

SEPTEMBER 2021 - FREE ISSUE 71



CRANLEIGH MAGAZINE

SEPTEMBER

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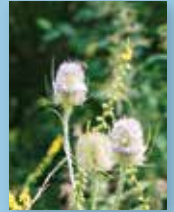


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Common Teasel
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Colin, the Cranleigh Chameleon, is hidden somewhere in the magazine. Can you spot him?



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Seasonal Changes

By Cranleigh Amateur Swimming Club



The changeable and mixed weather is a sure sign of one thing - we are in the middle of traditional British summer. As I write, the success of the Olympics has not long passed and England's exploits in Euro 2020 seem like a distant memory. For our swimmers at Cranleigh Swimming Club, these sporting events have been a welcome distraction - we are currently in the middle of our summer break. Once again we are out of the pool, but the good news is that this time it is self-imposed.

Since I last wrote, we wrapped up last season with a few of our swimmers representing the club at the South East Regional Festival of Swimming. In the Senior event at High Wycombe on the first weekend, Lucy Andrews (Backstroke) and Sophie Moore (Individual Medley and Breaststroke) represented the club. The Junior event at Crawley the following weekend saw Lana Howells-Davies (Backstroke) and Eve Webb (Butterfly and Breaststroke) swimming for the club. It was a strange event, with no spectators allowed and swimmers

being kept away from coaches and the pool other than for their events. When combined with the reduced training and minimal competition that all swimmers have had to prepare for the event, it was no wonder that many swimmers (from all clubs) found the event very challenging. In these circumstances, our swimmers' efforts were excellent, coming away with a number of PBs and top 8 finishes.

It should also be mentioned that we could have had more representation, with several other swimmers achieving Regional qualifying times. But with the strange nature of the event, some chose to skip this year, deciding to focus on next season instead, and allowing them to potentially get away and enjoy the increasing freedom at the beginning of the school holidays.

As I mentioned in the last article, the end of the season saw the end of our time under our Head Coach, David Whorlow. With the Regional Festival of Swimming closing out the last day of the season, this was the last event for David. We are incredibly grateful for everything he has done for the club and although the circumstances were strange, seeing our swimmers from our village club swimming at a Regional event is a fitting testament to the standards that David has helped us achieve. We are hopefully close to announcing our new Head Coach, so watch this space.

All things being well we will be back soon to start the new season. We begin training on the last day of August and have our Open Meet (where swimmers from other clubs join our swimmers to compete in a gala) scheduled for Sunday 10th October. The hope is then to be competing in galas again throughout Autumn, targeting county and regional championships next year. If the last two years have taught us anything, it is that we should be cautious planning too far in advance, but we are hopeful that we will see some kind of a return to normality. Exactly what a normal Open Meet means in these new times is not yet clear. But we shall adapt and face the challenges ahead, and always do our best.

If you are interested in joining Cranleigh ASC, visit our website: www.cranleighsc.org



Christian Aid In Cranleigh



We are pleased to announce that the 2021 Christian Aid week raised **£2218 (including gift aid)** The delivery only of envelopes this year has worked well and we plan to extend our coverage next year.

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Stay safe, stay happy!



The Joy of Cranleigh

The Funeral of a Lusitania Passenger, May 18th 1915

By Joy Horn



On May 17th 1915, *The Times* carried this death notice: 'On the 7th May, by the sinking of the SS Lusitania, Frank Gustavus Naumann, of 'Redhurst', Cranleigh, aged 61 years. Burial service on Tuesday, 18th May, at St Nicholas Church, Cranleigh at 2.45. No flowers, by request.'

Frank Gustavus Naumann was a wealthy man and international coffee trader, who had been naturalised British. He was one of the founders of the

Cranleigh Freemasons' lodge in 1910, and its first Worshipful Master.

The British transatlantic passenger liner, RMS Lusitania, of the Cunard line, a great four-funnelled vessel and one of the biggest and fastest ships in the world, was on a crossing from New York to Liverpool. The First World War, at that time called 'The Great War', was in its second year. German U-boats (Unterseebooten, or 'under-sea boats') were active





Redhurst, home of Frank Naumann, off Knowle Lane, in 2020 (courtesy of Cath George)

in sinking military vessels in the North Atlantic. Before the Lusitania left New York, the German embassy in the U.S. issued a warning that any vessel flying the British flag (not just military vessels) was 'liable to destruction'. Nevertheless, 1,959 passengers embarked, including Cranleigh's Frank Naumann. After sailing for six days, and when it was only a few hours from Liverpool, a German U-boat, which had been lying in wait, launched a torpedo at it. The ship was eleven miles off the Irish coast, it was a

beautiful spring day, and passengers had come on deck to admire the Old Head of Kinsale lighthouse and the wild Irish coastline. The torpedo struck the Lusitania ten feet below the waterline. The vessel keeled over, making it impossible to launch many of the lifeboats, and then reared up and sank bow first. Within 20 minutes it had vanished under the water.

There were 1,198 people drowned, and only 761 survivors (precise figures vary slightly).



The Lusitania at New York in 1907

continued on page 8

continued from page 7



The Lusitania's 1st-class lounge

The sinking of a liner carrying civilians, including women and children, was without precedent and was widely denounced. The Daily Mail's headline screamed 'British and American Babies Murdered by the Kaiser'. The Daily Mirror called it 'murder' by a 'German pirate', even though evidence came to light that the liner had been carrying some military supplies. A French magazine called the sinking 'a crime' and the Irish used it in an army recruiting drive. The Daily Sketch demanded mass internment of German residents in the U.K., with the headline 'Lock Them All Up!' It led to ugly demonstrations against German residents, and the burning of their businesses. Eventually 23,000 had to be interned for their own safety, many of them in holiday accommodation on the Isle of Man. Aware of the international condemnation of their action, the Germans suspended U-boat attacks on civilian vessels until February 1917, when they resumed indiscriminate submarine warfare, even on neutral vessels.



Frank Naumann's body was one of the 289 recovered from the sea, of which only 224 could be identified. He was cremated in Liverpool, and his ashes were brought to Cranleigh. A big funeral was held at the parish church, with all the notable gentry and principal business men attending. Many of the names will be familiar: Sir George Bonham of Knowle, Charles Chadwyck-Healey of Wyphurst, David Henderson of Vachery, William Welch of Stonewall, E.L. Rowcliffe of Hall Place, Doctors Napper, Willis and Walker, builders Frederick and

Ernest Warren and H. R. Thorpe, Stephen Rowland (developer), Samuel Mann (of David Mann's), Raymond Swallow (brick and tile maker), and many others. The Cranleigh Freemasons were represented by seven members, and representatives of the firm of Naumann, Gepp & Co attended. The hymns included 'Nearer, my God, to Thee' (famously sung as the Titanic sank in 1912) and 'Now the labourer's work is o'er'.

The rector's daughter, Peg Cunningham, wrote later that Mrs Naumann had specifically asked that the rector should carry the urn containing the ashes to the grave, but he had not expected such a large and heavy marble one. An unmuscular man, 'I just stuck out my tummy, balanced the urn on it, and put my arms around it.' Sheer willpower got him to the grave safely, but he was sweating and trembling. As thanks, the widow gave him a little silver sweet dish.



Frank Naumann's grave, with an obliging cock pheasant
Naumann's grave in the churchyard, near the West door, was obscured by brambles for many years, until it was unearthed in about 2016. It has now been restored by the Freemasons.

The Cranleigh History Society meets on the second Thursday of each month at 8.00pm in the Band Room. The next meeting will be on Thursday September 9th, when Michael Miller will speak on 'Postal services in Surrey'.



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Crane Spotter:

tales from a Cranleigh birder

Enough to be chuffed

September

As the leaves fall and the changing season's reds, oranges and gold emerge around us I am keeping my eyes peeled for some tiny busy visitors.

They always pop in at this time of the year and will be stopping off in our gardens over the next few weeks to feed up before moving on to their traditional wintering grounds in southern Europe and north and west Africa.

There goes one now, whizzing low across the garden into a hawthorn bush. Soon it emerges from the edges and flies out in a brief acrobatic foray.

It springs up a few feet vertically to snatch a small insect it has disturbed and then dives back headfirst into the foliage. No time to rest – it shoots out on the horizontal, snaps up another morsel, and heads off to the plum tree.

From there it launches out and hovers briefly to grab small flies around the remaining rotting fruit.

Briefly it poses on an outside branch and utters its unmistakable one syllable contact call: 'sweett.' Others say it is more like 'wheet'. It is a Chiffchaff, these days officially referred to as the Common Chiffchaff to differentiate it from other relatives. And I'm chuffed to see it.

At only 0.29 ounces it punches above its weight for interest value. Always on the go, individual birds may vary in the detail of their greenish-brown upperparts and yellow washed underparts. And they frequently hunt with a variety of other small birds including – if you are lucky – a scarce of rare species.

They are usually our first summer migrant to be found, giving the heart a lift even on bitterly cold days as they remind us that another spring will be back again, just like they are.

Birds arrive in the first week of March, or just after, then en masse from the last week. Many pass unobtrusively through our gardens for a quick snack.

Invariably their song draws first attention to them – a repetitive 'chiffchaff, chiffchaff, chiffchaff' coming from somewhere in the trees. The music from this ground nester continues far longer than many other species and sees us right through to summer's end in our local woodlands where they can be commonly heard.

This month many of them are needing to build up fat reserves for a journey that could take them over the Sahara. Perhaps they know there is not far to go now before they have a sea crossing to contend with. So here we have them.

Our local numbers have been swelled by others from further afield and they are all around the Surrey Hills area right now, doing their bit to erase those darned pests from our foliage.

This passage south was first evident to me on 26 July this year when one visited my garden briefly. There has been a steady build up since, with some present over several days. But of course the Chiffchaff you see today may easily be another bird from the one behaving in the same way at the same spot yesterday.

All this activity could go on for many weeks





Chiffchaff at the nest (Phylloscopus collybita)

more, depending on the weather and other factors. I have seen them as late as 17 November in the garden.

Some Chiffchaffs have, like the Blackcap in more recent times, decided not to migrate at all and have taken to overwintering, especially around fly rich areas such as our local Unstead Sewage Farm.

Changing climate patterns could give us more sightings in winter but I have only had one winter record in Cranleigh so far, on 29 January 2016.

*Chiffchaff
(Phylloscopus collybita)*




This black-legged warbler – beware confusion with the much scarcer but similar and generally paler-legged Willow Warbler – is one of the large ‘*Phylloscopus*’ family. The name comes from the Greek, *phullon* – a leaf – and *skopos*, a watcher.

Now we know why they watch leaves so avidly. But I find the remainder of their scientific name, *collybita*, a bit of a misnomer. It apparently comes from the Latin *collybista* and the Greek *kollubistes*, meaning moneychanger.

This is due to the Chiffchaff’s song. Really? According to those who conjured the name up it sounds like coins being counted as they are dropped on top of one another. Maybe they had hearing problems.

To my ears the cash tag much better fits the Bearded Tit, more recently re-named as the Bearded Reedling. Its ‘ping’ call, usefully betraying its exact presence in vast reed-bed habitat, is like the sound of a coin being flicked in the air.

And if you hear one of those locally please contact me via Cranleigh Magazine or on Twitter immediately. There has never been one recorded in the village yet!

Twitter - @Crane_Spotter 





Running for the dogs!

By Cath and Penny

Cath and Penny are running the London Marathon for Hearing Dogs for Deaf People. Penny and Cath live around the corner from each other in Cranleigh and have been good friends and running buddies for years – on October 3rd this year we are excited to be running the London Marathon to raise money for Hearing Dogs for Deaf People.



Cath George and her dog

Are we barking mad? Maybe! But could you help make running the marathon a little less ruff?

Why Hearing Dogs for Deaf People?

HDDP (<https://www.hearingdogs.org.uk>) are an amazing charity matching up support dogs with people with very significant hearing losses. Imagine if you couldn't hear things like doorbells, alarm sig-

nals or traffic. Then imagine having a waggy friend who not only helps with those, but also provides love, loyalty, and companionship. The difference hearing dogs make to their owners is immense.

Cath is an audiologist working in the field of cochlear implants, and lives her life at the intersection of hearing, running and dogs so HDDP was an obvious choice! *'I've been a keen runner for about 17 years, and I'm also a dog owner and dog lover. My younger dog, Indy, is my training buddy and runs with me several times a week canicross-style. He gives me a real boost up hills, and I will miss him at the marathon!'*

Penny (who writes the regular Home Cleaning article in this magazine) got a ballot place and is keen to make every step count to raise funds for Hearing Dogs for Deaf People. Our target is £2000, and we will be enormously grateful to you, dear reader, for any contributions large or small to our

JustGiving page: www.justgiving.com/fundraising/cath-george

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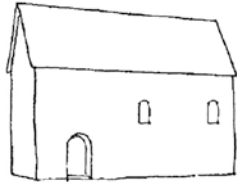
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A Short History of the Church



By Mike Roberts

L 170 was the year in which, on 29 December, Thomas Becket was killed in Canterbury Cathedral. This outrage led to a spate of church building in the country, and the year has been adopted as the time in which St. Nicolas Church was founded. Cranleigh was then a tiny hamlet in a clearing of the great forest of the Weald. The villagers were retainers or tenants of the Manor of Shere. It was the responsibility of the lord of the manor to provide a place of worship, and so the first church was built. It was set back from the north side of the road, on land that was transferred to the church.



St. Nicolas original church



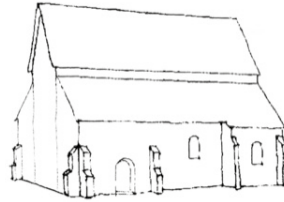
St. Nicolas 12th century

The church was a first a simple rectangle occupying the area of the present nave, and was soon enlarged by the addition of side aisles and chapels. A further enlargement was carried out in the 13th century to meet population increase, with the widening of the aisles to their present width and the raising of the Nave arches. The seatings of the arches at the ends of the aisles, have sculptured decorations, the northern



Cat carving

one with the face of a cat, and the southern one the face of a bishop – probably Bishop Egyn-ton of Winchester, or perhaps William of Wykeham. The cat is commonly known as a “Cheshire Cat”, recalling Lewis Carroll’s “Alice in Wonderland”, although it is unlikely that Carroll ever saw it.

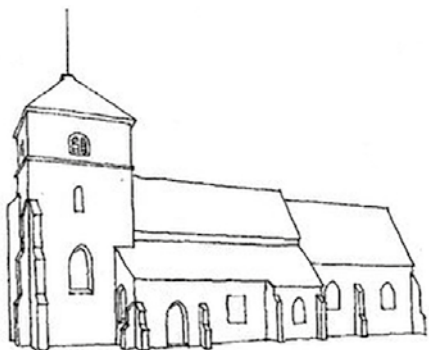


St. Nicolas 13th century

About 1340 a new chancel was built, with a wooden screen dividing it from the Nave, and similar screens to the chapels on either side. The enlargement of two of the columns in front of the chancel suggests that a start might have been made on building a tower in this position, before being abandoned in favour of the tower at the west end of the church. It was only in 1907 that these columns were topped by the sculptures of St Nicolas and St John, in memory of John Sapte, the Rector for almost 60 years, between 1846 and 1906.

The massive proportions of the tower recall the appearance of similar towers that were commonly built as places of protection during the Norman period. Here however there are indica-





St. Nicolas 14th century

tions that it was most probably added during the 14th century. The top level of the tower was built to carry bells, and it now has a peal of eight bells, one of them dating from 1552. The last two were added in 1908.

The outside of the church remained largely unaltered until the 1860s. But there was more alteration inside the church. To begin with, there was practically nothing by way of furniture inside the Church. Everyone was required to attend church every week to hear Mass, but all they could do was to stand or kneel in the Nave while the service was said by the clergy in the Chancel. Except for the sermon, if there was one, all of this was in Latin which they could not understand. But when not needed for services, the body of the church would have been used by the villagers, as a meeting place, "parish hall", or even for exchanging goods. It would truly have been a centre for the whole village.

After the Reformation box pews were constructed, and later three galleries – one for singers and musicians under the tower, and one over each of the chapels. There was more alteration in the 19th century. The chancel screen was taken



St. Nicolas 18th century

down, wall paintings were covered over, stained glass windows replaced, the box pews replaced by the present pews, the galleries removed, an organ built, and choir stalls provided in the chancel. A clergy vestry was added on the north side of the chancel. The chapels were enlarged to form transepts (that on the south side for residents of Baynards), and in 1910 a choir vestry was added. And that is how the church is today.



St. Nicolas 19th century

The churchyard was also altered in the 19th century, first over the sites of two houses that had stood on the left side of what is now Church Lane, then by extending down to the High Street. The Lych Gate was also built at this time.



Some say . . .
Life is full of happiness and tears;
be strong and have faith
Kareena Kapoor Khan

Cranleigh Rotary Club - Celebration Evening



Giovanni (right) and our new member Simone Conti

After a longer than wished for break, on 21 July the Club was able to hold a gathering of members, their partners and visitors for a special celebration dinner at the Cranleigh Golf and Country Club.

It was a celebration evening for several reasons:

First, it was after so-called “Freedom Day”, the first time since lockdowns we had been able to meet together and not peer at each other through Zoom.

Since the Rotary Year started on 1 July, the second celebration was the first face-to-face meeting chaired by our new President, Gail Woodford. She paid tribute to our previous President, James Phiri, for his leadership during the Covid restrictions.

The third celebration was to acknowledge the achievement of our 90-year-old member Giovanni Fontebasso, who successfully completed his 10K charity walk. He raised a large sum for his chosen charities, Great Ormond Street Hospital for Children and the Children’s Air Ambulance.

The really SPECIAL celebration part of the evening was the induction of a new member, Simone Conti. We had hoped to be able to welcome three other new members, but after their previous holiday plans had been cancelled they were now away. We shall arrange to induct them as members at a later date.



Musical Director: Michael Wyn Jones • Accompanist: Jonathan Jarvis

Cranleigh Rotary CONCERTS FOR THE COMMUNITY 2021

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Full Circle . . .

As summer gives way to autumn and life itself 'turns full circle' let's embrace nature's cycle and not take it for granted.



Cranleigh Rugby Club

Staff Wanted

We are a welcoming and inclusive club with deep roots in our community. As the new season approaches we are looking for staff to work with us, to make our ambitious plans for the club a reality. **The roles we need are:**

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To work with our club Custodian, assisting with general cleaning duties as directed.

Bar Staff

To provide bar services for training nights, home games and events at the

club. These are roles for people who are outgoing and customer focused.

Grounds Person

To work with our Head Groundsman to assist with mowing and general tidying of the grounds, car park area etc. A clean driving license is essential.

The hours will be flexible and no previous experience is necessary since full training and support will be given for these roles. Staff will be hired on a self employed basis; the hourly rate of pay will be dependant on your experience.



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Counting Steps

Box Hill Stepping Stones Walk

By AllTrails



Photos by Users on AllTrails





Box Hill is a summit of the North Downs, within the Surrey Hills AONB. The hill is named for the ancient box woodland found on the west-facing chalk slopes overlooking the River Mole. This is an outstanding area of woodland and chalk downland managed by The National Trust. On the summit there is a café, gift shop, ample car parking and a magnificent view.

Distance: 3.2 km **Time:** Est. 48 mins

Route Type: Loop **Elevation Gain:** 186 m

Waypoints

1. Visitor Centre

This circular walk starts at the visitor centre on Zig Zag Road at the top of the hill. Follow the surfaced path away from the visitor centre. Continue along the path running parallel to the road. From Salomon's Memorial, walk down the path which runs below this viewpoint. Take a right and continue along this path.

2. Yew Woods

Follow the steps cut into the ground on your left downhill through the Yew woods. On your left is the river Mole. As the ground levels out you'll reach a fork in the path. Take the left fork to the Stepping Stones. The River Mole and Stepping Stones are in front of you. You can either take a right at the rivers' edge and follow the riverside path, or cross the Stepping Stones and follow the path running parallel to the river on the other side.

3. Burford Meadow

At the footbridge, go through the gate into Burford Meadow. Continue through the meadow. On the opposite bank of the river there are wooded chalk cliffs known as the Whites.

4. Road Bridge at the end of Burford Meadow

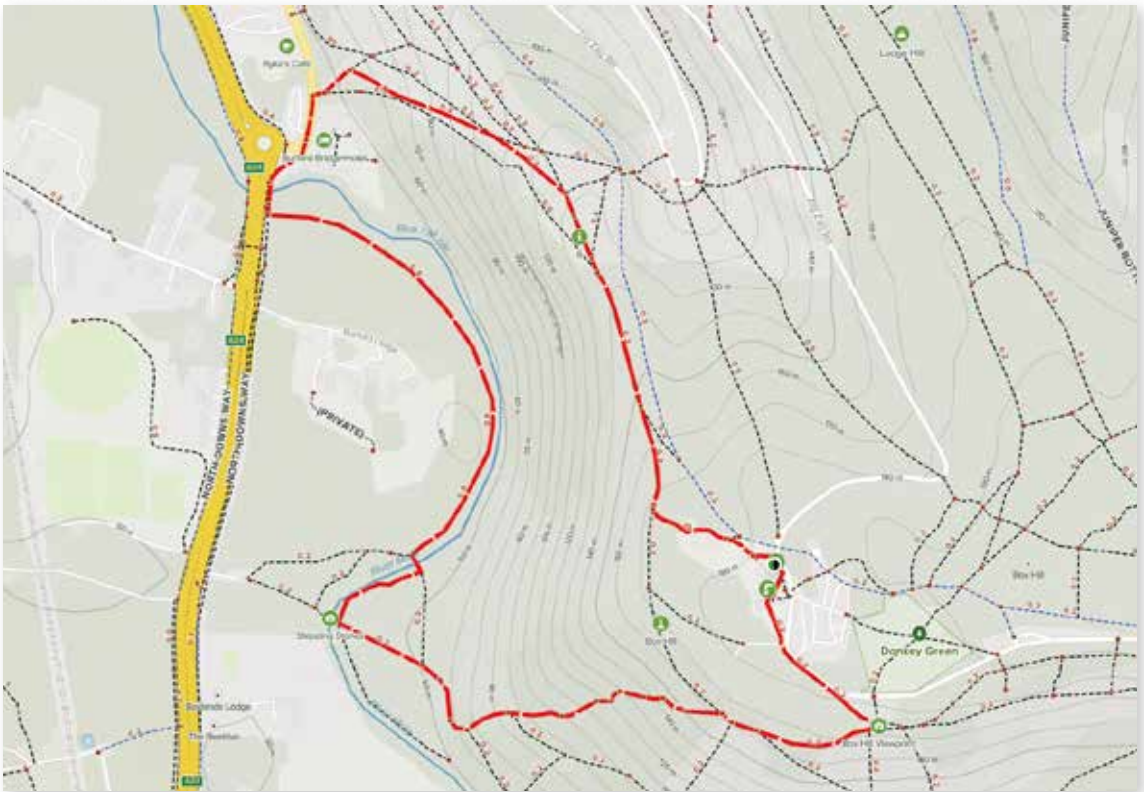
At the far end of Burford Meadow there is a road bridge. Follow the path to the left of the bridge upwards to the A24. Take a right and cross the river and walk past Burford Bridge Hotel on your right. Take the right hand path immediately after the hotel, and at the fork, take the left hand track and continue uphill. The grassy slope becomes a white chalk path, follow it uphill.

continued on page 20

continued from page 19

Take the pathway on your left. Take a right at the stony path and continue uphill. The old building on your right is Box Hill Fort (currently inhabited by bats!). Continue up the stony track and turn right at the road to return to the visitor centre. The climb is steep up to the top of Box Hill but the view from the top is worth the effort.

More info on the walk at: www.alltrails.com



Box Hill map





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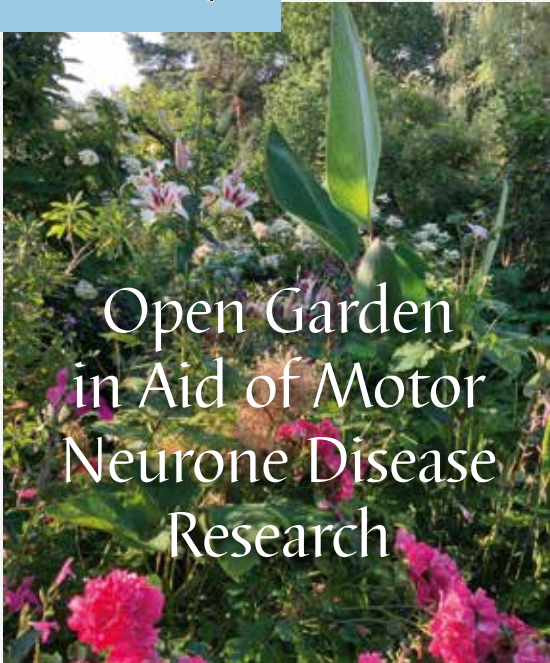
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Open Garden in Aid of Motor Neurone Disease Research

A Message From Mary

Thank you so much for your support in publicising our Open Garden earlier last month in aid of research into finding a cure for Motor Neurone Disease, and supporting those who have it.

I am happy to announce that **we raised an amazing £2065**, a record amount for us, and this under the shadow of COVID.

Medical research seldom results in dramatic breakthroughs. Even when there is one, it is the result of years of painstaking experiment, small steps forward, acquiring understanding of biological processes which most of us couldn't understand even if we tried. This takes money. Someday we will have made 'Motor Neurone Disease' a phrase for the history books, like 'Bubonic Plague'. And when that has happened, it will be because of the efforts of thousands of ordinary people to support our researchers who are slowly closing in on this dreadful disease. Our heartfelt thanks to everyone who contributed to this cause, and to those of you who helped publicise it.

Mary Hainline t: 01483 898 626
email: maryhainline@gmail.com
Website: www.maryhainline.com

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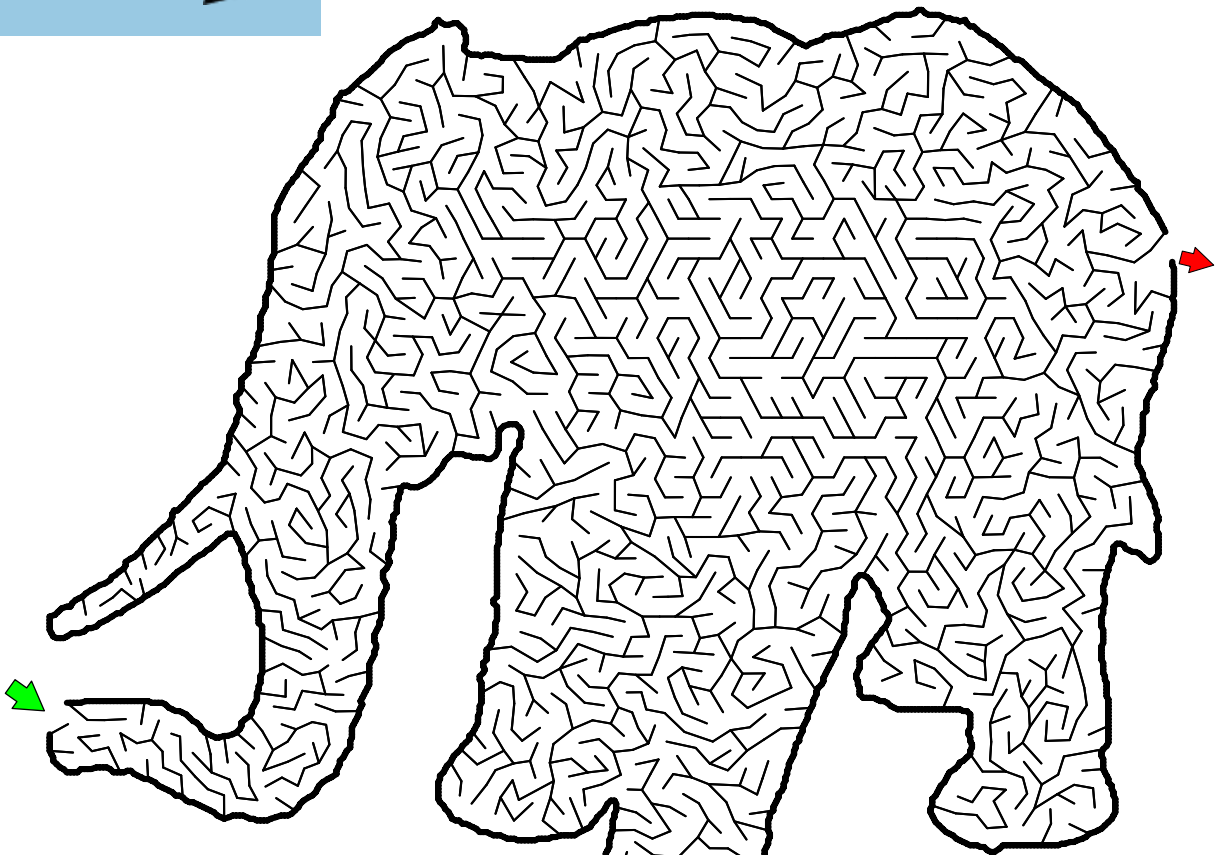
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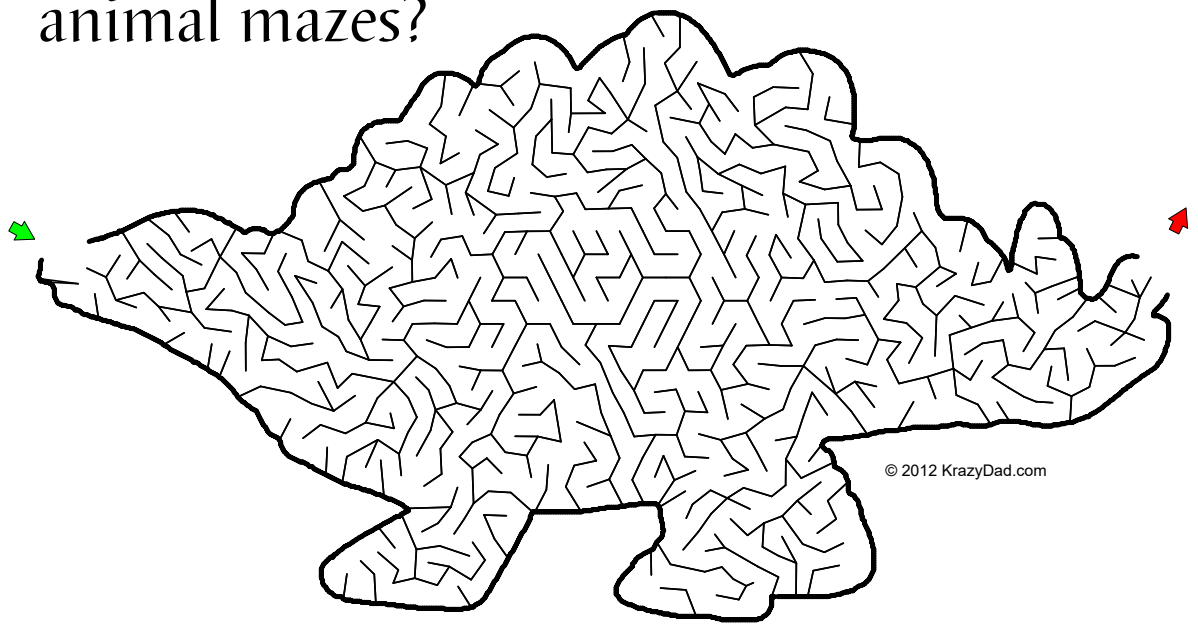


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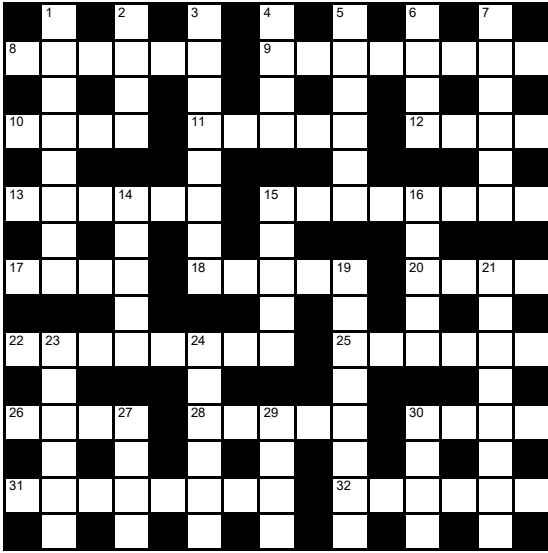
Can you find your way out of these animal mazes?

Need the answers? Visit: <http://krazydad.com/mazes/answers>



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September Crossword Puzzle



Across

- 8 Enough for a jury (6)
- 9 You can belong to one, or swing one there (4,4)
- 10 Social climber (4)
- 11 River rising in Tibet and flowing to the Arabian Sea (5)
- 12 Bump off (2,2)
- 13 "The ---", 1990s sci-fi thriller series (1-5)
- 15 Upholds (8)
- 17 Chinese dynasty, 960-1279 (4)
- 18 Deep black (5)
- 20 Norse god of thunder (4)
- 22 Chest-related (8)
- 25 Gambler's strategy (6)
- 26 Found between the rind and meat of an orange (4)
- 28 Louisiana cuisine (5)
- 30 One kind of news? (4)
- 31 Asked for a hand? (8)
- 32 Compass pointer (6)

Down

- 1 Viral disease with farm origins (5,3)
- 2 Shapeless mass (4)
- 3 Crux of the matter (3,5)
- 4 Old (4)
- 5 Explosions (6)
- 6 Chilled (4)
- 7 John Lennon's son (6)
- 14 Run away (3,2)
- 15 Bar furniture (5)
- 16 Choir members (5)
- 19 Equivocator's answer (3,3,2)
- 21 Excessive effort (8)
- 23 He leaves the country after regime change (6)
- 24 Break (6)
- 27 Expectant desire (4)
- 29 Force followers (4)
- 30 They take steps (4)

Colin the Cranleigh Chameleon, was hiding on page 46 during the month of August. Did you spot him?



Crossword and Sudoku answers will appear in the next issue.

September Sudoku Puzzle 1 - Easy

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

September Sudoku Puzzle 2 - Hard

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

1	T	H	2	E	F	3	I	R	4	M	5	G	R	6	A	N	7	A	D	8	A
9	U	X	N	O								U	D	L	L						
10	R	A	P	H	A	E	L		10	S	C	E	P	T	I	C					
	B	L	N	E						H	L	A	L	A	O						
11	O	F	A	P	I	E	C	E		12	S	E	A	R	C	H					
13	G	E	N	O	A		14	L	I	15	G	H	16	T	R	17	A	I	L		
	L	E	T	E	O																
18	A	D	D	R	E	S	S	E			18	S	U	M	A	C					
19	S	P	21	A	R	22	S	E		23	B	A	S	I	L	D	O	24	N		
	T	U	I			25	C														
26	O	R	D	E	R	L	Y			27	T	R	I	P	L	E	T				
31	E	X	T	I	N	C	T				32	R	E	D	W	O	O				

August Crossword Solution

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

August Sudoku Easy Solution

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

August Sudoku Hard Solution

Cranleigh Lions Club

DONATE YOUR OLD GLASSES



Don't know what to do with your unwanted spectacles? Would you like to help give sight to others through Vision Aid overseas? Then read on.

Our colleagues in Chichester Lions have been collecting and sorting used spectacles for almost 35 years. Collecting spectacles for recycling was a club activity as far back as 1967, however it became a major project for the club in 1980 with a delivery of 700 sorted specs to the Missionary Optical Society in Devon for use in their clinics in Kenya and India.

In 1985 the Lions linked up with the Le Havre Lions and Medico France and over the following five years some 100,000 specs, 43,000 lenses, and 10,000 frames were sent to Medico France while still delivering to M.O.S. in Devon, as many pairs of sorted specs as they needed.

In 1988, another outlet was established through Vision Aid Overseas, and in 1990 Boots the Chemist and Help the Aged joined in a national campaign which produced 460,000 pairs of specs in six months. Once sorted they went to places such as Cameroon, Senegal, Ivory Coast, Sri Lanka, India, Zanzibar, Jamaica, Bolivia and Brazil.

Today, Lions clubs throughout the UK, including Cranleigh Lions have collection centres for used spectacles. Our collection box is located in the foyer of the Cranleigh Medical centre. Spectacles are delivered by us to Chichester to be processed by club members and other volunteers in their workshop. The team have considerable experience in selecting the items that are suitable for recycling and to sort them in preparation for onward transmission to Medico France in Le Havre. Medico France have the necessary equipment to clean and grade the spectacles, ready for use in eye camps in Africa, India and Eastern Europe.

In addition to supplying Medico France, contacts have been developed with individuals and charities based in the UK who are carrying out eye-camp projects overseas. Every year over 300,000 pairs of spectacles are sent to Medico France, and the UK Lions clubs now provide more than 50% of all the spectacles processed by them.

Nothing is wasted - materials from spectacles that are unsuitable for recycling are used to raise funds for the project - and funds raised are used to support sight related research and charitable projects around the world.

Recycling of scrap material from broken and unsuitable spectacles yields funds which support the sorting operation and enable us to give financial support to eye related projects in the UK and overseas.

Since the project began, over £740k has been raised from recycled scrap materials and over £525k has been donated to sight related charitable causes.



Don't leave old spectacles lying around-recycle them!

If you have any unwanted spectacles, without their cases please, you can donate them to the Lions project. Our collection box is located in the entrance foyer of the Cranleigh Medical Centre. Please note that we cannot recycle spectacle cases, as these take up too much space and increase the transportation costs.

Contact us - If you would like more information about the Lions or would like to help, please get in touch. www.cranleighlions.org or write to The Secretary Cranleigh & District Lions Club, Hillview, Smithwood Common, Cranleigh, Surrey GU6 8QP. Check out our website: www.cranleighlions.org, or follow us on Facebook or Twitter.



Some say . . .
When the heart is full,
the eyes overflow
Sholom Aleichem



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Wild Wonders

Awareness of Ants

By Miki Marks



SURREY (ant) HILLS - photo by Andy Bamford

We had such a lovely plan: we would have a volunteer evening mid-week instead of the usual Sunday morning. We would take advantage of the light evenings, do a few jobs, and get to know some of our new members over a fish and chip picnic supper. I also hoped that if we hung about at dusk we might see one of our resident badgers.

But instead of being rained off, which is the usual reason for cancelling summer plans, there was the third day of intense heat and threatened thunderstorms which merited an amber warning. It was sensible to cancel, but disappointing.

We have all noticed unusual weather patterns recently and it seems so have some of the creatures which we might not always pay much attention to. Several people have told me that they have never seen such ant activity as they have this year.

I have a painful reason to be very aware of ants. I was working round the saplings for our new hedge on Beryl Harvey Field when I lifted a large clump of grass and uncovered a huge ant colony. Before I could step back some ants got into my gardening glove and bit me. It is astonishing how painful an ant's bite can be – and how disproportionate to its size. Some ants not only bite but spray formic acid to defend themselves. As a result I developed large red lumps and blisters, and my hand throbbled. Three weeks on and the red patches on my hand are finally disappearing. Appropriately, these ants belong to the family of *Formicidae*.



The black ants usually found in gardens do not sting or bite. So I must have disturbed red ants or southern wood ants. The latter is an aggressive predator and feeds on a variety of invertebrates which the workers 'harvest' from the area round the colony. Ants also keep aphids on grass roots and 'milk' them for honeydew. These ants – up to half a million of them – live in large nests. Some make mounds over their nests to regulate the temperature and humidity, and secrete an antibiotic chemical to discourage moulds. The photograph accompanying this article is the largest on Beryl Harvey Field.

Infertile female workers wait upon queens and their eggs. In the spring, a generation of fertile male and female ants are raised, which take to air to mate. The females then lose their wings and go to find new colonies. It is the heaps of discarded, silvery wings which have been so noticeable this year. And the ant bites.

No work/life balance for the ant! Ceaselessly hurrying and scurrying, industrious and purposeful. They can cart things about which are 50 times their body weight. Undoubtedly, one of evolution's great successes and it has been estimated they have been around for 180 million years. Here before us – and probably will be after.






Plastic tree guards - photo by Mark Matthews

It has been a struggle this year to keep the area around the newly planted saplings on Beryl Harvey weed free. It is also noticeable that the tree guards supplied by the Woodland Trust are not perfect. In the heat it seems that some of the little plants 'cook' in the plastic tubes. The plastic is claimed to be recyclable – and it is already fracturing into nasty sharp shards. Breaking up into bits isn't what one would hope 'recycling' means. It is good to read, therefore, that the Woodland Trust are experimenting with other materials to protect young trees and have pledged to stop using plastic tubes by the end of the year. They are working with 14 different materials including British wool and cardboard at their Avoncliff site in Wiltshire. Fingers crossed.



Beryl Harvey Fields is Cranleigh's nature conservation site. We need volunteers.

For further information: visit our conservation site in Cranleigh – or better, volunteer. Contact Philip Townsend at: townsendp99@gmail.com for details.



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September 2021 Listings

As restrictions ease Cranleigh Arts looks forward to welcoming back our customers and supporters. We will be open in September from Tuesday to Saturday 10am – 4.30pm for a quiet cuppa, class or event. We will continue to follow some covid measures for the safety of all in the building. Additional events and screenings will be added as we can confirm them, so keep an eye on our website for the latest details.



Workshop:
Pottery with Shelley: Throwing, Slab Building & Sprig Mould Decoration – Thursdays from 2nd September 2021, 6.30 pm - 9pm - £160

Try your hand at throwing on our wheels and hand building using the slab technique. We will be applying relief decoration and learning how to make your own sprig mould. This workshop is suitable for beginners and experienced potters. Materials provided. For more information and booking contact Shelley Bock **07527 908065** or email potterywithshelley@gmail.com



Community:
The Great Get Together – 4th September 2021, 10am - 2pm – Free Entry

Cranleigh Arts is delighted to be participating in the Great Get Together, a national initiative to celebrate our communities and bring people together. Learn more about a variety of local community organisations and

how you can get involved or access their support. Enjoy free refreshments and a performance by Cranleigh Community Choir. We will be holding free family friendly pottery activities and have throwing demonstrations. We can't wait to see you there!



Classical: Ben Tarlton – 7th September 2021, 1pm – Free, donations welcome

This concert is free to attend though we ask you to donate what you can to support Cranleigh Arts in our mission 'to enrich, entertain and inspire our community.' You can donate when you attend the concert or by going to:

www.cranleighartscentre.org/donations.

Programme:

J.S. Bach: Cello Suite No 3 in C Major 24'

John Taverner: Thrinos 5'

Henri Dutilleux: Trois Strophes sur le nom de Sacher 10'



Classical:
Richard Saxel Piano Fundraiser – 17th September 2021, 7:30pm – Tickets £20; Under 18's £10

Programme:

Rameau: The Arts and the Hours from Les Boreades (5')

Scarlatti: Sonata in B minor K87 (5')

Debussy: La Soirée dans Grenades (Estampes) (6')

Scarlatti: Sonata in F minor, K481 (8')

Debussy: Pagodes (Estampes) (6')

Debussy: La fille aux cheveux de lin (Preludes, Bk.1) (3')

Scarlatti: Sonata in A major K208 (4')

Debussy: Jardins sous la pluie (Estampes) (4')

Debussy: Hommage à Rameau (Images, Bk.1) (7')

Brahms: Three Intermezzi, Op.117 (16')

Brahms: Six Piano Pieces, Op.118 (23')



Family:

The Noise Next Door: Run Wild - 18th September 2021 - 2pm - Tickets £10; Child £8; Family £32

It's time for YOU to take con-



trol in the comedy show where anything can happen. Join the stars of Britain's Got Talent (ITV1) and The One Show (BBC One) for an hour of songs, scenes and gags all based on what the audience want to see. Join comedy's most exhilarating act for a show that's fun for the whole family. For Ages 5 - 105.



Comedy:

The Noise Next Door: In Charge - 18th September 2021 - 8pm - Tickets £14

The quickest wits in comedy are charging into their sixth national tour with a spectacular new show that will trample your expectations. Join comedy's unstoppable force for an evening like no other... Hilarious scenes! Mind-blowing songs! Finely tuned anarchy!



Event Cinema: NT Live Follies - 23rd September 2021 - 7pm - Tickets £17.50; Under 25's £14.50

Tracie Bennett, Janie Dee and Imelda Staunton play the magnificent Follies in this dazzling production. Featuring a cast of 37 and an orchestra of 21, Stephen Sondheim's legendary musical was directed by Dominic Cooke and filmed live on stage at the National Theatre in 2017.



Music:

The History of Rock - 24th September 2021 - 7:30pm - Tickets £20

THE HISTORY OF ROCK is a celebration of ROCK music through the decades. A jaw dropping night transporting you through the golden ages of ROCK! Featuring the music of artists such as Led Zeppelin, Cream, Guns n Roses, AC/DC, Queen and many more.



Family:

Community Drum Circle - 25th September 2021 - 2pm - Tickets £5; Family £15

We are delighted to wel-

come Ray Watters back for another fun-packed community drum circle. This fun, noisy, family friendly event is open to everyone and anyone. No musical experience is necessary, and all drums and percussion are provided. There are no wrong notes and no mistakes. It is all about taking part and having fun so come along, grab a drum, and have a go!



Classical:

Emma Abbate & Julian Perkins Piano Duets - 29th September 2021 - 7:30pm - Tickets £15; Under 25's £10

Programme:

Clementi: Sonata for four hands in C Major, op. 6 no. 1 (13')

Mozart: Sonata in D Major, K381 (13')

Von Weber: From Huit Pièces, op. 60 (9')

Berkeley: Theme and Variations, op. 73 Palm Court Waltz, op. 81 no. 2 (12')

Lambert: Trois Pièces nègres pour les touches blanches (8')

Dodgson: Tournament for twenty fingers, Part Two (12')

BOX OFFICE INFORMATION

Tickets available for both online stream and in person audiences available at www.cranleighartscentre.org or by calling our Box Office on **01483 278000** (Tues-Sat 10am-4pm)

PRESS ENQUIRIES

For further information or images please contact Clive Wouters or Katie Wilson via email clive@cranleighartscentre.org or katie@cranleighartscentre.org

ONLINE

www.cranleighartscentre.org
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Some say . . .

As I enter a new phase of life and my circle broadens, I learn new things
Kapil Dev

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- JACK BRUFORD
MANAGING DIRECTOR

Bedlington Birthday!

By Sara Bridgeman



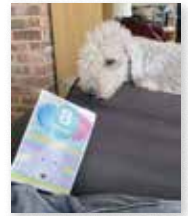
On August 14th it was Edie's birthday. She turned 8 years old. She came to me as a rescued puppy at 8 weeks old. She was cheeky and funny and has turned out to be the best dog I've ever had (just don't tell Rupert!). So we got her a card, some treats, a cushion and some toys - half of which Rupert has already "borrowed". And it got me thinking about how things often come full circle in your life - is it a sad time or a good time?

When we drove up to Manchester in 2013 to collect our darling little bundle of Bedlington Terrier fluffiness, we had no idea what changes would happen in that time. Since then, I've moved home twice, been divorced and remarried, lost my old boy Bertie (another Bedlington), gained Rupert, become a Kennel Club accredited dog training instructor, won a class at Crufts, lost friends, found new friends, lived through the pandemic (just about) and sadly, lost my husband last year. But I'm still building up the business after all these changes. And Edie is still that funny, loving dog who never actually moans about anything and trusts me completely to do the right thing for her.

The end of the summer is also the time that I look at the past year and the year to come. I feel a lot more energetic and active and it's normally now I put new plans in place. This year I'm relaunching my Kennel Club Good Citizens Bronze course. I loved teaching these classes and it will be lovely to work in my new venue in Loxwood with new dogs on their journey to actually achieving good

manners and behaviour as well as a few new skills.

As for Edie, well she still works with me. She still sits on the sofa and she still loves me unconditionally. For all the things we lose or change, having that sense of coming full circle can be a kind of closure - like the end of something. But for me, it's the door to a new chapter. Me, Edie and Rupert going forward and making new circles and dreams. So full circle can mean lots of different things...just make sure that it's positive!



Have a lovely September and if you're interested in the KC classes drop me a message via the website. Sara, Edie & Rupert. Contact me, Sara Bridgeman on:

07504 925341 or visit my website at:
www.rewardsdogtraining.co.uk



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New Ashgate Gallery, Farnham, GU9 7PS

5
SEPT

**BROOKLANDS
AMERICAN DAY**



A day devoted to stars and stripes as Brooklands welcomes a whole host of American cars and motor-bikes. 10:00 - 17:00

Brooklands Museum, Weybridge, KT13 0QN

5
SEPT

**DORKING'S
ARTISAN MARKET**



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St Martin's Walk (car park), RH4 1DX

5
SEPT

**ART CLUB:
PLEIN AIR PAINTING**



Students will work with an easel, try painting plein air (outside) experimenting with different ways to capture light, colour and nature with paints. 10:00 - 13:00

Watts Gallery, Compton, Guildford, GU3 1DQ

18+24
SEPT

**BEGINNERS POINTED
NIB CALLIGRAPHY**



This 2.5 hours pointed nib workshop is carefully structured to let you create the letters of the alphabet and turn them into elegant words. 10:00 - 12:30

Holiday Inn Express, Epsom, KY18 5LG

24
SEPT

**WATTS GALLERY
CHAPEL TOUR**



Explore the complex symbolism behind the Grade I listed Arts & Crafts Chapel, one of the most important art nouveau buildings in Britain. 13:00 - 14:00

Watts Gallery - Artists' Village, GU3 1DQ

26
SEPT

**EMERGENCY
SERVICES DAY**



Every vehicle and piece of apparatus used in the emergency services will grace the Museum site in a line-up of display and serving vehicles. 19:00 - 23:00

Brooklands Museum, Weybridge, KT13 0QN

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On-The-Go Lunches, without the plastic!



By Penny Lynch

In addition to the health benefits of avoiding plastic containers and packaging for food and drink, there are the obvious environmental benefits gained by reducing the demand for plastic and choosing the more durable and sustainable glass or stainless steel option instead.

Finding lunches that your loved ones will eat is hard enough, without then trying to avoid the plastic packaging as well, so here a few suggestions to get you started. The key to packed lunches is to plan ahead. Thinking about it at 8am on a Monday morning is a recipe for disaster and plays straight into the hands of easy to reach plastic wrapped snacks.

Here are some healthy and nutritional ideas, without the packaging:

Pasta - Hundreds of possibilities are open to you with pasta, from a simple sauce over the top to your favourite antipasti selection added with herbs. Just to a quick Ecosia search (ecosia.org) will show you how easy it is to put pasta in your lunchbox. It can be prepared ahead and will easily last a few days. Maybe make it on Sunday for lunches on Monday and Tuesday.

Rice/Grain - These can similarly be used instead

of, or as well as pasta. And again the possibilities are endless.

Soup - Nothing better to warm you up on a cold winter's day. Can be made ahead and even frozen until required. Not very practical for small children but consider giving them bread to dip in and soak up the soup, rather than having to spoon it out. And the thicker the better to avoid drips and spills.

Sandwiches - of course sandwiches are the go-to for packed lunches, and why not? They are quick to prepare, easy to handle, and the choice of fillings are infinite. You can change it up slightly by putting the filling into a wrap instead of bread. And an easy way to remove gluten is by finding gluten free wraps.

Sandwich Filling Ideas

Egg, mayonnaise & cress - Can't beat this old faithful.

Avocado, tomato and basil

- One of my all time favourites.

Brie and cranberry - Our family favourite.

Hummus, lettuce, roasted pepper - Hummus is very cheap and easy to make, can be made ahead, and goes with most salad options.



Avoid the yogurt pouches. Instead, buy a large container of yogurt and decant into a jar or other container.

You can still pop in a treat. Make a batch of fruit muffins that can be frozen and just removed from the freezer the night before.

Rehydrate - A stainless steel water bottle will last you far longer than a plastic one, it's environmentally sustainable and far more durable.

Containers - Sandwiches can be wrapped in reusable wax wraps, a great alternative to clingfilm. Stainless Steel containers are great too - though they might seem a little pricey they will last you a lifetime. An insulated container for soups and salads are great for keeping food hot or cold.

And don't forget a piece of fruit or two. Oranges and bananas come with their own stay-fresh packaging.

We're also educating our families as to what is possible, healthy and better for the planet. Just being mindful of what you are putting into your family's lunches is a start.



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Garden Life



The Garden in September

By Gill Ford

I continue to be amazed at garden plants' ability to cope with the changing weather patterns and this year everything possible has been thrown at them, especially the torrential rain and high winds of the last few weeks of 'summer'! Astonishingly, some hollyhocks grew to 8', rudbeckia 6' and even the annual cosmos over 5', which make me feel very small as I wander round the garden looking admiringly upwards! Monty Don advised us a couple of weeks ago, to cut back the cosmos just above a new bud, to encourage a second flowering at a more reasonable height. I had taken some time this year, creating water butts to capture rain water and it has been very successful and has certainly cut down on the water bills.



Pink Phlox and Rich Blue Agapanthus

The flowers along the High Street in Cranleigh are still looking magnificent but I have had to attack my pots of summer flowering plants, as the buds have rotted with the rain and they have stopped flowering. So, I have cleared away the lil-

ies and geraniums ready to be stored for next year and replaced them with new hydrangeas for some late colour and these can then be moved to a new permanent location in the garden for next year. Also, we can do some protective action by shaking off the heavy water from large flower heads of daisies and hydrangeas, to stop the branches from breaking and removing the enormous snails, that have flourished in the damp conditions - I do prefer the flowers rather than slippery, slimy beasts!

There are still some lovely combinations of plants around, such as these red Rowan berries, above a mass of pink phlox and rich blue agapanthus flowers set amongst a mass of greenery as the back drop that I saw in a front garden in Cranleigh - perfect!

We reach full circle in the growing pattern in September, so it is normally the time to cut back, split and move various plants but because of the strong growth pattern this will have to wait until October but it does give us the chance to plan what steps need to be taken to restore some shape in the garden.

At last I can show you the very successful 'shuttlecock' structure for growing runner beans. As you can see the beans hang down freely on the outside, rather than getting caught up in other stems and leaves. The crop is later than usual because of the lack of sunshine but I still picked a kilo in the first haul. A friend has also used the idea and is delighted with his crop!

The wild flower area in my garden has become very straggly, so I will have to start again next year and there are wonderful displays at Wisley. King's College Cambridge created a wonderful wildflower meadow and have now used shire horses to harvest the seeds, which will be used to create more meadows across the city next year. There is also another wonderful initiative at Sissinghurst to revive the Delos garden, which was started by Vita Sackville-West and Harold Nicol-





'Shuttlecock' structure for the growing runner beans

son in 1935 after they visited the Greek Island of Delos. The Kent climate, heavy Wealden clay and north-facing aspect of the Delos site, combined with Vita and Harold's inexperience with Mediterranean plants meant that the garden never became what they had dreamed of. It lost its way and became a spring, woodland garden filled with ferns, hellebores, geraniums and sheets of scilla and narcissus.

Now a series of dry stone walls create new, gently raised beds, oriented to catch the southern sun and containing a new, free-draining soil mix. The original plants have been removed and replaced with plants that are primarily of Greek origin, augmented with others from the wider Mediterranean basin. The garden was officially opened in spring 2021 and it is well worth a visit. So, more advice will follow next month on how to divide plants and feed the soil, so they become established before the cooler months.



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Seasons

By Jo Peters

Spring

*Springtime casts a spell of green,
Paints flowers opening to the sun.
Rains fall softly, saying 'Wake'.
In a fresh world just begun.
New leaves and buds, bird and lambs.
Grow and burst, hatch and run.*

Summer

*Summer, when we lie on grass
Under shimmer of blue sky.
Murmuring bees, shade of trees.
Matching butterflies flutter by.
Evening holds the scent of flowers.
Racing in lightness, swallows fly.*

Autumn

*Autumn, when the leaves turn red,
Umber and amber and then fly.
The wispy smoke of bonfires drifts
Upwards in the evening sky.
Morning mists blur scarlet berries,
Nuts and apples drop and die.*

Winter

*Winter, when your warm breath smokes,
In the bitter morning chill.
Night brings frosts that creep and crisp.
Trees are stretching black and still.
Etching patterns where the bright
Robin dares a whistling trill.*



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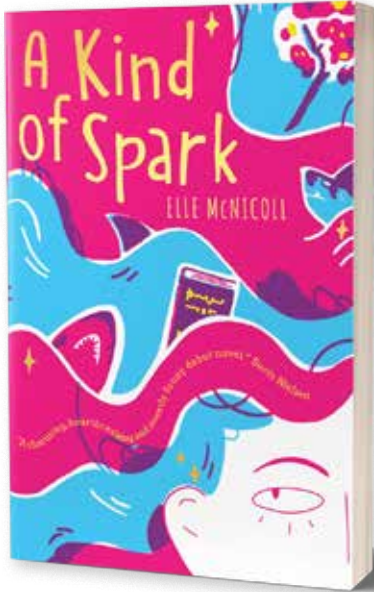
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Book Review

A Kind of Spark



By *Elle McNicoll*

Winner of the Blue Peter Prize for Best Story 2021. *A Kind of Spark* tells the story of 11-year-old Addie as she fights for a memorial in remembrance of the witch trials that happened in her Scottish hometown. Addie is certain there's more to the story of these 'witches', exactly like there is more to hers.

Can Addie change how the community in her town see her, and make her voice heard? A story about closeness, bravery and self-belief, perfect for those who enjoyed *The Goldfish Boy*, Addie's story was born from Elle's own encounters of neurodiversity and her dedication to seeing greater representation in children's books. Wonderfully judged and sprinkled with wit and empathy, *A Kind of Spark* is truly an encouraging read.

"Definitive and funny." - Susin Nielsen

"A fabulous, brilliant debut." - Lisa Thompson,

"This book fizzles with intelligence, humour, and empathy." - Kathie Stevens, Waterstones Reviewer

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Special Mentions

By Simone Conti



1 Spinach, Watercress and Mint Soup with Lamb Dumpling - Serves 4

This delicious soup is not a real classic, but the mix of flavour is amazing, the delicate taste of the spinach and watercress contrasting the strong flavour of the lamb. The mint will bring freshness to the whole dish. After this summer I'm sure that most gardens will be abundant in fresh mint, this is the perfect recipe to use it. I like to add a bit of rice to make it more substantial, but this is my personal taste, you can personalise this recipe by adding something you really like. Let's say there is room for one more ingredient should you choose to use it.

Ingredients

3 tbsp extra virgin olive oil, 2 medium leeks, washed and finely sliced, 1 small onion, finely diced, 2 cloves garlic, peeled and finely sliced, 1 bay leaf, 1 bunch of watercress, washed and finely chopped, 800ml vegetable stock, 200g of lamb mince, 150g mint leaves, chopped, 50g of cornflour, 2 shallots, peeled and finely sliced, 250g spinach leaves, washed and roughly chopped, Salt

Preparation

1. Heat the oil in a deep saucepan and add the leeks, onion, garlic and the bay leaf.
2. Sauté gently for 5 minutes, stirring occasionally. Add watercress and stir well.
3. Add the stock and bring to the boil, then turn to a simmer.
4. Mix the lamb with half of the mint, all the cornflour, salt and diced shallots. Mix well and roll into marble sized balls. Add to the soup and poach for 5 minutes.
5. Stir in the spinach and the remaining mint, check the seasoning and bring to the boil. As soon as it comes to the boil, take it off the heat and serve, enjoy!

Recommended Wine:

Sauvignon Blanc (New Zealand)



2 Pork and Prunes

Serves 4

Ingredients

40 giant prunes, 1/2 bottle of medium dry white wine, 1kg pork loin, 100g of coconut oil, 2 tbsp redcurrant jelly, 400g of Greek yoghurt, Spelt flour, as needed, Salt and Black pepper

Preparation

1. Preheat the oven at 160c, Place the soaked prunes in the oven for 3 minutes, making sure the liquid doesn't boil away.
2. Cut the pork loin into mini medallions, coat with flour, and season with salt and pepper. Fry the pork in the coconut oil until golden brown on both sides, set aside and leave the meat juice in the pan.
3. Drain the prune juice into the meat juices and add the prunes to the pork.
4. Simmer the meat juices and the prune juices, stirring in the redcurrant jelly.
5. Finally stir in the Greek yoghurt, taking care not to curdle the sauce, pour over the pork while still hot and serve, tuck in!

I found this recipe when we relocated to Cranleigh a few years ago, in 2009 I was working for Theo Randall in Park Lane and a bunch of celebrity chefs came together with some of the best rugby players in the world to write a cookery book. Each chef was matched with a rugby player and together they had to deliver a great 3 course meal. I was lucky on that occasion to meet Matt Lovell, who at the time was the England rugby nutritionist. I asked him what the diet was for the rugby team, so he told me that in the book he had some of his own recipes that he uses for them. I asked him if I could have some of his recipes before it came out and he was kind to hand me a few, this is one such recipe.

continued on page 50

continued from page 49

3 Baked Pears stuffed with Ginger and Chocolate Ricotta Cheese - Serves 6

This is a great autumnal dessert and easy to prepare. I especially recommend it after a lovely Sunday roast, you can serve it with some whipped cream and a dust of icing sugar.

Ingredients

6 medium-large cooking pears, 150g fresh ricotta cheese, 2 pieces 'glace' or steam ginger, finely chopped, 100g bitter chocolate, roughly chopped, 50g icing sugar, 50g butter melted, 200ml sweet dessert wine

Preparation

1. Preheat oven to 180c, cut the bottom of each pear, just so that they will stand upright. Peel them if desired. Using an apple corer, remove the core and the seeds, leaving a space about the size of a large walnut.
2. Press the ricotta cheese through a sieve and mix with ginger, chocolate and icing sugar. Stuff the mixture inside the pears.
3. Cut four 12cm/ 5inch squares of foil or baking paper, and brush one side with melted butter. Sit one pear upright on each square, then brush with remaining butter.
4. Fold the excess foil/paper around pears, then sit in a roasting dish that is just large enough to hold them upright.
5. Pour the sweet wine over and bake for 45-60 minutes, until a skewer can be poked into the thickest part of the pear easily. Leave to cool for 10 mins before attempting to remove the foil, then pour the reduced wine over and serve.

Recommended Wine:

Porto (Portugal)

Simone Conti ●



I would like to take the opportunity to congratulate Mr Giovanni Fontebasso for his charity walk that has raised more than £2,500! What an amazing result! A big thank you to Giovanni and to all who donated. I had the fortune to meet Giovanni when we moved here in Cranleigh, he helped me and my family to settle down, he introduced me to the Cranleigh Magazine! Giovanni has been a true inspiration for me, and I believe the readers that know him agree with me! Giovanni is always ready to help and support others when in need.





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Making your own Personal Care Products

By Sharon Duggan



Following on from my article in the August edition, I promised to use this month's offering to tell you how you can make your own personal care products.

I actually started making my own night cream in about the mid-1980s because horror, the one I'd used for years was being discontinued. It didn't take me long to realise how easy it was to replicate it, but without any of the synthetic chemicals or perfumes that were in the mainstream animal friendly version (and once you've stopped using synthetic perfumes, you'll be shocked at how they cause you to sneeze, how they irritate your nose and eyes – that's how strong they really are. You'll also notice how fake they smell!). Your home-made products will also of course be animal friendly.

I've been making my own soap for years and it's the same story. I make what is termed as "natural soap" which means that I only use botanical plants to colour my soap and I only use essential oils to scent it – and even though I say so myself, it's wonderful: moisturising and with a gorgeous lather (*without any SLSs or SLES as detailed in the previous article*).

My message to you is that starting to make your own stuff is much easier than you think and much, and oh wow, so much cheaper.

You can make exfoliators from:

- Ground nuts (I prefer to use ground almonds)
- Porridge oats (in water)
- Set honey
- Sugar
- Ground seeds
- Ground rice

Just mix to a soft paste with water before applying.

Salt Scrub:

I've been a big fan of salt scrubs for decades as they moisturise your skin like nothing else. I've had a quick look online and Lush's salt scrub is £20.00 whereas the Body Shop's salt scrub is £39.99. You can make this for about a fiver or less – seriously!

Method:

- Just fill your container about a third full with oil. I actually use organic sunflower oil, but you can use Sweet Almond Oil, Jojoba oil if you don't mind spending a bit more,
- then spoon in salt (*whatever you do, don't use salt crystals as you'll injure yourself!*). You can just use ordinary salt if price is a problem and keep adding it until it soaks up the oil.
- If you want to add some essential oil, do so before you add the salt. How much you add depends on the size of your container but don't overdo it as you do need to be careful with some essential oils. That's it!



Home-made deodorant:

I've been using crystal rock deodorant for the past couple of decades and it's great (*and literally lasts for years*), but if you want to have a go at making your own deodorant, I came across this lovely recipe recently, which is really simple and very effective (*I know that for a fact as my daughter made some and says that it's really good*):

Method and Ingredients:

- Fresh rose petals or flower petals of choice in melted (organic if you prefer) coconut oil.
- Allow the coconut oil to set.
- Blend equal parts of bicarbonate of soda and cornflour then mix into the coconut oil as if it were a dough.
- Add your favourite essential oil and transfer to a container.
- To use simply swipe over the surface and spread under the arms.

**Hair Colourant:**

I wrote an article on colouring your hair using henna back in July 2020, so you can look that up in the online magazine archive, but seriously, the amount of chemicals used in mainstream colourants is quite worrying – and potentially carcinogenic. If you're worried about using henna, fear not! Henna isn't just red. You can mix colours to get very natural hues (*I mix three colours to get a light strawberry auburn colour and my hair is thick and shiny and healthy even though I'm now in my mid-sixties*). Give it a try!

Lavender Moisturiser:

This is a light moisturiser with obviously a lovely, lavender scent.

Ingredients:

- ½ cup coconut oil
- 1 tsp vitamin E oil
- 12 drops lavender essential oil

**Method:**

- Place the jar you want to use into hot water
- Add all the ingredients and mix until the oil has melted and the ingredients have combined
- Allow to cool

Shampoo:

As mentioned above, shampoos that we buy generally contain SLS and SLES (even some of the natural, organic ones) and we use them because we like the lathering sensation. However, lather doesn't make our hair any cleaner than the recipe below (regardless of what the advertising says). As for mainstream conditioners so many of them contain silicones which can really make your hair dull and lifeless. If you have experienced this problem (I know that I have), wash your hair with some bicarbonate of soda which is one of the few things that can remove the silicone. It works a treat!

Ingredients:

- 1 oz herbs (herbs suitable for dark hair include Rosemary and Geranium, Garden Sage, Oak Galls, Black Walnut Hull. Herbs suitable for fair hair include Calendula, Chamomile, and Lemon rind) but personally I like lavender and geranium).
- 3 ozs castile soap liquid (preferably unscented).
- 1/4 tsp of carrier oil, for example, jojoba oil, sweet almond oil
- 8 ozs water
- Essential oils (optional)

Method:

- Make a strong infusion of herbal tea with your herbs, cover and leave to infuse for about an hour. Once cooled, strain through a sieve.
- Add the castile soap to the cooled herb liquid and mix gently.
- Add the oil and the essential oils.
- Mix and pour into a container (probably an old shampoo bottle!).
- Shake well before use.

It's worth adding that mainstream shampoos actually strip the hair of its oils and you may, therefore, find that after using a home-made shampoo that you no longer need to use conditioner.

Sharon Duggan is an Accredited Climate Change Teacher, she also set up and leads both the Cranleigh Climate Action Group and Cranleigh Plant Share (both on Facebook). She also writes on her Facebook page:

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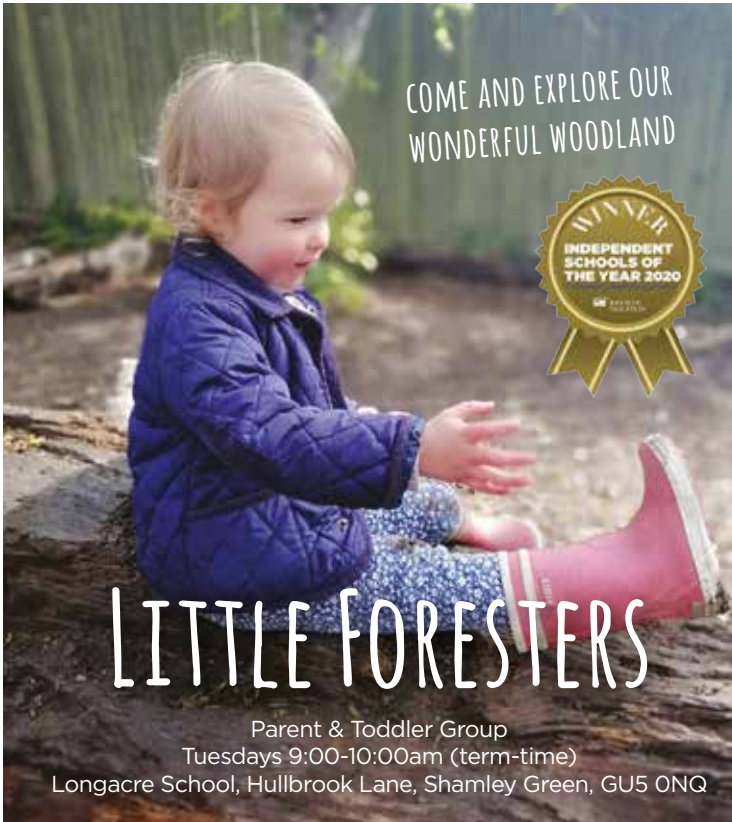
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INFORMATION

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Six was a rescue from Serbia

Donations For Six

Six is our 8 month old puppy who was recently diagnosed with the birth defect MVD along with congestive heart failure. Unfortunately this gives him less than a year to live. This news was completely devastating for our little family but we are dedicated to giving Six the most fantastic life possible, with the best medical care and attention.

His name comes from the phrase, "got your six" meaning "got your back". He is our loyal pup who needs us to have his six and protect him through this until he leaves us. Simply said, Six is our best buddy!

We are trying our hardest to raise money to help cover medical care for Six. We have maxed out the insurance with his stay in intensive care, now he requires regular heart scans and constant medication. We are so incredibly grateful for any help in the form of a donation.

Lauren Adams **07540 221 787**

<https://www.justgiving.com/crowdfunding/lauren-adams-5/>

See to the right a QR code to go to the donation page




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Commended - St Pauls from the Tate by Miles Thompson

Cranleigh Camera Club

CCC is a small friendly club catering for people of all ages and photographic abilities. If you enjoy photography and may be looking to improve your skills, or wish to share your photographic experiences with other like minded people, then please come along to one of our meetings.

Club Meetings

All meetings will be virtual Zoom events until further notice. Login 7:45pm for 8:00pm start.



High Level Walkway By Bev Pegram

Thursday 23 September 2021

After the summer break the club expects to resume normal meetings at the Baptist church hall and we invite members and prospective new members to an informal Welcome back evening with refreshments. We will announce the new season's programme and set a 1 month challenge. Our ability to meet will still be governed by any prevailing covid restrictions.

Why not come along to one of our club nights - there is no obligation to join and you are free to attend up to three meetings before you decide.



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Linden Farm Allotment Opens

Bringing horticulture to those with autism

On Tuesday 20th July, thirty people gathered to celebrate the formal opening of the Linden Farm Allotment in the lovely setting of the Springbok Estate in Alfold. Guests included several of the trust funds who have kindly donated money for this facility, plus a number of Surrey County Council staff and councillors, various parents, staff from Choice Care and representatives from



the local community including Alfold Parish Council. Particular mention should go to Cath Stamper, Chief Executive of Care Ashore, who alongside her staff, has been so helpful in allowing the ten young people from Linden Farm to get enormous benefit from this much needed horticultural facility at Springbok.

This photo shows three residents from Linden Farm cutting the ribbon alongside Sally Lawrence, Chair of The Simon Trust, plus a member of the Choice Care staff.



Horticulture is very therapeutic for people with severe autism and it is something that they can do, even if it involves just planting a few seeds or putting a potato in the ground. The sense of achievement to dig up the resulting potatoes and then cook them for their evening meal is enormous.

Linden Farm is a new care home for ten young people with severe autism, and it opened in late 2019 thanks to a considerable and welcome investment from Surrey County Council. The Simon Trust is a local charity that provides facilities and equipment which the Council may not be able to afford. The charity hopes that for the future, the Council will encourage more activities to be set up on the six acre site that is Linden Farm. A centre for autism excellence in Surrey is much needed, and this would be a huge success for Surrey and the local community.

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Local Information & Clubs


LIBRARIES

CRANLEIGH LIBRARY

High Street, Cranleigh. Tel. 0300 200 1001

Sunday & Monday – closed all day
Tuesday to Saturday: 9.30am – 5.00pm

Rhymetime/Storytime: On hold. We have been busy filming them for the Surrey Libraries YouTube channel. New sessions every week.

Follow us on Twitter at @CranleighLib 

BRAMLEY LIBRARY

High Street, Bramley. Tel. 0300 200 1001

Sunday & Monday & Wednesday: Closed all day

Tuesday: am 10:00 - 12:00 and pm 2:30 - 4:30

Thursday: pm 2:30 - 4:30 pm

Friday: am 10:00 - 12:00 and pm 2:30 - 4:30

Saturday: am 10:00 - 12:00

CHURCHES & CLERGY IN CRANLEIGH

Church of England *Canon 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 0808 2787 980

Monday, Tuesday & Thursday: 10.00am - 4.00pm

ALFOLD TENNIS CLUB

Recreation Ground, Dunsfold Road, Alfold GU6 8JB

E-mail: secretary@alfoldtennis.co.uk 07842 114720

CRANLEIGH BOWLS CLUB

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

Alan 01483 274682 or Eamon 07474 424077

EWHURST BOWLS CLUB

Cranleigh Road, Ewhurst, GU6 7RN

Malcolm 01483 276938 or Roger 01403 753140

CRANLEIGH PENTANQUE CLUB

Cranleigh Village Sports & 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, GU6 7AN

Maura 01483 267634 or Mike 01483 276667

CRANLEIGH KARATE CLUB

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 Cranford 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 / SURGERIES

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 Loxwood Surgery **01403 752246**
 Rudgwick Surgery **01403 822103**
 Wonerish 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

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 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**

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 Alfold Veterinary Surgery **01403 753500**
 Yew Tree Veterinary Centre **01483 275665**
 Hunters Lodge Veterinary Practice **01483 276464**
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 The Richard Onslow **01483 274922**

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 Police (Non-Emergency) **101**
 NSPCC **0800 800500**
 National Missing Persons **0500 700700**
 Rape & Sexual Abuse Support Centre (RASASC)
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 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**
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 Carlone Buses **07477 100100**
 Compass Bus **01903 690025**

LEISURE

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LOCKSMITHS

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 Be Safe Security Ltd **01483 860708**

HELPLINES

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 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 **0345 8332711**
 Ewcare **01483 277606**

COUNCILS

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

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