APEL & BEARE GREEN PARISH MAGAZINE

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OCTOBER 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



'Sunset' Sent in by Tara Evans



Capel Military Show Barry Evans



Capel Cricket Club – Surrey Downs League Division 1 Champions 2021

Welcome from the editor...

"The two most powerful warriors are patience and time" Leo Tolstoy Welcome back to Issue 10! So much has happened since we last met. I got married!

Welcome back to Issue 10! So much has happened since we last met. I got married! For those who don't know me, this was our 3rd try (thanks Covid).

August was a busy month for the Magazine - we raised a total of £536.60 from the hampers. We were also donated £500 from The Capel Cricket Club & The Capel Military Show. Which is very much needed and appreciated! It costs a great deal to have the magazine printed each month and delivered to your door free! In November's copy there will be details if you wish to make a donation to the magazine. - as every penny helps to ensure this magazine continues.



September has flown by and October is here! Wow!

Watching the news made me think of this quote. There seems to be a lot of confrontation in the world at the moment.

It is important to remember that things are sent to test our strength and perseverance - and it is often only in those moments, we realise just how strong we are! I think an aeroplane is a fantastic thought for this how does such a giant creature fly?

So celebrate the little things as nothing is ever promised, but should always be enjoyed!

While you are reading this, I will be in Bonny Scotland enjoying some time away with my Husband (got to try and get used to saying that!)

So keep smiling - and I look forward to sharing more wonderful things Capel & Beare Green have to offer next month!

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





Whew! What a crazy/amazing few weeks we have all had. The Capel Blues Festival was a great success, and we look forward to supporting them in the future. The military show had phenomenal attendance and all my hoomans had an amazing time dancing with the folks in uniform and having photos taken with some of the vehicles that attended. Roll on next year.

At the same time our Capel 1st Cricket team won their division, fantastic effort from all the lads. Best of luck for retaining the title next season.

This month sees the return of our Saturday night supper club on the 30th. Remember to wear your Halloween costume (there may be prizes @). Also we see the return of open mic night on Saturday the 23rd October. Come down with your guitar or voice and join in.

October is wear it pink for breast cancer, we will be holding a charity coffee and cake morning on Wednesday the 13th for this. Everyone is welcome to attend.

Gin club is Thursday the 21st, and as it is Halloween we will be doing American Diner style food for the evening.

Keep an eye out on our new notice board for what is happening out and about around the village.

I was privileged to have an Angel eye view of my Aunty Corinne and Uncle Michael getting married in our wonderful church. She was really great at ringing dem bells in her wedding dress. I had a special treat from the rainbow kitchen on the day, burgies. I even managed to score some for Indy and Reggie. We had a great party, and chased some balloons as well.

Glad to see the village returning to some kind of normal, and welcoming back some regular faces.

Keep being kind and supporting each other. Stay safe and well. Puppy kisses from us all over the rainbow bridge.

> Puppy Kisses Gladys Cooper Bullydog Angel and the Crown Team xox



Liz's Letter



I probably say this every year but I do love the Autumn! The changing colours, the trees and bushes just letting in that much more light as the leaves begin to fall. This year, in fact this month I will have been here in Capel as your vicar for ten years! Hard to believe as time has generally flown in this amazing role. I can recall how when we first moved into Capel we were struck by how dark the village was at night with very few street lights. A torch was a very necessary piece of equipment to guard us from falling down the ditch along the street having picked up fish and chips from the van at the village hall! We were warmly welcomed by you all and I could trade for quite a while on the fact that I was the 'new vicar'. I think I have earned my stripes now so sadly I cannot use that excuse anymore!

Serving in rural or semi rural ministry is such a joy and it is lovely to be able to belong and be part of these communities. It is a huge privilege. It has also been so interesting to watch many of the children grow up from 5 year olds to teens in one of the best parts of my job which is to be involved with our village school. Then of course there have been the wonderful (I think!) Vicarage Fetes in our back garden. A childhood dream come true! And what a garden it is. Norman and Margaret Greenwood have helped us to look after it for a number of years now. Without them it would be something of a jungle I fear. It has been so special to have welcomed everyone into this lovely garden and especially the children from our schools to entertain us with country dancing and musical performances. Great team work beforehand and on the day ensured that these 'fetes' arrived and left as if by magic!

And so, what a joy it is to have such beautiful ancient churches to worship and preside in. Both St John the Baptist and St Margaret's have stood the test of time with faithful worshippers and supporters over the year which continues to this day. However, I guess what we all fear is who will carry the baton on when numbers quite naturally will decline in the coming years? I have three years left in Capel and Ockley before age means I shall have to retire from full time ministry. How amazing would it be then, if by October 2024 we found those people who would carry on that baton?

These churches are here for all children, young people and adults of all ages. You have continued to welcome us in your lives over these last ten years. Let us continue in welcoming you too, by helping you discover the sacred in this ever-changing world. Perhaps you will be one of those who will help us build on the strength and faithfulness of the past? A past which has given life and solace to so many in our communities as they discovered the God who never changes but always meets us where we are. With my love and prayers **Revd Liz**

CHURCH SERVICES AND EVENTS FOR THE PARISH OF CAPEL AND OCKLEY - OCTOBER				
SATURDAY	3RD 9:30AM 10:30AM 2:30PM 3-5PM	TRINITY 18 Matins at St Margaret's Ockley Harvest Festival at St John's Capel Holy Baptism at St Margaret's Ockley Harvest Teas at St John's Capel		
SUNDAY	10TH 9:30AM 10:30AM	TRINITY 19 Holy Communion CW at St Margaret's Ockley Cafe Church at The Crown Capel		
SUNDAY	17TH 9:30AM 10:30AM	TRINITY 20 Matins at St Margaret's Ockley Songs of Praise at St John's Capel		
SUNDAY	24TH 9:30AM 10:30AM 3-5PM	TRINITY 21 Holy Communion BCP at St Margaret's Ockley Morning Worship at St John's Capel Capel Teas at St John's Capel		
SATURDAY		St John the Baptist Capel Memorial Service for Ian Rankin		
9:30AM Parish Joint service of at St Margaret's Ock 3PM Service of Remembro	All Saints and All Souls Parish Joint service of Holy Communion CW at St Margarot's Ocklou			
	3PM	Service of Remembrance for the Bereaved at St John's Capel followed by Capel Teas.		

<u>NOVEMBER</u>

SUNDAY7THTHIRD SUNDAY BEFORE ADVENT9:30AMMatins at St Margaret's Ockley10:30AMFamily Communion at St John's Capel

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. Congregational singing is welcomed (please wear a mask) but there are always arrangements for seating for those who don't wish to sing.

From the Registers Holy Baptism

We welcome into the family of the Church

Hector George Montagu Everill 19th September 2021 St Margaret's Ockley

> Oʻ Holy Matrimony

We celebrate the marriage of Thomas James Henry Davey and Gabriella Alice May Robinson

on 12th September 2021 St Margaret's Church Ockley

and

Michael Anthony Jay and Corinne Aisha Wood

on

18th September 2021 St John the Baptist Capel

In Memoriam We mourn the loss of

> David Howard 4th July 2021

Mary Teresa Clement 12th July 2021

> Michael George 8th August 2021

William John Ball 13th September 2021



THE ARTS SOCIETY BETCHWORTH

OUR OCTOBER 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.



ON OCTOBER 18th 2.30 pm. WONDER WORKERS & THE ART OF ILLUSION.

Presented by Bertie Pearce.

From the beginning of time the fascination with magic and the impossible has been widespread. Outstanding raconteur and member of the Magic Circle, Bertie Pearce will tell the story of magic- from Egypt, the cradle of magic, through the centuries to Harry Potter.

Join us on Monday, October 18th at 2.30 pm for this stimulating, illustrated lecture. It is free for members but do come as a visitor for $\pounds 5$

Email Pat Frankland: pat_frankland@hotmail.com or ring 01737 842028

All you need is a PC, laptop or tablet, a comfy chair and your favourite tipple!

For all our events see our website

www.theartssocietybetchworth.org.uk



CAPEL CAMERA CLUB



GOOD NEWS: We will be meeting in the village hall for our AGM on Wednesday September 23rd at 7.45 pm. Potential members will be welcome to come and find out what we do and talk to us.

Our recent on line competition was won this month by Trevor Williams. The subject had to start with the letter 'B'.

He chose 'Bums and Bracelets'. A very carefully chosen pose!! we are still all guessing as to the model was ! More subjects were Bag, Beach huts, Bentley, Boat in a bottle, Bypass, Building site, Bracket, Bee, Bags and Barmouth Bridge. and Bivouac.

> Further info from http://www.capelcameraclub.org .uk or phone chairman Liz Woodham 01306 711003

DORKING MUSEUM IN OCTOBER

The team at Dorking Museum looks forward to welcoming visitors in October. We note that Friday 1 st October is officially 'National Smile Day', the message of which is "Do an act of kindness. Help one person smile". We hope that another month of free museum entry will make you smile!





'Darking 1620': The Museum's current special exhibition, postponed from 2020, marks the 400 th anniversary of the sailing of The Mayflower. Dorking shoemaker William Mullins – whose house survives in West Street – was one of six Dorking residents who sailed on the Mayflower, and his daughter, Priscilla, is sometimes known as 'the mother of a nation'. At that time, Dorking – known as 'Darking' – was a relatively modest market town for the surrounding villages and farms, holding regular markets and well provided with shops, mills and inns.

The impressive new exhibition, 'Darking 1620', weaves the story of the six pilgrims from Dorking who undertook that perilous voyage to the New World with an examination of 17 th century life in the town they left behind.

The exhibition focuses on life in Dorking when Mullins and his fellow pilgrims lived in the town, looking at farming and the food that people ate, the kind of domestic buildings that they lived in, and the clothes that they wore, and seeing how those changed when they reached the colony.

Through those themes we can learn something of the lives of the shoemaker, and his fellow traveller, the weaver Peter Brown.

Although the exhibition was delayed by a year and the pandemic impacted on its planning and preparation, it also allowed extra time and opportunity for 'behind closed doors' development of its special features. These include male and female costumes of the period and dressing up clothes for children, created by volunteers Jackie Rance and Penny Tompkins, displays of locally found 17 th century shoes and replicas made by local saddler Julia Forsyth of the kinds of materials and tools that Mullins would have used in his trade, and a detailed cross-section model of the Mayflower and its fittings and contents – the hard work of the team at The Dorking Men's Shed, whose magnificent Mayflower planters have already been seen bringing colour to the town through two summers. A short Mayflower 400 film is also on view and an accompanying book, 'The Weaver, the Shoemaker and the Mother of a Nation' by Kathy Atherton and Susannah Horne, is on sale, £8. Archive Sale: There will be an Archive Sale of duplicate items surplus to Museum requirements, including maps, books, postcards and other items. Please come along to the Christian Centre, Church Street, on Saturday 23rd October, 11am-2pm, to buy yourself a piece of Dorking history and support your local Museum.





Walking in Dorking: The October programme of guided walks in the town and surrounds includes Betchworth Castle (including exclusive access to the Castle enclosure) and The Deepdene Trail(including exclusive access to the Hope Mausoleum). Both are on October 17 th at 2pm – for details and booking see dorkingmuseum.org.uk/guided-walks-around-dorking/. Or why not organise a group walk with family or friends at a time to suit you?



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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Suddenly the Fair is only weeks away and Covid allowing, we have a full line up for you with over twenty stalls and lots of wonderful refreshments! Entry is £3 to include a free hot drink and the Fair is in aid of our two Parish churches in Capel and Ockley, together with the Motor Neurone Disease Association (MNDA). Our historic church buildings cost a lot to run every day and Covid has not helped due to non attendance because of restrictions for many months! We have a lovely variety of stalls to tempt you and inspire you for your christmas shopping including candles and diffusers, Loungers clothing, Body shop products, doggy treats and toys, jewellery, pottery, christmas cards and decorations, giftware and much more! Many are local producers but we also have some stalls coming from further away to join us including Chilcott UK with their lovely blankets and giftware and 'Annie with Alex' bags! We will have a variety of refreshments throughout the Fair including Hill House Farm, Libby's Larder and Dorking Brewery, all based in Capel. Also joining us are Silent Pool Gin, Surrey Hills cafe, Charlie Cha teas and of course refreshments from our church teas team! So why not make a day of it and start your Christmas shopping on 20th November at the very first 'Capel Christmas Fair'! Please help us make this a success and raise funds for the two charities!

Thank you Suzanne Cole & Debbie von Bergen

PS. if you can help in any way on the day, we would be very grateful! Also we are seeking Raffle prizes email: info@capelchristmasfair.co.uk www.capelchristmasfair.co.uk and find us on Facebook and

www.capelchristmastair.co.uk and find us on Facebook and Instagram too for updates on the Fair!





You may have wondered what has been going on in Cole's Lane in August and September. Some of you have even asked whether we had struck oil!

In fact, expecting an imminent catastrophic breakdown of our condensation boiler we decided to replace it with a ground source heat pump (GSHP). Financially this is not a straightforward decision, even with a considerable government grant there's no financial benefit. What tipped the balance for us was that we would be using a quarter of the energy compared to a new super-efficient gas boiler. Of course we'd be using electricity instead of gas but the carbon footprint for heating and DHW becomes zero with our Solar Electricity Tariff. Also, we speculated on energy prices (especially for gas) going up. We think it's likely that the government will start discouraging gas use in favour of renewables.

Heat pumps rely on one of three sources, air, water or ground. Water is used a lot as source in the Netherlands but is not available as a source in our part of the world. Air source heat pumps are relatively easy to install and cheaper but require planning permission if installed in front of the property. We opted for the ground source variety of heat pump because they are more efficient and less noisy. Also they require less maintenance, and are next to invisible from the outside

There are two types of GSHP. The superficial (trench) system is easier to install but requires a lot of land area to bury the heat collector coils at about 1 meter deep. The deep system relies on boreholes with a total depth of 200+ meters. Our system has two boreholes of 120m each. The pipes running inside the tubes contain water that collects the heat from the surrounding earth. The water is pumped around the system and the heat is extracted in the compressor above ground. It's like a fridge in reverse: Making the earth colder and the heat gained is pumped into the house.

Here are some considerations if you are interested and are thinking about replacing your heating:

-The most gains will be achieved when replacing an old and in particular oil-fuelled boiler as these tend to have a relatively low efficiency. You may find that coming from this situation there are definite financial gains to be made (off-grid fuels are more expensive).

-Insulation of the property has to be at a certain level for the system to cope with heating demand. To find out about requirements you need an energy performance certificate (EPC). They can set you back between £35 and several hundreds. We had ours done by a Dorking based company for under £100. -In order to be eligible for a grant the installation must be implemented by a company that is accredited by the MCS (Microgeneration Certification Scheme). Our contractor is based in Newdigate but we had a comparable quote from a company based near Crawley which has several other branches in the country. We found both representatives very knowledgeable and helpful.

-The current grant scheme (https://www.gov.uk/renewable-heat-incentivecalculator) runs out end of March 2022 and contractors are very busy so if you consider taking the plunge: get started now! Having stated this, the expectations are that the current scheme will be replaced with a different one and as we have seen with solar panels, the technology tends to become more affordable when applied more.

We are waiting to see if all goes to plan and the new system can heat our property and provide hot water in sufficient quantities. The calculations say it will!



This film will be shown in Capel Village Hall on Tuesday 5th October. It was the Oscar winner for best film and best female lead in 2021.

The title comes from a memoir, though the movie fictionalizes its main character Fern. When both her husband and the town of Empire, Nev. die, Fern hits the road and meets a series of nomads, many of whom choose not to live in conventional ways.

Like many people and stories that fit into a Nevada setting, Nomadland goes off the mainstream, resisting familiar systems. Director Chloé Zhao creates a hybrid format that mixes fiction and documentary. Zhao takes her camera to many of the locations covered in the non-fiction book by Jessica Bruder. That means Nevada's towns of Empire and Fernley, plus a variety of other states, like Arizona and Nebraska.

As before the doors open at 7.30pm for the show to start at 8 o'clock. Admission is on the door on a first come, first served basis. Tickets are £5 per person, preferably paid by card but we will try to have a cash payment alternative if there is a problem for anyone. We want to keep everyone safe so we advise wearing a face covering and to keep socially distanced but this is purely advisory. For the time being we will not be offering refreshments, as in the past, but it is hoped that we will be able to restore this as soon as it is considered to be safe. There will be an intermission about half way through, as we had in the past. You can bring your own refreshment if you would like to do so.



Capel Cricket Club





Well, the season has come to an end, and it has proved to be extremely successful!

We are absolutely delighted that the First XI won every game they played and were crowned Division 1 Champions in the Surrey Downs League on the last day of the season. The only slight dampener was that many of those who would have loved to have been present and help celebrate into the evening, were busy working hard that day and evening at the Military Show. But hey, we do like to do our bit, and this was an important fundraising effort.

The Second XI finished 4th in Division 4, and we are hopeful that, as some of the younger players improve further, that we will challenge for promotion next year.

We have also taken great pride in watching our former player Alice Capsey who has risen to be an absolute star in the ladies' game. Not happy with winning the Hundred with the Oval Invincibles, she also went and won the Charlotte Edwards Cup with the South East Stars. This has been a boost for all of us and of the many TV clips we have seen, we really loved the one of Alice playing at Capel at the age of about 7 with JJ umpiring in his shorts, which was shown on Sky TV.

The ladies squad produced a really impressive performance in their last game beating Westcott. It looks like all the hard work is paying off there.

We would really like to thank our club sponsors, Nigel Spreadbury of Locations Photography and David Heath of Heath Windows for their financial support this year. The club has big plans to improve and every penny we raise goes back into the community.

As mentioned, we helped at the Military Show and from our endeavours we will be sharing our earnings with some much-deserved local causes, including: The Parish Magazine, The Boule Club, Capel Pre-School and the fantastic cancer charities supported by our friend Mark Sugden-Best.

We are actively raising money for new nets which are greatly needed, and, as part of this, in February we are looking to bring back the much-awaited Capel's Got Talent. Keep an eye out for more details on that and get rehearsing!

Dine & Bingo is also back which will take place every 2nd Tuesday in the month at the village hall.

If you want any more information on anything Cricket Club related please call me on 07841 373198







What a wonderful day Tuesday 7th September promised to be.

The mellow September sunshine bathed everything in its golden light and as the temperature began to rise, there was a tangible air of excitement in the car park. The day had arrived. Our very first WI outing since lock down 18 months ago. Here was a real coach. Here were our eager, enthusiastic friends with their sun cream, sun glasses and bags ready for our journey. No one was late and we were on our way by 9.30. I think even our coach driver was rather surprised at our punctuality but we could not waste a precious moment of our adventure.

Canterbury's old town looked absolutely stunning as we arrived but of course our first activity was tea and coffee in a nearby pub where the landlord panicked at the sudden invasion of beautiful ladies. In fact he had to go and ask his neighbour to help out with orders even though she didn't actually work there!

Some of us had decided to go on a river trip and longed to paddle in the cool, clear waters of The River Stour. Their guide was very knowledgeable even though he was very young and they enjoyed every minute of their excursion. Others amongst us had pre booked a Cathedral Tour. Our guide was entertaining, funny, confident and ensured we could all hear him, had a seat when necessary and had a voice we could all comfortably hear. He was a mine of information and we were amazed at the secrets held within the cathedral. It seemed The Victorians were responsible for some desecration of the architecture; especially if it wasn't ornate enough or suitably symmetrical. Thomas Beckett: note there is no 'a' in his title as this is thought to be a French affectation. His brutal murder had provided the church with a vast income from pilgrims for hundreds of years. Some of these hardy souls had climbed the stairway to his remains on their knees and their efforts had both polished and caused a permanent indentation on the stones. We were vaguely glad that Henry 8th had destroyed the artefacts remaining from the atrocity-especially as one had been the top of his partially decapitated head. Lunches followed and some friends found a delightful French restaurant.

Others chose a riverside retreat, some discovered quiet green areas in which to eat a packed lunch and others headed towards the welcoming pub again. Ice creams, coffee, cheeky cocktails, iced drinks all followed during the afternoon as many of us explored the narrow and historical streets. Dorothy discovered an original ducking stool. Art work by Billy Connelly was found. The cathedral shop was visited and tranquil spots by the river provided peace and time for thought for others.

Sally had organized a quiz for the coach but it was a tricky one and the winning score was hard earned. Our coach driver was lovely and drove us back safely and in time for Flix in the Stix. Thankyou especially to Margaret who organized all this and to Leigh and Steffi who booked the cathedral tour. Sally's quiz was well received and we all agreed it was a smashing day out.

Let's hope this is the first of many more!!!!!

Our first WI meeting will be on Tuesday 21st September at 7.30 for 7.45 at The Parish Hall.

Do join us and enjoy an evening learning about magnetic therapy.....with CAKE!!!!



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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 3rd October Capel Teas @ St John the Baptist 3 5pm
- Tuesday 5th October Flix showing 'Nomadland' @ Capel Village Hall
 7.30pm
- Saturday 9th October The Capel Market @ The Crown Capel 8:30am 11:30am
- Sunday 10th October Cafe Church @ The Crown Capel 10:30am
- Tuesday 12th October Pub Quiz @ The Crown Capel 7pm
- Tuesday 12th October Dine & Bingo @ Capel Village Hall
- Wednesday 13th October 'Wear it Pink' Coffee Morning @ The Crown Capel
- Thursday 21st October Gin Club @ The Crown Capel 6:30pm
- Saturday 23rd October The Capel Market @ The Crown Capel 8:30am 11:30am
- Saturday 23rd October Open Mic Night @ The Crown Capel
- Saturday 23rd October Pumpkin Pageant See details on page 23
- Sunday 24th October Capel Teas @ St John the Baptist 3 5pm
- Sunday 31st October Capel Teas @ St John the Baptist 3 5pm







October 2021

PUMPKINS ARE NOT JUST FOR HALLOWEEN!

The big, orange pumpkins we see for sale at this time of year for Halloween are not the tastiest variety to eat. The contents of these big pumpkins will make a reasonable soup but smaller pumpkins and squashes pack more flavour. I've used butternut squash for both of these recipes at home as this is the most readily available variety but any small pumpkin or squash will work for either recipe here.

Roast Pumpkin, Feta and Olive Salad:

Serves 4/6 - Vegetarian - Gluten Free

Ingredients: 2tbsp olive oil ½ tsp ground cumin ½ tsp cayenne pepper, chili pepper or hot smoked paprika Sea salt and black pepper 800g of pumpkin, peeled, de-seeded and cut into 2cm cubes 100g rocket, spinach and watercress leaves 150g Feta cheese, drained and crumbled 15-20 pitted black olives

<u>Dressing:</u> 1 tbsp red wine vinegar 60ml extra virgin olive oil

<u>Method:</u>

1 Heat oven to 220C/220C fan/425F/gas mark 7

2 Put the olive oil, cumin, whichever hot spice you're using, salt and pepper into a bowl and stir to combine. Add the pumpkin and stir to coat.

3 Put into a parchment-lined roasting tin and cook for about 20-30 minutes until the pumpkin is tender and slightly caramelised. Take out and leave to cool.

4 Whisk together the dressing until well mixed.

5 Put the leaves in the bottom of a serving dish and top with the pumpkin. Scatter the crumbled Feta and olives over the top and drizzle over the dressing.

Cook's Notes:

If you don't want the heat of the pepper or paprika, you can use sweet smoked paprika instead. An optional sprinkle of toasted pumpkin seeds will add texture to this dish. Good as a first course or part of a main meal.

Butternut squash, spinach and coconut biryani:

Serves 4/6 - Vegetarian/Vegan - Gluten Free

Ingredients: 2tbsp olive oil 1 large onion, chopped. 2 cloves of garlic, chopped. 1 cinnamon stick 1 bay leaf Six cardamom pods, crushed 500g butternut squash, peeled, de-seeded and chopped into 2cm cubes 2 tbsp curry powder - I use Barts Mild Curry Powder which is warm and fragrant but use whatever suits you. 300g Basmati rice 2 tbsp toasted flaked almonds 400ml vegetable stock 400ml can of coconut milk

<u>Method:</u>

1 Heat the oven to 200C/180C fan/390F/gas mark 6

2 Heat the oil in a large saucepan. Gently cook the onion for 3-4mins. Add the garlic and the whole spices and continue to cook for a couple more minutes. Add the curry powder and stir for a minute or two.

3 Stir in the butternut squash to coat with the spices and cook for a few minutes. Pile in the spinach and allow to wilt down in the pan stirring gently. Remove from the heat.

4 Spoon half of the vegetable mixture into a large ovenproof casserole. Top with half of the rice and a sprinkling of toasted flaked almonds. Repeat with another layer of the remaining vegetables, top with the rest of the rice and flaked almonds.

5 Mix the stock and the coconut milk together in a saucepan, bring to the boil then carefully pour over the rice and vegetable. Cover tightly with foil and then the lid. Bake for 40mins until the rice has absorbed all the liquid and is tender.

Cook's Notes:

Serve with a large dollop of natural yoghurt (with freshly chopped mint in it if you have it) and/or a tomato and onion salad. To extend the dish you can serve alongside other curry dishes, kebabs or even roast chicken. Delicious!

Fruit and veg in season now:

Pumpkins, squashes, beetroot, savoy cabbage, celeriac, turnips. Apples, pears, plums, figs.

Judy Cranham

What a joy it has been to escape our crowded Southeast after Covid Lockdown. As we journey North, we relish that wonderful surge of freedom as we climb to Shap summit, with the Lake District hills stretching out to the West and the Yorkshire Dales to the East. Those vast open spaces have great healing quality and lift the spirits in ways we cannot measure.

Recently we have been lucky enough to travel through Britain, right up to Thurso and the ferry to Orkney. Both Northern and Western Scottish Isles have long been amongst our favourite destinations, where wildlife and humans hold equal sway, and the pace of life is slower. This year we returned to a simple Orkney cottage surrounded by wetland and rough pasture. Orkney farms resemble those of our youth when stewardship of the land and its wildlife was paramount. Our hostess tells us that the local farmers treat their animals in the old-fashioned way, caring tenderly for every beast. From our sitting room window we can soak up precious sights and sounds that we remember from our childhood - hares leaping. skularks soaring. lapwings tumbling. oustercatchers complaining, and curlews calling, hovering, then drifting back to earth. There are also wild geese taking off in chaotic noisy bursts which contrast sharply with the silent short-eared owls, beautiful in their buoyancy, floating across the landscape. Close by a family of secretive reed buntings are feeding their young.

Beyond the local farmland are Orkney's moors and uplands, many of them saved from development by the RSPB. These peat-rich areas are crucial for their carbon capture properties in the fight against climate change, and as havens for some wildlife in sharp decline, these species being precious in a national context. If you sit quietly and patiently you can watch a hen harrier's tacking flights across the heather, before it stalls and drops on its prey. You may even catch a pair "sky dancing" in their courtship display. The Orkney vole, twice the size of the mainland field vole is a main prey for this beautiful harrier, the brown female bird being much larger than the pearl grey male with the black wing tips.

There is so much more to enjoy in Orkney – the lochs, the seabird colonies, the ancient standing stones, Churchill's wartime barriers, the alleyways of Stromness and Kirkwall. But my abiding memory is of the gentle care of a precious environment which has been lost forever in our southern climes.



Egg layer in the bedroom



As my triend and I were walking through the fields on a mild, but grey December morning we got to talking about how precious eggs were in the winter. Until scientists in America showed that ovulation was controlled by the hen's pituitary, which in turn is controlled by the natural daylight patterns in the Northern Hemisphere, chicken farmers just accepted that egg production would be extremely low in November through to January each year. One way of conserving eggs was to keep them in a bucket containing a solution of 'isinglass' that formed a protective coating. But this was by no means 100% certain and a percentage of eggs would go bad with very smelly consequences when attempts were made to use them later on. Before the Second World War, chickens were allowed to roam freely in and around the yard at the farm. They roosted in a line of white thorn bushes and were a complete mixture. If a chicken was required for a meal, somebody was deputed to take a four-ten and to shoot a cockerel because it was impossible to get anywhere near them. "They were as wild as hawks!" as my friend said. "I can remember this Minorca hen", he said "black as night with girt red lobes she had. When she wanted to lay an egg, she'd come into the house, go up the stairs and lay an egg in the middle of my bed on the counterpane and then she'd fly out through the bedroom window. I can see her doing it now."

Chris Coke



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As the evenings draw in and the trees are starting to show their autumn colours, we shall soon be thinking soups rather than salads from our gardens. Rather than mourn the passing of summer the Committee have plans to celebrate the weeks between now and Christmas with four events open to all the village.

Pumpkin Pageant

A free fun family event – dress up the children and bring them, along with your carved pumpkin, to the Parish Hall on **Friday 29 October**. There will be a simple quiz, with prizes for both the quiz and fancy dress. All aimed at primary school aged children (under 12 years). All children must of course be accompanied by an adult.

Pumpkins will be arranged outside and lit to show their full splendour. Approximate timings:

- 17.30 Bring your pumpkins to the Parish Hall Children's quiz
- 18.00 Judging fancy dress and awarding prizes
- 18.15 Pumpkin lighting (outdoors)

Autumn Litter Pick

By now all regular readers will be familiar with our Litter Picks. We shall be meeting again on Saturday 13 November in the Village Memorial Hall car park so if you can spare a little time to help keep our village looking good do please come along. Starting at 10am and finishing by 12 noon. All you need is to dress according to the weather and bring some gloves, we shall supply bags and pickers. Thanks in advance to all volunteers.

An Evening Talk "Beyond the Garden Gate"

On **Tuesday 30 November** we shall be hosting a talk from Angela & Graham O'Connell in Capel Village Memorial Hall - **"Beyond the Garden Gate: The National Garden Scheme Past & Present"** The O'Connells 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 come along 7.15 for 7.30pm.

Festive Willow Decorations

Many of you will have enjoyed our Christmas Wreath making evenings. This year we are planning to do something a little different. The very talented Nicki Rowlings from Willow & Yoga in Westcott will be coming to teach us how to weave a Willow Christmas tree. Come and join our workshop to learn how to make this contemporary and eco-friendly Christmas decoration which you will be able to take home adorned with festive lights at the end of the evening. We have a limited number of places so please contact Miranda Ashwood mirandaashwood1@gmail.com to book early.



When: Thursday 9 December Where: Capel Village Memorial Hall Timings: 19.30 – 22.00 approx Cost: £20 to include all materials and seasonal refreshment

<u>2022</u>

In addition to all these events we wanted to let you know some of our plans for next year.

Saturday 12 March, Quiz Night & Supper, Capel Village Memorial Hall

Sunday 10 April, Spring Show, Capel Village Memorial Hall

Saturday 7 May, Plant Sale, Capel Village Memorial Hall

And finally

Winners of this year's Allotment Competition

A huge amount of work goes in to growing and maintaining the flowers, fruit and vegetables that flourish on the village allotments. Congratulations to all who put in so much effort, especially our winners: Capel Recreation Ground: Alf Shepherd (whole); Marion Macuik & Dineke von Bogerd (half); Anna Crowther (newcomer) Temple Lane: John Cranham (whole); Jane Sissons (half); Karen Forshaw (newcomer). Local family running company

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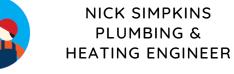


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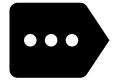
Part 6

A similar one was a chap who had a sealed jar with paraffin in it by his fire, into this he would drop the corks from his wine bottles to make his own firelighters. As this is a highly flammable liquid the risk of some dripping onto the carpet or any other surface that burns it is not a terribly wise move.

There have been on occasions jobs that I have been to where the customer had a liner for a wood burner fitted by a builder or some who fancies themselves at DIY. Sometimes the customer has been told by these people that once the chimney is lined it will not need sweeping. This happened to a customer in Billingshurst, when after three years of burning wood and coal on their multi-fuel stove it decided not to work anymore. I went in, set up sheets and vacuum and set out my tools. I started to remove the throat plate and had a deluge of soot that spilt from the stove, across my sheets and over the hearth. I had to remove all of my stuff once I had cleared this and start again. There was enough soot to fill the vacuum so had to change the bag as well. The customer realised that the chimney did need sweeping annually.

It was a long-held thing some years ago to hide things in chimneys. A man in Fernhurst thought he might go back to this idea when they went out of the country for an extended holiday. He thought this might be a suitable place to hide several things of value. Included in this was his wife's jewellery. On returning home the weather was not too good so without thinking about the items hidden up the chimney he promptly goes into the sitting room and lights the fire. By the time he remembered about the stash up the chimney it was too late, the fire was blazing so putting it out was not easy and to add to this, when he did manage to put his arm up the chimney he found some remains of the box and some of the melted contents. The remainder must still be down behind the jet master. You can imagine the domestic dispute that followed this incident

Not all that is placed on the fire burns. Pub fireplaces are quite often a prime example of this. In the days of smoking in pubs the ashtrays would quite often be emptied onto the fire along with the contents of the bins behind the bar. This can create problems for a sweep when he is clearing up, bottle tops and the wire frame from sparkling wine bottles easily get jammed in the vacuum hose.



This article will be split across several issues please keep a look out for part 7 !

sarde

Autumn has arrived, bringing cool dewy mornings and an ever changing display of colour. The first frost brings a transformation to the garden. Seed heads left for the birds look dramatic against clear blue skies,

whilst dew coated spider webs bejewel the garden.

October is a time for cutting back and planning for next year. Dividing and moving congested perennials to where more colour is needed, or just to change the scene, add structure and make sure there is continued colour throughout the year.

- plant up forced hyacinth bulbs for indoors
- collect seeds and keep in a cool dry place
- divide spring flowering perennials
- take hardwood cuttings of deciduous shrubs
- plant out hardy annuals in gaps
- plant spring flowering bulbs
- sow sweet peas for an early start next year and vigorous, healthy plants
- bring tender plants indoors before the threat of frost

• cut back dahlias after they have been hit by the first frost. If you don't fancy lifting them and storing the tubers indoors, a good thick mulch over them should be sufficient for this part of the country

• prune climbing and rambling roses once they have finished flowering. Tie in strong new shoots and remove any dead, diseased or crossing branches. Reduce the height of shrub roses to avoid wind damage. Remove dead leaves from under them to prevent the spread of disease

• plant out garlic in a sunny, well drained spot

- sow peas and bread beans
- cover salad crops with a cloche to prolong cropping

• any tomatoes that are still green can be brought in to ripen on a sunny window sill

• cut back the yellowing stems of asparagus to 5cm

plant rhubarb crowns and divide established clumps

• remove any remaining large fruit on fig trees, leaving only small pea sized fruits to develop for next year.

• cut hedges to maintain a tidy shape through the winter. Remove brambles that are growing through, cutting hard back at the base if they cannot be dug out. • lawns can be aerated with a garden fork to ease compaction and prevent water logging. If there is still enough warmth, rake over and sprinkle grass seed on bare patches of lawn.

Now is the time to harvest any remaining pumpkin or squash before the frosts ruin them. Hopefully with all the rain we've had there should be some huge pumpkins for Halloween this year!

Sally Griffin





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Oct 2021

Your life is not about you; you are about life!

It occurred to me as I sat down to write this month's Café Church column for this wonderful magazine that, for many people reading it, the concept of a relationship with God is either a mystery or even nonsensical! (If it were that obvious and attractive our church would be filled to overflowing very week - which it isn't!) So, I'm going to leave it to Franciscan priest and scholar, Richard Rohr, to give an insight into what this "God thing" is all about. It will only take a minute of your time to see what he has to say.......

Before conversion, we tend to think that God is out there. After transformation, God is not out there and we don't look at reality. We look from reality. We're in the middle of it now; we're a part of it. This whole thing is what I call the mystery of participation. Paul (the writer of much of the New Testament) is obsessed by the idea that we're all already participating in something. I'm not writing the story by myself. I'm a character inside of a story that is being written in cooperation with God and the rest of humanity. This changes everything about how we see our lives. If we're writing the story on our own, we think we've got to write it right. We've got to be clever; we've got to figure it out. If anything goes wrong, we've only got ourselves to blame. That's a terrible way to live, even though a high degree of Christians do. And I would call that bad news.

The good news is a completely different experience of life. A participatory theology says, "I am being used, I am actively being chosen, I am being led." It is not about joining a new denomination or having an ecstatic moment. After authentic conversion, you know that your life is not about you; you are about life! You're an instance in this agony and ecstasy of God that is already happening inside you, and all you can do is say yes to it. That's all. That's conversion and it changes everything. (Richard Rohr's Daily Meditation - 5th Sept 2021.)

(Café Church meets at The Crown, Capel on Sunday Oct 10th at 10.30am when David Grant will be leading the service. Free coffee & croissants, a band, possibly some poetry, definitely lots of laughter and, hopefully, plenty to think about!)



POPPY APPEAL

Following the break last year when we were not allowed to carry out house to house collections, the Poppy Appeal this year will be back to normal. It will run from 30th October until 14th November and I will be putting collection boxes in local businesses around Capel and distributing them to local collectors. Despite the difficulties last year we did raise almost £1,500 which all went to help the many that served in the armed services (including resistance, Home Guard, reserves and many others) their families and dependents. If you would like to help by collecting please let me know (sjc@ansford.me.uk). If you need help please call 0808 802 8080 8am to 8pm daily.

Stuart

Capel Poppy Appeal Organiser

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Firstly, a BIG thank you to all of you who supported our first Capel Blues Festival weekend at The Crown. It was a real success - so much so that I'm delighted to tell you that as a result of ticket sales and donations we have been able to make a donation of £1,125.00 to the Multiple Myeloma charity. We'd like to say a MASSIVE thank you to the bands for some great music, to all those who volunteered their time to help with the running of the event, to The Crown for hosting us and, of course, to Mark Sugden-Best and Phil Ware who manned the sound system and broadcast the gigs live across the internet. What a fabulous village we live in!

Secondly, I can tell you that plans are already afoot to repeat the festival next year and also to run a Capel Winter Blues Festival in the village hall sometime in Jan/Feb 2022.

You can follow us via www.facebook.com/bluesfestivalcapel or through the details that will appear in this magazine.

Bob Cranham

