

Our lovely front covers are provided each month by Stan Venitt.

"Beauty can be seen in all things, seeing and composing the beauty is what separates the snapshot from the photograph"



YOUR PHOTOS

Where have you been on your walks?

We would love to see you out on your walks! If you would like to send in your pictures to be considered for the Your Photos section of the magazine, please email them to capeleditor@gmail.com



Welcome from the editor...

"Life is what happens to you while you're busy making other plans." John Lennon

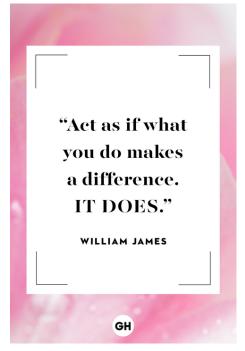
Welcome back to issue number 2:)

We have had so many good reviews from Issue 1, thank you all for your kind words.

Many of you have offered to help with distribution - which is amazing. We do still have some areas that we need help with, so please get in contact if you wish to help (even if it's only delivering a few).

When thinking of what quote to use this month, I came across this one by John Lennon. Now I know, not many people are able to make plans at the moment, but it does give us something to look forward to.

I wanted to give a special mention to a wonderful gentleman who is responsible for our front covers (which are beautiful). Stan Venitt has contributed many photos and I have chosen one for each month for the front cover of the magazine.



I wanted to say something to you all!

In times of hardship, remember what you do makes a difference to us all. Whether this is wearing a mask and keeping your distance, helping get some shopping for a neighbour or a friend...or even more simple, just by smiling & greeting someone.

You never know the type of day someone is having and you could be the only person that has spoken to them all day, so make it count!

Keep safe and see you next month Corinne

If you do not wish to receive this magazine, please email capeldistribution@gmail.com with your address and we will ensure this isn't delivered to you.







Word on the Street for February 2021.....

Well what can I say? We are unfortunately still in lockdown, and it could very well be until after Easter. Let's hope we can at least celebrate my birthday in May. (I'll be 11 years young @).

A quick round up of January - quiz nights on the zoom on Tuesday have been lots of fun and laughter. A new winner each week which keeps it interesting, as does some of the questions our Quiz Mistress comes up with. It has been great keeping connected with you all, and what a fun New Years Eve we had. We raised an amazing £100 this month for BGN, which is a local group that helps people in the community. They did a fantastic job at Christmas delivering gifts and food parcels around the area. Thank you BGN NN

Can't get through January without celebrating that great Scottish poet Robbie Burns. Our Burns night Supper on the 25th was really good fun via the zoom. Next year bigger and better in the pub. Now we also managed to hold a zoom gin club evening, where we caught up on all the gossip as missed out on our Christmas Gin Club. (You were all lucky you didn't have to wear your xmas jumpers 1 did though (2).

Now we are into February, let's hope the weather starts to get drier and warmer. Quizzes will continue to be every Tuesday evening via the zoom from 6.45pm. If you would like to join then use this link

https://surrey-ac.zoom.us/j/93636427820

we accept donations for a different charity/organisation each month. This month it will be for Bulldog Rescue and Rehoming (a charity close to my heart *).

And speaking of hearts \(\) Valentine's Day/evening is Sunday (14th for those that forget \(\mathbb{G} \)). We will be doing a set 2 course roast lunch for you to pre order if you're so inclined (ie: forgot to order gift via Amazon IoI). Details on how and when to order will be via our newsletter or Facebook page.

Chinese New Year is celebrated over a 14 day period, so we have asked Ho's to organise a set lunch menu for Friday the 19th and Friday the 26th if you would like to help celebrate. They will be cooking out of the pub kitchen from 12.30-2.30pm on both those days as well as from their van on Sunday evenings 5-9pm each week.

Our 2 year anniversary falls on Thursday the 18th February and what better way to celebrate than with it being a Gin Club evening. We will be holding a zoom call for those that wish to join us in a little tipple.

Please check out event calendar for other happenings throughout February. We have a lot going on, even if we can't all be together.

As always please keep safe and well, and for those that have had their first jabs, let's hope the second comes soon.



PS: If you were one of the lucky winners in the schools Christmas raffle to get a voucher to use in the pub, we will redeem it once we are allowed to reopen properly. Also for those that have kept there January copy, we will redeem those vouchers once we reopen as well. (Must be original not printed or copied).



Capel Assist was established to provide assistance to local residents requiring transport to doctors, hospitals, vets, collection of prescriptions, etc. We serve the village of Capel and the immediate surrounding area (not Beare Green and other nearby villages, who have similar schemes). CA has been operating successfully for nearly five years. We have a team of volunteers who man the phone and provide the assistance.

The phone 07593-714513 is manned from 10.00 am to 12.00 noon every week day. Callers may leave a message outside of those hours and their call will be returned. CA ask for a voluntary donation to cover the driver's cost of petrol and car parking, when required.

Our volunteers are still operating and comply with current government rules during the pandemic. Please phone for further details, if you require assistance, have any queries or would like to volunteer.



Liz's Letter



I am no marathon runner but I can imagine that it is typical that in those final last stages of a race i.e. more than three quarters through with the end in sight - these must be some of the most difficult to physically and mentally to run - your body and mind is tired yet you have to keep going. Yes the combination of January and a more intensive lockdown because of the Covid variant is tough. And yet the end is in sight. It has been a delight and wonder that so many of our over eighties and key workers have proudly been vaccinated and surely helps us all to cope with current

restrictions. Each of the three lockdowns we have experienced have seemed to have their different flavours so to speak. Last March seemed very much quieter and of course we had the blessing of the beautiful Spring in which I remember lots of lovely walks with bluebells and primroses, exploring more of our local countryside around Capel and Ockley, clapping for the NHS and Carers, scarecrows and all sorts! Flexibility arrived in the early summer so that was another change and support bubbles too! The November lockdown had a different flavour altogether, not such good weather then, but Christmas was ahead and I used the time to get ahead for Christmas services and all that entailed as well as online shopping! We also began to think about the Nativity scene that graced our front lawn in December, with the help of Christina Curtis who masterminded the wonderful figures that took up residence! It was

such a joy to see how people would stop and pause, take photos, pose beside and explain the scene to their children. Gary Collins lit the whole scene up and with Doug's magnificent guiding star held up by various apparatus until Storm Bella decided to hit that is; which led to the star moving over to take up its final position above the stable itself. Quite right of course theologically!

So what next then?! What will be the flavour for this lockdown I wonder? For me I think it is good to really listen to what others are saying in the way of good advice and wisdom. It is easy in our usual busyness to just brush off much of the good stuff that comes our way. Much easier to instead remember the negative?! The enforced staying at home for a lot of us means we have a unique opportunity to spend time doing something we always say we don't have time for or maybe discover we don't ever want to do that thing?! Spring lockdown saw me begin some much needed interior decorating - there's always that to finish.... Whatever it is and at the moment I find its just plodding on in that marathon scenario, I am beginning to see signs of Spring as this month we enter the season of Lent. And what does Lent lead to? It leads to Easter and the resurrection of our Lord Jesus along with all the new life that is always there however hidden by viruses and lockdowns.

Looking forward to Lent we have decided to study something which we have all appreciated hugely in recent times - creation and all that is within it. Called 'Creation Matters' it is a course which will meet initially via Zoom on Monday evenings at 7pm beginning on February 22nd. Please let me know if you wish to join us. We shall be covering such matters as why we should care for creation, climate change, our attitudes to animals and how to apply what we learn to the way we live. This is looked at from the Christian viewpoint but we have much to learn from each other, so don't feel you have to be a paid up Christian to join in! We will be using scripture as our text but people of all faiths or none very welcome indeed.

public worship but do remember that we are broadcasting a service for you each week on our parish website capelandockleychurch.co.uk
. If you are not an online person then please do contact me or one of the team to arrange for a DVD or a printout of our weekly readings and notes which we can deliver to you. There will also be copies just inside church each week along with the wonderful InSpire church magazine and this most magnificent of magazines - the new Capel and Beare Green magazine! A huge thank you to Corinne for taking on the editorship and production of this. Please do support her and all of us by

It has of course been a great sadness to have to close our churches for

giving her material and your thoughts for this new venture. We are of course always here for you to assist with all the usual offices and a listening ear. We would love to hear from you and how you are doing in these times. There are restrictions still with baptisms, weddings and funerals but the latter still take place of course albeit in smaller numbers. I look forward to being very busy in the future when we can all meet unrestricted and join in all the many celebrations that have up till now been postponed.

So as we finish this month of January on the high note of Jesus' presentation at the Temple in Jerusalem when we have celebrated Jesus as the light of the world, let us be those who will carry our own light and join it to his as we travel towards Lent and Easter and get this marathon finished!

With my love and prayers as ever.

Revd Liz Vicar of St John the Baptist Capel and St. Margaret's Church Ockley

Church services and events for the Parish of Capel and Ockley

Our churches are currently closed for Sunday worship but are still open for private prayer and reflection. St John the Baptist is open each day during daylight hours and St Margaret's Ockley is open at weekends only. We hope and look forward to meeting as a congregation as soon as it is safe to do so. Please watch out for notices via the church noticeboards, our parish website, facebook and other social media for up to date information. In the meantime please do join us in worship online at capelandockleychurch.org.uk to access the weekly Sunday Worship service led by Reverend Liz. If you would like to receive the weekly notes and notice sheets for our churches please let Revd Liz know on liz@hostmyserver.co.uk or 01306 711260 and we will arrange for you to receive these by email or paper copy by delivery to you. For your information our usual pattern of services is as below in any month.

St John the Baptist Capel First, third and fourth Sundays at 10.30am - Family Communion - CW Second Sunday at 10.30am - Cafe Church at The Crown

St Margaret's Ockley First and Third Sundays at 9.30am - BCP Matins 1662 Second Sunday at 9.30am - Family Communion -CW Fourth Sunday at 9.30am - Morning Worship - CW

BCP - Book of Common Prayer 1662 CW - Common Worship 2005

To discuss baptism, weddings, funerals and other occasional offices please contact: Revd Liz Richardson, The Vicarage, High Lea, 54 The Street, Capel, RH5 5LE 01306 711260 or 07837408239 or email liz@hostmyserver.co.uk Revd Liz also holds Dorking Foodbank vouchers and so please contact her if you need help in this way.





From the Registers

We mourn the loss of

Ian McRankin Rankin 17th December 2020

Colin John Bushnell (22nd August 1947 to 1st Jan 2021)

Colin Bushnell sadly passed away on 1st January at the age of 73 after a yearlong illness with cancer. Colin had been a Professor of Mathematics and Assistant Principal of King's College London where he studied and then worked from his undergraduate days until he retired. He was internationally renowned in a particular branch of mathematics known as number theory and had a prolific publications list. Whilst Colin worked in London, Paris, various US institutes and several other countries, he also loved his quiet and tranquil time-off at home, in Capel, where he lived with his wife, Lesley for 27 years. He enjoyed the beautiful area we live in, walks in the countryside, time in the garden, drinks and meals at the Crown and he was a great believer in supporting local businesses. Those of you who came across him will doubtless remember his wry

and somewhat wicked sense of humour and slightly blunt manner but for all that he was a kind, gentle man who will be missed.

May they rest in peace and rise in glory



MESSAGE FROM YOUR DISTRICT COUNCILLOR MARY HUGGINS

Well, here we are again in lockdown. My thoughts are with all of you who are suffering grief, illness, long-Covid and the many other things which are worrying us all at the moment. I know, though, that many of you have had your first vaccination - hopefully the light at the end of the tunnel is getting closer!

I thought I would share some words from Surrey County Councillor, Helyn Clack's recent Newsletter. She has asked SCC to add some advice on their website on visiting the countryside – we are so lucky to have this on our doorsteps – but it is the workplace of all our farmers and needs respect:

"Whether it's dogs, horses, sheep, cattle, llamas, goats or chickens, please don't worry the animals; you don't know them and they don't know you. Admire them from afar but give them space and don't touch them or feed them. We are saying this because some people are treating the countryside like one big petting farm and it's not, people's animals are well looked after and their diets are balanced. When one person gives a horse or a farm animal a carrot or an apple in the field, there could be five more or ten more following, this not only upsets the animal's delicate balance but encourages them to approach strangers and makes them easier to steal."

Please do get in touch with me if you need. Mary Huggins, Councillor.huggins@molevalley.gov.uk, 07711369569/01306712303

MAGAZINE DISTRIBUTORS

Producing and distributing 'The Capel & Beare Green Parish Magazine' is done by purely by volunteers.

We are looking for anyone that is interested in helping us in delivering the magazine, once a month, to every door in the village. This could be a street or road! Go on! You know you want to!

If you can help, please contact us on capeldistribution@gmail.com







THE ARTS SOCIETY BETCHWORTH

OUR FEBRUARY 2021 LECTURE AT HOME BY ZOOM FOR
MEMBERS AND VISITORS
A VIBRANT HOUR OF WARMTH AND COLOUR ON A CHILLY
WINTER'S AFTERNOON

If you are not a member do come as a visitor. Zooming is not complicated and we provide easy to follow instructions.

MONDAY 15th FEBRUARY at 2.30 pm. "THE JEWEL IN THE CROWN: ARAB AND NORMAN SICILY" presented on Zoom by Jane Angelini.



Jane says of her lecture: "In the middle of the 11th century, at the time of the Norman Conquest, Palermo was one of the greatest commercial and cultural centres of the Muslim world. It was a busy metropolis with over 300 mosques, abuzz with markets, exchanges, craftsmen and artisansand all around

were parks and pleasure gardens with fountains and running streams, so typical of the Muslim world. In 1072 Palermo fell to the Normans, taken by Roger I. During the 12th century Palermo became the most intellectually active and artistically eclectic centre in Europe. The great cathedrals of Cefalu, and Monreale, the Palatine Chapel of the Norman Palace, and the small church of Santa Maria Dell'Ammiraglio, were witness to a brilliant fusion of Norman, Arab and Byzantine art and architecture."

Jane Angelini runs her own Arts Tours company and speaks several languages. She has an M.A. in Byzantine studies

Join us on Monday, February 15th at 2.30pm for this absorbing, illustrated lecture. It is free for members but do come as a visitor for £5. Email Pat Frankland: pat_frankland@hotmail.com or ring 01737 842028 All you need is a PC, laptop or tablet, a comfy chair and your favourite tipple!

See our website at www.theartssocietybetchworth.org.uk

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TRANSMISSIBLE DISEASE IN THE NATURAL WORLD

Earlier last week, we found the body of a dunnock lying at the bottom of the steps leading to our back door. We were saddened by the apparently perfect little corpse and were keen to know why it had died on our patch. It had a British Trust for Ornithology ring on its leg and Wes, our Ringer took it, always keen to determine where the bird came from. Was it one of our Capel bred birds, or a visitor from further afield? We also tried to assess the reason for its demise. Had it crashed into our conservatory Was it caught by one of our neighbour's cats? We do occasionally find a dead or dying Greenfinch or diseased? Chaffinch carrying Trichomonas, and Greenfinches seem to be especially vulnerable to this infectious avian disease as they choose to feed their young directly, at the bird feeders. We had found a diseased Chaffinch, bloated and immobile at our feeding station late last year, and were again reminded of the importance of thoroughly cleaning the feeders which are a dangerous centre for disease transmission.

Diseases in bird and other animal populations are transmitted by a range of vectors – including parasites, bacteria and viruses. Recently the virus responsible for bird 'flu has made the headlines, when a number of turkey farms were infected just before Christmas, followed very recently by a duck farm in Thetford, Norfolk. This virus makes national news because of the economic hardship it deals out to poultry farms, particularly those with good free-range husbandry, but it is the general avian populations, often flying across continents, that spread the virus to the captive birds. There is no way to stop that spread except by destruction of even partially infected flocks.

And recently, we have become acutely aware of transmissible diseases in many other wild or captive animals, in rats, in badgers, in mink, and in the bats or pangolins believed to be responsible for virus spread in Wuhan. Halting or slowing the spread of these diseases is often attempted by slaughtering the animals involved, but we are today faced with the conundrum of how to protect our much-loved family members, whether dogs at risk of catching Distemper or Rabies, or people at risk from 'flu or Corona viruses.

We are regularly reminded of past plagues and epidemics as historical events. Whilst watching Disney's 'Beauty & The Beast' on New Year's Day, I was struck by references to plague in Paris and London, and recalled visits to Eyam in the Peak District, where the Tourist Guides described the valour of the villagers in the face of this deadly disease.

There has also been much discussion about the serious Spanish 'flu episode in the early 20th century, and the SARS virus outbreak in the Far East. But the huge Scientific steps forward in technology and innovation in the field of Immunology have been the great, potentially liberating story for humans in 2021.

The Scientists involved have every reason to be immensely proud of their achievements – as I have pride in my own small research contribution to hormone therapy in cancer treatment – and as Scientists, we feel despair that a small number of people (including some in our own village) selfishly refuse to take this amazing Covid-19 vaccination opportunity. During the past year, we have felt like a captive flock, so we would urge each and every one of you to "take the jab", and set us all free.





CAPEL CHORAL SOCIETY: Lockdown singing

Capel Choral Society's hopes for a gradual return to 'live' singing appear to be dashed for the foreseeable future due to the rapid spread of the new variant of the COVID virus and the subsequent third lockdown.

A few brave members of the choir did however manage to sing some carols in the open air before Christmas as a 'Cheer up Capel' event, and in celebration of the lighting of the traditional Christmas trees in the churchyard, including one provided by the Society.

Much-needed 'lubrication' for under-used and rusty vocal cords was thankfully provided by mulled wine supplied by Mike and Mandy Schryver.

Under the direction of conductor Stuart Longley, the Choir has continued to hold 'rehearsals' through the online medium of Zoom, and with the absence of music to prepare for the cancelled Leith Hill Musical Festival this year, has been learning Gabriel Fauré's Requiem'. It is hoping for a gradual return to normal rehearsals and an opportunity to hold a concert near Easter to include the work.

Zoom rehearsals are held on Monday evenings and last for 1 hour from 7pm; the Choir would welcome any aspiring singers who wish to join in. Please contact the Secretary Rosemary Goddard for Zoom joining details, or if you would like to know more about the Choir: rosemary@stylehurstfarm.com, or telephone 01306 711259.

Ian Muir





DORKING MUSEUM IN FEBRUARY

Plans were in place to re-open the Museum's main exhibition gallery at the beginning of January, but this was once again hit by pandemic restrictions. At the time of writing, we are unable to confirm whether the gallery will be open, but great care has been taken to ensure that, when the time is right, it can open safely whilst continuing to offer an appropriate visitor experience. Please check with the Museum website, social media sites or local media.

"We hope that the measures that are being taken to combat the virus and the accessibility of an effective vaccine will be leading us towards some degree of normality," says interim Chair Kathy Atherton. "We are excited at the prospect of once again being able to play our role in the vital cultural life of our local community and our visitors."

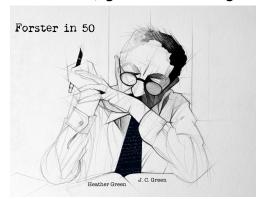
Although the doors have been locked, the Museum has still had a busy and productive past year, allowing more opportunity for activities outside of its four walls. These included two short films on the Mayflower theme, radio interviews, Zoom lectures, welcoming film crews to the Museum (for the BBC's Bargain Hunt) and the caves, a Mayflower themed family treasure hunt, working with a local school on online resources, relaunching the schools loan box programme, publishing local-interest books and much more.

Website and social media manager Erica Chambers also welcomed "a chance to turn our attention to our website and give that a good spring clean - a long and slow process that is still ongoing. A few new volunteers got in contact offering their help, so we were able to update and enhance whole sections of the website. We have updated our WW1 memorial pages and the Local Writers and Great Estates pages, added new information from our archive and the other Local History Group created links resources and new and google maps. dorkingmuseum.org.uk/local-history/.

"Whilst going through our archives, we discovered a number of walks leaflets that had been produced in the past and are working to add these to the website. These include a Vaughan Williams walk, two Dorking walks produced for European Architectural Heritage Year in 1975 and walks around the Leith Hill area from Abinger Parish magazines of 1889, partly rerouted to take account of modern topography. See dorkingmuseum.org.uk/selfguidedwalks/.

"We can always use more researchers to expand sections of our website. If you see something that you would like to help us investigate further, please e-mail admin@dorkingmuseum.org.uk.

"We have also created a Facebook page "Dorking Through the Ages: A Community Photo Project" and are putting images from our archive onto it, with a digital map which will go onto our website. We would love you to add your memories to these pages. If you are not on Facebook, you can send your photos to admin@dorkingmuseum.org.uk."



E M Forster: The first special exhibition of 2021, postponed from last summer, is planned to be 'Forster@50', commemorating the 50th anniversary of the death of the novelist E M Forster, who spent more than 20 years of his life at West Hackhurst, near Abinger. It explores the life and impact of Forster, concentrating on his life locally, his local associates, the local initiatives he took

part in and the impact of the area on his novels. The exhibition is mounted in collaboration with academics from Nottingham Trent University, although timing is uncertain at the time of writing (please check the website).

Meanwhile, the Museum's publishing arm, The Cockerel Press, has published an accompanying book, Forster in 50, available from the Museum shop (when open) and online bookshop. The work of one of the exhibition's co-curators, Heather Green, it is an innovative reimagining of Forster's five classic novels, presented in a uniquely accessible format. Each story is retold in only fifty words and accompanied by stunning illustrations by artist Jonny Green, designed to inspire a whole new generation of readers.

The Museum is at 62 West Street, Dorking RH4 1BS. Please check the website for re-opening, www.dorkingmuseum.org.uk. Enquiries to admin@dorkingmuseum.org.uk.



David Burton



NEWS FROM THE BELFREY



English-Style Ringing

English Bell Ringing has its origins during the reign of Henry VIII when churches began to restore bells that had been lost or destroyed during the dissolution of the monasteries.

Before this, bells were chimed randomly, as still happens on the continent: with no effective control over the timing of the swing of the bell, heavier bells swing slower than lighter ones resulting in a fairly random sort of sound.

However a new mechanism was introduced in England in the sixteenth century which mounted bells on wheels allowing them to rotate through an entire 360 degrees to produce each sound. This revolutionary change meant that bells weighing several hundredweight could be controlled very precisely with minimal physical effort so that smaller bells could be held up for a fraction of a second to accommodate the slower rate of swing of heavier bells.

This heralded the start of change ringing; the ringing of bells in predefined patterns of changes called Methods. Many methods composed then are still rung today.

Campanology, as bellringing is more formally known, is very rewarding, combining a physical and social activity with the mental exercise of keeping your bell in the right place. Practically anyone can learn to ring, from the age of 10 upwards, and the local ringers' ages range from teenage to eighties.

Ringing is a skill which takes time to acquire and unfortunately we have not been able to have any practice sessions since last March. Even when restrictions were briefly lifted in the summer we were only able to ring if the ropes allowed a 2m gap between ringers, except for members of the same household.

Capel, Newdigate and Ockley all have rings of six bells, though all very different from each other yet in each tower we were only able to ring 4 or 5 of the bells, and even then for no more than 15 minutes at a time, and not at all since the second lockdown in November.

We have, however, managed to hold virtual practices using Zoom, which many people have found useful during social restrictions. A new, free resource was created at the beginning of lockdown by ringers in America, called Ringing Room. It allows any user to create a tower and each ringer logged in can be assigned a bell number to 'ring' by tapping a key or clicking on their rope icon. The corresponding bell sound comes from a recording of the Dorking bells. It also allows you to select the number of bells, up to 16, even most cathedrals only have 12, and the choice of tower bells or handbells, which sound better for ringing tunes. Ringing Room allows us to practice some ringing albeit without the physical effort and enjoyment, or the aid of ropesight in seeing the other ringers. We have found it very useful in listening and counting our place in the round which should hopefully be of benefit when we ring for real once again. We have also progressed to ringing methods as well as playing tunes for fun.

Ringing is well within the capabilities of most people. Being able to count is all the maths needed and you can become a very good ringer knowing nothing about music. Teaching the rope skills for physical ringing is out of the question at the moment and probably for some months yet but if you want to find out more you are welcome to join our virtual practice.

For more details call Sue on 01306 627168 or email ockleybellringers@btinternet.com



<u>Dance yourself fit</u> <u>in Capel</u>



We are so lucky Capel has so many clubs, societies and activities which also include the opportunity to get fit by dancing at a dance fitness class or a Fit4Tap classes which are usually held in the Village Hall. Over the last nine months the live classes have been available weekly on Zoom, this enables you to dance at home and yet feel part of a class full of warm hearted people.

Our dance instructor is Sheila Chamberlain who has hired the hall for a number of years. Sheila quickly saw the opportunities Zoom had to offer and moved us on-line, so we could 'keep dancing'. As soon as it is allowed in 2021 Sheila hopes to be back dancing surrounded by her dancers. Sheila is an ex-school teacher with excellent coaching skills, endless patience and the ability to teach steps to anyone including those with two left feet. Her Thursday evening class is a Latin dance fitness class based on the classics of the jive, tango, cha-cha-cha, rumba and waltz. You don't need a partner or prior knowledge, all you need is a desire to get fit and imagine yourself on the floor at Strictly Come Dancing. The vibrant dances will raise your heart rate, fill you with enthusiasm and are suitable for any age, fitness or ability.

Fit4Tap is held on a Monday morning is brilliant for long term health and helps balance, strength in legs and feet as well as giving your heart and your brain a healthy work-out from learning the steps. You don't need previous experience, tap shoes, or a partner, just a desire to spend an hour getting fit.

The good news is the opportunity to learn via Zoom, there is no need to leave the house, and Sheila's clear and effective teaching allows you to learn at your own speed. One of the advantages of starting your dancing journey on Zoom is you can make all the mistakes without anyone noticing but Sheila and within weeks you will feel fitter and slimmer. Whilst we are on Zoom the weekly fee is extremely reasonable and the dancers in both classes would like to see more people joining, getting fit and having fun. Contact sheila.chamberlain@btinternet.com for more details.

Tricia Topping

Little Billy

If it hadn't been for Billie, I might never have been a teacher. Having graduated with a Geology degree, I spent the following six months trying to get a job prospecting for an oil company. Unfortunately (perhaps fortunately), the world was awash with oil at this time, and the Oil companies with finding new oil fields. I only found one job to apply for. That was in the Congo where Europeans were being skinned alive, and it meant going in two weeks. I didn't get the job because I couldn't drive. Thank goodness! I was earning money at this time as a labourer for Eades Bros., one of the two major house builders in Andover, Hants.

One of my school friends, Colin White, having just graduated in maths., had taken a teaching job in Charles Chute Secondary Modern school for boys. The Head, nick named "Johnny", was a thrash' and bash'm type. He'd chained one the boys I later taught 37 times in a term! For some reason. Billie's Dad had given him a crew cut. and white- blond. Johnny excluded him because of his appearance. Billie's Dad made him stand at the school gate until he was re- admitted. By the end of the weeks, Billie's photo was front page news in the National tabloid newspapers. Johnny was confronted by the Governors, and resigned. A new progressive Head was appointed. Mr Champion, who realised he was under-staffed, and advertised for three new teachers. Colin told me and I applied. By chance, I was labouring just a 100 yards from the Police station in Andover, where my father was senior C.I.D. officer. At lunchtime he came up and told me to get a bath and a suit for an interview that afternoon. I got the job and started teaching that afternoon! Another young science teacher got me to watch one of his lessons and then teach the next! There was no syllabus, and could teach what I wanted.

The H.o.D gave me a good tip. Line up pupils outside the classroom as they arrived, and don't let them in until they were completely silent, not even a whisper. This established the idea that I was in charge.

Other teachers were then asked which classes they wanted to get rid of, so can guess which ones I got! The 15 year old E.S.N. (Educationally sub normal, - a term now never used), the "Remove", the lowest ability and worst behaved year 7 and 8 year pupils amalgamated. And so on!

Surprisingly I got on very well with them, - better than their previous teachers. Most were from poor working class families of similar low ability. Whilst seeking geology jobs, I had been taking New Scientist and Scientific American magazines for adverts. This was a time of huge advances in nucleic acid and astronomy.

These fascinated me, and I started my lessons with the kids grouped round me at the front whilst I talked with great enthusiasm about these these subjects, and also geological time and fossils. This was way above their heads, but they were fascinated them too. It helped that I'd spent so much time on farms and building sites where some of my fellow workers were of similar backgrounds.

I'd been going through my fossil collection, and brought in the duplicates. I let my 15 year old ESN's go round, take one, and then go again until they were all gone. One lad, Ivan Strudwick, was so pleased that he got his parents to buy him a book of A level standard history, (confused with geology). He became a railway porter, and wrote to me for a while after leaving.

Anyway, interests awakened, they began asking me to teach them all sorts of things. I failed on area and circumference of a circle. What's Pie Sir? My O level Maths, wasn't sufficient for me to explain.

Inevitably, I got a class with Little Billie. No problem until one lesson he suddenly went "Ee Ee" like a mouse. I said "don't do that Billie" but after a few repeats, I told him that if he didn't stop, he'd have a lunchtime detention. He didn't stop, and continued in detention even though I said if he could be quiet for 5 minutes, he could go. After 2 more repeats, I laughed, and said 'Go on, off you go', and he never did it again.

My enjoyment of teaching suggested my next step was a Diploma in Education course back at Exeter, the added attraction being that I'd persuaded Barbara to do the same. Up till then she had no thought of teaching, but proved very good at it.

I ended up doing 38 years at Dorking Grammar and its conversion, The Ashcombe Comprehensive, and Barbara at first Wimbledon High school for girls and then at Roseberry High School for girls In Epsom. After a break for two sons, about 12 years later she spent the rest of her teaching life at the private Hurtwood House School. All in all, teaching couldn't have been a better choice. I ended up Head of Biology and of Science. Each o my four Heads asked if I'd thought of a Headship, but it was the classroom I wanted. For me, I can't think of a better career choice.

Colin Grundy.





Sunday 21 March

it's about us

Households across Surrey will soon be asked to take part in Census 2021 on 21 March. The census gives us the most accurate estimate of all the people and households in England and Wales and has been carried out every 10 years since 1801, except 1941.

This will be the first run predominantly online, with households receiving a letter with a unique access code, allowing them to complete the questionnaire on their computers, phones or tablets with additional help and paper questionnaires for those who need them.

"A successful census will ensure everyone from local government to charities can put services and funding in the places where they are most needed," Iain Bell, deputy national statistician at the Office for National Statistics, said. Paul Fenton, the Community Engagement Manager for East Surrey, who lives locally, added: "Services like doctors' surgeries, schools and new transport routes are really important and with so much happening around us at the moment it's vital that we get an accurate picture of all the residents so that the right resources can be put in place for them". First results will be available within 12 months, although personal records will be locked away for 100 years, kept safe for future generations.

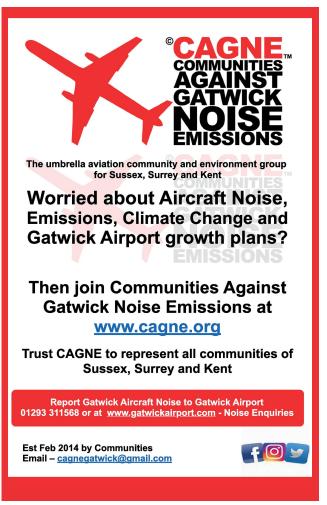
Local organisations which work with those in the community who may need additional help can contact Paul on paul.fenton22@field.census.gov.uk or visit census.gov.uk.

There are now temporary employment positions available. People make the census. Be part of the team. www.censusjobs.co.uk













Spring is just around the corner. Snowdrops, crocus and hellebores bring us much needed cheer to us through the drab, grey days. And winter flowering shrubs add colour and scent to a re-awakened garden. Birds are notably busy now and the days are getting longer.

February can be a very changeable month with hard frosts and crisp, sunny days, or mild, wet and miserable weather, but there are still plenty of jobs to be getting on with.

Gardening jobs are very much weather dependant at the moment.

- •Walking on lawns should be avoided to prevent damage.
- •If the ground is not frozen or water logged seed beds can be prepared. Keep on top of any weeds that appear and add organic fertiliser to borders.
- •Any roses not already pruned should be done now.
- •Winter flowering shrubs such as Viburnum x Bodnantense, Mahonia, and winter jasmine and honeysuckle can be pruned after flowering to contain the size and remove dead wood.
- •Snowdrops that have finished flowering can be lifted and divided 'in the green'. This will increase stocks and avoid clumps getting too congested.
- •Hedges can be trimmed before the birds begin nesting.
- •Apple and pear trees can be pruned now while they are still dormant.
- Force rhubarb for an early crop
- Chit early potatoes
- •Prune group 3 Clematis



- •In mild spells perennials can be lifted and divided.
- •Sow annuals such as sweet peas and cosmos.
- •Tomatoes and cucumbers can be sown now to give early fruiting plants but will need heat.

By far my favourite job through the winter months is flicking through seed catalogues and finding something new to grow. Chiltern Seeds, Special Plants and Sarah Raven are worth a look.

It is also a great time to think about what changes and improvements need to be made.

Lockdown

I'm going ballistic
I'm climbing the walls.
There's nothing holistic
In lockdown rules.

My basket is full Can't have what I need They're pulling the wool I've a family to feed.

Or talk to a soul
The rules no one bends,
Just act like a mole



You'll get your injection
You'll be on the mend,
Away with infection
Your life will transcend.



Mel Simmons

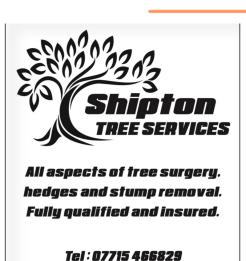
Sally Griffin

Stay in your homes
Do not venture out

Don't you dare roam

'Cos someone will shout





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FEBRUARY

Another gloomy month ahead! Comfort food is what we crave and there is nothing so comforting as a bowl or mug of soup and a hunk of bread or even maybe a homemade scone. So, here are two tasty soups that are particular favourites in our house together with a simple recipe for



Red Lentil, Red Pepper and Smoked Paprika Soup

Ingredients

3 Tbsp olive oil.

2 Red Peppers - pointed, bell or roasted red peppers from a jar.

1 Tbsp Sweet Smoked Paprika.

320gm Red Lentils

Chilli Flakes (Opitonal)

Squeeze lime juice.

Serves 4-6

Method

- 1. Heat the oil in a large pan and cook the onions over a medium heat with a couple of pinches of salt. Keep cooking until the onion is soft but not coloured.
- 2. Add the red pepper and paprika stir and keep cooking until the pepper is soft.
- 3. Add the red lentils stir and add a pinch of salt.
- 4. Pour enough boiling water over the lentils to cover them and cook for about 20 mins by which time the lentils will have started to fall apart. Keep the water topped up until the lentils are cooked.
- 5. When the lentils are cooked either transfer to a blender or use a stick blender to blitz the soup until smooth. Adjust the thickness of the soup, if necessary, with more water from the kettle.
- 6. Taste and add a squeeze of lime juice and, if you like a bit of heat, some chilli flakes.
- 7. Particularly good with a blob of crème fraiche.

Roast Parsnip and Carrot Soup

Ingredients

500gm Parsnips
300gm Carrots.
2Tbsp Olive Oil.
2 Onions peeled and roughly chopped.
2 Garlic Cloves crushed.
2 /3 Tsp ground cumin.
1/2 Tbsp Lemon juice.
Serves 4-6

<u>Method</u>

- 1. Preheat the oven to 200c/180c fan/400f/gas mark 6. Trim and peel the parsnips and carrots and cut into 3cm chunks. Toss with 1 tbsp of oil and spread out onto a parchment lined baking tray. Season with salt and pepper and roast for 20 mins.
- 2. Heat the other tbsp of oil in a large saucepan over a medium heat, add the onions, garlic and a pinch of salt. Cover and cook for 12 mins, stirring occasionally. After 12mins remove the lid and add the cumin, stir and cook for another 3mins uncovered.
- 3. Tip in the roasted parsnips and carrots and 1 litre of water.
- 4. Bring back to the boil then simmer for 10mins.
- 5. Blend the soup until smooth with 1tbsp lemon juice. Taste and adjust seasoning. Add a splash of water to loosen if a bit thick.
- 6. Delicious with a dollop of natural yogurt on top.



These turn a bowl of soup into a feast!

<u>Ingredients</u>

200gm plain flour
2 tsp mustard powder
¼ tsp cayenne pepper
2 tsp baking powder .
½ tsp salt.
1 tsp soft brown sugar.
1 clove of garlic finely mashed.
50gm unsalted butter,diced.
200gm Cheddar cheese ,diced.
1 large egg.
About 4 tablespoons plain yogurt.

Method.

- 1. Heat the oven to 210c/190c fan /410f /gas 6 ½ and line a backing tray with parchment paper.
- 2. Put all the dry ingredients in a bowl and add the garlic and butter.Rub everything together until the butter has almost disappeared. Add the cheese and stir through the mixture.
- 3. Beat the egg into the yogurt and stir this in to make a soft dough.
- 4. Pat this out on a floured surface to about 4cm thick.
- 5. Tidy the edges and cut into 6 squares. Put them on the lined baking tray spacing them a little apart.
- 6. Bake for 20 -25mins until golden on top.
- 7. Leave to cool slightly before eating.



And finally......

Fruit and Vegetables in season now.

Swede, celeriac, kale, cabbage, leeks, sweet potatoes, chicory.

Pink grapefruit, forced Rhubarb and there should still be some Seville Oranges about. If you haven't got the time to make marmalade now (what else are you going to do during lockdown?) then pop them in the freezer for later.

Judy Cranham



Our Parish monthly magazine 'InSpire' for St John the Baptist and St Margaret's would like to wish a warm welcome to the new format Capel & Beare Green Parish magazine! Our thanks to Pam and Barbara for their many years of dedication to the former local magazine. Our church magazine is produced each month and is free of charge! You can pick up a copy at St John's in Capel or St Margaret's in Ockley or subscribe to receive monthly via Parish the https://www.capelandockleychurch.org.uk/subscribe/ It is also possible to download both current and past copies on the website. It is a 'faith based' magazine but we have plenty of puzzles, articles, humour and much more! So please do pop into church if you are passing and pick up a copy!

The 'Tree of Hope' is still in church at St John's and there are tags available for you to write your hopes and prayers on to hang on the tree. We hope that in the current crisis, the ability to share your worries, hopes and wishes will help. The tree remains lit every day and is a welcome sight when you pop in on these dark winter days, particularly in the ongoing pandemic.

In the meantime, Happy New Year from Inspire and we hope you enjoy the following:

Eyesight

A man went to his doctor to say that his eyesight was getting worse. The doctor asked the man to look out the window and to tell him what he saw. "I see the sun," the man replied.

The doctor replied: "Just how much farther do you want to see?"

Portrait

A primary teacher was observing her classroom of children while they were drawing. As she got to one little girl who was working diligently, she asked what the drawing was. The girl replied, "I'm drawing God."

The teacher blinked: "But no one knows what God looks like."

Without missing a beat, or looking up from her drawing, the girl replied, "They will in a minute."

Suzanne Cole, Editor of Inspire editor@capelandockleychurch.org.uk



Hello. My name's Bob.....and I'm an addict!

I was talking to a couple of friends in the village a few weeks ago and, while neither of them has any church connection, the conversation turned to religion and faith.



It's clear that the established church with its language and rituals is seen by many as irrelevant and out-dated so I asked them the question, "What do you think about faith and the church?". "Well," said one of them instantly, "It's just another addiction!" Now, I've heard many descriptions of Christians (complementary and otherwise) over the years but never the assertion that we're addicts. But it got me thinking. What are the signs and traits of addiction? In no particular order they include an inability to give up and/or an obsession with something; apparent compulsive behaviour; a view that the object of their addiction will help with their problems; an ability to make sacrifices to pursue whatever feeds their "habit"; a need to fill a void (real or imagined) deep inside the individual and many other things beside.

Looking at the list I can see many of those traits at work in my life. As a Christian there is a focus on Jesus that could be seen by others as obsessive; there is a draw or "compulsion" to learn more about Him and his teaching; there is a hope that His love and wisdom will help with life's problems and there is most certainly a feeling that a "hole in the soul" has been filled. So, how is my "addiction" different to the addictions that ensure so many?

According to recovery.org.uk, the main addictions in the U.K. are as follows:

- Alcohol
- Drugs (both illegal and prescription)
 - Gambling
 - Eating Disorders
 - Pornography

That's a pretty sobering list (no pun intended!). But the difference between faith and obsession is clear. When I look at that list, I see addictions that bring harm and hardship to individuals and those close to them as they are trapped in cycles of behaviour from which there seems no escape. When I look at the words of Jesus in John Ch.8 He says, "..... if the Son sets you free you will be free indeed".

(Once current restrictions are lifted, Café Church meets at The Crown, Capel on the 2nd Sunday of the month. 10:30 am for coffee, croissants, a band, poetry, conversation, laughter and a thought for the day in a relaxed and welcoming environment.)

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Your local Scout group hopes you are all keeping well and safe as we progress into 2021 and a new lockdown. We are still unable to have Face-2-Face meetings, but this doesn't mean there are not still plenty of activities going on for our young people who have adapted so very well to weekly Zoom meetings – keeping themselves, their families/carers and us leaders busy, entertained and laughing which has been a real tonic for each and every one of us.

2020 saw many fun activities for our Beavers, Cubs and Scouts and we thank them all for throwing themselves into Scouting in this new and challenging way.

There were many activities organised by Scouting UK which we thoroughly enjoyed taking part in during 2020 including; The Great Indoors with special guest Tim Peake who taught us about how to survive in space and what it takes to be an astronaut, to making rockets and baking cookies. We Hiked to the Moon to raise money to help the UK Scouting movement logging our miles walked and getting sponsorship. Scout groups taking part around the UK together raised £240,000.00 - £1 for every mile to the moon!

In July we joined in with the Uk's Biggest Virtual Summer Camp with many online activities to take part in together, including music, crafts and a few celebrity guests too. Even Bear Grylls, Chief Scout sent a special video message.

Surrey Roar saw all Scouting Groups in Surrey take part in another Virtual Camp with gardens full of tents all over Surrey and in October we took part in Race Round the World, again logging all our walked, cycled, driven and run miles and getting sponsorship to help raise funds for the Groups around the UK who are struggling most to stay afloat. This raised a staggering £250,000.00 and we travelled over 150,000 miles!

Fundraising is a main source for keeping the Scouting movement running, and during these times we obviously can't do the usual Fairs and Cake Sales amongst other things, that we would usually do so all donations, no matter how small, are of enormous help to us and very much appreciated.

Scouts, Cubs and Beavers at 24th Dorking have adjusted so well to weekly Zoom meetings. We've done such a mixture of activities including Map reading, Baking cakes in a mug, Virtual Hiking from The Nower to Ranmoor, Building Dens, Quiz evenings, Show & Tell, Stories, Games – an endless list of great achievements with our Virtual Meetings.

So many of our young people have continued to earn their Badges and Awards and move on up to the next group even though we've not been together and we would like to take this opportunity to congratulate them all for trying their hardest and doing so well making us all very proud.

We also had some important announcements including the appointment of HRH The Duchess of Cambridge who became joint President of the Scouts alongside HRH The Duke of Kent. We also welcomed our new Group Scout Leader (GSL) Alexandra Fairbrother who has taken on the challenge under extraordinary circumstances and is doing a truly sterling job looking after the 24th Dorking Group.

Dorking District also awarded Norman Ede his Chief Scout 5 year award. Huge congratulations and thanks to Norman for all his hard work and commitment to the group and its cause, and to our young people.

As we remain part of the Holmwood and Capel communities, where policy rules and regulations have allowed during the pandemic, we have been able to ensure that 24th Dorking has been represented within the community on important dates such as the Harvest Service and Wreath laying for Armistice.

If reading about all the adventures we have had during the past year despite the restrictions has sparked an interest, then how would your young person like to join in the fun we are all having? If so, contact information is at the foot of this article – we'd love to see them! We are also always on the look-out for more volunteers for Leaders, Section Assistants and help for the Executive Committee so if you would like to give us a little of your time to help the group and its amazing young people please contact Alexandra, Group Scout Leader. On a final note we'd like to thank all our parents, carers, leaders, assistants, exec committee members and of course our young people. Without your enthusiasm, support and continued commitment we would not have been able to get through this so please, give yourselves a well-deserved pat on the back! Here's to a very successful, fun and happy 2021.

Nikki Hamann – Section Assistant 24th Dorking (Holmwood and Capel)

Contact: Alexandra Fairbrother, GSL 24th Dorking T: 07384 451317 gsl24dorking@gmail.com



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Are you a local organisation who has a story to share?



If so, we would love to hear from you! Please get in touch via email: capeleditor@gmail.com

CLUBS AND ORGANISATIONS IN CAPEL & BEARE GREEN

Allotments	Parish Clerk - 01306 712447
Badminton Club, Capel	Ann Crawford - 01306 631833
Beare Green Community Assn.	Chairman - Pam Marsh - 01306 711798
Beare Green District Councillor	Caroline Salmon - 07712 932 630
	councillor.salmon@molevalley.gov.uk
Beare Green Parish Councillors	Dave Cox 01306 712002
	Ken Salter 01306 712014
	Lisa Ryan
Bowls Club, Newdigate	Ameera Garga - 07760 659 612
Bridge Club, Beare Green	Dina 01306 712925
Camera Club, Capel	Liz Woodham 01306 711003
Capel Assist	07593 714 513
Capel Lunches	Sally Wyborn 01306 711575
Capel Pre-School	Tracey Norden / Emily Gascoigne
	01306 712717
Choral, Capel	Rosemary Goddard 01306 711259
Choral, Beare Green & Newdigate	George Brind 01306 63115
Capel Cricket Club	David Jacques 07850 726 500
Capel Evergreens	Pat Morgan 01306 713214
	patmorgan.morgan53@gmail.com
Capel Parish Council	Clerk: Janet Russell 01306 712447
	Chairman: Chris Ball 01306 710390
	www.capel-pc.gov.uk
C apel Parish Councillors	Paula Dale 01306 713604
	Paul Garber 01306 711015
	Mandy Schryver 01306 711292
	Ben Ashwood 01306 713127
Coldharbour Councillors	Stuart McLaughlin 01306 712009
District Councillor for Capel,	Lesley Bushnell 01306 711275
Leigh & Newdigate	councillor.bushnell@molevalley.gov.uk
	Mary Huggins 01306 712303
	councillor.huggins@molevalley.gov.uk
Doctors' Surgeries	Capel 01306 711105
	Holmwood 01306 889242
Flix in the Stix, Capel	Chris Coke 01306 711098
Football Club	Chris Anderson 01306 71100
Youth Football Team	enquiries.capelcometsyfc@gmail.com
G uides, Brownies & Scouts	capel.rainbows@btinternet.com
	capelbrownies@gmail.com
	capelguides@outlook.com
Holmwood & Capel	Alexandra Fairbrother,
Beavers,Cubs & Scouts	07384 451317, gsl24dorking@gmail.com
Horticultural Society, Capel	Jackie Coke 01306 711098
Local History Group, Capel	Mary Day 01306 712957
Men's Group, Capel	Phil Partridge 07813 829 326
T. Z. T. T.	philip_partridge@btinternet.com
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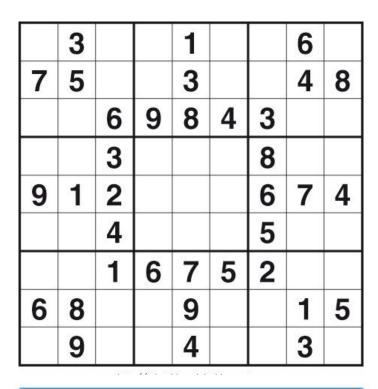
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Police	Call 101 or 01483 571212 Unless it's urgent then 999 or report online at www.surrey.police.uk					
Quaker (Friends) Meeting House	Audrey Garnett 01403 260077					
Capel	Addreg darmett 01403 200077					
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(Dorking & District)	Richard Orme 01306 875058					
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St John the Baptist Church,	Vicar - Rev Liz Richardson 01306					
Capel & St Margaret's	711260					
Church, Ockley						
Church Wardens	Norman Ede 01306 713247					
	Joy Harman 01306 711482					
	Bellringers - Jon Dale - 01306 711243					
	Choir - Anthea Smallwood					
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Stooball Club, Beare Green	Dot Thorp 01306 712788					
Tennis Club, Capel	Lynette Von Kaufman 01306 632857					
Village Halls	Capel - Jane Major - 01306 711170					
· ·	oldjoinery@gmail.com					
	Beare Green - Joan Wigham -					
1	07826 340 143					
Walking Groups	Swallows - David Silliman -					
- '	01306 712831					
	david_silliman@yahoo.com					
	Dog Free Strolling for softies					
	Sally Wyborn - 01306 711575					
	Walk for health					
	S Jennings					
	stephaniejenningschristensen@gmail.com					
Weald C of E Primary School Beare Green	Mrs Stevenson 01306 711719					
W.I - Capel	Frances Collins 07775340409					
Young Farmers	Colin Smith 01273 494528					

If you would like your Organisation listed here, please contact us on: capeleditor@gmail.com



Keeping Capel Quizzing

Quiz Mistress Corinne



В	Χ	Н	Р	В	L	Α	С	K
В	G	0	I	Ε	F	W	F	1
Ν	Υ	Q	Ν	Р	D	Н	Α	Q
Q	G	Т	K	G	R	Е	Е	Ν
W	Н	Ι	T	E	В	L	U	Е
0	R	Α	Ν	G	Е	G	U	X
U	В	L	Υ	Е	L	L	0	W
K	X	M	G	Z	P	D	R	R
В	R	0	W	N	Т	R	Ε	D

Word to find:

-		
BLACK	GREEN	RED
BLUE	ORANGE	WHITE
BROWN	PINK	YELLOW



Q1: What are the five colours of the Olympic rings?

Q2: In bowling, what is the term given for three consecutive strikes?

Q3: In what year was the first episode of Coronation Street broadcasted on ITV?

Q4: Which nuts are used in marzipan?

Q5: What is the most famous Mexican beer?

Q6: Who played Queen Elizabeth II in the first two seasons of The Crown?

Q3: 1960 Q4: Almonds Q5: Corona Q6: Claire Foy

green and red Q2 : Α turkey

ζι :Blue, yellow, black,



YOUR PHOTOS





98 The Street, Capel, Surrey, RH5 5JY, 01306 713250 gladys@thecrowncapel.co.uk



Happy Lockdown 3! Hoping all of our friends are staying safe and well.

Take away service:

Wednesday, Friday and Sunday lunch 12pm - 2pm. Friday & Saturday evening 5pm - 8pm

For more details on our upcoming events, please visit our website or check out our Facebook.



Ho's Asian Kitchen Sundays outside The Crown 5pm - 9pm



The Crown Capel



thecrowncapel.co.uk

Puppy Kisses
Gladys Cooper Bullydog

