



CAPEL & BEARE GREEN PARISH MAGAZINE

A COMMUNITY MAGAZINE MADE FOR YOU!

APRIL 2021
DELIVERED FREE TO EVERY HOME

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



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 capeeditor@gmail.com



***Reflections at the Hoyle
Norman Gill***



***Lovely Sunset
Barbara Grundy***



***Spring Lamb
Corinne Wood***

Welcome from the editor...

***“If you don’t like something, change it. If you can’t change it, change the way you think about it.” –
Mary Engelbreit***

Welcome to Issue 4!
Spring is finally here!!

I wanted to talk about mind sets and happiness!

In such a time, where everything is upside down, do what makes you happy (without breaking current laws).

Always remember, although you cannot meet up with multiple friends and family at the moment, you can always go for a walk and enjoy some fresh air and if you see a friendly face on the way - it’s a win win situation.



I think this quote by Jim Rohn is very true. If you wait for happiness to find you, you may be waiting a while. Go and grab happiness with two hands and make it your choice.

As the days get longer there will be more and more to look forward to! More shops opening, more events happening and all in all a much happier place.

Please keep a look out for the Events page in the magazine (which will be appearing once we have some events to advertise)

As always...keep reading, keep smiling and I will see you all again next month.

Keep safe

Corinne x





Word on the Street for April 2021.....

Well hello there to all of you, hope many of you have had the jab and are looking forward to coming out of lockdown☑.

How are we (the Crown) going to come out you might be asking? Well we have had a look at the rules and restrictions, we have debated on the best way to open, and come up with our way forward.

First, we have decided to open the garden from 12-3pm 7 days a week. There will be no booking requirements unless you want to guarantee a covered patio table.

We will be taking bookings only for Friday evenings 6-10pm limited number of tables available (all under cover). Table size is maximum 6 people, and it is table service only. There will be no entry to the bar areas for service or seating at this time, toilets will be available though.

We will continue to do Friday and Saturday night takeaways, and roast dinner takeaways on Sundays. And Ho's Chinese Van will still be in the carpark Sunday evenings 5-9pm.

Secondly, do we buy kegs in or just serve bottled beer for now? We have decided to go down to two lagers and one cask ale. If you have a preference for which ale you would like we are compiling a list of favourites that must be on your must have post COVID drinking list. We will then work our way through the list as we are able too, depending on suppliers. (Preferred local beers). You can message us via Facebook or email your list 😊.

We will then see what the government says about the next stage of opening and see if people have been good enough to follow the rules this time, so we don't go back into another lockdown.

Right, now all that malarkey is done, what's on for April?

Easter weekend is the first weekend. We have been busy painting rocks and putting them out and about the village. If your child spots one (1 and 1 only) then bring it to the Crown on the 4th April Easter Sunday between 12-2pm and we will exchange it for an Easter egg for them. They are numbered and there is unfortunately a limited number available.

Quiz zoomies will continue online for April, look out for the link to join. We raised £180 for Christian Aid in March. This month we are supporting Cancer Research, so all donations welcome.

Gin Club is Thursday the 22nd venue to be arranged. As it is also St George's weekend please dress accordingly (Red and White). Book your table early for Friday 23rd as limited availability.

As always stay safe, keep well, looking forward to jab 2.

Puppy Kisses
Gladys Cooper Bullydog
and the Crown Team xox



Capel Litter Pick

The first litter pick of the year organised by Capel Horticultural Society took place on March 6th . We were so very lucky with the weather as the sun came out, the rain stayed away and the ground was relatively dry.

The level of rubbish retrieved from Hoyle Hill and Seeman's Green was eye wateringly depressing as was the amount of litter picked up in Coles Lane and at Clark's Green.

We collected well over thirty bags of rubbish along with discarded Christmas trees, temporary traffic signs and broken traffic cones.

Huge thanks to everyone that turned out and to Clay Griffin for collecting it all up and depositing it by the Parish Hall ready for Mole Valley to collect.

Keep an eye on the events page in the Capel & Beare Green Magazine for our next one.



Mandy Shryver



Liz's Letter



As I write this we are reminded that it is now a year that the first lockdown began last March. I groaned inwardly at the thought that not only do we have to continue to live with lockdown restrictions but we will now enter a season of looking back over the year and the various challenges and lockdowns! However, it's actually been quite useful thus far, as we can see how far down the road of coronavirus we have come, confident in the knowledge of being vaccinated already or in the future. Although we cannot assume anything with this virus, freedom beckons and if we continue to be careful, hopefully this pandemic will settle down. So as we are encouraged to look back on the past year there is much to think about. At the end of this month our parish will be holding its Annual Parochial Church Meeting (APCM) to review 2020. Yes I know it seems like we only just held one back in September, but that was to review 2019 - that year of Covid innocence! Nationally the Church of England is preparing four strands of work who together will help church leaders and PCCs to discern the shape, life and activity of the Church of England in the 2020s to create a shared vision. The Archbishop of York, the most Revd Stephen Cottrell is calling the Church of England to be "simpler, humbler, bolder and more diverse." Amen to that!

Although this work began before the pandemic it has been intensified and adapted in light of changing circumstances. Who would have thought that we would be filming our services this time last year? For many parishes the online attendance on live streamed and recorded services has been massive, reaching a new audience which we hope will develop into congregations, online or otherwise across the country. Like everything we have all been through in the past year new things have been learned or relearnt. Things that we wouldn't have tackled before, have out of necessity had to be done. What I wonder can we take out of the past year? What will we take into the future with us?

I know that I cannot wait to be back in church holding services and I am really looking forward to the baptisms that can now take place, the weddings that will go ahead despite restrictions in numbers attending currently. Also of course the many other services where we walk alongside those in need. As Archbishop Stephen told General Synod the key performance indicator for the emerging Vision process would be "the number of feet we wash, not the numbers attending our services, though we hope by faith both will grow". Amen to that too!! Although I imagine the Archbishop is talking metaphorically about washing feet in this time of pandemic! Although if it needs to be done.....!

Well, there is going to be a lot more to the process of re-envisioning church for this post Covid world but it's inspiring and exciting. Something else I am looking forward to is the return of our Cafe Church to the garden at The Crown. We had some lovely services there last summer and some wonderful online services from Bob and the Cafe church team. Bob has also booked some great musicians as we resume concerts in church from the Autumn (all being well) so look out for them. Bob has also written a wonderfully inspired article in this issue about the Cross and its meaning on his Cafe Church page.

So as we enter Holy Week at the beginning of this month and soon celebrate the empty tomb at Easter I wonder what the disciples thought when it seemed like all had been lost as their beloved Lord was so cruelly put to death. Rumours began to circulate on that first Easter Day but those rumours soon became a reality. The reality that Jesus had risen from the grave and appeared to firstly Mary and then Peter and John who could not believe what they were seeing and witnessing. In those early days of Easter, Jesus appeared to many of his followers and I personally love the accounts of those resurrection appearances. In particular I love the story of the Emmaus road where those disciples walk sadly back home after Jesus had died. In their sorrow and disappointment they fail to recognise the stranger who falls into step beside them. They recognise him later when having invited him to join them for dinner when the stranger breaks bread they realise it is Jesus who has been with them all the time. Or the occasion when the disciples are fishing with no result and a stranger directs them from the shore as where to place their nets resulting in a massive catch. That helpful stranger they realise is Jesus who has lit a fire on the beach and with their newly caught fish cooks and serves them breakfast. Such wonderful accounts which show us how we all see Jesus in different ways. I wonder, in looking back over this last year have you seen the love of God through Jesus played out in some way? As Jesus cooks breakfast for his disciples, Peter in particular is given the opportunity to make his peace with his Lord who he denied three times as Jesus predicted he would. So the past is made peace with, so to speak, because then we are free to walk unburdened into the future. So as we celebrate a second Easter in lockdown, let us make peace with this very strange year past and walk freely together into the future.

Happy Easter!

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 - APRIL

Holy Week - One Friday exhibition of paintings - St John the Baptist Capel. Please do come and see these beautiful prints of original paintings which invite us to journey with Jesus for '24 hours, 14 events, One Day that echoes through history.'

One Friday tells the story of Jesus' final day. It uses the tradition of the Stations of the Cross - 14 events that happen over the last 24 hours of Jesus' life as told in the Gospels.

THURSDAY 1ST MAUNDY THURSDAY
we remember Jesus sharing his last supper with his disciples
7PM Service of Holy Communion (Capel)

FRIDAY 2ND GOOD FRIDAY
9:30AM Service of Reflection at St Margaret's Ockley
11AM Stations of the Cross at St John the Baptist Capel
a service using the booklet 'One Friday', copies of which are freely available in both Capel and Ockley churches - see above

SATURDAY 4TH EASTER DAY * please sign sheets inside churches to book your place
9:30AM Easter Day Family Communion (Ockley) *
10:30AM Easter Day Family Communion (Capel) *

SUNDAY 11TH SECOND SUNDAY OF EASTER
9:30AM Martins BCP at St Margaret's Ockley
10:30AM CAFE CHURCH at St John's Capel

SUNDAY 18TH THIRD SUNDAY OF EASTER
9:30AM Martins BCP at St Margaret's Ockley
10:30AM Family Communion at St John's Capel

SUNDAY 25TH FORTH SUNDAY OF EASTER
9:30AM Morning Worship CW at St Margaret's Ockley
10:30AM Family Communion at St John's Capel
Followed by APCM at 11:30am

MAY

SUNDAY 2ND FIFTH SUNDAY OF EASTER
9:30AM Martins BCP at St Margaret's Ockley
10:30AM Family Communion at St John's Capel

BCP - service is from The Book of Common Prayer 1662

CW - service is from Common Worship 2005

Guidelines for Parish Sunday Services.

We are following a more basic pattern of services at the current time and we would request that you note the following guidelines below so that we fulfil government guidelines for your safety:-

1. Only 2 people to sit in each pew that is open (or one household and room for a single person) Every other pew will be cordoned off

2. Hand sanitiser which will be by the door to be used when you enter and leave. Masks must be worn unless you have an exemption.
3. No refreshments are currently served but do feel free to bring a water bottle with you.
4. We are advised to ask you not to spend too long in the church building after the service as it has to be cleaned and sanitised.
5. At Capel the toilet will be open and disinfectant available for you to wipe all surfaces after usage.
6. We cannot sing as a congregation but there is supporting music as appropriate.
7. The service will be printed on a sheet given to you as you enter the church along with the weekly news sheet. Please take both home with you.
8. No collection will be taken but we ask that you leave your donation on the plate.
9. Holy Communion is given in one kind (wafer) and all necessary hygiene precautions are taken.

Please also note that St John's is open during the week and at weekends but St Margaret's is only open at weekends. For all the latest information and updates please visit our parish website www.capelandockleychurch.org.uk



FROM THE REGISTERS
Capel and Ockley

We mourn the loss of

Valerie Anne Sizmur

14th February 2021

May she rest in peace and rise in glory



THE ROOKERIES OF CAPEL & BEARE GREEN

We can drive for hundreds of miles without ever spotting a rookery, but surprisingly there are two within a mile of each other between Capel and Beare Green.

While driving from the Dorking direction, the first can be seen just before the Beare Green Esso garage on the left. The second is just past the second bus stop after turning off to Capel at the roundabout.



At the end of February they were investigating the best places in the treetops, started building in the first week of March, and are now nearly done. Their timing is very clever, as although the branches are bare now, when the rooklings hatch out the nests will be covered by a canopy of leaves, leaving them much less open to marauding bird predators.

This year the rooks are building high up, and according to popular belief this means we are in for a good summer!

Barbara Grundy



CAPEL CAMERA CLUB



We are a very friendly small club who meet every Wednesday evening in the village hall. Unfortunately due to the epidemic we had to close last Autumn early. But we have managed to have some zoom meetings and monthly competitions.

Each month we have a set subject to produce two images which are judged by our members on line.

You don't even need an expensive camera - your phone will be sufficient. If you look at our web site www.capelcameraclub.org.uk and see what we have been producing this month.

We welcome beginners who will get help and lots of encouragement.
COME and JOIN US!!

Any enquiries to Chairman: Lis Woodham 01306 711003

Julia Forsyth

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DORKING MUSEUM IN APRIL

At the time of writing, Boris' 'lockdown roadmap' is promising the gradual opening-up of the country over the coming months to a mass sigh of relief. Some aspects of life will be returning to something resembling a new normality.

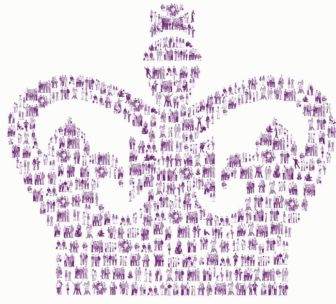


In his "Recollections of Old Dorking" (1878), South Street linen-draper Charles Rose wrote of life in the town of his childhood in the early 19th century. He recalls that Easter was 'a great Church festival', but that 'Good Friday was not then regarded, either as a holy-day or a holiday, as it is at present' and that shops were 'open throughout the day till dusk. "Hot-cross" buns were as plentiful and as generally partaken of then as now, and in the early part of the morning the youngsters were as active in carrying out the buns, and selling them, as of Good Fridays of the present time.'

However, it does appear that museums will not be able to reopen until May, so we will not be able to hold our regular Easter family activity in the Museum this year. But do not despair ...

Family Easter Activity Packs: Unleash your children's springtime creativity with an Easter Activity Pack, compliments of Dorking Museum. Inside each pack will be everything you need to make an egg-citing Easter or Spring greeting card. Just add felt pens and a bit of glue. The Easter Activity Packs will be available to collect starting Friday 2nd through to 17th April. Hop on over to our friends at Head for the Hills on West Street to collect yours. An adult needs to accompany a child, and there is a limit of two packs per family, please. Details will be included in the pack for sharing photos of your incredible creations on the Museum website. Activity packs are free for the asking, but supplies are limited, so do not miss out.





The Queen's Award for Voluntary Service

The Queen's Award for Voluntary Service: The Museum is excited to be one of 10 Surrey organisations nominated for the 2021 awards. The QAVS is the highest national honour presented to local volunteer groups across the UK, awarded to exceptional groups of volunteers who regularly contribute their own time to enhance and improve the lives of others, and whose level of initiative and impact are truly outstanding. It is the MBE for volunteer groups and is awarded for the lifetime of

the organisation. We would like to thank those who nominated, supported and recommended the Museum. Winners will be announced on 2 nd June

LGBTQ+ community: The preparation of our E M Forster exhibition last year (currently on hold) reminded us that the history of the gay rights and related civil rights movements are topics on which history has frequently remained relatively silent, often because of the social mores, conventions or legal framework of the time.

Museum Chairman Kathy Atherton says, "As life for LGBT people has changed so much in the last 30 years, and none of it tends to be documented (except in the newspapers), this seems to be an area of history that we may have neglected. Even people growing up in the 1970s and 1980s will have stories that are very different from life today. And LGBT history tends to be focussed on the big cities - we don't know what life was like in a small town, even relatively recently.

"We would like to be able to reflect this perspective as part of our oral history project, ideally led and shaped by the LGBT community in recording their experiences. Please do get in touch if you would like to be involved or if you know anyone else who might be willing to be involved. This could be anyone in the LGBT community - even people growing up relatively recently are going to have experiences worth recording for posterity." If so, please contact admin@dorkingmuseum.org.uk in strict confidence. 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



Capel Tennis Club New Members always welcomed.

Visit us on our website <http://www.capeltennis.org.uk/> or Facebook @CapelTennis

Contact us by email on capeltennis@gmail.com or through our website and Facebook.

Recycling for charity - update!

A huge thank you for your response to our piece in last month's magazine about recycling various items for charity. We now have an update for you.

We have organised a 'Bag 2 School' collection in aid of Holmwood and Capel Scout Group for 9 th June. You can drop your items to the South Holmwood Scout Centre which is behind the old South Holmwood School on the A24 going towards Dorking, RH5 4LY between 10 and 11am on either Saturday 3rd April, Saturday 1st May or Saturday 5th June when one of the leadership team will be there to take them off your hands. If you cannot deliver at these times, please let us know and we will see if we can make alternative arrangements. If you can support us with this, we would appreciate if no more than 1 adult gets out of the car at drop off and that they wear a mask, you must not enter the hut. Please make sure we are aware you are there, place the bag(s) on the ground and back away. Please keep a 2 metre distance at all times, the leader will then take the bag into the hut for storage.

Bag 2 School accept the following 'good quality' items for RE-USE*:

- Men's, Ladies' and Children's clothing
- Paired shoes (tied together or elastic band around)
- Handbags
- Hats
- Bags
- Scarves and ties
- Jewellery
- Lingerie
- Socks
- Belts
- Soft toys
- Household linen
- Household curtains
- Household towels
- Household bedding (bed sheets, pillow cases and duvet covers)

They DO NOT accept:

- Duvets and blankets
- Pillows and cushions
- Carpets, rugs and mats (including bath, shower and toilet mats)
- Soiled, painted, ripped or wet clothing
- School uniforms with and without logo
- Corporate clothing and workwear
- Textile off cuts, yarns or threaded material

We continue to collect clean plastic milk bottle tops for recycling in aid of The Springboard Project in Horsham. Springboard support disabled children, young people and their families. If you would like to deliver your bottle tops (in a separate and clearly marked bag) with your Bag2School donations we would be happy to receive them.

If you are having a sort out don't forget that Traidcraft Exchange will take any old or unwanted gold, silver, costume jewellery, watches and banknotes. They can be contacted at hello@traidcraft.org or 01914976445.

For more details please get in touch - George and Norman Ede, george@nightlesscopse.co.uk, 07973161684.



Surrey County Council last year undertook a secondary school travel survey. They are now planning to do the same with primary schools.

As part of the Travel Demand Management research this will help build a fuller picture of travel patterns across the county and show the County Council where we can help schools in encouraging active and sustainable travel to school.

The launch date for the survey is today, Monday 15th March on 'Surrey Says'. SCC will be sending the survey out to all primary schools early this week, allowing enough time for schools to settle back in after the weekend. SCC wanted to allow a week for pupils to return to the classroom, and schools to be able to return to some sense of normality, but also have enough of a window for parents to respond, prior to the Easter break. The closing date for the survey is 11.59pm on Friday 16th April.

If this affects your family, please take part in the survey and share this post.

<https://www.surreysays.co.uk/iai/41377978>



Surrey Young Farmers



Do you enjoy spending time outdoors and taking part in a variety of activities? Then why not join Surrey Young Farmers!



You don't have to be a farmer, drive a tractor or even own a pair of wellies! Just be aged between 10 to 26 years old, enjoy the countryside and have an interest in anything active, outdoors and fun!



Surrey Young Farmers give their members the opportunity to try different experiences and learn new skills.

Including a varied competitions program, a great mixture of activities, interclub evenings and activity weekends:

FIND YOUR NEAREST CLUB AND GET INVOLVED TODAY

Beare Green (Wed)

Brockham (Thurs)

Chobham & Send (Thur)

Merstham (Thur)

Dorking Seniors (Wed 16-26 yrs)

Cranleigh (Fri)

Reigate (Fri)

Interested? Please email: sandra@surreyyfc.co.uk or call us on 01737 844528

COLDHARBOUR BIG PLANT SALE

22 MAY 2021

09:00 TO 13:00

Come along to the big plant sale in the centre of Coldharbour village.

Delphiniums, lupins, geraniums, hellebores, poppies, tomatoes, cucumbers, herbs and so many more.
Grown in pots and ready to plant.

The local garden group are growing these especially for this plant sale.

The prices will be fantastic.
More competitive than local garden centres!

Money raised will be put toward the installation of broadband for the village church.

Refreshments will be available from the village shop

APRIL 2021 – CAPEL PARISH MAGAZINE
MESSAGE FROM YOUR DISTRICT
COUNCILLOR – MARY HUGGINS



Council life has been busy, Zoom meetings and then Teams meetings and then phone calls, and an ever overflowing email inbox! We are still working hard on the Local Plan with further information coming, hopefully, in June.

I have had some questions regarding bins and recycling – if you go to www.molevalley.gov.uk you will be able to find out most things you need to know.

I also need to talk about dog poo! There are some dogwalkers who pick up after their dogs and then don't put the bags in the bins, leaving them in the countryside, often hanging on trees. I do have to say that there is no Dog Poo Fairy who removes them and it is a really unpleasant habit. Please do dispose of these responsibly.

We were very excited at Arts Alive to have won a national award from Hearts for the Arts for one of the best projects last year – Arts e-Live, put together at relatively short notice when we realised that our live Arts Festival would have to go online. I was so proud to receive this at a virtual ceremony from the Actor and Director, Sam West. If you would like to know more about this great Community Festival – moving into its 25 th Anniversary Year this year, please get in touch.

One of my jobs as Chairman is to raise flags – usually outside the Council Offices in Dorking – but on 8 th March I did this online, making a video at home and learning about green screens, so that the Commonwealth Flag was there for all to see as a backdrop. One of the good things about this different year we've all been through is the fact of learning to do things differently, and, sometimes, better. Always good to have new skills.

And now the sun is shining – and Spring is officially here. We are all coming out of a strange, long and hard winter. A great many of us have had our vaccinations and there are more and more getting them every day. It is time for optimism.

Mary Huggins
Chairman, Mole Valley District Council
Councillor for Capel, Leigh and Newdigate Ward
01306 712303/07711369569
councillor.huggins@molevalley.gov.uk

Breast screening for Dorking residents

There seems to have been a problem for ladies in the Dorking area who were recently invited for breast screening. Instead of the usual venue in Dorking, the mobile unit was not available and people were being asked to attend other venues including Cobham, Redhill, Epsom or Guildford. That means a lot of people had the inconvenience of travelling quite a distance.

I queried this and was told that it was because the mobile breast screening unit could not find a suitable place in Dorking with water and electricity. I raised this as a problem for the ladies of the southern end of Mole Valley. With the help of other Mole Valley cabinet members, Margaret Cooksey and Elizabeth Daly, Surrey and North East Breast Screening has now been contacted and offered a Council site and we have been assured that for the next session the mobile unit will return to Dorking.

The other problem was that this time, ladies had to telephone to make an appointment instead of being allocated a slot. It is so easy to forget or to mislay that letter. If anyone did miss out, they can still telephone 0333 200 2062 to arrange an appointment.

It is really important for women between the ages of 50 and 71 to be screened regularly because early detection helps save lives. There should not be any barriers put in the way of this happening.

Lesley Bushnell
District Councillor for Capel, Leigh & Newdigate



The Crown Creative In Capel

To make your Easter walks more enjoyable The Crown Creative in Capel have been busy crafting Easter related decorations and hiding them around the village for you to find!

They will be on display for 1st April 2021.

So...if you spot an egg, Easter chick, Easter / Spring flowers (knitted or crocheted) then please take a photo and send it in!

capeleditor@gmail.com



CAPEL CHORAL SOCIETY:

Singing at the end of the tunnel?

In a 'normal' year, Capel Choral would be holding its final few rehearsals before the Leith Hill Musical Festival, but sadly choral singing as we knew it has been on hold for the past year, and the next Festival will not take place until 2022.

However, with the announcement of the 'road map' for the easing of the Lockdown, the light at the end of the COVID tunnel is brightening, together with prospects for 'live' singing later this year.

As previously reported, Capel Choral has not been idle over the past months, having been holding Zoom based rehearsals on it's regular Monday evenings. These have recently been focussed on learning Fauré's Requiem.

The Leith Hill Festival has also endeavoured to fill in the gap left by cancellation of its events. The first of these back in December was a 'Carol Fest' via Zoom which was 'attended' by over 160 who enjoyed singing popular Christmas Carols. More recently, in place of the scheduled performance in March of Bach's St Matthew Passion, over 300 took part in a very enjoyable Zoom event hosted by Festival conductor Jonathan Willcocks. Jonathan played recordings of some of the work, inviting singers to join in with choruses, and talked about the background to the work and Bach's life.

The next Festival Zoom event, on 9 th April, will take the form of a conversation between Jonathan Willcocks and former Festival conductor Brian Kay, now LHMFP President, on the subject of Brian's recent book, Music, My Life. The book is very enjoyable and readable, and Brian is an excellent raconteur so this should be a fun evening.

Please contact the Capel Secretary, Rosemary Goddard, for details of Zoom meetings, and if you would like to know more about Capel Choral Society: rosemary@stylehurstfarm.com , or telephone 01306 711259.



Capel Friends of St Catherine's Hospice

The present committee are stepping down.
Would anybody like to take over running of this much needed charity?

If you would like more information, please contact
Janet Stenson 01306 713319

Ian Moir

<https://leithconstructiondorking.com>

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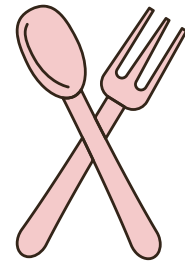
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April 2021

Sunday Lunch

This recipe for roast lamb is great to stick in the oven on a Sunday morning, go into the garden or go for a walk (with or without a dog!) and when you come back home the house smells amazing. Lunch is ready. How good is that! Follow it with a pudding to please everyone too.

Slow Roast Shoulder of Lamb with Potatoes and Onions

Serves 6

Ingredients:

1 shoulder of lamb (about 2kg)
6 large waxy potatoes - peeled and thinly sliced
3 onions thinly sliced
Leaves from a bunch of thyme
3 or 4 cloves of garlic peeled and cut into slivers
600ml of chicken stock
Salt and pepper
Optional - Several small sprigs of rosemary

Method:

1. Preheat the oven to 275F/140C/120C fan/Gas Mk1
2. Mix the potatoes, onions and thyme leaves together in a bowl and season well with salt and pepper.
3. Roughly layer the potatoes and onions in a roasting tin and place the lamb on top skin-side up.
4. Use a small knife to pierce the lamb all over and push the slivers of garlic in so that they don't stick out and burn while the meat cooks. If using the rosemary, push small sprigs in with the garlic.
5. Pour the chicken stock over the lamb and place in the oven for 4 to 5 hours by which time the potatoes should be crisp on top and soft underneath.
6. When cooked remove the lamb from the oven, cover with foil and set aside to rest for 20 minutes before carving.
7. Serve with any green vegetable.

Tray Baked Meringue Pudding:

Serves 6 Vegetarian and gluten-free.

Ingredients:

For the filling:

400g (approx. 6) plums - stoned and cut into 4 pieces each
600g pears (not too hard) - peeled, cored and cut into 6/8 pieces each
75g caster or light muscovado sugar

For the meringue:

4 large eggs - separated
200g caster sugar
1 tsp cornflour
1 tsp white wine vinegar
1 tsp vanilla extract

Method:

1. Preheat the oven to 275F/140C/120C fan/Gas Mk1.
2. For the filling place the plums and pears into a baking dish or tin approx. 20x30cm. Sprinkle with either the caster or muscovado sugar.
3. For the meringue, put the egg whites into a large bowl and whisk until you have soft peaks. Gradually add the 200g of caster sugar one tbs at a time whisking well after each addition until the mixture is stiff and glossy. Add the cornflour, vinegar and vanilla and whisk until just combined.
4. Use a table spoon to drop spoonfuls of the meringue mixture on top of the fruits until covered.
5. Bake for one hour until the meringue is crunchy on the outside. It will be soft and marshmallowy on the inside and the fruits will have made a lovely sauce.

Serve warm or cold with cream or ice cream or both!

Options for other fruits:

Rhubarb with orange zest and stem ginger.
Mixed berries.

Fruit & Vegetables in season now:

Purple sprouting and tenderstem broccoli, spring greens, chard, spinach and water cress.

Rhubarb, lemons and pineapple.



I don't think I could be any more excited about spring!

Nothing beats that wonderful fresh scent in the air and the vibrant greens all around. It's wonderful to see bees busying themselves in the flowers in the warm sunshine.

- weeds are growing like mad now so keep on top of them
 - mulch weed free beds with organic matter
 - apply slow release fertiliser and lightly fork in
 - mow lawns regularly
 - repair bare patches in lawns with seed or turf
 - sow hardy annuals
 - plant sweet peas out on supports. Water well.
 - tie in the stems of climbers
 - prune late flowering clematis
 - cut back penstemons
 - dead head daffodils and tulips as they finish flowering
 - prune winter flowering shrubs
 - cut back lavender plants. Trim to shape but avoid cutting in to old growth
-
- prepare vegetable beds by removing weeds
 - thin carrot seedlings
 - salad plants can be sown under cover
 - plant main crop potatoes
 - sow sweetcorn, squash and french beans
 - plant out onions, shallots and garlic
 - plant tomatoes and cucumbers under glass. Only pot up tomatoes in to the next size pot.
 - feed raspberry canes and fruit bushes with slow release fertiliser
 - top dress blueberry plants with ericaceous compost

Hopefully Easter egg hunts won't be hampered by April showers and we can all enjoy some time outside again.

Sally Griffin



Capel Horticultural Society



We are sorry to advise you that, due to the limit on attendees, we shall not be staging our Plant Sale next month as planned. Even more disappointingly, after numerous Committee Meetings, the decision has been taken not to run the Capel Show again until August 2022. Despite the government's plan to lift all restrictions from 21 June, the uncertainty of both future government policy and the very nature of the path COVID takes really left little alternative. Of paramount importance is the safety and well being of all those involved with the show as well as our villagers and visitors from further afield. Whilst, like all those reading this magazine, we are desperate to bring some normality back to the life of our community, we feel it prudent to wait a while longer.

Do keep growing your splendid fruit, flowers and vegetables. Even if they cannot be exhibited at the show they will certainly be enjoyed at the table or in the garden. Take a few minutes to read Sally Griffin's gardening column in this magazine and keep an eye on our website, especially for Chris's Tips - a monthly guide to what to do in the garden. We may also be able to arrange some talks later in the year and details will, in due course, be found on: www.capelhorticulturalsociety.org.uk



I would like to thank the anonymous person or persons who have been leaving flowers at my front door for several weeks now
It is so very kind of you and has given me a lot of pleasure.
What caring people we have in our village
Much appreciated
Jean Gardner

Woodpeckers



Current in-depth discussions about sporting injuries resulting from rugby tackles and heading footballs prompted me to think about head trauma in the Natural World. We may not be able to detect Concussion or Dementia in our Wildlife, but surely Capel's biggest "head bangers" are our Woodpeckers. Fierce drilling into trees is their great pre-occupation - indeed they will select the most effective sounding boards on the trees in their chosen territory to declare ownership of it. That drumming advertises their specific species - Lesser Spotted Woodpeckers (just the size of a sparrow - we have only ever seen one on the Reserve) make a longer, rather weak rattling noise, Capel's more common Great Spotted Woodpeckers produce short fast drum rolls, and anyone who has visited Eastern Europe can never forget the Black Woodpecker's loud machine-gun-like salvos, audible at 2-4km. Of course, Woodpeckers also rely on drilling into trees for nesting holes, and for finding tasty morsels hiding in the bark.

Fortunately Woodpeckers are well adapted for head butting trees. They have sharp, strong bills and a skull which is interspersed with spongy structures which help distribute the incoming force and protect the brain. In addition, the brain fits very tightly into the skull, the small sub-dural space ensuring the brain is not shaken and damaged. And finally, Woodpeckers have a Hyoid bone looping through their nostrils, under and right round their skulls to their forehead, acting like a "safety belt".

On the Reserve, we thoroughly enjoy the showy bright reds, green and gold of our Woodpeckers, together with their lazy, looping flight and yapping calls. It is true that they are predators which is completely acceptable natural behaviour, but what does not seem reasonable is when we humans interfere with the balance of nature, actively encouraging smaller birds to breed in artificial bird boxes that are then scavenged by the Woodpeckers. As a generous Golden Wedding gift last year, we were given bird boxes purchased from a Garden Centre. These were very pretty with slate roofs and a choice of nest hole size, but some of you will recall our distress at young blue tits being targeted as "sitting ducks" in one of these nest boxes last year. And this year when we took down all the bird boxes for cleaning, we found that, despite having secured each one with RSPB hole protectors, there were additional Woodpecker holes and several abandoned nests and eggs from Tits which had been scared into deserting. We are now wondering if our Garden Centre boxes were built from commercially available timbers ie wood grown at speed in warm climates which would be an easy drilling experience for a Woodpecker, rather than slow growing hard woods with more concentrated annual growth rings.

As an interesting study, we are now preparing 2021 "armoured" bird boxes - protected by a range of different recycled sheet metal or plastic strips in addition to the normal entry hole metal plates. It will be interesting to see which of our extra protections do not worry Tits currently looking for nesting sites, yet are enough to deter our drilling Woodpeckers.



THE ARTS SOCIETY BETCHWORTH

OUR APRIL 2021 LECTURE AT HOME BY ZOOM FOR MEMBERS AND VISITORS A FASCINATING HOUR

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

MONDAY 19 th April at 2.30 pm.

The Art of Dance by Jennifer Toynbee Holmes

Since the birth of the earliest human civilisations, dance has been an important part of ceremony, rituals, celebrations, a method of healing and a means of expression and entertainment. Using stills and video clips we take a look at dance as an art form from its earliest beginnings; through the birth and rapid development of ballet throughout Europe, the explosion of modern -dance in the early 20th century a time of unprecedented creative growth for dancers and choreographers and with the growth of post-modernism from the 1960s, the expansion of street dance, hip-hop, break dancing and rock dance.



Jennifer is an experienced guide at Tate Modern and Tate Britain. Having gained an MA in film and television practice, she had a long career as a producer/director, making documentaries and factual programming for the BBC, ITV, Channel 4 and corporate clients. She has lectured at Goldsmiths and Birkbeck, University of London and was a senior lecturer at Southampton Solent University.

Join us on Monday, April 19th at 2.30pm for this stimulating, 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

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April 2021

Cross Purposes

The delivery of the latest edition of this wonderful magazine coincides with Easter this year. Easter is another of those “Christian” festivals that is celebrated by people of all faiths and none. Christmas gives the opportunity for people to over-spend on presents and over-indulge on the food and drink, Harvest brings the traditional supper celebrations and the occasional barn dance and Easter, of course, generates an excess of chocolate! But somehow, they all seem to be at cross purposes with the original heart of the festivals.

Easter is centred around the cross, the universal symbol of the Christian church, and as with all things to do with faith, our ability to accept the paradoxes presented by the cross and its meaning determines whether or not we can accept the message and the messenger. The cross is both a symbol of sacrifice and life; of betrayal and acceptance; of good and evil; of loss and hope; of defeat and victory.



Look at the imagery of the cross. One vertical support and one horizontal. The vertical is an image of being firmly planted in the earth at one end yet reaching up towards heaven at the other. The horizontal speaks of the outstretched arms of Jesus reaching out to the world. There has been much debate about which of these two aspects is the most important. Should we first be looking at the vertical, to be looking

upwards and focusing on God above? Surely, if we have the “mind of Christ” (as St. Paul puts it in his first letter to the Corinthians) then we will be able to better serve those around us. Or should our priority be reaching out to the world, caring for one another, focusing on actions not words? As Jesus taught in his parable on the sheep and goats in Matthew 25, “Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.”

As with many aspects of a walk of faith, things are not either/or they are both/and. Our challenge is to be able to hold those tensions without losing our security. The cross represents the very worst of human actions at the same time as revealing the very heart of God’s love and forgiveness. Evil drove the authorities to execute Jesus but God’s plan was always his resurrection. Good triumphed over bad. Light shone out of the darkness.

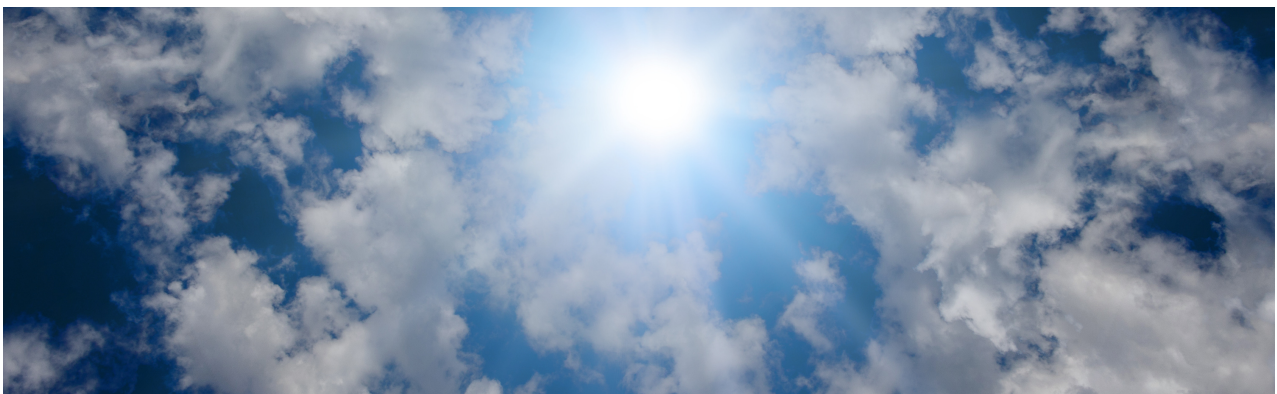
So, how is any of that relevant to us as we pass through the difficult days of the pandemic? Well, it seems to me that whatever you have faced over the past year it is a mirror image of the Easter season. We have all been living through the “Good Friday” experience of sacrifice, upheaval, loss, uncertainty and grief. But “Sunday is coming” - that picture we see in the bible of the Easter resurrection of Jesus, the joy of a new beginning and a realisation that however dark things have looked God lights the path towards redemption, renewal and hope. It’s all a reminder for us to stop living at cross-purposes with God and instead remember the purpose of the cross.

Bob Cranham

(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.)

Breaking news! April’s Café Church will take place in St. John’s on Sunday 11th April at 10.30am.

You’re very welcome to join us.



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Keeping Capel Quizzing

Quiz Mistress Corinne

				4				
		2				9		
	3						8	
			4		7			
2	5		3		8		4	1
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T D W M H H T
 E Y D N A C E
 N E C H I C K
 N Q T N U H S
 O L I L Y G A
 B U N N Y G B
 P A R A D E F

Word to find:

BASKET CANDY EGG
 BONNET CHICK HUNT
 BUNNY DYE PARADE



Q1 : What is the square root of 64?

Q2: What is the collective noun for a group of lizards?

Q3: Who composed 'The Planets'?

Q4: Which country does Rugby player Billy Vunipola play for?

Q5: Which artist painted 'The Kiss'?

Q6: Persian, Bengal and Norwegian Forest are all types of what?

Q1. 8
 Q2: Lounge
 Q3: Gustav Holst
 Q4: England
 Q5: Gustav Klimt
 Q6: Cats



YOUR PHOTOS



During the first lockdown, I spent a lot of my time walking and sketching out of doors in the wonderful spring weather we had last year. This recent lockdown has been set against the backdrop of winter, when the prospect of sitting down on logs and stiles is considerably less appealing (though I did enjoy doing a quick sketch on Christmas morning, sitting on a stile near Hillview Farm, Capel). Instead, I have been doing a

number of mainly quite small, local watercolour studies, some based on photographic references while I have been out walking (something I try to do every day) and others on sketches and old paintings. Our parish council in Capel recently constructed a circular path around our recreation ground, which makes walking practicable even on the most unpromising of days. So I have done a number of views looking across the



recreation ground, mainly to record the skies and profiles of trees and buildings at sunset, which is often a spectacular hour in winter, accentuated by the shapes of the trees in their winter garb. Finally, I thought I would share a couple of paintings derived from my longer walks. One is of a muddy field (doesn't sound very appealing I know!) beyond Temple Elfande towards North Barn, near Lyne

House and the last is a gloriously sunny winter's day at Green Farm, Newdigate based partly on a drawing I did last year.

I hope you have enjoyed this little ramble through a small selection of our local scenery in winter which I often think can be as beautiful as any other of the four seasons for the painter.

Nick Ward





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The Great Capel Easter Pebble Hunt



Have you found an Easter pebble hiding in Capel?

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There are 27 to find! 1 per child.

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