

JULY 2020 - FREE ISSUE 57



CRANLEIGH MAGAZINE

JULY

Gut Feelings

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COVID-19 Update: Good News From Bright Care Cranleigh

Established in 2009, Bright Care is an award winning, privately owned and run, business providing in-home senior care and companionship from our eight small and local branches across Scotland and England; our newest of which opened in summer 2019 in Cranleigh.

Bright Care, like many other businesses, upon realising the potential impact of COVID-19 made the decision to enter a period of 'significant operational adjustment' which involved directing all focus on exclusively caring for our existing customers and their families, and caring for our existing, and dedicated, frontline Bright Carer team.

This strategy was very effective, and after working hard to review all operational processes and procedures to ensure the team and clients can be as safe



Lindsay McClive - Registered Branch Manager

and healthy as possible; we're now opening our doors again to a small and select handful of families who wish to engage with Bright Care and our senior in-home care services. This testing and transition phase puts 'refinement before revenue' as we find ourselves, like all of us, in this new and changed landscape.

In this new landscape, we're additionally delighted to find ourselves in a beautiful new office. We have now moved premises from above Cromwells, into the old Cranleigh Furniture Shop at 264 High Street, Cranleigh.

If you would like to find out more about Bright Care Cranleigh's senior care, you're welcome to call Lindsay McClive, who heads up our small and local Bright Care team, on 01483 617 121



Cranleigh Village Health Trust (CVHT) is bringing forward new proposals to secure the return of Community Beds in the village. The new application is for a 64-bed care home on CVHT's Knowle Lane site, including 16 Community Beds and a building providing 14 apartments for health keyworkers.

An earlier planning application, which included 20 Community Beds within a new care home, was turned down by Waverley Borough Council in November 2019. CVHT is also pursuing an Appeal on that refusal decision, following professional advice that the refusal decision was based on very weak planning grounds and that it should be challenged.

CVHT chairman Dr Robin Fawker-Corbett said: "We've worked tirelessly since the charity was first established in 2001 to return Community Beds to Cranleigh. Our proposals are the only viable plan to achieve the return of Community Beds. These beds will operate on the same basis as those previously located within Cranleigh Village Hospital, with priority given to residents of Cranleigh and the surrounding areas.

"Our aim as a charity has remained the same since day one, with our route to securing Community Beds in Cranleigh reflecting the many changes in the NHS and local health authorities over the past 20 years. Our proposals have the full support of the NHS Guildford and Waverley Clinical Commissioning Group, Surrey County Council and the Royal Surrey County Hospital."

The 14-unit affordable accommodation building is for local health keyworkers who provide essential services for the functioning and delivery of health services to the community. Addressing earlier planning objections, the revised application sees the care home building reduced in size by a third, with the ridge height of the building also reduced. The health workers' accommodation block and its car parking have been relocated to the north side of the care home building.

Each self-contained unit within the key worker accommodation now features an individual kitchen, rather than the previously proposed communal facilities. Another difference to the earlier application is the removal of the internal road which would have run parallel to the Downs Link, helping to create a more significant undeveloped buffer at the south of the site, where it adjoins Snoxhall Fields.

Dr Fawker-Corbett continued: "Returning Community Beds to Cranleigh would be a wonderful achievement for the village, and we believe our proposal is the only way to make this happen in the foreseeable future. With Covid-19 restrictions still in place, we are hosting a virtual exhibition of the plans at: cranleighhealthtrust.org/exhibition, where we look forward to hearing local feedback. We would welcome your messages of support." ■

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CRANLEIGH MAGAZINE

WELCOME to Cranleigh Magazine in the month of July. With a month of further easing of Lockdown restrictions, we're able to enjoy a little more freedom and some wider social interaction once again. In the anticipation of joy and excitement we often have a gut feeling or 'butterflies' as some might say, especially meeting up with family and friends again, after long weeks of separation. Gut feelings can occur in response to a positive or negative event - but do we trust or act on them, even lead our lives by them? Read about 'Gut Reactions' this month with Sue Potgieter.

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

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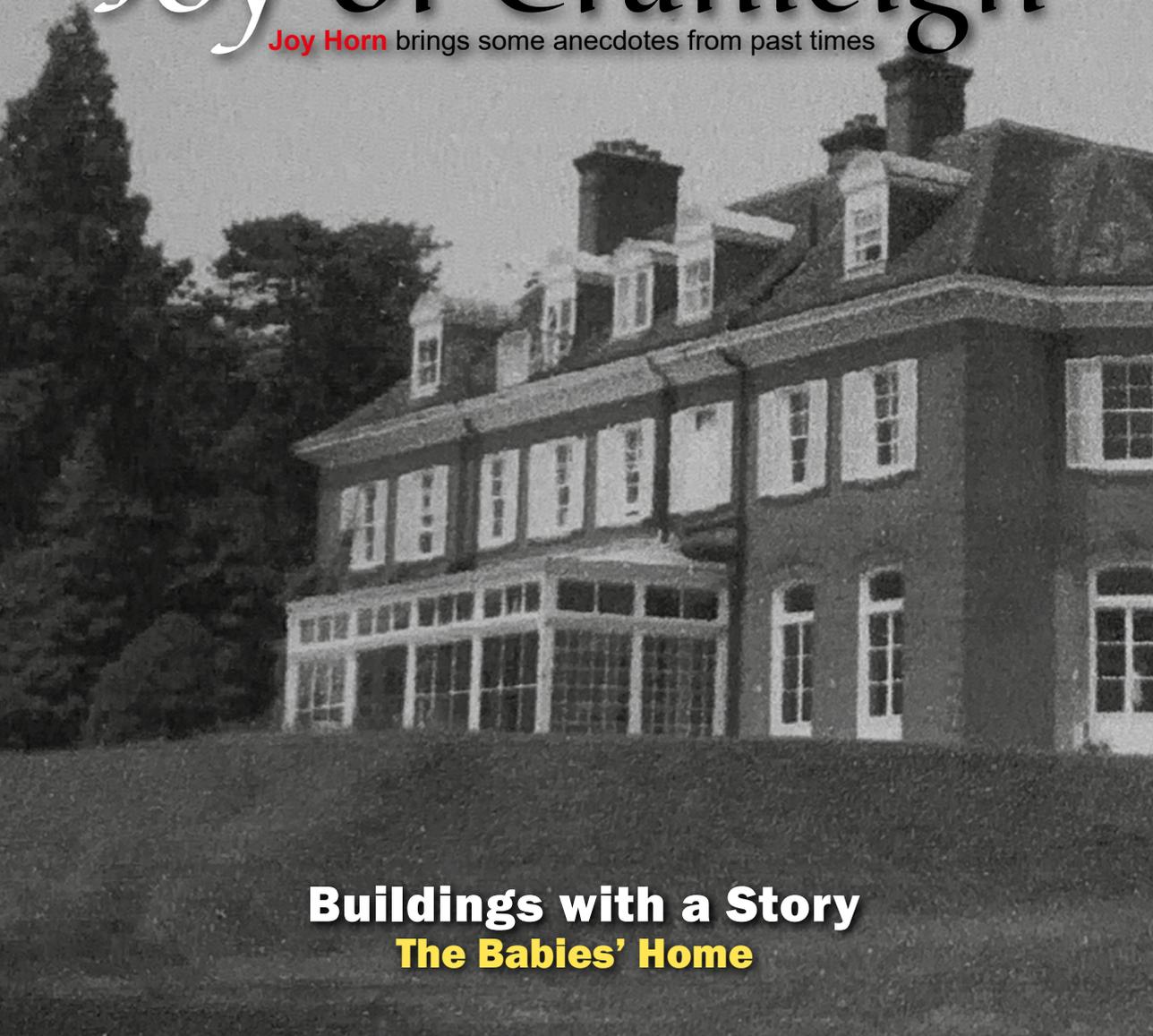
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The Joy of Cranleigh

Joy Horn brings some anecdotes from past times



Buildings with a Story The Babies' Home

Nanhurst about 1990 (courtesy of Pam Leeke)

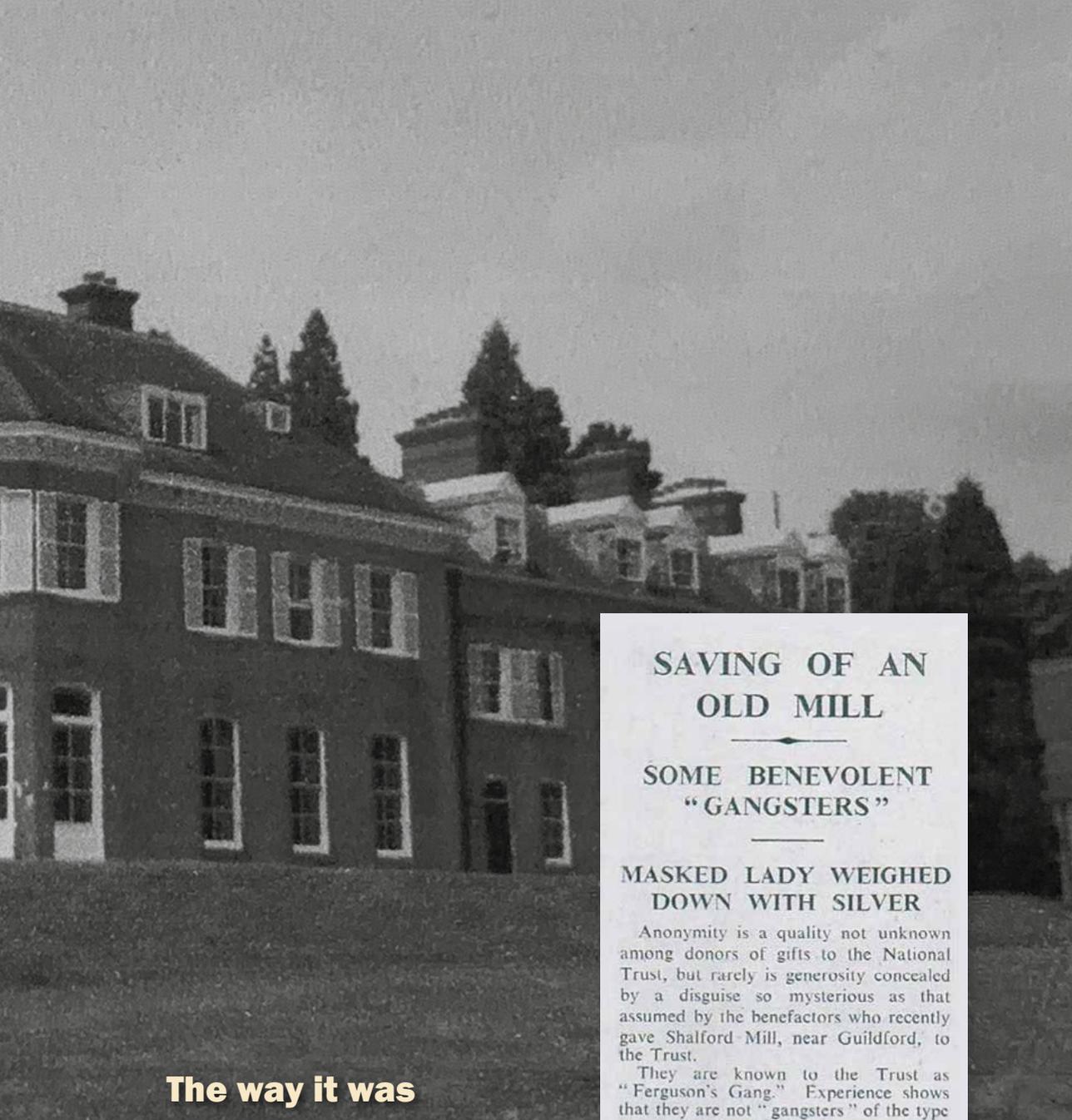
Nanhurst is the large, red-brick mansion next to the public rubbish dump at the far end of Elmbridge Road. Built in 1891, it was a very substantial house, with fifteen principal bedrooms and dressing rooms, and twelve servants' bedrooms, its own electric light, stabling for eight horses, an entrance lodge, a coachman's house and twenty acres of pleasure grounds and parkland.

It was built for a notable mechanical engineer from Bradford who invented a particular type of steam hammer. He had been Mayor of Leeds and an MP. In 1892 he was created Sir Edward Hamer Carbutt, 1st baronet, of Nanhurst, in the county of Surrey.

The next owner was John Steuart Gladstone, a great-nephew of the Victorian prime minister, William Gladstone. He had been involved in trade with India, and was able to retire before he was 48. His daughter, Peggy Gladstone, was brilliant and colourful. As a girl, she taught herself Sanscrit, then went to Cambridge and took a double first in Oriental Languages – the first woman to do this. She was the prime mover in 'Ferguson's Gang', a high-spirited group of wealthy young people who made anonymous gifts to the National Trust in flamboyant ways.

Their first purchase was of Shalford Mill. On another occasion, they delivered £200 in notes inside a menthol





The way it was

and eucalyptus pastille box, marked 'Highly perishable, deliver at once'. This was for a stretch of Cornish coast.

By the 1930s, Nanhurst had become impractical as a family home. From then on it was used by institutions. First, a private boarding school for girls moved here from Brondesbury, in Willesden, London. It was known as Brondesbury-at-Nanhurst School. Cranleigh's Official Guidebook called it 'a high-class girls' school'.

There are still people in Cranleigh who remember Nanhurst in its next phase, as a residential London County Council nursery for babies and small children in the 1940s

SAVING OF AN OLD MILL

SOME BENEVOLENT "GANGSTERS"

MASKED LADY WEIGHED DOWN WITH SILVER

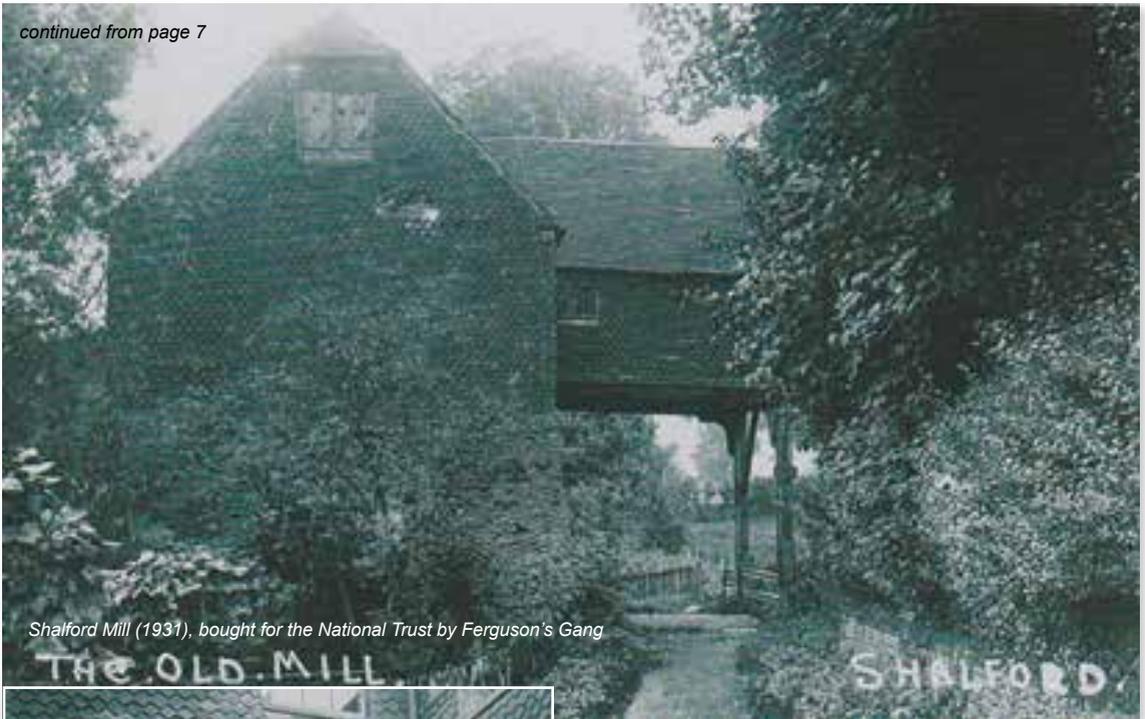
Anonymity is a quality not unknown among donors of gifts to the National Trust, but rarely is generosity concealed by a disguise so mysterious as that assumed by the benefactors who recently gave Shalford Mill, near Guildford, to the Trust.

They are known to the Trust as "Ferguson's Gang." Experience shows that they are not "gangsters" of the type that have haunted Chicago or engaged in smash-and-grab raids in the West End and other parts of London, although one of their number, a masked lady, recently astonished officials of the Trust when she made a flying visit to the office in Buckingham Palace Gardens. But she speedily proved that her mission was one of beneficence. Without lifting her mask she gave £100 in silver to the secretary as an instalment of the Shalford Mill endowment and then fled, leaving the officials more mystified than ever concerning the "gang."

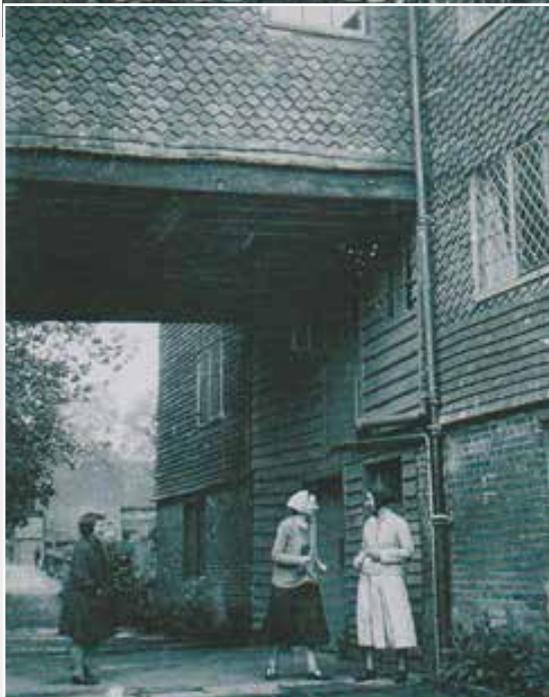
Report in The Times on Ferguson's Gang, 1933

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Shalford Mill (1931), bought for the National Trust by Ferguson's Gang



Peggy Gladstone, alias Bill Stickers (centre), at Shalford Mill

and 1950s. About 50 babies or young children whose parents had died, or deserted them, or were in prison, were cared for here. They were divided into four groups – yellow, green, brown and blue – and each group occupied one of the large ground-floor rooms. Dormitories were on the middle floor and the staff had rooms at the top. Most members of staff were qualified nursery nurses. Each nurse was assigned three children as 'special', to whom they gave presents at birthdays and Christmas.



'A small Londoner who needs your sympathy' (courtesy of Cherry Copus)

A touching appeal from the LCC Children's Department was printed in the Parish Magazine in 1951, asking for Cranleigh people 'to offer a home as "Mum and Dad", or a holiday home as "Auntie and Uncle", to a small Londoner who needs your sympathy'.

When the LCC was broken up, Nanhurst came under the borough of Kensington and Chelsea, who used it as a home for adolescents, most of whom went to Glebelands for schooling. The borough then set up a small special unit within Nanhurst for children with severe behavioural problems, of various ages and races, some with little English language, and all excluded from mainstream schools.

This grew to thirteen children, with only one teacher and an assistant, offering an alternative view of life and respite in the countryside. It was a challenging task. At first, some





LCC Babies' Home in the 1950s (courtesy of Cherry Copus) can reflect on the very varied people who have lived here before them. ■

The Cranleigh History Society will resume its monthly meetings as soon the current restrictions are lifted.



Rear view of Nanhurst Park, 2019 (Cubitt & West): the new building on the right is called Gladstone House

of them stole from Cranleigh shops and caused mayhem at the swimming pool and riding centre. However, they loved being at Nanhurst, and did not attempt to abscond!

Some of them ended up with jobs and kept in touch for years. Eventually, the borough found the house too expensive to run, and moved the unit elsewhere in 1982.

Finally, Nanhurst became a private school for children who were physically, emotionally or mentally handicapped. The principal, Dr Audrey Wisbey, was a trained psychiatrist, who had written a book on the role of music in special education and in detecting childhood hearing problems. About 40 children boarded here. The administration was compassionate but somewhat chaotic. There was no regular timetable, and Dr Wisbey used the royalties from her book to take the children and staff on a world tour. Some children benefited from the education, but eventually the school's financial backers lost confidence in the principal, and it came to a distressing end. Since the turn of the century, the house has become luxury apartments called Nanhurst Park. The occupants

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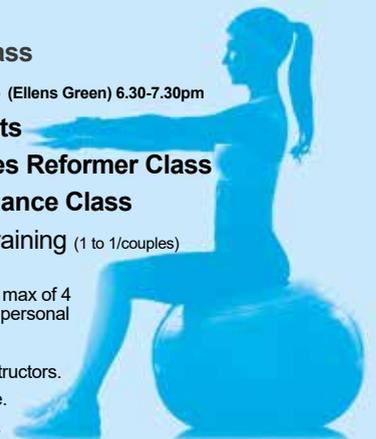
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Crane Spotter:

tales from a Cranleigh birder

July

Escaping the lockdown

Out for a duck: Common Scoter (Melanitta nigra) proved worse than uncommon for me, it was non-existent. But Teal (Anas crecca) was the real deal.

One bonus about birding is that you can do it almost anywhere so the Covid-19 lockdown produced an unexpected challenge.

How many species of birds could keen birders see or hear from their gardens? And for those without gardens – from their windows?

To find out, I was among 61 birders flying the flag for Cranleigh in the great '#BWKMO (Birding Within Kilometre Zero) challenge'.

This was organised by my mate Steve Gale 'in response to Italian ornithologists who created the hashtag as a way of coping with their lockdown by organising a coming together of birds, birders, gardens, balconies and windows.'

The good-natured event was launched in the early weeks of the pandemic, starting around the third week of March, and took us through until the evening of 7th May – the night before the VE Day 75th anniversary celebrations.

As word spread, observers based mainly in the South East were joined by others across England and contestants in Orkney, Skye, Cork, Albania (!) - and even the Chatham Islands in the Pacific Ocean. All birding. Alone.

The fun would be in taking part and checking, on a nightly blog provided by Master of Ceremonies Steve, who was finding what from the confines of our 'castles.'

Tension mounted as the British-based birders recorded various surprise or scarce species on migration. Ears were peeled particularly at night, when many birds experience safer travelling, usually unheard as they call above us.

Individuals who logged a scarce bird generated renewed vigour from the rest of us as they communicated via Twitter. We too craned our necks, cupped our ears, and polished our optics in the hope that more of the same might appear over our mini 'observatories.'

Many people have remarked to me about how they noticed the birds far more than usual during the Spring weeks of lockdown. It goes to show just how much our hearing abilities are normally compromised by noise pollution from Gatwick's jets, millionaires' choppers, and hefty road traffic.

But with the airport closed, and most of us forced to stay grounded at home, the air took a breather and the often-overlooked world around us was revealed afresh.

Notable sightings over my garden at night included the Lyrid meteor shower. One spectacular shooting star raced west across a quarter of the visible sky.

In April we had the huge Super Pink Moon followed by the Super Flower Moon in May – both sparking some illuminating performances from the local Tawny Owls and Little Owls.

And darting from west to east, night after night, were the 'string of pearls' – entrepreneur Elon Musk's SpaceX Starlink satellites.

I counted 30 of these internet enablers on some evenings as they passed directly above. They were well socially distanced with half a minute between them.



Common Scoter male (Melanitta nigra)





Teal (*Anas crecca*)

Back to the birds though. It quickly became clear that some participants who were unable or not required to work at home were taking things very seriously indeed, setting up camp by windows, or in their gardens, and birding almost non-stop.

Their tallies mounted quickly and they were soon way out of sight from the rest of us. But with two at least living next to nature reserves it was no surprise they did so well.

If the weather looked promising then some observers were still at it into the early hours. They often added nothing new on these occasions but at other times they were rewarded with additions to their garden list.

Early in April was particularly memorable. Late night birders around the country reported the calls of Common Scoters –

sea ducks – as thousands migrated east overland from the Irish Sea to their Arctic breeding grounds.

I listened in vain although others in Surrey stayed up longer and were more fortunate to hear this most rare event. At least I heard a Teal calling as it went over and saw an Egyptian Goose family fly by. Both were garden firsts for me.

With the leaves on the trees beginning to obscure the bare branches, and migration easing off, it all got a lot harder and



Teal male (*Anas crecca*)

I ended the challenge with 57 species. The glaring gaps in my list were a surprise. I never did have a visit from a Bullfinch, Long-tailed Tit, Coal Tit or Great-spotted Woodpecker.

On the other hand I picked up two more special additions to the species seen or heard from the garden – more of which in my August and September articles.

Also there were one-off sightings of Peregrine, Hobby, Kestrel, Great black-backed Gull, Siskin, and Mallard, and two sightings each of Chiffchaff and Skylark.

My daily dose included Buzzard, Red Kite, Sparrowhawk, Grey Heron, Pheasant, Herring Gull, Lesser black-backed Gull, and Blackcap, among the more usual birds.

Oh that I could have seen some of the birds recorded by my friend Matt who, despite a full-time job elsewhere, managed the most species with 113. Many were from his attic – but it does overlook Pulborough RSPB, which is obviously well worth a visit when it re-opens.

But he was not to be the winner. The challenge was designed to give top spot to the person who saw the biggest percentage of birds previously recorded from their property. A total of 187 species were recorded from the British Isles and top spot went to Ed, from Farncombe, who hit 105% with a creditable 83 species.

Other birders were able to do very well on far fewer species because they entered the challenge with less birds on their list to start with. But it was only meant to be a bit of fun and nobody minded or took it that seriously.

Now I must get back in the garden . . .

Twitter - @Crane_Spotter 

People Profile



Who's who?

Sue Potgieter

Nutritional Therapist & Naturopath
mANP rGNC

Go on, you can do it!

I was born in Elland, Yorkshire in November, 1955. In the winter of 1957, we relocated to Grimsby in Lincolnshire. There was thick snow on the ground and so we took the train. Apparently I caused quite a stir on the trip to Grimsby. All I can remember is eating crisps and switching the lights on and off in the carriage... to the extent that I featured in the local paper! We moved quite frequently when I was a child as my Dad was in the Post Office, and the move from Yorkshire to Lincolnshire was a promotion for him to Assistant Head Postmaster. When we lived in Grimsby, I went to St Martin's Preparatory School. On a Friday evening we would go for a treat to a local fish and chip shop. My one abiding memory of Grimsby is the fish smell at the docks. I can still recall it to almost 60 years later.

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Gut feelings or



Main picture:

It takes guts to do this! German Lukas Irmner in his successful world record attempt to walk across Victoria Falls on a tightrope, an event he spent 2 years training for

urges can take



In the early 1960s my Dad was promoted to Head Postmaster in Guildford. We moved to Onslow Village whilst Dad took up his appointment at the Post Office in Woodbridge Meadows. I transferred to Rydes Hill Convent school and it was quite a shock for me to discover that the school

was run by nuns. At the time, the headmistress was called Mother Patricia. One of my favourite teachers, was Sister Mary Gerald. When I first went there the nuns were dressed in the full habit (think Sound of Music) but when the rules were relaxed the nuns could wear a less formal piece of headgear, which actually meant that for the first time we could see their hair. I remember as a 9 year old exclaiming to my friend 'she's got hair!'



Top left: Me aged 5
Above: Me in my Rydes Hill Convent School uniform
Inset: Working hard at school



My Dad (third on the left) as Head Postmaster at his office in North Street.

At the age of 11 years, I sat the 11+ and got into Guildford County Grammar School for Girls on the Farnham Road. In those days it was an all girls school and so we looked forward to the annual barn dance that took place at the Royal Grammar School on the High Street. I loved school.

At 14 years old I took up the clarinet. I went to the Guildford School of Music, took several clarinet exams and was a member of the Guildford and Woking wind band. However, I also loved to sing and sang a solo at a school concert. A member of the audience sought out my parents, and said to them 'your daughter has a real gift. You should get her voice trained'. At the time, my parents weren't in a position to fund both singing lessons and clarinet lessons and so I was given the choice to carry on with clarinet or move on to singing lessons. Although I enjoyed the clarinet, I

you by surprise





Guildford in 1965. Notice the North Street market in the background which still exists today

did find it quite a hard instrument to play. So began my singing career. I attended Guildford School of Music under the tutorship of Miss Jean Bush and regularly entered the Godalming Festival of Music and Drama. I won loads of certificates at the festivals!

In 1970 we moved to Cranleigh to one of the new houses at the bottom of Avenue Road. We lived in Durnsford Way. It wasn't my favourite house. There was a song at the time about little boxes, all made out of ticky tacky. I really did feel, seeing as I was in the box room, that this was a house made out of ticky tacky and they all looked just the same.



When I left school I went to the College of All Saints in Tottenham, North London to study to be a Home Economics and French teacher. I also studied singing at the Guildhall School of Music and Drama, with an Italian singing teacher. Whilst at college, I got involved in a local church and met Claire White who is still a friend of mine. She and I began to sing together, often meeting up with a few other musicians. We began writing songs and before we knew it, we'd been approached by a music studio in Eastbourne about doing an album. The Valley of Achor was released in 1975 and exceeded ALL our expectations. Considering we

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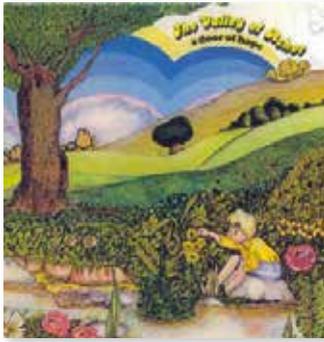


, an inner voice



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had trialed a new type of microphone, whom we nicknamed Archie due to it being in the shape of a head, none were more surprised than us! Our success led to us forming a band called Achor, recording 4 more albums and touring the country doing concerts. I even got to sing a duet at the Royal Albert Hall!



It was the most amazing time of my life, and something that I will treasure forever. (All the albums are on YouTube if you're really interested!) <https://www.youtube.com/watch?v=5JxWILoKoWE>

After qualifying as a teacher I worked in London for a while. My first job was as a Needlework teacher at Corpus Christi school in Leyton. Considering my sewing teacher at school used to give up in desperation with me, I managed very well. My abiding memory is of 11 year olds sewing their fingers together with a needle and thread, and the constant



A simple example of needlework

cry of "Miss, my machine needle's broken/ my machine doesn't work/ I've cut my skirt by mistake'. In 1978 I was promoted to head of the Home Economics Department at Waltham Forest special school in Chingford. We had a real mixture of children, from those with behaviour problems, but academically very able, to abused and traumatised children with major learning difficulties. I've had to deal with a black belt karate, axe wielding 16 year old boy to a Downs Syndrome teenager who used to strip off when she got too hot in cookery classes! I've had teenagers urinating in their shoes out of fear of going home to abusive fathers and a boy who had never spoken due to being whipped with his father's belt. One day in Woodwork he saw his teacher's Pirelli calendar (full of scantily clad women) and said 'tits'. His first word at the age of 11 years old. Those

experiences and their faces have stayed with me. In spite of the daily challenges I loved teaching them cookery and housecraft. Pastry skills, sponge cakes, bread, Christmas puddings and cakes, mincemeat for mince pies, how to make a 3 course meal. It's such a shame that teenagers today come out of school without these basic homemaking skills.



Our house in Johannesburg

I met my first husband in 1981, going on to have two children together in 1983 and 1985. (My 3rd grandchild is due tomorrow!) We were married for 23 years. In that time, we moved from Loughton in Essex to Buckhurst Hill, Essex to Peterborough, and then to Johannesburg, South Africa.



The Western Cape is a very fertile region for farming and wine making

or sixth sense,

I had first visited South Africa in December, 1980 when I went to stay with my friend Claire, and her family. I knew the minute I landed that one day, I would live in South Africa. And so it happened that over the years we returned a number of times, both for work, and for holidays to that nation. In 1997 we made the decision to relocate from the UK to Johannesburg. During those years in the UK I had several businesses ranging from making wedding cakes (the traditional 3-5 tiered ones) to teaching skin care & make up classes and selling costume jewellery. I successfully worked in the Direct Selling arena for many years, winning several awards. I still have some of the luggage and crystal wine glasses that I won!

We arrived in South Africa on the morning of Monday January 13th 1997 and went straight into an interview at a local school that afternoon. My husband's company paid for our relocation and travel expenses and put us up in accommodation for 6 weeks while we searched for a house to rent. We came out of the interview with a HUGE list of school uniform, stationery and school books which we needed to purchase. Tuesday was spent shopping, sewing labels into uniform and covering and labelling ALL the exercise and text books!!! Wednesday morning we were all up at 5.30am as the children had to be at school for 7.15am. We waved goodbye to them and then my hus-

band went off to work giving me the car keys and a map with a request to collect our air freight from the airport. 'No problem' I thought to myself as I have a very good internal compass. However I had forgotten to factor in that in the southern hemisphere, the sun is in the north and not the south! OR Tambo International airport is to the east of Johannesburg and I was happily driving west. It took me many hours to navigate Joburg traffic, robots (which are traffic lights), hawkers at the robots selling everything from CDs to bags, hats and rugby shirts to Joburg taxis, which are a law unto themselves.

The children stayed at the school for a year. However, moving nation is a huge task, not just physically, but also emotionally, and neither of them really settled. We made the decision to homeschool them, joining a number of other families that had also made the decision to homeschool. One Christmas we were studying a unit about kindness and sharing with others. We'd heard of a group volunteering at an informal settlement, north of Johannesburg and we decided to go and help with serving the Christmas meals. Refilwe, meaning gift in Zulu, had started life as a medical clinic. I discovered a small group of ladies who were sewing. When I walked into the sewing room one of the ladies said, 'Hello madam, can you sew?' With my experience teaching sewing I couldn't really say no. Her reply

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Man picture:
Table mountain, looking out over
Cape Town

that influences



life choices we

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was 'We've been praying for a sewing teacher for months'.

I left seven years later, having taught this little group of women every Wednesday. In that time, I taught them sewing machine skills which they have since used to set up



Ladies doing volunteer sewing projects to raise money to put their children through school

their own businesses. We made clothing and furnishings for their little shacks. We did craft work: patchwork, appliqué, quilts, embroidery and fabric painting. The quality of their work was so high that we were approached by a linen company in Johannesburg, who wanted us to produce a range of white baby linen with appliqué and embroidered elephants on! The women lived in shacks with no running water, and no electricity. And yet, when they took the work home to finish (with a pillowcase to keep it in to keep it clean), it came back pristine. We sold hand embroidered, and hand tied quilts overseas to America, Australia and the UK. These funds helped the women put their children through school. I learnt some Zulu whilst there and was once called a black woman in a white woman's skin!

After leaving Refilwe I trained in Vocal Pedagogy at the Sing-Your-Heart-Out studios, eventually teaching singing to 150 students ranging in age from 8-70 years. Everyone can be taught to sing in tune and it's so fulfilling to see the joy on their faces when eventually they sang in a small concert. I had the privilege of featuring on several of their CDs and appearing in many of their concerts. I sang popular Broadway hits to arias and once even tackled Carmen!

My husband and I amicably divorced in 2005 and in 2010 I remarried a South African. We set up a successful business in Johannesburg delivering fruit and vegetable boxes to customers, educating them and introducing them to the joys of fresh food and a life of health once again. Up at 3.30am in the morning to go to the big fruit and vegetable market in Johannesburg, unpacking and sorting the produce and then delivering it, we would fall into bed at 11.30pm at night. Exhausted but happy. I had also re-started my wedding cake business and was super busy. It was such an enjoyable time of my life and has given me so many happy memories.

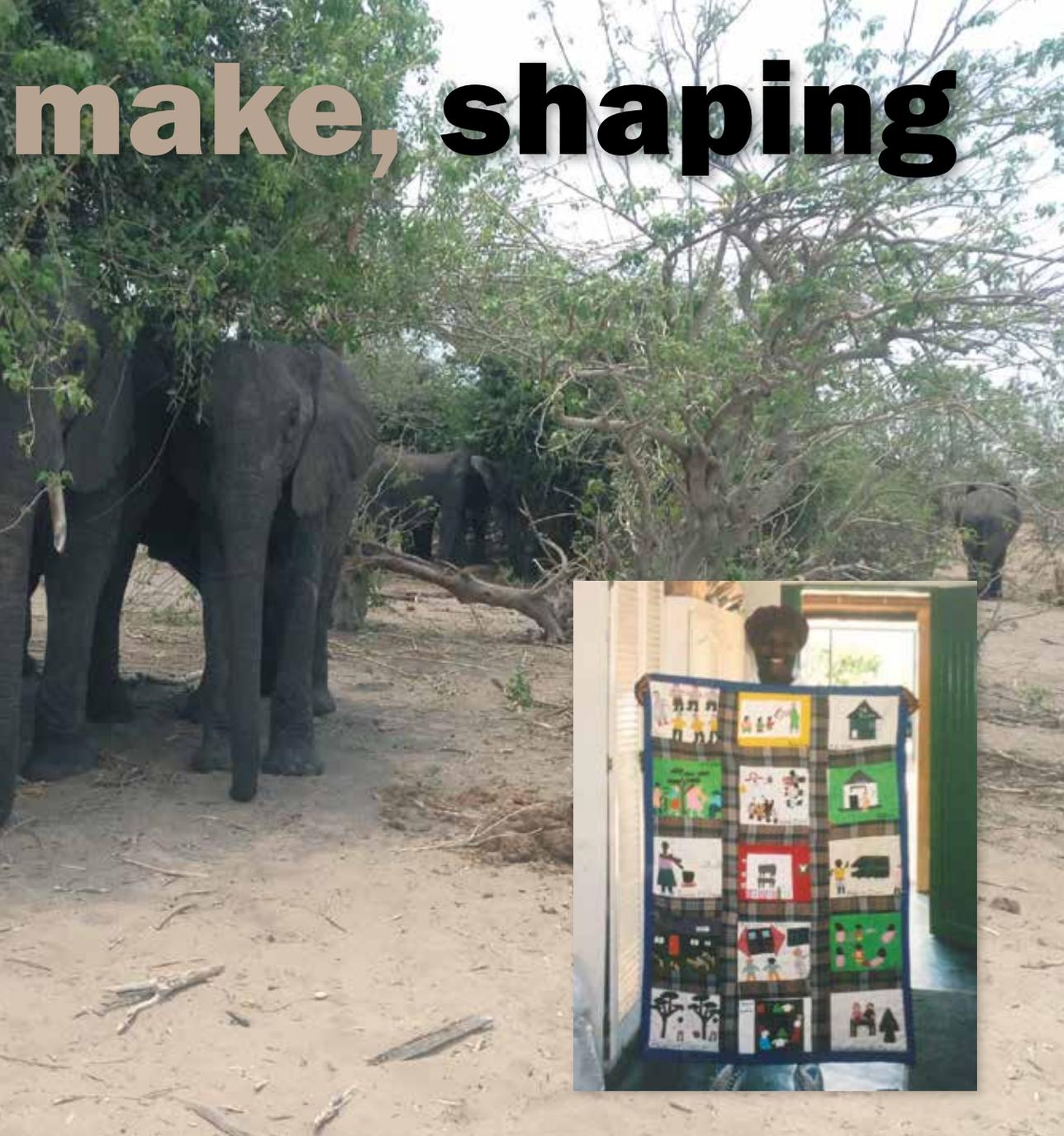


One of the many fruit and vegetable boxes we delivered

In 2012, we made the decision to relocate to the UK to look after my elderly father, who was suffering with dementia. We closed our business down, put our house up for rent,



make, shaping



Above: Elephants in Chobe Game Reserve, Botswana in 2014

Inset: Joyce with some of the embroidery work done by the ladies

said goodbye to friends and family and moved back to the Horsham Road in Cranleigh. My husband, Bernard Potgieter, soon found himself working as restaurant manager at Notcutts garden centre. He soon became a popular figure with the regular customers, bringing his own kind of South African flair and work ethic. I'm not sure that the staff knew what had hit them when he arrived! He oversaw the refurbishment of the kitchen and restaurant and introduced his Notcutts 'silver service' at Christmas time, once being tipped £15 for his attentive manner.

Notcutts
Helping gardeners since 1897

Even though he enjoyed working at Notcutts, Bernard yearned to again work for himself and so The Genuine Living Company was born. We began looking for skin care products that were real, natural, organic and which promoted radiant wellness. We wanted to rid our lives of chemicals. We were eating an organic, plant based diet but my make up and beauty products read like a laboratory experiment! We began to research some of the chemicals used in skin care, hair care, body care, household cleaners and found that time after time the chemicals were known to be carcinogenic or dangerous to health.

continued on page 20

who we are.

continued from page 19



Some of our Genuine Living skincare products

Out went the make up, skin and body care, shampoos, shower gels . . . but to our horror many companies claiming to be natural and organic had some of the known 'nasties' in their products! As a result we developed a small range of 69% organic moisturisers that have been EU safety tested, making them suitable for selling to the public.

In the meantime, Bernard was studying beekeeping and I was doing a Diploma in Naturopathic Nutrition at the esteemed College of Naturopathic Medicine. During this time he was diagnosed with malignant melanoma, and sadly died in July 2015. Since then, The Genuine Living Company has gone from strength to strength and I have won 3 awards as a Nutritional Therapist. These days I call myself a "Health Detective" looking for the clues that trigger my clients' health issues and then teaching them how to interrupt the drivers of their conditions. My speciality is gut health because it impacts so many areas of our lives. How often have you said 'I've got this feeling in my gut'?

I am currently writing an online course called 'Lose Your Lockdown Love Handles' which I am launching in July as so many people have gained weight during lockdown, myself included!

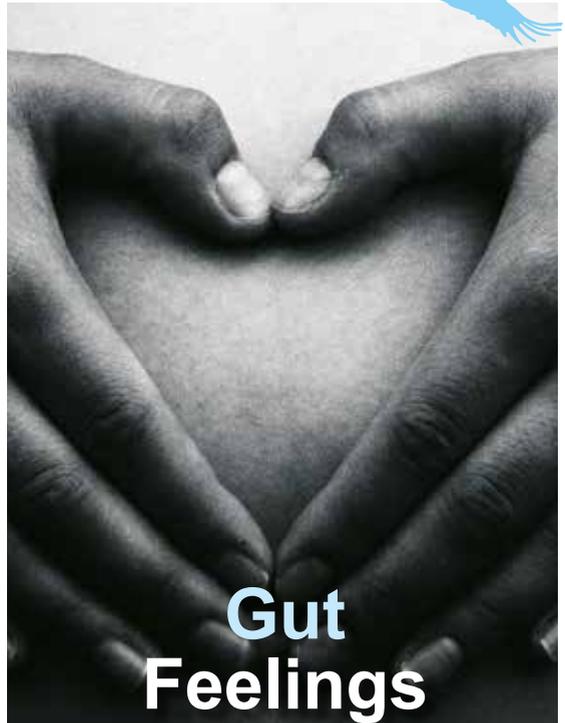
What does my future hold as a soon-to-be 65 year old? I am planning on setting up a retreat in South Africa when COVID-19 allows. Life is for living, for adventure, for helping others and I am making the most of my time here. I have so much more to accomplish . . . ■



My graduation as a Therapist

Sue Potgieter, July 2020

Nutritional Therapist & Naturopath mANP rGNC
www.thegenuinelivingcompany.com



Gut Feelings

Sometimes we're told to "Just trust your gut," but what does that mean and how do you do it?

Gut instinct is your immediate understanding of something or a situation where there's no need to think it over, you just know. Your intuition arises as a feeling within your body that only you experience. It is so personal to you and no one else. Your decision to trust your intuition is an act of trusting yourself based on past experiences or stored information in the brain.

Listening to your intuition throughout your life and deciding to make the right choices can be hard but it can often guide you to what is truly best for you. ■





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Tues
every week



**WALKING
FOR
HEALTH**

During the course of the corona virus pandemic the

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

Tuesdays at 11am, 60 - 90 minute walk.

We meet up at Cranleigh Leisure Centre.

Thur
every week

**WALKING
FOOTBALL**



Government has advised against all non essential

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

29-31
JULY-AUG

**CURIOUS ABOUT
GUILDFORD**



Are you curious about Guildford? Explore, Discover & Enjoy Guildford with two unique, heritage walks with an optional treasure hunt. 18:30 - 21:00

Millmead Lock, Millmead, Guildford, GU2 4BE

1
JULY

HARD AS SNAILS



The tough cross country course takes in hilly woodland tracks through pine forests and open paths across the fields of the North Downs. 18:30 - 21:00

Shalford Park Car Park, Guildford, Surrey

11-12
JULY

**SPELTHORNE
BEER FESTIVAL**



Offering not just a range of real ales in the Real Ale tent but also suppliers of gins, vodkas, Pimms, prosecco, lager, and ciders. 10:00 - 19:00

Spelthorne Sport Club, Ashford, TW15 1RY

11
JULY

**THE GIN
TO MY TONIC**



The Festival brings together over 100 different gins from across the UK and beyond, taking you on a journey of gin discovery! 11:00 - 16:00

Kempton Park Racecourse, TW16 5AQ

25
JULY

**PICNIC AND POP
FAMILY FESTIVAL**



As well as the main stage, there will be an acoustic stage, and a variety of family entertainment including a fun fair and a circus skills area. 12:00 - 21:00

Manor Park, 302 High Street, Aldershot

26
JULY

**RACE FOR LIFE &
PRETTY MUDDY**



Cancer Research UK series of events raising vital funds into all 200 types of cancer. Open to all the family! 10:00 - 15:30

Stoke Park, Parkway, Guildford, GU1 1UP

30
JULY

WALKING GROUP



"Walking helps fight stress and depression. Walking in a group is a sociable activity that can help feelings of isolation." 11:00 - 12:00

Tattenham Corner, Epsom Downs, KT18 5NY

31-2
JULY

STAYCATION 2020



It's back! Keep tuned to their Facebook page 'Staycation Live Festival' for news on what to expect in 2020. 14:00 - 20:00

Philips Memorial Park, GU7 1H

Please check all of these dates in light of COVID 19

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

www.cranleighmagazine.co.uk/event-calendar

Fri
every week

RHYMETIME!



travel, socialisation and contact with others, so 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



please check all of these dates in light of COVID 19
A 5km running event taking place every Saturday at 9.00am, for anybody who wants to simply keep fit.

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

2
JULY

LADIES' DAY



Although this is a fantastic day for the ladies', there is something for everyone with seven thrilling races, including one for female amateur riders. 10:00 - 17:00

Sandown Park Racecourse, Esher, KT10 9AJ

5
JULY

**DORKING'S
ARTISAN MARKET**



Why not pop on over to the West Street car park and check out Dorking's new antique-inspired market in the beautiful town? 11:00 - 16:00

West Street Car Park, Dorking, RH4 1DG

14+28
JULY

**SUNBURY
ANTIQUES MARKET**



There is always a vast range of antique goods on offer including furniture, gold and silverware, jewellery, ceramics, kitchenalia and vintage fashion. 11:00 - 12:00

Kempton Park Racecourse, TW16 5AQ

18-19
JULY

**CHEESE & CHILLI
FESTIVAL**



The event will see a whole host of tasty treats, amazing entertainment and food competitions for those that can handle the heat. 10:00 - 17:00

Shalford Park, Guildford, Surrey, GU4 8BL

26
JULY

RUSTIC SUNDAY



The museum will be bustling with many stalls demonstrating crafts, delicious home-made food, a jazz band and a working steam roller. 10:00 - 17:00

The Rural Life Centre, Farnham, GU10 2DL

26
JULY

**RACE FOR LIFE &
PRETTY MUDDY**



Cancer Research UK series of events raising vital funds into all 200 types of cancer. Open to all the family! 10:00 - 15:30

Stoke Park, Parkway, Guildford, GU1 1UP

HEALTH & LEISURE WALKS NOTICE



In light of the coronavirus pandemic the Government has advised to stay at home as much as possible, work from home if you can and limit contact with other people. **We've cancelled all walks until further notice.**

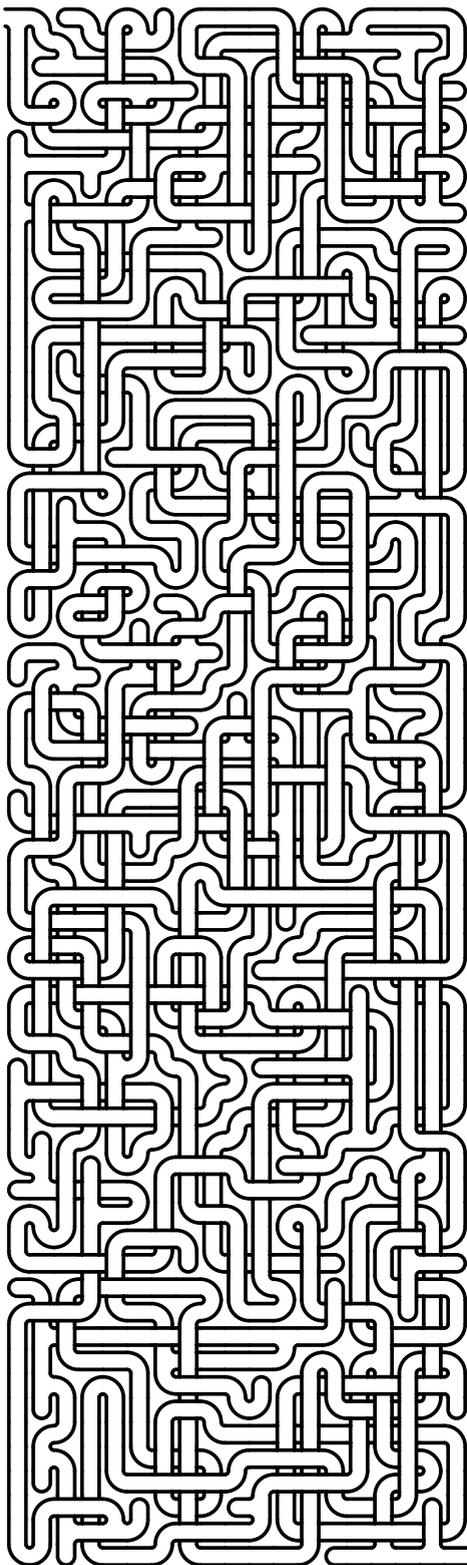
We will keep you informed on the HDC health walks webpage:

www.horsham.gov.uk/sport-and-leisure/walking/health-walks

Please check all of these dates in light of COVID 19
DATES FOR YOUR DIARY For more info visit our online Event page:
www.cranleighmagazine.co.uk/event-calendar

Tube Maze!

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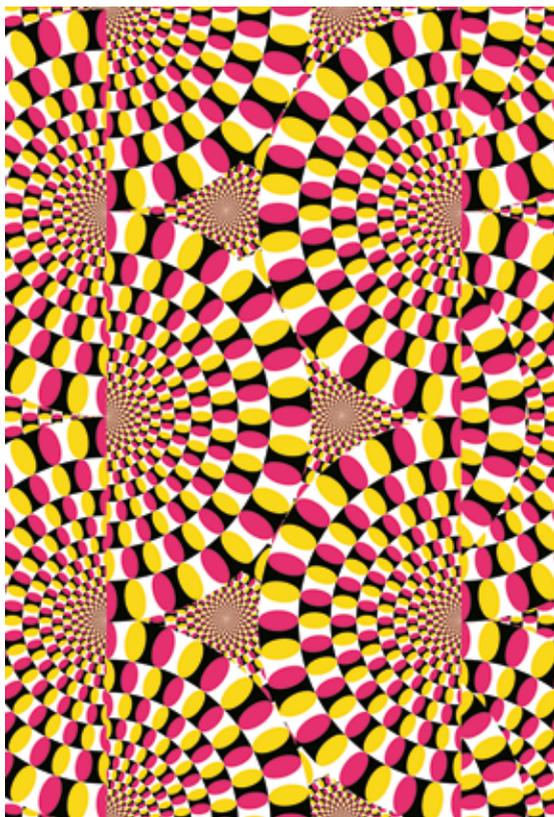
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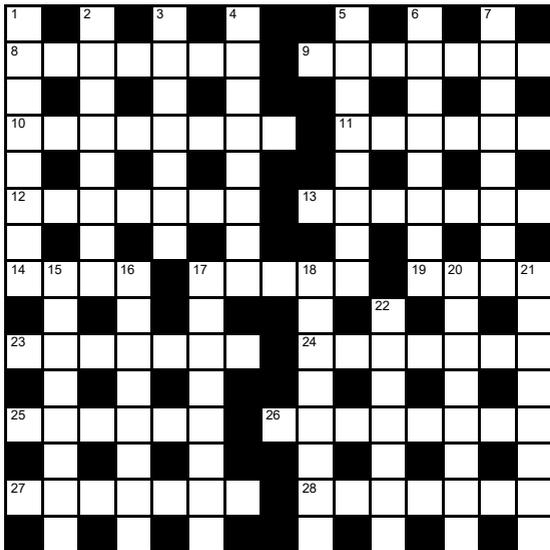
For more information, contact us on

t: 01483 267437
f: 01483 267384
m: 07860 623122

Email: bernard.brace@btconnect.com
 52 Smithbrook Kilns, Cranleigh,
 Surrey GU6 8JJ



July Crossword Puzzle

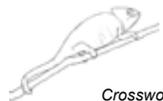


Across

- 8 Track performer, perhaps (7)
- 9 Spock-like (7)
- 10 Squirmed (8)
- 11 Power source (6)
- 12 One responding to a stimulus (7)
- 13 More often than not (7)
- 14 Twitcher's cover (4)
- 17 Split or indentation (5)
- 19 Bridge section (4)
- 23 Vets (7)
- 24 Piccadilly hotel (3,4)
- 25 Drawn to end the game (6)
- 26 Spherical (8)
- 27 Missing a piece (7)
- 28 Passage (7)

Down

- 1 Large pig (8)
- 2 Had Latin corrected in the Far East (8)
- 3 Agree it got made over in Surrey (7)
- 4 Recommendation (8)
- 5 Duke whose family name is Seymour (8)
- 6 Explanatory drawings (8)
- 7 Flowering garden tree (8)
- 15 Fomenting (8)
- 16 In perpetuity (8)
- 17 Ammunition case (8)
- 18 Road accident statistic (8)
- 20 Easy (8)
- 21 Jesus's childhood home (8)
- 22 Balkan native (7)



Colin the Cranleigh Chameleon, was hiding on page 30 during the month of June. **Did you spot him?**
 Crossword and Sudoku answers will appear in the next issue.

July Sudoku Puzzle 1 - Easy

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

June Sudoku Puzzle 2 - Hard

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

June Crossword and Suduko Answers

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

June Crossword Solution

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

June Sudoku Easy Solution

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

June Sudoku Hard Solution



Gut Reactions

The Importance of Good Gut Health

by Sue Potgieter Nutritional Therapist & Naturopath mANP rGNC

More than 2000 years ago Aristotle said that ‘**All disease begins in the gut**’ and yet only recently have we begun to understand how right he was. Research has shown us that a healthy gut is critical for good health and that an unhealthy gut contributes to a wide variety of diseases from diabetes and obesity to autism and depression.

Our gut health is mainly driven by two areas: our **gut microbiome** or ‘**gut flora**’ and our **gut barrier**. Antonie van Leewenhoek has been credited as having discovered the human microbiome in the 1680s when he compared his oral and faecal microbes and noticed striking differences. He also compared samples from healthy and diseased people. Our gut microbes are key factors in our health and in fact the Yanomami people in the Venezuelan rain-forest have the most diverse microbial flora ever recorded. They have never taken Western medication such as antibiotics and consume a high fibre diet.

Our gut is home to 100 trillion micro-organisms with about 400 different species of bacteria. Weighing approximately 4lbs these micro-organisms are now recognised by scientists to control many aspects of our overall health. These range from keeping our gut working optimally and protecting us from infection to regulating metabolism and maintaining a healthy weight. The gut microbiome is also referred to as ‘the second brain’ with the microbes ‘talking’ to our neurotransmitters which ultimately affects our brain health.

What we eat and then **DOESN’T** get digested and absorbed (fibre) affects the microbes which live in our gut.

They feed on the leftovers of digestion, old intestinal cells, dead bacteria, digestive enzymes and bile. The impact of a low fibre diet can be seen in the results of a comprehensive stool test which reveal a low diversity of fibre loving bacteria and a high incidence of mucus loving





Yanomami girl at Xidea, Brazil, August 1997 © Crmacauley

bacteria which love sugar and the preservatives seen in a typical ultra processed Western diet.

Aristotle was the earliest known physician to study the benefits of fibre which is edible plant material resistant to digestive enzymes. It is therefore not broken down into various compounds and the fermentation of it by bacteria releases many beneficial substances e.g. energy, vitamins and short chain fatty acids (SCFAs). One particular SCFA known as n-butyrate controls colonic fluid and is critical in determining whether you suffer from constipation or diarrhoea.

One client of mine came to me with chronic diarrhoea and had suffered with it for over 10 years. She had done the rounds of doctors and consultants and was at her wit's end. Looking at the results of her comprehensive stool test I discovered that she had no detectable n-butyrate and put her on a supplement to rebuild it. Within 3 weeks

she had proper formed stools and I was then able to focus on getting her eating a nutrient dense diet with lots of fibre. Her depression improved, her health dramatically improved and she was able to go back to work and go on holiday with her family again.

Research shows that the more different types of plants you eat, the greater the diversity of your gut microbiome. **NB.** Some people may not tolerate large amounts of fibre to begin with as they lack the microflora for fermentation. Gradual increases in vegetables are advised.

Here are some good habits to develop:

- Try & eat a portion of each colour group every day:
- Red:** tomatoes, red peppers, goji berries, strawberries, red apples, redcurrants
- Blue/ Red/ Purple:** aubergine, cherries, blueberries, red cabbage, blackberries
- Yellow/Orange:** sweet potato, carrots, butternut, papaya, pineapple, physalis
- Green:** spinach, broccoli, lettuce, runner beans, kale, fresh herbs
- White:** garlic, onions, parsnips, turnips, white cabbage, celeriac, mushrooms, cauliflower
- Brown/grey:** spices, nuts, seeds, legumes
- Avoid sugar, sweeteners and food additives
- Take a daily probiotic to sustain your good bacteria

Harmful Habits to avoid:

- Antibiotics and other medications like birth control and NSAIDs
- Diets high in refined carbohydrates, sugar and processed foods
- Antibacterial mouthwashes
- Over-cleaning
- Chronic stress

The **gut barrier** is vital in the maintenance of our health, and in fact one of its main functions is to prevent foreign substances entering our body. If the gut barrier becomes compromised a condition known as 'leaky gut' occurs and this is when large protein molecules escape into the bloodstream. This in turn switches on the immune system and it attacks them. Studies show that these attacks trigger the development of autoimmune diseases like type 1 diabetes, fibromyalgia, Hashimoto's disease and many others. Researchers have identified a protein called zonulin as one of the drivers of leaky gut and it's produced in greater quantities when a wheat protein called gliadin is present. One of the first steps in healing a leaky gut is to completely cut wheat and gluten out of the diet for a minimum of 6-12 weeks.

Got a gut feeling about your gut? You're probably right! Don't ignore it. If you need help with gut issues email or phone me to book a **free 30 minute** Discovery call.



sue@thegenuinelivingcompany.com
07961 990087

Sue

THE WONDERS

Well, many of you, like me, have been dreaming of the day we can return to the hairdresser for a trim or for colourant! In desperation, I actually watched a couple of videos on Youtube and had a go at cutting my own hair - to be honest, it's not bad (at least it will get me through until I get to the salon!).

As for colouring your hair, there are myriad products (both permanent and semi-permanent) on the market BUT did you know that permanent hair dyes can increase the risk of some health problems? It's a loaded issue because colouring our hair makes us feel more attractive, younger etc. The truth is, however, that mainstream hair dyes have been linked to an increase in allergies, the most common being to a chemical called PPD (para-phenylenediamine). This, and its close associated chemical PTD are found in most mainstream hair dyes and the darker the hair dye, the higher the concentration of PPD. It doesn't end there though, as some of the ingredients in mainstream hair dyes are also carcinogenic. As such, the only really safe way to colour your hair is to use plant dyes.



OF HENNA

and OTHER PLANT DYES

by Sharon Duggan

I've been colouring my hair using henna plant dyes since the early 1980s. I was living in London at the time and lucky enough to be able to visit an actual henna salon. I well remember the first time I had my hair coloured there because I came out with hair that was so shiny, it was like a waterfall (I'm not joking!). It seemed miraculous and the condition of my hair was just amazing. Needless to say I've been using it ever since (I should point out here that I'm talking about henna POWDER, not henna crème colourant, which does contain chemicals, plus the crème colours are, in my view, less natural and don't last anywhere near as long as the powder colours).

I also need to dispel a few myths about henna powder. I think the majority of people associate it with a very bright, vibrant red colour – and there's nothing wrong with that if you can take the colour – as it really is very red, BUT what a lot of people don't realise is that you can mix henna colours.

When I started dyeing my hair with henna, it was to a beautiful black cherry colour and that looked great when I was young, but I've now returned to the colour I was before that – which is a light auburn colour. It looks really natural, and my hair is thick, shiny and in great condition. Henna is very conditioning and of course doesn't damage your hair as you're not covering it with chemicals, nor are you altering your hair follicle structure. It is, however, a permanent colour so it will grow out rather than fade.

I have noticed that with some women who've been dyeing their hair with permanent chemical colourants for decades their hair has gradually lost shine, sometimes even with thinner patches and looks more brittle. As such, I thoroughly recommend henna powder, **but tread carefully and try out a small section of your hair first!**



For those worried about colouring their own hair, I've recently read that eco-friendly salons are on the rise (but as with everything else, don't believe everything you hear - research them!). I've also read recently that companies are starting to use henna to dye cotton so it's all good (indeed, one of my close friends down in Bath has been dyeing fabric with plants for a very long time, and she dyes them in the sun with stunning results!)

As for the mixture that I use, I wouldn't advocate using the following quantities yourself as your natural hair colour etc and what you've been using on it will affect the result so I'm only mentioning what I do to show you how I get my colour.

I now naturally have a lot of grey/white hair over the top of my head but find that henna covers it really well. If just doing my roots, therefore, I mix:

- **6tsp blonde henna, (which also contains chamomile and cassia – a legume)**
- **1 tsp auburn henna**
- **and 2 tsp black henna (also contains indigo)**
If doing my whole head, I just up the quantities to tablespoons
- **6 or 12tblsp blonde (depending on how long your hair is)**
- **2 or 4 tblsp black**
- **and 1 or 2tblsp auburn**

Anyway, if you're game for having a go, as I've said above, just try a mixture with a small section of your hair and see how the colour turns out. If the colour needs toning down, then you need to add more black. If you want advice about using henna, I don't consider myself an expert but please do get in touch via:

www.facebook.com/howtoliveagreenerlife and I'll be happy to do my best to advise! ■



The pictures show me with the colour my hair is now as well as the colour my hair was when my daughter was a little girl – she has certainly grown as can be seen in the recent photo!



Now is the time . . .

Tennis is exploding in popularity right now, because it offers a great way to get fit and have fun whilst being able to socialise safely.

Alfold Tennis Club has two all-weather courts with high output floodlights and it serves Cranleigh and the surrounding villages. The club is currently welcoming new members and it runs regular play sessions each week and organises tournaments, friendly matches against other clubs and social events throughout the year.

A professional coach runs adult and children's cardio and coaching sessions for both new and experienced players, and popular Easter and Summer Camps for younger players.

Alfold Tennis Club is part of one of Surrey's most successful village sports centres, which also hosts football, stoolball and a cricket pitch. The newly refurbished clubhouse has changing rooms, multiple toilets, showers and a large bar area.

So now is the time to take up tennis!
More details on their website:
www.alfoldtennis.co.uk or email:
secretary@alfoldtennis.co.uk

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Cranleigh Arts Centre - July 2020 Refund Update

We want to thank the Cranleigh Community for their tremendous and continued support of Cranleigh Arts during this period of uncertainty.

As many are aware Cranleigh Arts is supported by a hard working volunteer team. At this time we have asked all our volunteers to respect the Government's social distancing advice and not come into the centre. Consequently this will have an impact on the centre's ability to process refunds.

Anyone with a ticket to one of our cancelled events should now have received an email explaining the options available to ticket holders. If you purchased online or over the phone filling in this form will complete the process automatically and refunds should appear in bank accounts in 7 working days. If you have chosen a voucher then the amount will be credited to your Cranleigh Arts account.



If you booked in person, there will now be a delay in our ability to process these refunds as they need to be processed manually. Please still fill in the form you received via email as we are able to process donations and vouchers remotely. If you choose to be refunded you will be contacted by a member of our box office team as soon as we are advised by the Government that we are able to safely reopen the centre.

We once again want to thank our community for their continued support with the kind messages and donations we have received. We cannot wait to be open and entertaining the Cranleigh Community again!



Find us at Smithbrook Kilns, GU6 8JJ

sitec it

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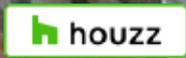
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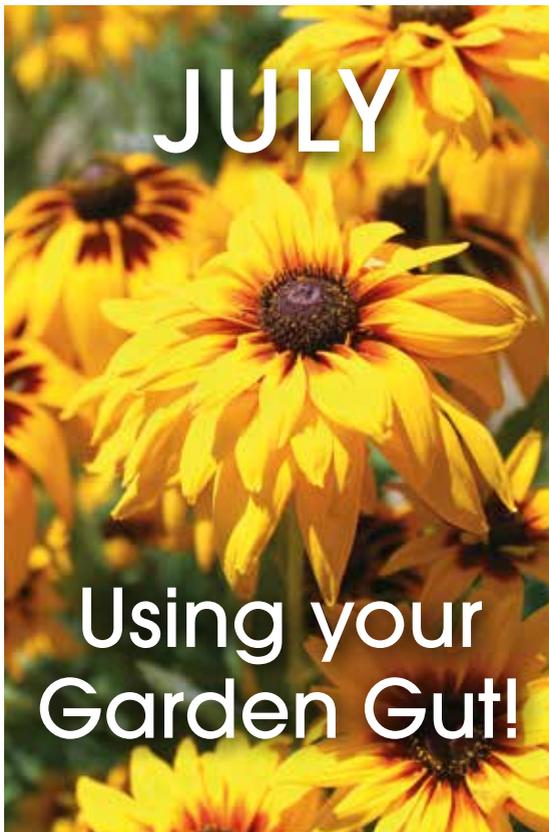


DIAGNOSTICS

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When founding the company back in 2006 I started as a call out one-man-band from the back of a Land Rover. I soon realised that customer service was everything when promoting a successful business! Needless to say there were many long hours, 7 day weeks and missed meals whilst the business was forged. Since then I have worked to build the business using all of my training, skills and discipline with the belief that the client always comes first.

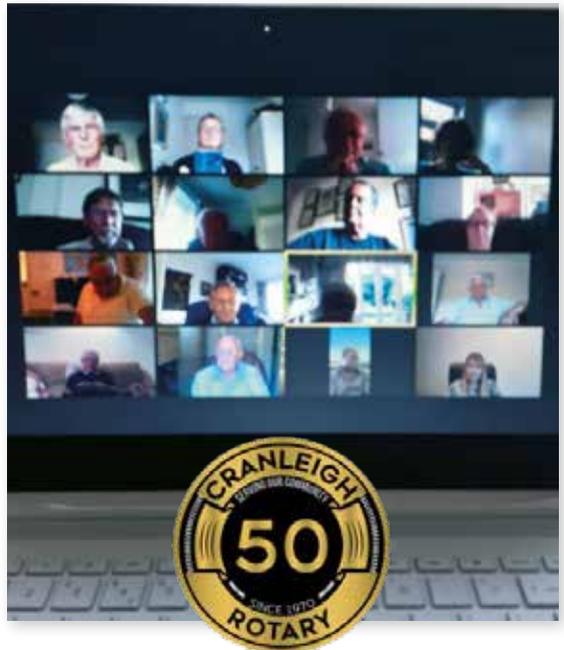
- JACK BRUFORD
MANAGING DIRECTOR



July means the middle of summer and a new rich colour palette, as dahlias, agapanthus and cosmos come into bloom. You'll need to deadhead and feed blooming plants, trim straggly specimens and keep an eye out for unwanted pests.

Why not try some of these tips to bring the sun into your garden:

- Summer can create out a few surprises, make sure tall plants and climbers are well maintained in case of bad weather.
- Water at dusk to lessen evaporation and use mulch to retain moisture around plants.
- Terracotta pots are susceptible to evaporation so dampen the pot down to keep roots inside cool and damp.
- Consistently deadhead bedding and perennial plants to promote new blooms for as long as possible.
- Cutting back plants in hanging baskets can nurture new flowers and greenery and will restore the display. Make sure you that feed your baskets well after doing this.
- Keep an eye out for clematis wilt. Symptoms are wilting leaves and black discolouration on the leaves and stems. Remove all affected parts and dispose of it in your household waste.
- In the greenhouse, damp down your greenhouse on warm days to heighten humidity and prevent red spider mites. ■



One of our Zoom chats to one another

Zooming Toward the Next 50 Years!

On 28 May 1970, a group of local businessmen came together to confirm the foundation of the Rotary Club of Cranleigh. Since then, many professional men and women have become members of the Rotary Club. Unable to meet in the normal way under the restrictions imposed because of the coronavirus, many of the current members of the Club met online via Zoom on 28 May 2020 to mark the 50th anniversary of the Club.

"We had 17 members on screen and a few who had difficulties getting in," said Club President Richard Kenyon. "Tom Cornwell is our longest serving member and he gave a brief speech with some recollections. I proposed a toast to Founders, past-presidents and all members past and present.

"28 May 1970 was the date of the grant of our Charter. Our original plans for a grand Dinner to celebrate the 50th anniversary were frustrated by the Covid-19 pandemic, but we hope to arrange this when the situation permits."

Each year, Cranleigh Rotarians support the local community and raise thousands of pounds for charities at home and abroad.

In order to continue their outreach, they are always seeking new members, associate members, friends and volunteers. If you would like to get involved, even in a small way, please get in touch. ■

www.cranleightrotary.org.uk





Cleaning with the kids

by

Penny Lynch



I think that many of us have found our house has been home to more people than usual during the “lockdown” period. Having the kids around has been great but do you feel that your kitchen, living room and bedrooms are not as tidy as they used to be, when we all had a “normal” life?

As the lockdown starts to ease, it's time to get back into some sort of regular tidying routine. But don't shoulder the burden yourself, why not get the children involved to help out with some of the chores? If you take a sensible approach it can be fun and moreover, studies have shown that getting young children involved with household chores can be very beneficial to them in later life.

Did you know that children who have regular household jobs to do are shown to be more successful in adult life? What better reason to get them helping, even in the early years. Taking on responsibility for tidying up instills important life skills including teamwork and respect.

So, where to start!

Don't surprise them during their favourite TV show or computer game, but give them notice about what's going to happen and when, for example, after lunch we're going to tidy your train set away. Don't ask for help, instead state what will be happening and that everyone will be mucking in and doing it together. Don't expect perfection but do give plenty of encouragement and praise, praise, praise.

Toddlers particularly like to help and to please, so nurture that instinct.

Give one simple instruction, or direction, at a time. Asking them to just tidy their room can be overwhelming. For example, put away your cars into their box. Perhaps put pictures onto the front of storage bins, making it easier for them to understand.

Perhaps encourage a bit of role play, Karla's Cleaning Company or Harry's Helping Hands. Give them some appropriate equipment and away you go.

Music is a good motivator. Pick up all the soft toys by the end of a song and if they finish before the song ends they get to dance. Or everyone gets to choose a song while you're working.

Although rewards shouldn't be expected, if they need a

little encouragement, try to think of something you can all do together once the chores are finished, such as play in the garden or watch a film together.

Invest in some good quality microfibre cloths, it's amazing what you can clean with microfibre. Use it dry for dusting and wet for everything else and without the need for toxic chemicals.

If your children offer to help, always say “Yes!” Even if it you could do it faster by yourself. It will make them feel important and that they are contributing. Sure, the dishwasher may get loaded like an overflowing toy box and you may want to unstack and re-stack it! But it's an opportunity to show your children how to stack cups or plates in a better way. Resist the urge to go over what they have already done as they will quickly become discouraged.

Divide regular chores between each child and maybe rotate them week to week so that everyone feels that it is fair. Once the children realise what is expected of them you'll be surprised how quickly they become more efficient at their chores and they become normal habits.

What jobs can children help with?

2-3 year olds are able to pick up toys and books, put clothes onto their hooks and set placemats on the dinner table.

4-5 year olds can set the table for meals, help put clean clothes into piles for each family member, ready to fold. Hand wet clothes to you for hanging on the clothes line.

6-8 year olds are able to feed pets, use that microfibre cloth to clean the bathroom sink. Take out the rubbish. Help hanging out clothes and fold washing. Put away crockery and cutlery.

9-11 year olds are able to do the dishes and vacuuming as well as make some basic meals and baking.

Most importantly have fun together. ■

Penny Lynch 07763 862470

email: pennytlynch@gmail.com





A local's view...



Looking back over three months of self isolating in Cranleigh

Personal protection equipment was not delivered to chez Shepley. At least not any from parochial or government stock. I put this neglect down to my loudly voiced political views. Being extremely aged and owning the essential underlying conditions I felt keeping me away from needing the care of our stretched medical resources would be a priority. The initiative was left to me, like most pensioners, to improvise my safety equipment.

A fetching Scandinavian lady demonstrated on Facebook how to turn odd socks into face masks. I cut up a dozen odd socks and started on paired socks before mastering the art (I think I just enjoyed too much watching and hearing my blonde instructress). When I ventured into M&S wearing a sock on my schnozzle, no one laughed, but as my glasses steamed up when wearing the sock indoors I may have missed any hilarity caused. The main problem was falling over shelf stackers bent below my sight line, a hazard of visiting supermarkets in the evening. Another problem initially was wearing winter gloves instead of the disposable plastic type. After having the debit card turned down for repeatedly hitting two numbers together I fell back on bare fingers for another card.

Back at home the squirting of all purchases with antiseptic spray became a ritual. In fact I would spray anything delivered, newspapers, all mail, wine cases, frozen foods and anybody coming to the door unexpectedly risked a squirt.

I abandoned my sock mask for one my granddaughter Polly had made (she runs an online business which offers imaginative, economic items for millennials, plus culinary suggestions for limited wallets). I looked more smartly attired but the size was suited to the head of a twenty year old damsel. My lock down beard, hearing aids, on a big head (no jokes please) meant I either wore it lop sided or took out the hearing aids. For my visit to the bank I dispensed with the hearing aids and shouted my requirements to a lady banker sitting 10 feet away. The line of waiting customers on Godalming High Street could hear my negotiations clearly.

I know I can buy anything on line and need not hazard in store shopping. But after my banking session I could not resist a visit to Waitrose. It was like putting a child in a sweets shop. There were the things I had avoided asking my personal shopping lady to find. Terrines, artichoke hearts, choosing from a huge selection of French cheeses, every kind of olives, and a good fresh fish section where a nice man cuts to your spec and seals in bags. After three months lock down, a food shopping Nirvana. The current bank balance went down sharply but you only live twice-before and after lock down.

continued on page 42



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continued from page 40



Off to Ascot, a home photo shoot

I enjoyed Royal Ascot without the prats in hats. I did not miss betting on what colour the Queen's hat would be each day. I have been watching this greatest flat racing week self isolated for several years, often in my underwear whilst sporting a top hat which would be thrown in the air if the Queen's horse was beaten (my late wife disapproved of this, being the resident royalist). One big advantage now is hearing the commentary with the absence of crowd noise which normally represents how much alcohol has been consumed more than pinpointing where a horse is.



My late wife meeting Frankie Dettori at Ascot

As always the objective is at least breaking even over the five days whilst remembering that at the turn of the century a four day Royal Ascot would cost my wife and I, without placing a single bet, £1000 in the Royal Enclosure (and that did not include any new wardrobe items for her). When I lose a bit now whilst wagering during this highly competitive, unequalled racing week, I know I am still well ahead in theory. Perhaps the government could follow my thinking?

To finance World War II expenditure Mr Churchill's Government borrowed twice the country's total GDP and then Mr Atlee's great reform government that followed borrowed that again to set up our welfare state and NHS which put us on the road to having a land fit for heroes. Perhaps our current borrowing, the equivalent of the national GDP, in order to ease the economic pain of the effect of Covid-19, is not much to worry about? It's all relative.

Last month many celebrated Father's Day. Being a professional marketing man I am baffled by how we came to accept this American import to help sell greeting cards with jokes about unnecessary longevity, and gifts like "male perfumes", sweaters the dads will never wear and DVDs of old British comedies the fathers did not find funny the first time round. If this sounds a bit like Victor Meldrew then it may reflect a bit more than just one foot in the grave. It could just be I think the main thing that's wrong with the younger generation is that I'm not in it. These days **Happy Hour** is a nap.

My favourite adage from the greeting cards aimed at the aged is :

"A sure sign of old age is waking up feeling like the morning after the night before and realising you haven't been anywhere".

If the above sounds lacking in nostalgia, don't blame me I have already forgotten what I wrote. My son and I can now



My late wife and I celebrating a family wedding in better days

meet another couple in my home, or theirs, as long as it's not a care home. Very strange; the other main advice I remembered on Father's Day was: "be kind to your children, remember they get to choose your care home".

That advice now has a special significance. I opened a good bottle of fizzy stuff when my daughter came with my granddaughters. ■

Stewart Shepley

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Never ignore a gut feeling,
but never believe that it's enough
Robert Heller**



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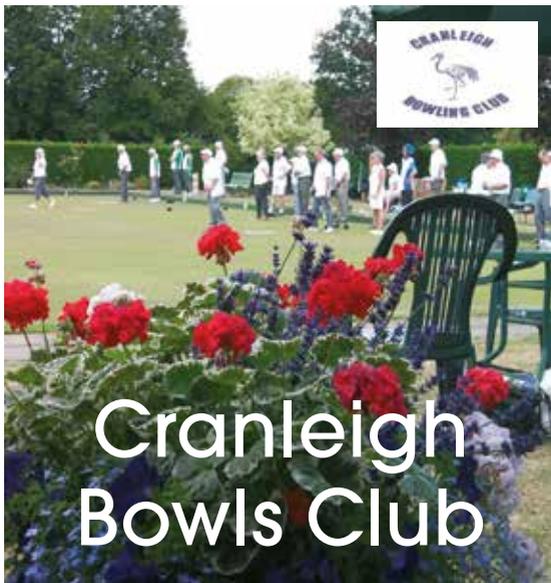


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We are now able to introduce a limited programme of social bowling since June 1st 2020.

Government guidelines allow us to play singles only with a limit on the number of players on the green at any time. Full details will be sent out to all club members shortly. Rinks must be booked in advance.

To access the Login page for RINK BOOKINGS visit: <https://bit.ly/2Aq1Gyl>

How to find us

Cranleigh Bowls Club is part of Cranleigh Village Sports and Social Club in Parsonage Road (GU6 7AN), just off the High Street.

If you are interested please contact David Andrews on **07495 491639** or e-mail davidrandrews777@gmail.com. You can also visit our web-site at www.cranleighbowlingclub.com to find out more information and to sign up to our news alerts. ■

Please check this information in light of COVID 19

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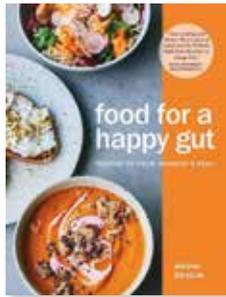
BOOK REVIEW

Food For A Happy Gut

by Naomi Devlin

'I love working with Naomi. She's a force of nature and her brilliant books have the power to change lives'

- Hugh Fearnley-Whittingstall



Bestselling author of *River Cottage Gluten Free*, Naomi Devlin's second book, *Food for a Happy Gut*, is full of recipes that will ease your digestion, relieve your gut and relish your taste buds. Giulia Enders' *Gut*, Michael Mosley's *The Clever Guts Diet* and the work of Tim Spector among others has enabled us to understand how important gut health is to our body, brain and mental health.

A gut-friendly diet does not mean the elimination of favourite foods or hard-to-follow diets. Nutritionist and River Cottage teacher, Naomi Devlin will show you how to keep your gut content.

Move over clean food, this book will take you back to homegrown produce, good home cooking and a pleasingly diverse range of ingredients. Naomi will help you turn your gut into a hub of microbial assortment with lots of plant food, a huge range of meats and fats, plenty of raw cheese, slow-cooking, fermented foods and prebiotic and probiotic foods.

First ease your gut. If your gut is delicate, the first section is full of low FODMAP ingredients, seafood, broths and probiotics to alleviate your digestion. Then nurture your gut with beneficial foods full of fibre, pre and probiotics. Finally there are herbs, pickles and teas full of healing assets to invigorate and regulate digestion when you need a little extra help.

Naomi's recipes are based on good sense and proper science. *Food for a Happy Gut* is full of delectable, healthy recipes and advice and will feed both your taste buds and your microbes, leaving you content both inside and out.

Available online and in stores ■

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Keeping your

1 Haddock and Prawn Gratinee Serves 8

With the fine weather we've enjoyed in the last few weeks, I really fancied some fresh fish. I'm a really big fish-lover especially of tuna, salmon, tartar and sushi. We placed a few orders with the local fishmonger, here in Cranleigh and I have to say the quality was amazing. We are lucky in our village to have suppliers like them! I've worked 20 years in fine dining, and you will not find better quality in any Mayfair or Knightsbridge restaurants. Well done to Cranleigh Fish, please keep up the good work!

This recipe is a real comfort food classic, in this at a time of restarting and reinventing ourselves after this long lockdown. So, we need to treat our self and enjoy time with our loved ones. This dish will make the perfect starter for a family dinner.

Ingredients

450g Haddock fillet, skinned, 25g Butter, 1 Medium onion, skinned and finely chopped, 30g Plain flour, 300ml Milk, 30ml White wine, 175g Peeled prawns, 75g of Gruyere or mature Cheddar cheese, grated, 2 Handfuls of chopped parsley, Salt and Black pepper

Preparation

1. Cut the haddock fillet into 16 small strips. Fold the strips in half and place two of each in eight individual ramekins or gratin dish.
2. Melt the butter in a saucepan, add the onion and fry gently until soft. Add the flour and cook gently, stirring, for 1-2 minutes. Remove from the heat and gradually blend the milk and wine. Bring to the boil, stirring constantly, then simmer for 3 minutes.
3. Remove the sauce from heat, add the prawns and 50g of the cheese with salt and pepper to taste.
4. Spoon a little sauce into each ramekin, to cover the fish. Sprinkle the remaining cheese on top.
5. Bake in the oven at 190C mark 5 for 30 minutes. Serve immediately with some crusty bread and chopped parsley to garnish. I'm sure it will uplift your spirits.



Recommended Wine:
Albarinho (Spain)



Gut Happy!

2 Salmon baked in Sea Salt Serves 4

Cooking in rock salt is one of the oldest cooking techniques, it keeps the flavour clean from oil or butter. The salt acts like a little oven but also seasons the fish perfectly. I like to serve it with a fresh tomato and avocado salad full of vitamins and omega3.

Ingredients

1x 2-2.5kg Salmon farmed salmon, gutted (skin and fins left intact), 3kg Rock salt, 2 Medium avocado, 16 Cherry tomato, halved, Small bunch of basil leaves, 50ml Olive oil, Salt

Preparation

1. Preheat the oven to 180c mark 4. Mix the salt with 150ml of water in a large bowl to make a salty sludge. Spread a flat bed in a large roasting tray. Put the basil into the cavity in the salmon and add a sprinkle of salt. Lay the salmon on the salt bed and cover with the remaining sludge so you form a salt pack that covers the salmon completely. Bake for 1 hour.
2. Begin the salad: once you have cleaned the avocado from the skin and the stone, chop it into pieces around 1inch thick. In a large mixing bowl, place avocado pieces and the halved cherry tomatoes. Now to dress our salad add the olive oil, salt, the juice of half lemon and 3-4 basil leaves. Toss salad to blend all the ingredients and place it in the fridge, the lemon will prevent any oxidation to happen like the avocado turning black.
3. Remove the salmon from the oven and set aside for 30 minutes. After that using a bread knife, carefully cut around the salt crust so that it comes off in big chunks and exposes the fish. With a sharp little knife, cut up from the tail so that the skin comes off in one piece. Serve the salmon warm with avocado and tomato salad, making sure to remove the salad from the fridge so when it is served it will be room temperature. I often add a bit of hollandaise sauce on the side, mayonnaise or guacamole will work too. Enjoy!

Recommended Wine:

Riesling (Austria)

continued on page 52



Some say . . .
Worry is the stomach's worst poison
Alfred Nobel

3 Home-made Italian Ice Cream

Serves 6

When I speak to customers or friends in Britain, many of them tell me how much they love the ice cream when they go on holiday to Italy. To buy an ice cream maker is expensive and is something we don't use all year around. I will tell you a little secret...you don't need an ice cream maker to enjoy a good Italian gelato. This simple recipe will surprise you.

Ingredients

500g of whipped cream, 300g of condensed milk, 120g of dark chocolate powder, 2 Kinder eggs

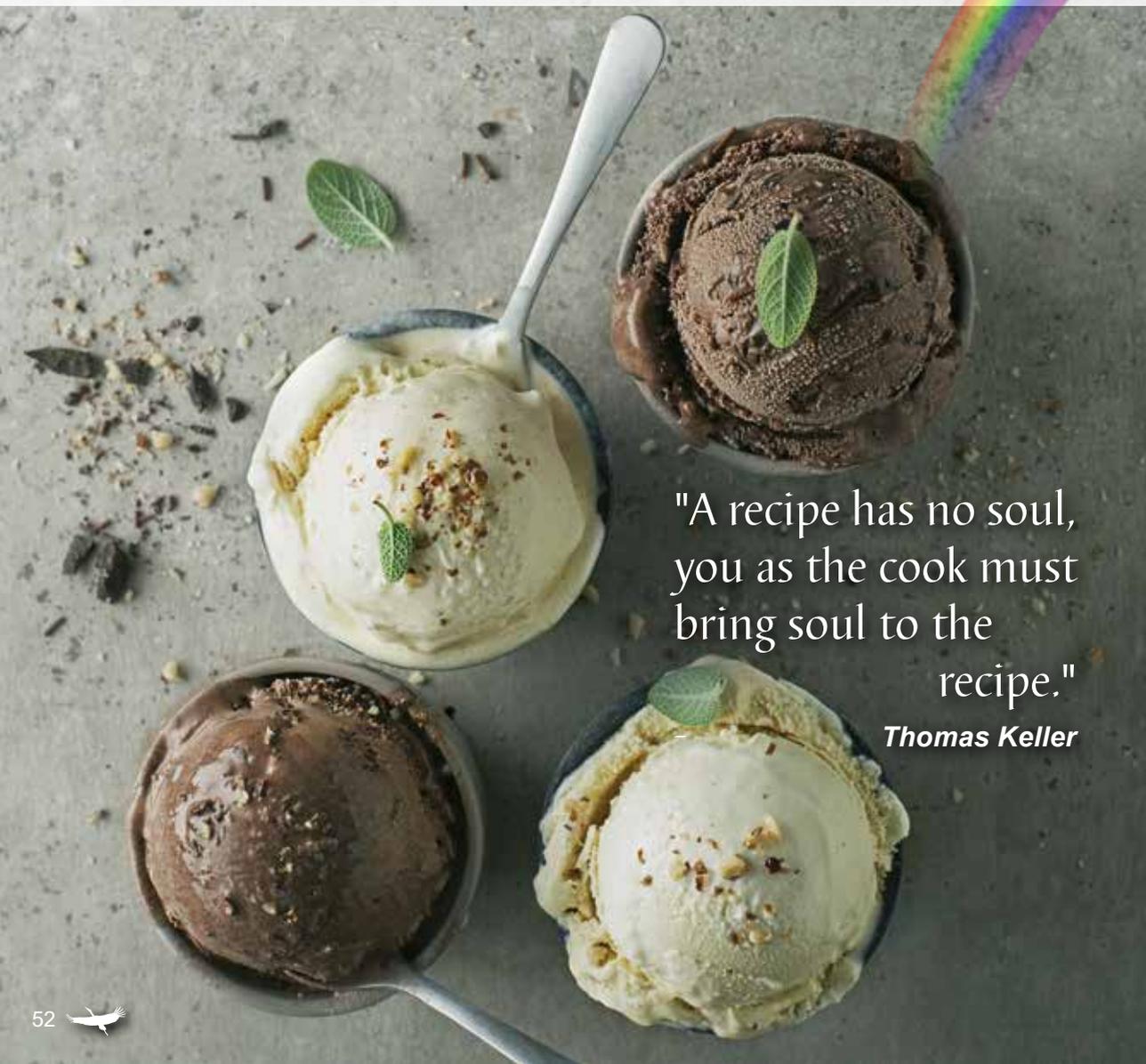
Preparation

1. Place the whipping cream in a large mixing bowl and, with the help of an electric whisk, bring the whipping

cream to a firm consistency. Now add condensed milk and with a wooden spoon (or a silicon spatula) gently mix until it is well blended in.

2. Now out of this main mix we will obtain 2 ice cream flavours: in this case dark chocolate and Kinder egg (children love this one), but you can personalize it to your own taste by adding other ingredients, for example strawberry jam or Nutella.
3. Divide the mix into 2 mixing bowls. Into 1 add the dark chocolate powder and mix it gently with a whisk until well blended. In the other bowl, add 2 Kinder chocolate eggs roughly broken into pieces.
4. Finally place the two mixes into freezable containers with a lid and put the containers in the freezer for a minimum of 6 hours.
5. After 6 hours we are ready for our Italian ice cream. Delicious!

Simone Conti ■



"A recipe has no soul,
you as the cook must
bring soul to the
recipe."

Thomas Keller

But now I'm growing older . . .

by **Raymond Holt**

An ex Cranleigh village Bobby

*Just when I think I'm all alone
And sinking in my mind,
I remember all the friends I've known
And those I've left behind.*

*But now I'm growing older
And time is running out,
I wonder if like me they found
What life was all about.*

*For if I only could discover
How to enter that dark light,
My soul would be at peace
On that final Judgement Night.*

*And although I was a Professor of Life
For nigh on thirty years,
I sometimes wish I had more faith
To drive away my fears.*



An excerpt from the book

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Cranleigh Men's 1s Hockey – Five Titles on the Bounce!



Five years ago, the village didn't have a men's hockey team to speak of, yet Cranleigh Men's 1s have just recently clinched the Surrey Open Premier Division – a remarkable fifth league title in as many years. Despite the final two games of the season being cancelled, following England Hockey's decision to abandon all play from March 14th, the League's committee met at the end of April and decided to freeze the standings at that point, leaving Cranleigh in 1st place, 3 points clear of their closest rivals.

When the team was founded in 2015, Cranleigh began their competitive fixtures, by default, in the lowest tier; Surrey Open Division 5. For many of the team, the season represented a return to hockey after several years 'on the bench', but with plenty of experienced and skilful (albeit rusty!) players forming the backbone of the team, aided by a few youngsters boosting the team's energy levels, Cranleigh strolled to the title, winning 15 of their 18 games, and ending their inaugural season with an impressive +78 goal difference! The following year saw a similar outcome, the Division 4 title being secured so nearly with an unbeaten season, snatched cruelly from their grasp in an agonising 4-5 defeat in the very last game. So commanding had many of the team's performances been – winning several games by 7, 8 and even 9-goal margins – that the League took the unusual step of promoting Cranleigh two divisions, in the hope of providing them with stiffer and more appropriate competition.

12 months later, and Cranleigh were toasting yet another triumph. What should have been a season of much greater challenge saw a highly successful recruitment drive strengthen the team significantly. Not only did Cranleigh end up topping Division 2 by six points, winning 18 of their 22 games along the way, they also racked up a monstrous 116 goals in the process, often blowing opponents away by half-time with their rampant attacking play.

With promotion into Division 1 in 2018/19, came a noticeable shift in the standard of hockey being played. The team's reputation was growing, and squad numbers increased as a result, allowing for a second team to be formed. Not only did the influx of new recruits help to bolster player numbers for both teams, but these new players also helped maintain a healthy competition for places in the 1s. On the pitch, Cranleigh were rarely challenged, except for some highly charged meetings with Surbiton 6s and also Croydon and Old Whitgiftian 3s, who both pushed Cranleigh hard all season. Come April, however, it was a familiar story, with Cranleigh 1s taking the title by five points and falling only 3 goals short of a second successive season scoring a century.

And so, to this year's exploits, which most certainly saw the team's abilities more stretched than ever before. Despite occasional difficulties with player availability, leaving the team playing more than one game without a full complement of 11, they overcame some incredibly good teams, pipping



Leatherhead 1s to the Premier Division title. Whilst everyone would have much preferred to see the season through to its full conclusion, and had the chance to celebrate another successful year with a drink or two in the Horseshoes, the team met up recently on Zoom to receive their trophy, virtually, and announce player-of-the-year awards. It should also be noted that the 1s weren't the only team raising a glass to a successful season - the 2s also secured promotion from Division 5!



Surrey Open Hockey League

	P	W	F	A	+/-	Pts
1 - Cranleigh Men's 1s	2013	74	38	36	41	
2 - Leatherhead Men's 1s	2011	64	41	23	38	
3 - Royal Holloway, University of London Men's 1st	2011	66	42	24	37	
4 - Surbiton Men's 6s	2012	41	30	11	36	
5 - Sunbury and Walton Hawks Men's 3s	2110	38	27	11	35	
6 - Epsom HC Men's 3s	21	9	39	37	2	32
7 - Camberley and Farnborough Men's 2XI	20	9	52	52	0	28
8 - Addiscombe Men's 2s	20	7	53	67	-14	24
9 - Reigate Priory Men's 3s	21	7	52	69	-17	24
10 - Chertsey Thames Valley Men's 1s	20	7	39	56	-17	22
11 - EUHC Gamblers London Men's 3	20	6	40	63	-23	19
12 - Cheam Men's 2s	19	4	25	61	-36	12

With so many promotions racked up, you would be forgiven for thinking the club is all about winning. "That couldn't be further from the truth," explains Club Chairman, Sam Watkinson, himself a regular player. "We started out wanting to offer regular hockey to men in Cranleigh and local villages, inspired by the long-standing success of the Ladies teams. It was never our intention to form a promotion pushing team! Although we have some very good and competitive players, our success has come about because of our focus on the basics of wanting to get people into the club, trying to give everyone a game, and enjoying each other's company and camaraderie on and off the pitch, whatever the result. It just so happens that, this far, results have mostly gone our way!"

So, "what comes next?" after you win the Premier Division, I hear you ask! Well, whilst being promoted into Surrey Division 3 may sound like a step down, it represents entry into the lowest division of a whole new tier of hockey, which will no doubt bring greater challenges and, who knows, perhaps even another title come next Spring. On the team's recent



run of form, it would be brave to bet against them continuing their meteoric rise! We hope the team is soon back on the pitch and wish them every success for the season ahead.

If you would like to join Cranleigh Hockey Club – as an eager beginner, a seasoned pro in their prime, or someone of maturity looking to dust off their stick after too many years away from the game – the club runs one Ladies' team, and two Men's teams and boasts the lowest registration fees in the Surrey Leagues, including generous discounts for students and under-25s. The season runs September to April, and training sessions are held each Wednesday at Cranleigh School AstroTurf - also where home matches are played on Saturdays. All abilities and ages are most welcome, and there's no obligation to sign up – so why not join in a training session or two; we can even lend you a stick! If you'd like to come and see for yourself, visit our website <http://cranleighhockey.com>, or send an email to: info@cranleighhockey.com



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Result of E-petition to renovate and rebuild Cranleigh Primary School on its present site

As a result of attaining over 200 signatures, Cranleigh Civic Society was able to present its case to Surrey County Council's (SCC) meeting lead by Cabinet Member for all age learning Cllr Julie Iles (see here) on 9th June 2020 – to renovate and rebuild Cranleigh Primary School on its present site, rather than sell the land for housing and rebuild the school on fields to the west of the Social Club behind the houses on the Common.

The Cabinet Office presented its case for the current proposal to relocate to the Glebelands playing fields.

However, in recognition of the arguments relating to the restricted access, non-availability of parking, building size and design, location and safety issues from representations by stakeholders, local councillors, residents and representatives of the Diocese and the governing body and the headteacher, it was evident that many local people were opposed to this new build project, much preferring that the school remains on its current site with refurbishment/extension.

Cllr Julie Iles therefore proposed that Surrey County Council write to the Dept. of Education asking if the identified Priority School Building Programme 2 (PSBP2) funding can be allocated to a refurbishment on the Junior School site, something that the local MP, Angela Richardson will be taking a keen interest in.

When this outcome is known, Surrey County Council's Cabinet Office can review further and point that conse-

quently any indication of when essential repairs or refurbishment/extension might be carried out to the existing buildings can not be given yet.

A recording of the full meeting can be heard on the Surrey County Council webcast here surreycc.public-i.tv item "Cabinet Member for All-Age Learning Decisions Tuesday 9th June" n.b. there was another item on the agenda – go to petition in video.

We feel that this is a very positive move forward for the Cranleigh Community and would like to thank all those who have contributed to this outcome. However this is just the initial step in getting to the community's preferred outcome and we must maintain both dialogue with and pressure on SCC to see this through. ■

Contact the Cranleigh Society at:
www.cranleighsociety.org



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Reaching Out To Surrey Residents To Hear Their Health and Care Experiences During The Pandemic



A message from Zoe Harris at Healthwatch Surrey, who wants to hear about the experiences people have been having with health and care services during this pandemic:

"We're reaching out to Surrey residents to find out about their experiences of health and social care during the coronavirus pandemic and would like to hear about COVID-19 related and non-related experiences.

Surrey residents can share their experience with us by completing our survey (it can also be completed on someone else's behalf): <https://bit.ly/2A4dbft>

Alternatively, they can contact us by phone (**0303 303 0023**), text (**07952 787 533**), email (enquiries@healthwatchesurrey.co.uk) or can fill out a feedback form online.

Paper copies and alternative formats of the survey are also available. Please do let me know if you are able to share our survey, or if you have any questions at all.

Best wishes, and stay safe.

Zoe Harris, Volunteer Officer, Healthwatch Surrey"
For more information, or paper copies of the survey, please contact Zoe Harris, Zoe.Harris@healthwatchesurrey.co.uk





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Some say . . .

I've never gone wrong trusting my gut

Dwayne Johnson



Using paddling pools, bungee cords, wetsuits and stopwatches, my daughter and her squad-mates are managing to swim

Keeping up the hard work!

In the scrapbook, there are a variety of things that in modern times have all moved online. There are cuttings from newspapers of the club's performance at various galas. Headlines such as "Tough training pays dividends" or "Kids break pool full of records" seem remarkably similar to words I have written in past issues of this magazine.

The scrapbook also contains written records of swimmers' event times. There are reports of the club's involvement in village life. Contributions to the carnival and the Cranleigh Show. There are minutes from the AGMs. Goodness knows what they would have made of the club's plan to hold its first-ever virtual AGM by Zoom video call next week.

However, what brings it to life are the short snippets of commentary from the contributors. Take for example this report from the 1978 Cranleigh Show: *"This year's float was a ship...The ship had a tall mast and sail, and when we were going round the cricket pitch we did not see a low telephone wire and so we hit it. The same thing happened again in Knowle Park but this time the mast broke off. However, we had been judged before the break and were very pleased with second again."*

Another favourite is this insight into "George - The New Coach": *"George is a very fit man for his age (not surprising for an ex-boxer). As he is a bit deaf he shouts a lot at all of us, but really has a heart of gold."*

These quotes show that whilst lots has changed, many things have remained constant. In particular, the club has always been about much more than swimming. It is a community where members build friendships and memories around a shared interest. Nothing has highlighted this more to me than seeing the way my daughter has dealt with the current situation. Together with her squad-mates, and helped by coaches, they have come up with a way to train together. Using paddling pools, bungee cords, wetsuits and stopwatches they are managing to swim. And using video call technology they are managing to do it as a group.

These are indeed strange times, but the will to succeed drives innovative solutions and brings hope. Let's hope that by the time I write next, things are a little bit better and we are edging back to the best parts of life as we knew it. ■



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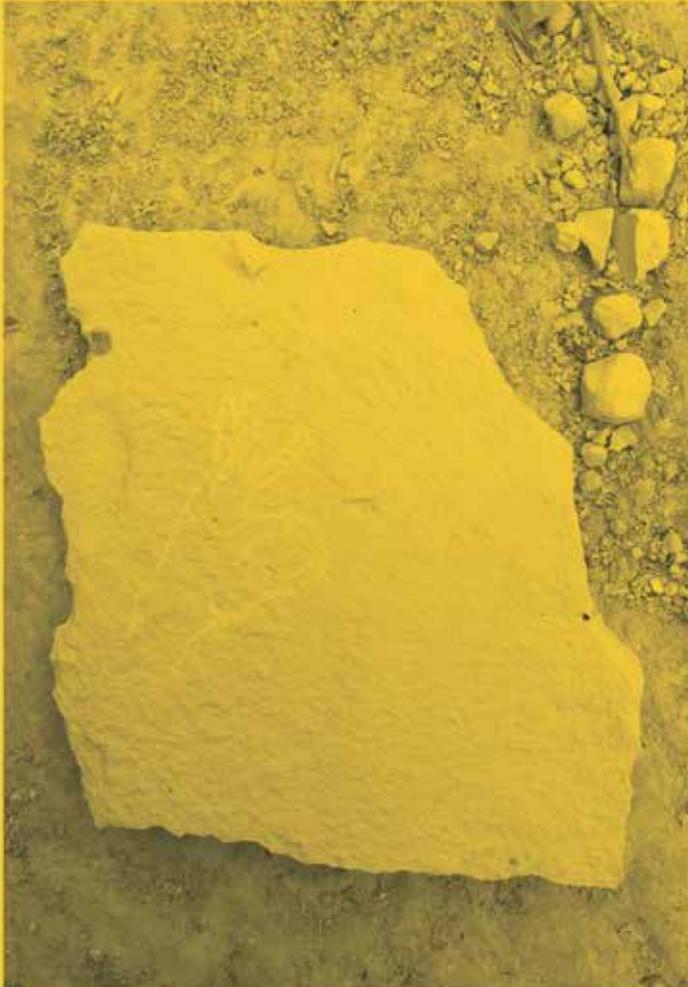
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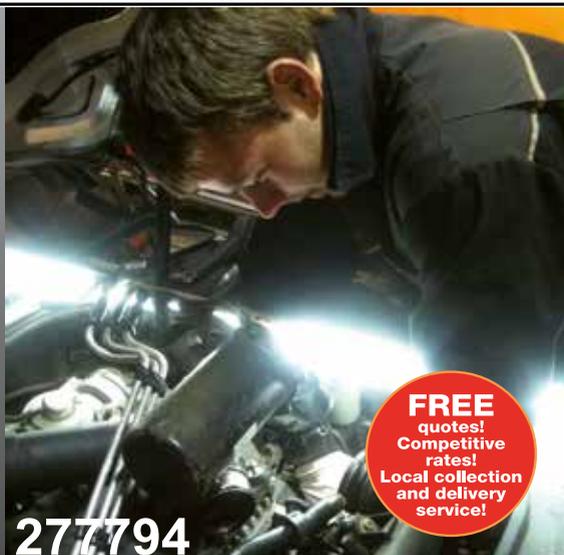
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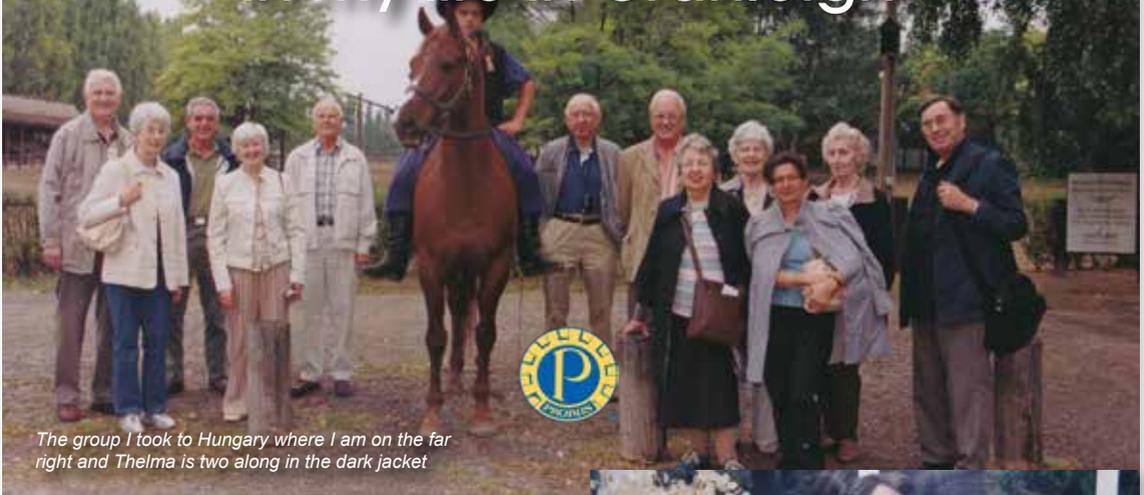
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The role of the Probus Club in my life in Cranleigh



The group I took to Hungary where I am on the far right and Thelma is two along in the dark jacket

Welcomed to Cranleigh

When my wife and I arrived in Cranleigh in 2002 it was to retire from a large family home only 12 miles away in the village of Shackleford. We had found a new home suited to our new life in retirement in a large village with all the facilities we could want easily available at walking distance. What we soon realised we were missing was a fulfilling social life. My wife who never became a driver had been able to enjoy friends' company at close hand and was active in the WI in Shackleford. I had just retired from my own marketing consulting business and almost overnight the many contacts I had enjoyed with business colleagues and clients evaporated. This important vacuum in our life was surprisingly speedily filled by the welcome we received from Cranleigh's Probus A Club whose chairman Mike Kateley was a neighbour. In next to no time I attended an introductory lunch, applied for membership, was accepted and became good friends with several members. In due course my wife benefitted from this monthly luncheon club by attending the special Ladies Lunches, where she met wives of members and learned much about local opportunities for social and cultural involvement. In addition we both participated in Probus social events, such as outings and carol services, in which the two other local Probus clubs were also involved. What I wish to communicate with the foregoing personal description of how we arrived in Cranleigh, is how important the fellowship of the Probus clubs concept can be to newly retired couples, especially if also new to the area.

Involvement in managing a Probus club

The other significant effect on me was finding myself rapidly involved in organisation and administration of the Probus A club in Cranleigh. Having retired in 2002 from my consulting business where meetings with staff and clients were frequent, I was delighted to be involved in committee work again within a year. The management of Probus clubs is an important aspect of how the concept has developed and is continuing to evolve. Everywhere a committee is elected annually which constitutes of the main officers needed: a chairman, a vice chairman (usually chairman designate), a treasurer, a club secretary, a speakers secretary, a table secretary who organises



Thelma and I relaxing at home

lunches, a social secretary, a membership secretary. These portfolios can have been added to for reflecting the local requirements. Cranleigh Probus A club has been a good example of the development of the original concept. The club started as early as 1973 with only three club officers and did not have what would now be a full complement of officers until 1986/7 when Walter Winterbottom, the ex-England football manager, started his second term. That was also the year when the Cranleigh Probus B club was formed because the waiting list for the original club had grown too large. The Bramley Probus club commenced in 2003 which again reflected the demand in this area from qualifying retirees. All three clubs with minor variations have been managed in much the same way.

Much of my broader knowledge of Probus clubs has come to me in recent years when I have undertaken the recruitment function for Probus A. I became vice chairman for 2004-2005 and chairman for 2006/7 -2007/8. Subsequently I experienced the work of speakers and social secretary when I came to appreciate the importance of cooperating with other local clubs. The best way to find speakers is to ask other clubs about their contacts. Social activities I found were best developed in tandem with Probus B and Bramley, and over the years we are all indebted to Derek Bonham of Probus B who has directed the Cranleigh and district Probus social events programme with consummate brilliance. He has managed 160 social activities this century which included 21 overseas trips albeit they had specific tour supervisors. My main social

continued on page 68



continued from page 67

activities contribution was to launch the annual trip to the big musical at the Chichester Festival, but I also enjoyed running a tour to Hungary, when my main concern was not to lose any of the party. Colleagues in my club organise the Probus annual carol service held alternatively at the C of E church and the Baptist church which are both well represented in the membership.

I feel sure that being part of Probus can be a boost to living longer. My personal experience of friendship with our mature members in my time has often astonished me when I observed their continuing vitality and curiosity. Our longest living member Don Simmons, an ex banker, at age 104 was continuously checking his emails whilst I interviewed him for an article. Another colleague and neighbour, Eric Unwin, at age 98, gave a talk to our members about how he trained airmen in Canada for the Battle of Britain, most of whom did not survive the war. John Sharp died last year having recently given a talk to the membership about his time in the commandos in WWII, a truly heroic man. These stalwarts are no longer with us. Hence my role in seeking persons who will help to ensure the club continues to have such admirable members

Recruiting the next qualifying generation

The most common, indeed traditional, way of bringing in new members was by members attracting their contacts. As clubs have found all over the UK, the pool of potential candidates can be smaller when the members have been retired for some time. Hence the use of wider publicity of what we can offer in the way of fellowship, friendship and fun. In addition we decided to follow the example of other clubs in the UK and overseas, asking our members to vote on inviting ladies to join. It was carried by the necessary two thirds majority at this year's AGM in March and the constitution duly amended to reflect the change. Once the pandemic abates Probus A's membership is looking forward to welcoming retired local ladies from the professions and business.

Continuation of the prime benefit of Probus membership

We must continue to offer when normal times return, the prime benefit, the opportunity for a monthly lunch, for all persons who have retired from business or the professions, when a warm comradeship will be enjoyed. We meet at Cranleigh Golf and Country Club on Barhatch Lane, on the second Tuesday of every month where Probus B also meet on a different date. We enjoy a two course meal and shall continue to hold special lunches when members' partners will attend, although some will probably become members themselves in due course. The number of active members all Probus clubs in the UK try to have is between 50 and 60, as that is ideal for booking suitably sized venues. Often lunches involving spouses are held in alternative venues with larger facilities. During the nearly 50 years since the Probus movement started in the area over 300 men have registered for this fellowship which reflects both the enduring appeal of the concept and also the need to refresh the membership.

Contact for Joining

Cranleigh Probus A club has room for more men or women retired from business or the professions who would like to meet for relaxed comradely lunching and socialising. Club activities will be resumed once the health related current restrictions on meetings are safely removed. As the Queen said, we shall meet again. ■

Please contact me for more details on the club.
01483 548488; email: stewart.shepley@btinternet.com



CRANLEIGH PARISH COUNCIL

CORONAVIRUS COMMUNITY HELPLINE

 0300 200 1008

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Local Information

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High Street, Cranleigh. Tel. 0300 200 1001

Monday: Closed all day

Tuesday: 9.30am – 5.00pm

Wednesday: 10.30am–11am

Thursday - Saturday: 9.30 - 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

Monday: Closed all day

Tuesday: 10.00am - 5.00pm

Wed: Closed all day

Thursday: 2.00pm - 5.00pm

Friday: 10.00am - 5.00pm

Saturday :10.00 am - 4.00pm

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

Village Way - Cranleigh 0344 848 7969

Monday, Tuesday & Thursday: 10.00am - 4.00pm

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

EWHURST 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

CRANLEIGH KARATE CLUB

Located at Snoxhall Sports Hall every Friday evening

Juniors 6-7 pm. Seniors 7-9pm

Ian 07806 732161 or Jim 07731 428854

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**
 Alford 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
01483 275999

DEMENTIA & CARER SUPPORT

For more information call **01483 274398**

RESTAURANTS IN CRANLEIGH

Lemongrass **01483 275891**
 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**
 Arriva Buses **01483 534939**
 Carlone Buses **07477 100100**
 Compass Bus **01903 690025**

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 **08458 332711**
 Ewcare **01483 277606**

COUNCILS

Cranleigh Parish Council **01483 272311**
 Surrey County Council **08456 009009**
 Waverley Borough Council **01483 523333**

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