



CAPEL & BEARE GREEN PARISH MAGAZINE

A COMMUNITY MAGAZINE MADE FOR YOU!

AUGUST 2021
DELIVERED FREE TO EVERY HOME

***Our lovely front covers are provided each month by Stan Venitt.
Our Magazine is printed by Rob and his Team from Barkers Print
in Dorking.***



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***



Vicki Harrison - Pond



***Barry Evans - St John the Baptist
Church in Capel***



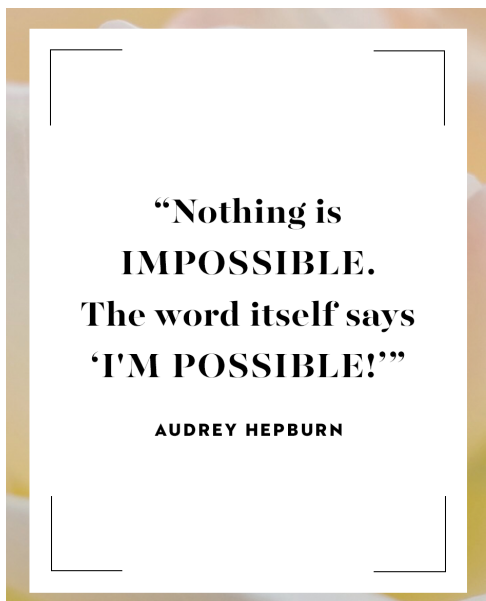
Welcome from the editor...

Just don't give up trying to do what you really want to do. Where there is love and inspiration . I don't think you can go wrong - Ella Fitzgerald.

Welcome back to Issue 8! Each time I write my editorial piece I am amazed at what we have achieved with the magazine in such a short time frame.

I think Ella says it very well! Love and inspiration ensures success! This was one of the reasons I chose to live in such a wonderful village.

This issue has quotes from many famous faces - I chose another from Audrey Hepburn too!



We often use the term 'impossible' in every day language and I feel that it is used too much. I much prefer saying 'not right now'. Me learning how to do a cartwheel is not impossible, I just can't do it right now. With careful planning and practise, I am sure I would be able to have a go at one.

As these strange months have passed by, I have been astonished at the possibilities that have become a reality.

The Capel Market, The Blues Festivals, The Capel Military Show (and this only names a few!)

This shows us that the world is our oyster, if only we keep trying and accept help when and where needed from those willing.

I will be holding a raffle that will be drawn at the Capel Blues Festival to raise money for the magazine. If you would like to donate something to the raffle, please get in touch via email - capeleditor@gmail.com

Tickets will go on sale on Saturday 31st July and will be sold at The Crown or please get in touch to buy your tickets!

As always keep reading and I will see you all soon
Corinne xx





Word on the Street for August 2021.....

So it has now been one month since I gained my Angel wings and crossed the Rainbow bridge . Every Friday I get to help in the kitchen getting the fishy's n chippies ready for all the other puppies here with me. I save the crunchy bits up for my fwriends Reggie and Indy who gobble them up nicely. It must be the beer batter I've got them using now .

We are keeping an eye on our hoomans too, and happy to see they are all doing ok, if a little sad at times.

This month is another busy month with the Capel Market every second Saturday from 8.30-11.30am in the carpark. Lots of lovely things to buy from the variety of stall holders, and you can stop for a coffee and cake in the garden as well.

Quiz night will be the 10th August, always good fun and a few laughs with some of the answers given.

Our coffee morning this month will be Wednesday the 11th 10.30-12noon. We will also be doing a high tea afternoon on Wednesday the 18th from 3pm-5pm You will be able to choose from just tea, tea and a gin and tonic or tea and prosecco. Please make sure to book in for the high tea as there will be limited spaces.

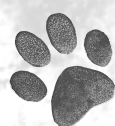
We will be raising money for the Capel Magazine this month and have a few hampers to raffle off. The magazine is free to all households in Capel and though it is offset by advertising it does need the community support to keep it running.

Gin Club will be Thursday the 19th from 6.30pm. £10 per person for a couple of gin samples, some cocktails and some nibbles.

We have the privilege of holding The Capel Blues Festival over the August bank holiday weekend 27th, 28th and 29th. Some great names are down to play, make sure you purchase your tickets from www.capelboxoffice.co.uk so as you don't miss out. And let's all do the sun dance to hope for great weather.

Well I'm off to see if I can sneak a burgie now, then out to play ball.

I'll keep an eye on what's going on and let you all know any events that are coming up.



Puppy Kisses
Gladys Cooper Bullydog Angel
and the Crown Team xox





Liz's Letter



The so called 'Freedom Day' has been and gone and I wonder what if anything that means for you? For us at our churches I don't think anything much will change at our regular Sunday worship week by week. The law may have changed but I get the sense that most people wish to proceed with caution, especially as the infection rate continues to climb. By the time you read this our PCC (Parochial Church Council) will have met to discuss in more detail as we now have the Church of England 'take' on managing churches following the lifting of government restrictions on July 19th. All is now possible but is it wise? This is the fine line we have to try to walk so that we can play our part in keeping others safe inside our buildings. For those who are acquainted with St Paul, he wrote to the church at Corinth "All things are lawful" but not all things are beneficial! Words for us today perhaps?! Anyway be assured that we will be considering how to proceed so that all people can feel safe and protected, particularly the vulnerable in our community. For what we call the occasional offices, baptisms, weddings and funerals, these may well have to be considered on an event by event basis. It will be interesting to see how the next few weeks go as the country adjusts to the end of lockdown rules.

We certainly live in an age of uncertainty at the moment so I am pleased to be able to tell you about an event happening in Dorking on Saturday 25th September - 11.45 - 12.45pm at the Dorking Halls. The Archbishop of Canterbury is coming to visit us and this will be a unique opportunity to put questions to Archbishop Justin and hear him speak on how to find security and hope in uncertain times. It is a free event and you can book free places at [BigQuestions- Dorking.eventbrite.co.uk](https://www.bigquestions-dorking.eventbrite.co.uk) . For further details please do email me at liz@hostmyserver.co.uk especially if you have a question to put forward and I will help you with that. Also please contact me if you would like someone to take you, book you a place especially if you are not online. For non online please contact me on 01306 711260.

It has been wonderful to have welcomed many of you back to teas again on Sundays and congratulations to St Margaret's for their first tea afternoon which was a huge success last month. You will see that there is another one at the beginning of this month and the beginning of September too. Capel continues to hold teas twice a month and of course on bank holiday Mondays.

We have had to say farewell to some more old friends in our parish in the last month. Many of you will know Bernie Osborne from her days in the Holmwood and Capel, no doubt lending a helping hand. We will be holding a thanksgiving service to honour her life later this month on

Saturday the 28th August. Tony Judge for whom the little animals in the hedge outside his home amused many sadly died and there was a wonderful send off for David Markham, a much loved member of the farming community and surrounds as he was laid to rest in the churchyard recently. We also said farewell to Lt. Col. Douglas James, described by his family as ‘a true, officer and gentleman to the end’. What a privilege it is to do these services for these and many more from different walks of life but all with one thing in common, loving Capel and this area, and contributing much to the lives of others through their lives. At the other end of the scale we have welcomed several young children to be baptised this last month. I had to really brush up my skills as it has been a long time since we have been allowed to baptise anyone apart from in an emergency situation. Again such a privilege to welcome these young lives starting out on their journeys of faith.

So wherever you find yourself during this traditional holiday month, whether your days are mapped out for you as duty calls or as the opening prayer of the Church of England Morning Daily Office describes; ‘the night is passed and the day lies open before us’, we are all on a journey of some kind or another. I pray that you will find rest and refreshment knowing that God’s love surrounds you.

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



Rainfall on Aldhurst Farm



2020	mm	2021	mm
January	96	January	137
February	174	February	68
March	58	March	40
April	51	April	13
May	8	May	107
June	68	June	117
Total	455	Total	482
	17.91 inches		18.97 inches

Monday 28th June - 32mm in 45 minutes

John Dale

CHURCH SERVICES AND EVENTS FOR THE PARISH OF CAPEL AND OCKLEY - AUGUST

SUNDAY	1ST	TRINITY 9
	9:30AM	Morning Worship at St Margaret's Ockley
	10:30AM	Morning Worship at St John's Capel
	2:00PM	Teas at St Margaret's Church, Ockley (2pm - 5pm)
SUNDAY	8TH	TRINITY 10
	9:30AM	Holy Communion CW at St Margaret's Ockley
	10:30AM	CAFE CHURCH at The Crown Capel
SUNDAY	15TH	TRINITY 11
	9:30AM	Matins at St Margaret's Ockley
	10:30AM	Family Communion CW at St John's Capel
	3:00PM	Teas at Capel Church (3pm - 5pm)
SUNDAY	22ND	TRINITY 12
	9:30AM	Matins BCP at St Margaret's Ockley
	10:30AM	Family Communion CW at St John's Capel
SATURDAY	28TH	Service of Thanksgiving For the life of Bernie Osbourne
	3:00pm	
SUNDAY	29TH	TRINITY 13
	9:30AM	Holy Communion BCP at St Margaret's Ockley
	10:30AM	Morning Worship CW at St John's Capel
	3:00PM	Teas at Capel Church (3pm - 5pm)
MONDAY	30TH	
	3:00PM	Teas at Capel Church (3pm - 5pm)

SEPTEMBER

SUNDAY	5TH	TRINITY 14
	10:00AM	Matins at St Margaret's Ockley
	10:00AM	Family Communion CW at St John's Capel
	2:00PM	Teas at Capel Church (2pm - 5pm)

BCP - service is from The Book of Common Prayer 1662

CW - service is from Common Worship 2005

COVID UPDATE

It is most likely that we shall still be observing social distancing inside our churches and advising that people continue to wear face masks as well as the other important precautions we will be putting into place as the Parochial Church Council discuss how to implement the latest government and Church of England advice.

FROM THE REGISTERS
St John the Baptist Capel

Holy Baptism

We welcome into the family of the church

Elsie Carol and Emily Susan Tottman - Kidd
11th July 2021

Theodore David Stratford
17th July 2021

Ivy Coomber
25th July 2021

In Memoriam

We mourn the loss of

Berniss Bula Priscilla Osbourne
30th June 2021

Lt. Col Douglas Keith James
5th July 2021



Poem for Gladys

Of all the heartaches life begets,
the very worst is losing pets.

Gladys ,pup you were a star
you greeted customers ,
ruled the bar.

In the garden with your ball
Splashing in your paddling pool.

Now you've crossed the Rainbow Bridge
they'll be more burgies in the fridge.

We'll miss your parties ,balloons and hats ,
Your union bed with cosy mats.

Rest in peace dear Wrinkly one
Run with your friends have Heavenly fun.



Mel Simmonds



Essential Oils - Could they be your new normal?



I think it is fair to say that most of us have been forced to get reacquainted with nature this last year? You may have walked more and appreciated the nuances of nature in new ways. In the season changes, the weather, the signs of new life and the place of connection. The garden and open spaces have offered us all a lot over the last year and a half. The great outdoors has been a gift to us physically and mentally. A space where we can get grounded and maybe reassured that things weren't always going to be this way. Today I want to share with you how essential oils could be nourishing and therapeutic tools in your everyday life, and how they could become something you reach for as a new normal.

As a Health Coach who has been on my own personal journey of health and healing I have come to use essential oils everyday. Essential oils are the life-blood of plants, they are trusted truth-tellers in our modern world and have been used for centuries to support physical, emotional, and mental health concerns. I call them truth-tellers because they are the essence of the plant they come from. The lavender plant can't produce peppermint oil and the basil plant can't give us lemon oil. They are according to their kind and can be trusted because of this. In short they are being wonderfully themselves.

I work with DoTerra essentials oils which are therapeutic grade oils, meaning they can be used internally, topically and aromatically because of their purity. Essential oils come in little bottles, you can find them in many shops but what is often the case is that the purity of the oils can be compromised in some way due to the carrier oil they have placed in or where they have been sourced from. As a consequence the therapeutic qualities of the oil can then be compromised.

DoTerra essential oils are 100% "essential". Each little bottle even has a number on it that you can track back to the land, the farmer and the distillery. They don't come in a carrier oil although some of the blends and the roll-on oils have been pre-diluted for ease of use. I use these oils in my personal life and in my work as a Health Coach because to me they are little bottles full of concentrated super powers found in nature. They offer us messages of health and meet us exactly where we're at. They work on the cellular level of our bodies and can benefit our health when it comes to stress, anxious feelings, digestive concerns, sleep issues and aching muscles.

So, whether it's lavender, peppermint, or lemon, oregano, frankincense or the relatively unknown essential oil copaiba, there really is something for everyone. They can support focus, energy, and are naturally antimicrobial and they are safe to use on kids too. They are a wonderful way to connect with the needs inside us and promote a sense of calm.

In a world where many things were taken away over the last year it is time to reclaim the things that can be nourishing and good for us. Things that will support us whatever the day brings or the future holds.

Join me for The Crown's first Well-Being Event with Health Coach Sally on Tuesday 17th August 2021 at 11.30am for a short well-being talk on how to use essential oils in your everyday lives. Refreshments will be available from the bar and samples of essential oils will be available for a suggested donation.

For more information or to contact Sally directly please visit www.healthcoachsally.com or email sallycranham@gmail.com



Stoolball Update 2021



Last year no games were played, only an outdoor meeting which kept us all in touch.

This year the Surrey Stoolball teams elected to play some friendlies, so we could practise.

There were also county matches and a Surrey Cup game. Beare Green team have set up a few games and they have played 3 games so far with Dorking and Cranleigh.

Three other cancelled due to the opponent team being short of players on the day.

There is a friendly home game with Womersley of the 19th August (hopefully) and a cup game at Oakwood Hill on the 27th August,

There is the Usual tournament in September and teams will decide if they are going to play by the end of July.

Hopefully we will be back to normal next year

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Capel Cricket Club



We are well into the season now so thought it was time for an update. As I write this, the Saturday 1st Team are top of Division 1 having won all 8 of the matches they have played. There has been some outstanding performances and hopefully they will win the Surrey Downs League for the first time since 2000.

The Second Team and Sunday Sides are bleeding a lot of youngsters that have come through the Junior set up. This is great to see and it's amazing how many young players at other clubs we play, have started their cricket at Capel.

The Junior Section is going very well. We have age groups from the All-Stars Programme 5-7-year-olds and then teams at Under 8s, 9s, 11s, 12s, 13s, 14s & 17s. In all we have around 100 boys and girls which is fantastic.

The ladies squad seems to be growing in number and are now playing regular matches. The enthusiasm and skill is certainly there for all to see.

The ground is looking great and some new equipment has been purchased to help with the upkeep of the rec. There is a big team of helpers. Always seems to be a lot of helpers when the 1st Team are winning!

Membership is on the up. It hasn't been easy as we had a small delay in opening the bar as we were awaiting on a slight change to the licence. This was done so we could provide a limited offering by serving in plastic cups through the window whilst being Covid safe.

We have also been one of the first clubs to re-introduce cricket teas. Slightly different in that individual plates of food are prepared rather than the standard buffet, but quality is still extremely high.

One new addition has been the live screening of away games that are now fed back to the club via our Facebook feed. It's great that people can watch a bit of Capel playing Cricket from all 4 corners of the world.

Unfortunately over the last couple of months we have lost two of the club's longest serving members and characters, with the passing of John Jaques and David Markham. This is a big loss to the club and stories keep emerging and I am sure will continue to do so.

Both were very influential and held roles such as Secretary and Treasurer for many years. They were fundamental in the setting up of the Second Team and entering League Cricket. Both could be seen at the club on a regular basis and with the emergence of so many games at adult and youth level, JJ practically lived at the club during the summer. We will toast them both when the time is right.

There are photos and other memories being found. Including David's collection of Fixture Cards that go right back to 1947. Interesting to see some of the fixtures and many were against sides we still play today. Also interesting in the 1947 card that the Headquarters of the Club was noted as "The Crown Inn" with the then Landlord being the Clubs Treasurer. E.S. Ellis

Please feel free to pop over and watch some cricket. Fixtures can be found at <https://capelcc.play-cricket.com/Matches>

Anthony Birch



Christopher David Markham, known always as David or "Head Office"

David sadly died suddenly on the 29th of May, 2 days before his planned heart operation. He lived his 83 years in Capel, where he farmed for the majority of this time, and from a very young age was associated with and thoroughly enjoyed his time spent at the Capel Cricket Club.

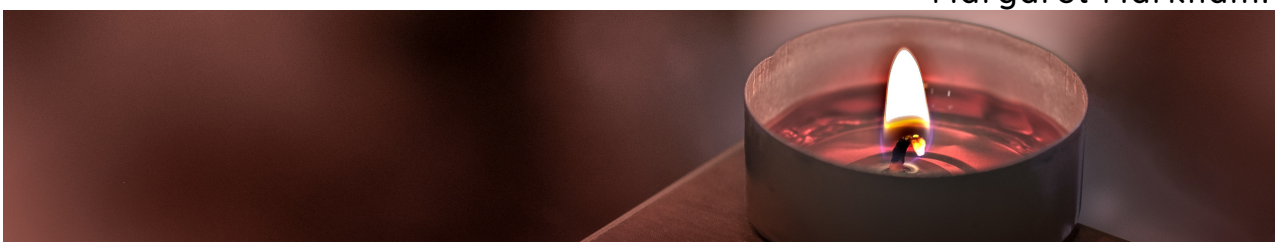
His funeral was held at St John the Baptist Church on the 2nd of July. Although the number of people who could attend was restricted because of the Covid-19 regulations, it was wonderful to see all the people who gathered outside and who had come to pay their respects to David

The sun shone and the bells pealed and this was a great comfort to us all.

Simon and Alison Robin and Wendy, Davids sisters, Barbara and Caroline, and I would like to thank everyone for the generous support that they have shown to us, and the help that was given to make the service of Thanksgiving so special

Thank you.

Margaret Markham.



Whilst summer seems to be reluctant to arrive, gardens around the village are looking glorious (all that rain serves a purpose) and bringing us pleasure. Have you been checking our website for regular monthly gardening advice from Chris's Tips? www.capelhorticulturalsociety.org.uk

Whilst on the site you will also find a great activity to help entertain and educate youngsters during the holidays. We are inviting all local children of infant and primary school age to take part in our Summer Activity Challenge. If you do not already have a copy of the challenge, simply head to the website to download. We hope children and parents will have fun getting out and about, discovering and doing, finding and making and look forward to seeing the resulting entries in September. There is a prize for every child that enters and the overall winner receives a family ticket to visit the British Wildlife Centre at Lingfield.

Looking further ahead, we have invited Angela & Graham O'Connell to present a talk in Capel Memorial Hall on Tuesday 30 November. "Beyond the Garden Gate: The National Garden Scheme Past & Present" will give us an insight to the history of the NGS and illustrate some gardens that open in our area. Whilst entry will be free there will be the opportunity to make a charitable donation, the beneficiaries being nursing and health charities such as Macmillan and Marie Curie. Do please mark your diaries. 7.15 for 7.30pm.

In the September issue of the Capel Magazine we shall be giving details of an autumn Pumpkin Pageant and an evening of making Festive Willow Decorations in early December. Whilst having to cancel our traditional shows this year, COVID has not impacted our drive and creativity so do please look out for more details and, most importantly, come along to our events.



Jane Major

DORKING MUSEUM IN AUGUST

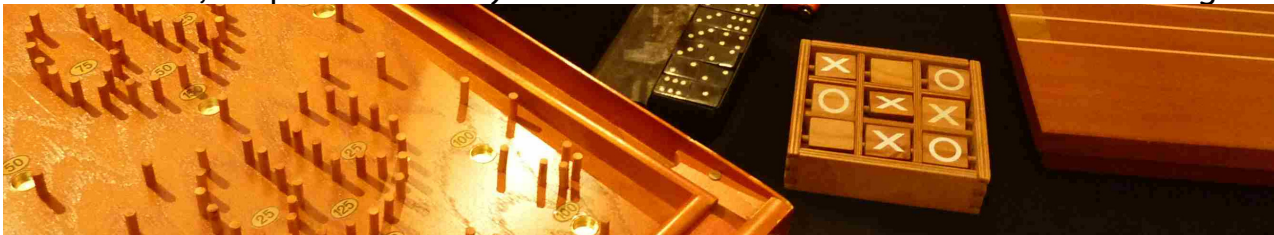


The team at Dorking Museum is looking forward to an August of summer weather and relative freedom from the restrictions of recent months. The programme for August includes indoor, outdoor - and underground - events: something for everyone.

The Museum's permanent exhibition celebrates the history of the town and surrounding villages, exploring local themes from the age of the dinosaurs through the medieval marketplace, the Mayflower pilgrims, the great estates, local commerce, sport and leisure activities, two world wars, the women's suffrage movement, the music of Vaughan Williams, the elegance of Wedgwood china, the development of synthetic penicillin, and so much more.

Take an opportunity to see our current special exhibition (until early September), 'Forster@50', commemorating the 50th anniversary of the death of the writer E M Forster, best remembered for his novels but also a prominent political and environmental activist. Resident in Abinger Hammer for over 20 years, we explore his life locally, the local cultural and charitable initiatives he took part in, his famous local associates and the impact of the area on his novels.

Summer Family Activity: The Museum's family activity this summer features 'Fun and Games of Yesteryear'. Come along to the Museum and have some old-fashioned fun, finding out what games people used to play. Wooden board games, like bagatelle or shove ha'penny, noughts and crosses or tangram and others will be available to play during museum hours until 28th August (but subject to any change of covid restrictions, so please check). This is free with normal admission charges.



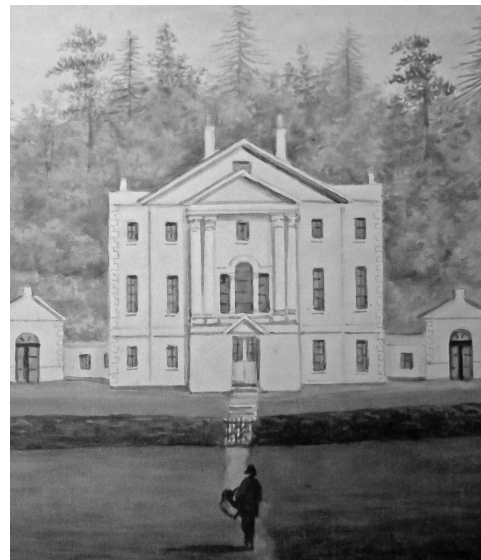
Caves Tours: Having been closed since 2019 because of the pandemic, July saw the long-awaited re-opening of one of Dorking's most historic tourist attractions. Under Dorking's busy streets lie the 17th century South Street Caves complete with graffiti carved into the walls, the oldest dating back to 1666. The caves themselves are thought to be even older, with well shafts possibly Medieval in origin. Within the tunnels, the wine vaults have 19th century brick wine bins capable of storing around 700 bottles. A series of staircases, galleries and chambers lead down to the 'Mystery Chamber', 50 feet below street level and possibly used in the late 17th century for political, criminal or religious gatherings.

A visit to Dorking Caves is one you will not forget. Tours last 45 minutes. This month's open day is on Saturday August 28th , with tours at 10am, 11am, 1pm and 2pm. Details and booking through www.dorkingmuseum.org.uk/south-street-caves/. Tours are also bookable by appointment for any group or organisation, family or friends - email caves@dorkingmuseum.org.uk to arrange a date.



Walking in Dorking: Above ground, the Museum offers a popular programme of guided walks in the town and surrounds - join a scheduled walk or organise a group walk with family or friends at a time to suit you. Scheduled dates for August include The Deepdene Trail on Tuesday 10th and Sunday 15th ; and Betchworth Castle on Sunday 22nd : both offer exclusive access to features not normally open to the public. In the town, a Mayflower 400 Walk (Dorking in the time of William Mullins), Sunday 1 st ; and a walk combining highlights of the Mayflower and Hidden Dorking itineraries, Tuesday 3rd . All these walks start at 2pm and take 90 minutes. Please see the website for details and booking, for dates of other scheduled walks and for group bookings (dorkingmuseum.org/guided-walks-around-dorking/).

Lonesome Lodge Live! On September 5 th , Dorking Museum is offering a unique charity fund-raiser in conjunction with the charity Yes to Life: a guided walk to explore the rediscovered site of a wealthy gentleman architect's idyllic and lavish retreat in the Tillingbourne Valley and to hear its fascinating story. The walk, much of it on private land, will be led by Robin Daly, one of the authors of the recent book 'Lonesome Lodge: A lost Palladian villa'. Numbers are limited and, at the time of writing, only a few places remain. Check the Museum website for availability and details of the walk



<https://dorkingmuseum.org.uk/lonesome-lodge-walk/>) or to buy a copy of the fascinating book (<https://dorkingmuseum.org.uk/dorking-museum-books/>). The Museum is at 62 West Street, Dorking RH4 1BS. Thursday, Friday, Saturday 10am-4pm. Visit www.dorkingmuseum.org.uk. Enquiries to admin@dorkingmuseum.org.uk or phone 01306 876591.

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What's on in Capel?



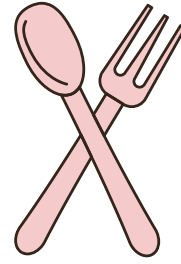
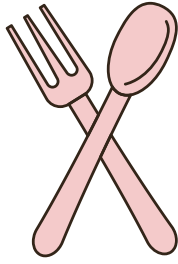
Welcome to a new section in the Capel & Beare Green Parish Magazine. Each month we will publicise events that will be happening in and around our lovely parish!

If you have an event you could like to be advertised (costs may apply), please email capeleditor@gmail.com for further information.

- Sunday 8th August - Teas in Capel @ St John the Baptist (2pm - 5pm)
- Tuesday 10th August - Pub Quiz @ The Crown, Capel (7pm Start - £5 per team of 4)
- Saturday 14th August - Capel Market @ The Crown, Capel (8:30am - 11:30am)
- Sunday 15th August - Teas in Capel @ St John the Baptist (3pm - 5pm)
- Thursday 19th August - Gin Club @ The Crown, Capel (£10 pp)
- Saturday 28th August - Capel Market @ The Crown, Capel (8:30am - 11:30am)
- Friday 27th, Saturday 28th & Sunday 29th August - The Capel Blues Festival @ The Crown, Capel (more info can be found via Capel Box Office)
- Sunday 29th August - Teas in Capel @ St John the Baptist (3pm - 5pm)

DON'T FORGET

- Summer Activities Treasure Hunt - 18th September (see page 12 for more information)



August 2021

THE ITALIAN JOB!

Surely one of the most versatile of all the summer vegetables, the courgette (or zucchini) is great griddled; stuffed; essential in a ratatouille; sliced, fried and stirred into pasta; grated in fritters or spirals into “spaghetti”. I love them! Try to find the smallest you can when buying them and if you’re growing them just don’t let them get too big. There’s always one that gets hidden in the leaves and you end up with a marrow!

Zucchini Trifolati:

Serves 4/6 - Vegetarian/Vegan - Gluten Free

Ingredients:

- 1.2 kilos of courgettes
- 4 tbsp of extra virgin olive oil
- 4 cloves of garlic finely sliced
- ½ tsp dried chilli flakes (more if you like things a little warmer)
- 1 tbsp white wine vinegar
- A good handful of mint leaves picked off of the stems
- Salt & black pepper
- Bread of your choice for serving

Method:

1 Cut the courgettes into 1cm/½ inch slices. Cut the courgette in half lengthwise if they are particularly large. Heat a large pan over a medium heat. Add the olive oil and garlic. Fry for a minute or two until the garlic starts to turn golden then add the courgettes and chilli flakes, season and stir to coat in the oil. Fry for a few minutes, then turn down the heat to low.

2 Cook the courgettes for around 35-45 mins or until they are creamy and broken down. Don’t stir too much to start with, just occasionally to stop them sticking to the bottom of the pan. They are ready when the courgette pieces are creamy and gooey in the middle and a little golden around the edges. 3 Stir through the vinegar and season again then tear the mint leaves and put them in. Leave to cool.

4 Serve on toasted bread of your choice. Try ciabatta for an authentic Italian flavour.

Cook's Notes:

A truly delicious way to serve these little beauties. Can be made the day before and kept covered in the fridge. Bring to room temperature before serving. This is also really good warmed and stirred through pasta as well.

Courgette Risotto Cake:

Serves 4/6 - Vegetarian - gluten-free (if using GF breadcrumbs)

Ingredients:

20g butter plus extra for greasing baking tin
3 tbsp fresh breadcrumbs
250g risotto rice
1 onion, finely chopped
2 cloves garlic, finely chopped
400g courgettes, grated
3 large eggs, beaten
50g pecorino cheese, grated
125g mozzarella cheese, grated
25g basil leaves, torn
Salt and black pepper to season

Method:

1 Preheat oven to 200C/180C fan/390F/Gas Mark 6. Grease a 23cm, loose-bottomed cake tin and sprinkle the breadcrumbs over the base of the tin.
2 Put the rice in a saucepan and cover with cold water. Bring to the boil and simmer for 10 minutes then drain.
3 In a large frying pan, melt the butter over a medium heat then cook the onion until starting to soften. Add the garlic and cook for a few more minutes. Add the courgettes and cook for a further 6-8mins until tender then transfer to a large bowl.
4 Stir in the rice, eggs, both cheeses, the torn basil leaves and season. Spoon the mixture into the tin, pressing it down firmly and smoothing off the surface.
5 Put in the oven and bake for 25 mins until set, golden and a little crispy on top. Allow to cool in the tin for 5 mins before turning out.

Cook's Notes:

Lovely warm with salads as a main course or equally delicious served cold for picnics or lunchboxes.

Fruit and veg in season now:

Courgettes, summer squashes, beetroot, tomatoes, runner and French beans & sweetcorn.

Apricots, nectarines, peaches, figs & watermelon.

Judy Cranham



Evergreens

It seems a lifetime away since I last wrote in the Capel & Beare Green Magazine. The past 17 months have been extraordinary. Not in our wildest imaginings could we have predicted what life has been like. Our Evergreens weekly meetings stopped just before the lockdown was announced. In my naivety I thought if we closed for four weeks we would be able to resume afterwards. At the start, with such good weather, it didn't seem so bad. Well, that's apart from the Toilet Roll famine. The utter stupidity of the whole situation was hard to comprehend! I was worried how our members would cope with not being allowed out, or maybe not being able to get their shopping. I quickly found out that the shopping was covered but I was still worried about the loneliness for those members who live alone.

I had to find a way to keep us all connected so I decided to write to every member. Obviously there wasn't anything to report in regards of any future events. I started to tell them about my ideas at home to make life better. My husband and I had weekly Going Out/ Staying In dates. We themed them and dressed accordingly with an appropriate meal as well. We enjoyed such things as Christmas Day, complete with tree, decorations and Christmas Jumpers, a Captains Gala dinner on a Cruise, a Caribbean Beach Party, we enjoyed some Rum Punch at that one. We also had Pirates of the Caribbean, a Mad Hatters Tea Party, Back to School complete with School Dinners and a Maths test. There were many more. All of them included in my monthly letter. At our weekly club meetings we give a Happy Birthday for any members with a birthday in that week. In the letter I gave birthday greetings for members whose birthday was that month. I have continued to write the letter all the way through the pandemic. I have received many letters and phone calls from the members that express how much it has meant to them to have that connection. The August letter will hopefully be the last one!

We are making plans to reopen our weekly meetings. We have tentatively marked Monday 6th September as our 'Welcome Back to Club' meeting, subject to Boris giving the green light of course. We think that will be enough time for things to settle down after the lifting of restrictions. Our members can also look forward to a much improved Village Hall. There has been a lot of hard work put in to make it brighter and more up to date and user friendly . Obviously we have a relatively short 'rest of the year' programme but we will try to make it as varied as we can. Myself and the Committee look forward to seeing everyone again. We are always happy to see some new members too.

If you would like to come along and chat to myself or any other committee member then please do, we are open at 1.30 for members to register, and 2pm for the start of Club.

Lastly, I would like to give huge thanks to Vanda, Vicki and their team at The Crown for the fantastic Charity Coffee Mornings that they have put on. Even with restrictions still in place we have managed to get out and see people we hadn't seen in many months. Thank goodness for the Vaccine! It was like a meeting especially for proud 'Double Dosers'.

Pat Morgan
Evergreens Chairperson



Are you part of a club or society in or around Capel?

Then we would like to hear from you!

Please get in contact to tell us what your club or society have been up to - you can provide us with regular updates each month too!

If you are interested, please email your article to capeleditor@gmail.com

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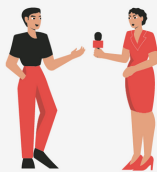
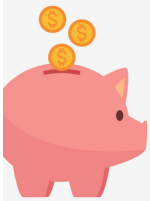
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My Life as a Chimney Sweep
David Parker



Part 4

Problems contd.

In West Chiltington I had to work out why smoke came back into the room when the customer tried to light the fire. I had swept the chimney a few weeks earlier and there had been no problems. Looking up the chimney I could not see anything that might cause this. There was no obstruction. The customer had not fitted any new windows or doors. I carried out various tests and the smoke went up the chimney with no effort. I could not work out what this could be to start with. On asking more questions I established that they had a new kitchen fitted with an extractor over the cooker. The husband was trying to light the fire while his wife was cooking dinner. The extractor was drawing the smoke through the house

A similar one in Cranleigh was a house where there was double glazing and tight-fitting doors, but the fire had worked well for several years. Again, it was not long after I swept the chimney, I had a call to go and work out why the fire should smoke all of sudden. After several tests, it was obviously not enough air coming into the house. It suddenly dawned on me that the customer had fitted new flooring over the old floorboards, the fire had drawn its air through the gaps in the boards, the laminated floor had blocked this. At one house that was well sealed the wood burner would work well for ten to fifteen minutes and the fire would start to smoke, the reason for this was lack of ventilation and a vacuum being caused by the fire.

In the last episode I concentrated on ventilation and air coming into the house.

The fitting of cowls and bird guards can change the dynamics of a chimney dramatically so it essential that the correct top is fitted. In many cases builders fit the wrong type of cap which restricts the smoke from leaving the chimney. I have had a case where someone fitted a wood burner with a gas terminal on top of the liner.

In Billingshurst I found a case of a builder had fitted a wood burner in his own house, this he had just connected to the gas flue. The liner was not of the correct standard, the wrong size, fixed to the rafters in the loft and vented through a gas vent in the ridge of the house. When used as a gas flue this would be fine but in this setting, it became blocked with soot the liner got much hotter so this had scorched the rafters, lucky the house was still standing.

A call to inspect a chimney at Rowhook turned out to be more than I expected. The chimney looked fine on first investigation, I started to sweep it and got the brush stuck about three quarters of the way up, a good shove resulted in an amount of brick work falling into the loft. This was not enough for the size of the hole in the side of the chimney. Once I had finished the top part my attention was concentrated on the pipe from the stove to the chimney. It was here that I found the rest of the brick rubble, it, along with a large build-up of soot had completely blocked the stove pipe. My job was to discover what the problem was with the chimney and write a report for the coroner. The tenant in the house had not had the chimney swept for about four years and she had died of carbon monoxide poisoning. A couple of weeks passed after submitting my report when I received a summons to attend the inquest as a professional witness.

Many a time I have been to houses where at some point there has been a chimney fire. This is of course dangerous in itself; the fire could spread from the chimney. A fire in the chimney can do a lot of structural damage, splitting the chimney, damage to the lining and my worst situation of cracking the chimney pot. It is not always visible from the ground and the first you know about it is when the brush gets into the pot the whole thing comes tumbling down.

In Coolham this happened to me when the pot smashed about 30 tiles as it came down the roof. This chimney had last been swept by my Great Uncle in 1984, I as sweeping it 20 years later, it had been used extensively in this time but not swept.

What you shouldn't see

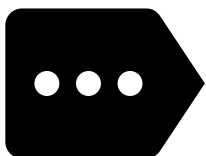
Apart from the page 3 girl, I have several instances of what I should not see. In Horsham at nine o'clock one morning the couple had forgotten I was due to sweep the chimney. The husband was out, and the wife came down the stairs in a night dress and dressing gown. This is quite a common occurrence but what made this one different was the fact that it was dust bin day and the bin had not been put on the roadside. I went into house to put my sheets down and the lady took the bin out. I returned to the van to get my tools as the lady was coming back down the drive. Suddenly there was a gust of wind which lifted both the dressing gown and night dress. Needless to say, I saw more than I should have done, never before or since have I seen that much of a vicar's wife. Not joking. Some months later I went as a lucky sweep to a friend's wedding at the church. Loitering round the back until Sharon had gone into church, the vicar came through the back gate from his garden. After a short chat he said he had better get on as Sharon would be there soon. He had taken about five paces when he turned round and asked if I had seen K..., to which I replied I hadn't, with that he said she is in the church, and by the way she is dressed.

Just outside Billingshurst I went to sweep two chimneys in the same house. Once I had finished the first one moved into the sitting room to sweep that chimney. Aware that there was a painting hanging over the fire I did not take too much notice at first, only that it was a naked woman. Then the penny dropped, standing beside me was the customer and the painting was of her. This lady was a model for art groups and the painting had been done by a member of one of those groups. In Nutbourne I saw another painting of her at another customer's house.

A similar one was in Pulborough, working to remove a bird's nest from a bedroom chimney I saw sitting on the chest of drawers a photograph of the customer topless. And again, in Barlavington, this photograph was in the bathroom.

The chimney sweep that found the bra. Working at Lucy's house, I had a key to lock up with when I had finished. An interesting place with a nice barn conversion. Before she had gone out Lucy gave me the chance to look around and make myself tea. I packed up my tools, made a cup of tea to take with me and locked up after looking around the house and barn. I thought I would take advantage of it being a nice day to have a wander around the garden. On returning over the lawn I spotted something on the grass, I picked up the said item and not bothering to unlock and disarming the alarm system I hung it on the door handle. I did

send Lucy an email to say I had found something of hers on the lawn but did not go into detail. Lucy had not checked her emails so when she got home from London was somewhat surprised to find this hanging on the door handle, it was also dark so she couldn't see what it was. The following day I got a reply to the email thanking me and stating that on the Tuesday she had been taking advantage of the last of the sun that day and must have dropped this on the way back to the house. This is not the end of the story, because the following week I went into Lox Wood burners to see Liz and low and behold Lucy was there with her husband. Lucy started chatting to me and then realised her husband and I hadn't met previously so starting to introduce me he eyes me up and down and announces that I must be the chimney sweep that found the bra. This then had to be explained. Lucy also told her husband that I give talks about my life as a sweep to which he replied, "and now you are one of his stories".



This article will be split across several issues - please keep a look out for part 5!



August

August is the most bittersweet of months for me. The garden is still full of colour and scent but is starting to slow down. The perfect time to sit back and enjoy all your hard work. Yet it is enjoyed knowing it is the Summer's last hoorah. Plenty of plants have finished and their foliage is dying back. There is lots of pruning to be done.

- prune Wisteria by cutting back the long whippy shoots to 20-25 cm, or back to 5 leaves.
- keep picking sweet peas to encourage more flowers
- collect ripe seeds for next year
- keep dead heading pots, baskets and summer bedding
- make sure containers are watered during hot weather
- trim lavender once it has finished flowering to keep the plants in good shape. Avoid cutting in to old wood as it won't regenerate
- take cuttings of lavender and rosemary
- hardy annuals can be sown in gaps in borders or trays for next year
- plant biennials now so they can get their roots down and form healthy plants by the autumn
- make sure dahlias and hollyhocks are sufficiently supported
- prune rambling roses after flowering
- clip box and yew
- wildflower meadows can be cut. Leave cuttings on the ground for a few days so any remaining seed can be dispersed, then remove all the vegetation
- pot up young rooted strawberry plants
- Summer fruiting raspberry canes can be cut back
- feed tomatoes weekly. Look out for signs of blight
- keep sowing salad crops
- lift onions and shallots once their foliage starts to die back
- plant out leeks and brassica. Spinach and chard can still be planted
- divide clumps of chives

I love to pick flowers from the garden to bring indoors. Bunches of sweet peas and little posies keep the joy of the garden going especially as the evenings are starting to draw slowly in.

Sally Griffin



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August 2021

“You’ll never walk alone.”

What comes to mind when you see those words? For many, it will be the sound of thousands of football fans doing their best to “sing” at the top of their voices to fire up their beloved team prior to a devastating defeat by the visiting club! Or maybe it’s the iconic hit single by Gerry and his Pacemaker from 1963. Those with an even longer memory will know that the song originates from the Rogers and Hammerstein musical, *Carousel*.

So, what brought that simple phrase to my mind this month? A combination of two different yet very similar scenarios. The first was that of watching my two young grandchildren attempting to take their first steps. That wide-eyed uncertainty as they try to clumsily put one foot in front of the other and stumble a couple of paces into the arms of their waiting parents. That moment when, as parents, we see the look of joy and achievement on the faces of our children and realise, in the same instant, that our lives are about to be turned upside down by a fiercely independent toddler racing towards the nearest flight of stairs!

The second scenario was much closer to home. Loyal readers will remember last month’s column talking about the care and love I received during my recent COVID-related health issues. One of the consequences of the illness has meant having physiotherapy to, effectively, help me to learn to walk again. I find myself trying to make those same faltering, unsteady steps that my grandchildren are attempting; the same “furniture-walking” technique I see them employing to get from one side of the room to the other. It’s all rather surreal!!!!

So, as a Christian and as someone tasked with leading St. John’s Café Church each month, I want to be able to tell you about the mighty and miraculous healing power of God. You know, like all those stories in the bible about blind men seeing, dumb men speaking and, especially, lame men walking. But the truth is that, in spite of the prayers of many people across the country (for which I am truly grateful, by the way) I have not seen that instant, divinely-inspired return to full mobility. And that’s OK. If there is one thing that I’ve learned over 40 years of trying to know and

understand God better it's that, whatever the circumstances are that we find ourselves in, He is there with us. Yes, I truly believe that He is able to heal me in an instant. But I also know that God has much to teach and show me through the current situation - not least of those being patience!!!!

Maybe some of you are saying, "But you're just making excuses for this so-called, miracle-working God that you think exists!" Not at all. As Julian of Norwich, the celebrated Christian mystic of the 14th Century put it: "First the fall, and the recovery from the fall, and both are the mercy of God." And then there is the famous section in Psalm 23, perhaps the best known of all the psalms, that begins; "The Lord is my shepherd". Verse 4 of that psalm reads; "Even though I walk through the darkest valley, I will fear no evil, for you are with me." Words recorded maybe 2,000 years or more before the writings of Julian. The promise from God that, whatever the circumstances we find ourselves in, however dark and bleak things appear, He is with us. And with each uncertain step I take towards recovery I find myself putting my feet in the footprints of a God who knows and understands and has already walked that path before.

Bob Cranham

(Café Church meets at The Crown, Capel on Sunday August 8th at 10.30am when Bob Cranham will be leading the service. Free coffee & croissants, a band, possibly some poetry, definitely lots of laughter and, hopefully, plenty to think about!)



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Capel Assist	07593 714 513
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Capel Pre-School	Tracy Norton & Judy Heberd 01306 712717 wonderfulcapelpreschool@gmail.com
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
Capel Parish Councillors	Paula Dale 01306 713604 Paul Garber 01306 711015 Mandy Schryver 01306 711292 Ben Ashwood 01306 713127
Capel Tennis Club	Paul King 07867973652
Crown Creative in Capel	Claire Robins 07817 267089
Coldharbour Councillors	Stuart McLaughlin 01306 712009
District Councillor for Capel, Leigh & Newdigate	Lesley Bushnell 01306 711275 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 711080
Youth Football Team	enquiries.capelcometsyfc@gmail.com
Guides, Brownies & Scouts	capel.rainbows@btinternet.com capelbrownies@gmail.com capelguides@outlook.com

Holmwood & Capel Beavers,Cubs & Scouts	Alexandra Fairbrother, 07384 451317, gsl24dorking@gmail.com
Horticultural Society, Capel	David Silliman 01306 712831
Local History Group, Capel	Mary Day 01306 712957
Men's Group, Capel	Phil Partridge 07813 829 326 philip_partridge@btinternet.com
Merebank Over 60's Club, Beare Green	Lilian Buckley 01306 712593
Police	Call 101 or 01483 571212 Unless it's urgent then 999 or report online at www.surrey.police.uk
Quaker (Friends) Meeting House Capel	Audrey Garnett 01403 260077
Royal British Legion (Dorking & District)	Ian Moon 07982 811 592 Richard Orme 01306 875058
Scott-Broadwood C of E First School, Capel	01306 711181
St John the Baptist Church, Capel & St Margaret's Church, Ockley	Vicar - Rev Liz Richardson 01306 711260
Church Wardens	Norman Ede 01306 713247 Joy Harman 01306 711482 Bellringers - Jon Dale - 01306 711243 Choir - Anthea Smallwood 01306 711883
St John's Group of Artists	yvonne@15ddv.me.uk
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 - 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	Mr S Baguley - 01306 711719
W.I - Capel	Frances Collins 07775340409
Young Farmers	Colin Smith 01273 494528



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



The Capel Blues Festival is almost upon us! Tickets are selling fast! Be sure to get yours before they are gone.

There will be live music at all 3 sessions (Friday 27th Evening, Saturday 28th Evening and Sunday 29th Afternoon). Food and Drinks will also be available.

Tickets are £12 and can be purchased through the Capel Box Office (www.capelboxoffice.co.uk). Proceeds will be going to support Multiple Myeloma.

There will also be multiple raffles raising money for The Capel & Beare Green Parish Magazine.



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



The Crown Capel



thecrowncapel.co.uk

**Puppy Kisses
Gladys Cooper Bullydog
Angel**

