilmclub.org.uk

Cranleigh Film Club is showing *The Guardians* (15) on Thursday 30 January 2020 starting at 7.30pm; doors open at 7.00pm.

As usual our film will be shown in the Band Room, GU6 8AF, and there is ample parking in the adjacent Village Way car park. Refreshments are available.

The Guardians (15)

Director **Xavier Beauvois** made the unforgettable *Of Gods and Men*, which we showed most successfully in 2011. It's a drama set during the First World War: two sons and a son-in-law have left for the front, the women left behind to work the family farm. Hortense, a widow, (Nathalie Baye) and her daughter Solange (her real-life daughter Laura Smet, who was in *Yves Saint Laurent*) hire a young orphan, Francine (Iris Bry), to help out. The trio work well, until one day one of the men, Georges, Hortense's favourite son, returns.

The only positive from this 'war to end all wars' is the film's strong women taking the reins of a farm, modernising it and making a profit. *The Guardians* has been called one of the

most beautifully photographed and quietly told stories of women abiding the tyranny of war in the modern cinema. A minimalist epic, one of the year's best films, an example of the French ability to make art through cinema. A reviewer said, "it's an unexpected take on World War I. Though it has subtlety and restraint, it's also a work of compelling emotional force. The feeling of just how good it is builds, and near the end it hit me like a strong wind. I loved watching and listening to Francine sing so happily, despite her pain. *The Guardians* has fantastic cinematography, wonderful wardrobes, stellar performances."



Peter Bradshaw of *The Guardian* wrote, "the gender divide is clearer in its original title, *Les Gardiennes*. This richly compassionate, fiercely acted and beautifully shot period drama is about the second conflict, the battle of wills on the home front, as its characters struggle to maintain a family farm in western France." "The *Guardians* maintains an underlying focus on humanity, in all its complications, in a time of distress. You think people are decent but then they mess something up and the rules no longer apply. Bry has a consistently beguiling screen presence: with expressive looks reminiscent of a silent film star, she has a hugely appealing directness. You know her character will find her way in the world," Roger Ebert.

As with *Of Gods and Men*, *The Guardians* is full of quiet dignity and humanity, and it gets the emotions just right. There are so many films about the battlefield, it's great to see one focussed on the scene back home and on women's work, their hopes, their endurance, their grief, and even their betrayals. The pace follows the events of the narrative as much as the seasons and the labour they entail.

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. We make a £5 charge for guests at each film. Do come along and enjoy the atmosphere! ■



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Club Visions!

Cranleigh Amateur Swimming Club



Main Photo: Abi Southwell going for it!

Inset: Atlantis Swimming Club

As I write this article, Christmas is only a few days away. And, as you read, I hope you will be in the midst of, or have recently enjoyed, the festivities. At the very least I hope you will have had the chance to spend some quality time with friends and loved ones.

For the swimmers at Cranleigh swimming club, Christmas is, as for many others, a lovely time of year. However, whereas many of us may over indulge, our club swimmers will soon be working away any excesses in the pool. This might sound like a hardship to the many non-swimmers amongst us. Not for our club members. They all seem to love swimming, from the keeping fit to the competing, all in the company of good friends. In fact, I suspect that if the pools stayed open all Christmas, they would train. But the lovely staff at Cranleigh Leisure Centre deserve a well-earned Christmas break too. So the period offers a few days away from the normal training routine.

Rest assured that the break won't last long. On the horizon are the Surrey County Championships, starting at the end of January. The Championships run over three weekends and finish the last weekend in February. For a small swimming club like Cranleigh, the County Championships will be the pinnacle for many of our swimmers. It goes without saying that they are keen to make the most of that opportunity. Training has already begun, and the small matter of Christmas won't be allowed to upset the preparations too much.

This year, as a club, we achieved 95 qualifying times for the 2020 Championships, across 26 swimmers. This is the same number of qualifying times as we recorded for the 2019 Championships. This was despite many of the 2020

qualifying times being set considerably faster. Excluding 50m races where the times were changed most aggressively, the club achieved 46 times this year compared to 24 last year.

The most recent qualifying times were swum at our two most recent galas, which wrapped up a busy autumn. The first of those was a two day Atlantis Swimming Club Open Meet, in Horsham. Qualifying times for the meet were more prohibitive than some of the meets that we enter, so we had a relatively small representation. Nonetheless, the 23 swimmers who competed achieved four new county qualifying times. There were also 16 other county times swum by swimmers who had previously obtained qualification. Notable results from the weekend included golds for Lucy Andrews, Sofia Avery, Alice Bruce, Connie Emmett and Martha Horstead. Silvers medals went to Sophia, Alice, Emily Cook, Martha, Lana Howells-Davies, Sophie Moore, Juliette Small and Callum Stevens. There were also bronze medals for Lucy, Lana, Juliette and Callum and a new short course club record in the 400m freestyle for Connie.

The last chance for our swimmers to achieve times came in the final weekend of our Club Championships at the beginning of December. Taking place in our normal Sunday evening pool time, there were 5 events (each with multiple heats). 54 swimmers took part, across the 50m freestyle, 50m breaststroke, 100m backstroke, 100m butterfly and 200m individual medley. Of these, more than 10 new County qualifying times were set and Connie achieved 3 more club records.

The Club Championships also offered another opportunity for our junior swimmers to gain competitive experience.



For these swimmers, the focus was on swimming personal bests. For all swimmers, achieving PBs is the key to success. After all, if you continually and consistently improve, you will do well. And this group particularly excelled themselves, some setting huge PBs.

Away from Cranleigh, there have been some more fantastic achievements by our swimmers. Abi Southwell took part in the National Biathlon Championships, finishing in an amazing 16th place. Thomas Craig was part of a relay team achieving 3rd place in the finals of the National Schools swimming competition. And finally, several club swimmers (and ex-swimmers) reunited in Sheffield last month to compete in the British University Swimming Championships. By all accounts, it was an excellent event featuring some great swims.

All in all, it has been a great autumn for the club. Let's hope 2020 is an equally positive year. From all at the club, we wish you a very happy new year. ■

If you are interested in joining Cranleigh ASC, do come down and see us on a Sunday evening at Cranleigh Leisure Centre from 4.30pm onwards or visit our website www.cranleighsc.org.

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



The SHADES (Shamley Green Amateur Dramatic and Entertainment Society) are proud to announce their 2020 Pantomime of 'Cinderella' will take place in the Arbuthnot Hall on **Thursday 23rd & Friday 24th January at 8pm, and Saturday 25th January at 3.30pm and 7.30pm.**

A traditional family favourite, our pantomime tells the tale of a young girl Cinderella, who's Wicked Stepmother and horrible Stepsisters treat her like a slave, all under the nose of her loving Father. A chance meeting in the forest with a mysterious old lady and a handsome stranger, Cinderella's life is changed forever, but will she get her happy ever after? There will be the usual magic and mayhem you have come to expect from a SHADES pantomime.

Tickets are now available online at:

www.shamleygreenshades.co.uk and from Celebration Cakes of High Street, Cranleigh and the Bricklayers Arms Public House, Shamley Green Country Stores and Hair Gallery, all in Shamley Green, and through the Box Office line on **01483 274530**.

Ticket Prices Adults £7.00 Children/Seniors £5.00 (Thursday night special Adults £5.00 Children/Seniors £4.00). ■



Jason Deane

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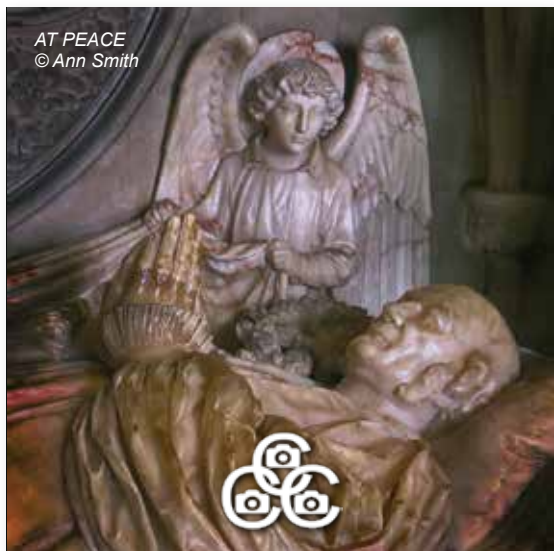
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CRANLEIGH CAMERA CLUB

Cranleigh Camera Club was established in the 1960s and currently has around forty members of various ages and photographic abilities. We have a variety of internal club competitions, talks by members and guest speakers on many varied subjects, workshops designed to improve our chances of good competition scores, trips away both to take pictures and to compete against other clubs, Christmas social evening, and an Annual Exhibition held in the Cranleigh village hall.

If you enjoy photography and may be looking to improve your skills, then do come along to one of our meetings.

Although digital photographers now outnumber film photographers, all are very welcome and no distinction is made between film and digital prints for the purpose of workshops and competitions. Anyone interested in joining the Club need not feel that meetings would be too technical and we invite you to attend a couple of meetings to see if you like us.

Events in January 2020 are:

9th JANUARY - Workshop and critique,
Members' participation

16th JANUARY - 3rd colour print open competition,
Steve Kingswell ARPS, AFIAP

23rd JANUARY - Friendly competition against Ludshott
at Cranleigh, *Ken Scott*

30th JANUARY - 3rd PDI and mono prints open competition, *Simon Van-Orden AFIAP*

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

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Taking Care this Winter



The winter months can be hard and present many challenges. Whether you are concerned about elderly family members or looking at preparing for the winter months, these useful tips might help:

Take care of yourself

- **Eat and drink healthily** Plenty of fruit, vegetables and water. Eat regularly - it will help boost your immune system and energy levels.
- **Sleep** is important, avoid tea and coffee, take a bath, listen to gentle music or practice breathing exercises.
- **Keep mobile** Move every 20 minutes - it's good for muscles and joints.
- **Keep doing what you enjoy.**

Manage your activities

- **Plan ahead** Break tasks into small steps, give yourself plenty of time.
- **Pace yourself** Take regular breaks.
- **Use technology** Shop online and use social media to keep in touch with loved ones.

Manage in your home

- **Organise your home** so you have everything you need within easy reach.
- **Stay warm in winter** The Energy Saving Trust show how to reduce bills and make your home more energy efficient.
- **Make your home safer, reduce risk of falls** by decluttering, removing loose rugs, installing banisters and grab rails, ensuring good lighting. Adjustments to the height of your chair and bed can also help.

Support

- **Find out what is available in your local area** such as groups, classes or centres.
- **Talk with family and friends** to help them understand how they can support you.
- **Try not to isolate yourself at home.**
- **The Silver Line is a helpline for older people** (Helpline – 08004 708090) or **Age UK** can give advice and support.

Occupational Therapists (OT'S) play a vital role in empowering people of all ages to overcome the effects of disability caused by illness, ageing or accident so that they can carry out everyday tasks. Considering the person's physical, psychological, social and environmental needs, strengths and abilities, they can make a real difference, giving people a renewed sense of purpose and changing the way they feel about the future.

Your GP or a health and social care professional might be able to arrange for you to see an OT. Alternatively, you could contact an independent OT. You will need to pay for their services.

Bethan Williams is an OT with over 20 years' experience. She is currently offering local residents a Winter Well-Being check in readiness for the cold months ahead when mobility and well-being are essential.

Contact number: **07957274867** ■

Kim Wilson

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07976 849903

www.surreyhillsrehab.co.uk



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@sj.org.uk** or call **01483 278175**

Rowleys Volunteers Needed!

Volunteers are needed at Rowleys to help with all kinds of services from IT, to driving, tasks in the kitchen, admin, fundraising and more. Please pop in to see us in Victoria Road and have a chat if you have a few hours to spare and would like to volunteer. Or you can phone us on:

01483 277155 ■

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Local information

LIBRARIES

CRANLEIGH LIBRARY

High Street, Cranleigh. **Tel. 0300 200 1001**

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

Rhymetime: Fridays 10.30 – 11.00am

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

Follow us on Twitter at @CranleighLib



BRAMLEY LIBRARY

High Street, Bramley. **Tel. 0300 200 1001**

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Tues. 10.00 a.m. to 5.00 p.m. Wed. closed all day

Thur. 2.00 p.m. to 5.00 p.m.

Fri. 10.00 a.m. to 5.00 p.m.

Sat. 10.00 a.m. to 4.00 p.m.

CHURCHES & CLERGY IN CRANLEIGH

Church of England *Rev. Roy Woodhams.*

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

Roman Catholic *Father David Osborne*

St Nicolas Avenue **01483 272075**

Methodist *Rev. Keith Beckingham*

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

Baptist *Rev. David Burt*

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

Free Church *Mr Cyril Wearn*

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

CITIZENS ADVICE

WAVERLEY CRANLEIGH BUREAU

Village Way - Cranleigh **0344 848 7969**

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

Local Clubs

ALFOLD TENNIS CLUB

Recreation Ground, Dunsfold Road, Alfold GU6 8JB

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

CRANLEIGH BOWLS CLUB

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

Alan 01483 274682 or Bill 01483 275992

EWHRST BOWLS CLUB

Cranleigh Road, Ewhurst, GU6 7RN

Malcolm 01483 276938 or Jackie 01483 272630

CRANLEIGH PENTANQUE CLUB

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

David 01483 271146

BIRTLEY TENNIS CLUB

Birtley Road, Bramley, Guildford GU5 0LF

Francesca Stern 01483893856

CRANLEIGH BADMINTON CLUB

Glebelands School, Parsonage Road, Cranleigh, GU6 7AN

Maura 01483 267634 or Mike 01483 276667

Helpful Telephone Numbers



PHYSIOTHERAPISTS & OSTEOPATHS

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

PODIATRISTS / CHIROPODISTS

Cranleigh Foot Clinic **01483 276178**
Mrs R.A. Wimbledon SRCh **01483 277505**

DOCTORS AND SURGERIES

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

CHEMISTS / PHARMACY

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

DENTAL SURGERY

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

VETERINARY

Brookmead Veterinary Surgery **01483 274242**
Alfold Veterinary Surgery **01403 753500**
Yew Tree Veterinary Centre **01483 275665**
Hunters Lodge Veterinary Practice
01483 276464
Rowley House Vet **01483 272999**

COUNSELLING

New Directions Counselling **01483 268008**
Horizon Counselling & Consultancy Services
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DEMENTIA & CARER SUPPORT

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RESTAURANTS IN CRANLEIGH

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Bricks Cranleigh **01483 276780**
The Curry Inn **01483 273992**
Rania Restaurant **01483 267800**
The Richard Onslow **01483 274922**



EMERGENCY

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



TRAVEL

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

LEISURE

Cranleigh Leisure Centre **01483 274400**

LOCKSMITHS

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

HELPLINES

Surrey Drug & Alcohol Care
Freephone 0808 802 5000
Age Uk Surrey **01483 503414**
Alcoholics Anonymous **0845 7697555**
Cranleigh Village Care **07908 976 394**
(Volunteer Transport Service)
Citizens Advice **0344 848 7969**
Cranleigh Community Line **01483 267999**
Cruse Bereavement Care **01483 565660**
Legal Line **0906 5534545**
Victim Support /Surrey) **0845 3899528**



CHARITIES

Cranleigh & District Lions Club **0845 8332711**
Ewcare **01483 277606**

COUNCILS

Cranleigh Parish Council **01483 272311**
Surrey County Council **0845 6009009**
Waverley Borough Council **01483 523333**





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