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Here is your Winter edition of News & Views. I do hope you enjoy reading it. Hopefully you will have plenty of time to read it over the Christmas break.

As ever we are always looking for interesting contributions. We all have life events, happenings, experiences. Many of you could contribute and the success of this magazine is down to you all. Remember it is your magazine!

Happy Christmas to you all.

You can always contact me on peterbennett@mimail.co.uk



Peter B

Cover Page: see page 53 for a report on how the children of Ewhurst CE School got behind the camera at half term.

Deadlines for contributions to the magazine are:

Spring - 1st February

Summer - 1st May

Autumn - 1st August

Winter - 1st November

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Ewhurst School Children Visit the Roman Remains at Sayers Croft

JANET BALCHIN REPORTS ON THE VISIT.

In September children from Cherry and Holly classes visited Sayers Croft to see the archaeological dig. On a lovely sunny

morning, the children walked from the school across the fields to Savers Croft where they were met at the 'iron age roundhouse' by Sayers Croft staff and members of **Ewhurst History** Society. While half the children enjoyed the roundhouse the other half were taken to the Woodpecker Wood nature reserve to see the dig.

Ewhurst is rich in Roman remains. There is a branch road leading from Stane Street (the

road from Chichester to London) northwards through the parish for some six miles. Nearby is a villa, excavated in the 1960s, but now covered over again, and a kiln where tiles were made. A project instigated by Surrey Archaeological Society, and led by Chris Gibson, has recently been investigating the route of the road. Working with archaeologists, members of Ewhurst

> **History Society** have been helping to excavate sections of the road. The road runs through the Sayers Croft site and one of the trenches is in the corner of the nature reserve. The trench, which was opened in August with help from some Duke of Edinburgh students staying at Sayers Croft, revealed a good stone surface.

On their visit the children were able to handle some real Roman roof and floor tiles and

some tesserae - the small pieces of tile used for making mosaic floors, all from the villa site and also a coin and some tiny pieces of mosaic from another site. Finally, everyone had a small piece of Roman road stone to take home!





CHRISTMAS CHURCH SERVICES 2023

COME AND CELEBRATE CHRISTMAS IN OUR PARISH!

Friday Ist December at 4pm

Christingle service at Ewhurst with tea beforehand in the Wilson room, led by Michelle and the Youth Team.

Sunday 3rd December at 6pm Advent Sequence at Ewhurst led by Amber Wood

Sunday 10th December at 6pm 9 Lessons and Carols at Ewhurst led by Revd. Rosemary Mason

> Sunday 17th December at 3pm Forest Church Nativity Trail around Ewhurst

Sunday 17th December at 6pm 9 Lessons and Carols at Forest Green led by Revd. John Marsh

> Sunday 24th December at 3.30pm Crib Service at Ewhurst led by the Youth Team

Sunday 24th December at 5.30pm Crib Service at Okewood led by the Youth Team

Sunday 24th December at 11.30pm Midnight Service at Ewhurst led by Revd. Rosemary Mason

Monday 25th December at 10.30am Family Communion Service at Ewhurst led by Revd. Rosemary Mason

Monday 25th December at 10.30am Christmas Service at Okewood led by Sarah & Tom Murphy

Monday 25th December time tbc Christmas Gathering at Holy Trinity, Forest Green

Sunday 31st December at 10.30am

Joint Parish Holy Communion Service at Forest Green led by visiting clergy



Christmas Eve

St Peter & St Paul, Ewhurst at 3.30pm St John the Baptist, Okewood at 5.30pm

Children are invited to come dressed up to be part of the story.

We look forward to seeing all of you!



Harvest Collection for British Humanitarian Aid to Ukraine



EOFG CHARITIES GROUP REPORT BY JANE HARRY

The response to our parish Harvest Collection was excellent, the picture says it all! and it all went in the van



The next collection will be in March/April next year when we will be asking for a wide range of goods including clothes & shoes for all ages, bedding, towels, kitchen utensils, hand tools, curtains, bikes, toiletries, nappies, adult pads, sanitary items and mobility aid. If you have any of these — please put to one side and we will let you know as soon as we have a date for you to bring them to St Peter & St Paul church. PLEASE DO NOT BRING ITEMS TO THE CHURCH BEFORE THIS or ADVERTISE ON SOCIAL MEDIA as we have limited capacity in both the church and the collection van.

If you wish to donate money to BHA towards their transport costs, please contact them directly on 01227 453434 or e-mail trustees@britishhumanitarianaid.com

'The Best Birthday I've Ever Had'

AMANDA ELSDON-DEW VISITED CLARE HARDING'S DAHLIA GARDEN.

I grow dahlias and am in thrall to their brilliant jewel colours and the way that they almost arrange themselves in vases, great for a novice enthusiast, and seem to bloom and to bloom in the garden, so I was

immediately drawn to the sight of Clare, scissors, brown string and brown paper in hand, gardening pinny around her waist, plus buckets of enormous fluffy headed dahlias, hard at work on the verandah of the Ockley cricket pavilion on a Café day. She was very deftly twitching the paper into professional looking florist's cones,

surrounding quite

beautiful dahlia bouquets, which she was selling very reasonably on behalf of Okewood church.

Of course I asked all about them, and was over the moon to be invited to come and see Clare's garden. When I turned up, Clare surrounded by dogs needing to go to the vet, ducks, hens, a new gardener and with a daughter who had unexpectedly booked herself into a driving lesson in Chichester – had completely forgotten that I was coming. It didn't matter – at least I hope it didn't, and the vet waited for her and the dogs – because Clare is absolutely passionate about

her dahlias and loves sharing them with as many people as possible, so I was invited to come in and we chatted for quite a time. The day before, her birthday, had been a triumph, indeed 'the best birthday I have ever had'. Helped by her teenage daughters, she has ventured onto Instagram froggettsfarmflowers, and had advertised an 'end of the dahlia season party', at which she would sell her dahlias at £1 a bloom and provide

free cakes and tea. She and her daughters had baked like mad and she had invited a small group from Amber, the Ockley residential centre for homeless young people, to help and offered them the proceeds of every amber-coloured flower that was sold. Far more people than expected had turned up, even a ninety-two year old grandmother.



I asked lots of questions about how she had managed to set up seven ten-metre long beds in a field. Did she have help? It turned out that her builder, Matthew, had brought along his digger and also barrowed loads and loads of poultry poo but Clare has clearly done quite a bit herself. She said that she begs and borrows compost from everywhere she can, bagging up horse

manure offered by the local stables and lugging it around and spreading it out. 'What about all that staking?' I asked feelingly. 'That has to be done.' 'And watering?' 'That was quite a chore. Next year I hope to install an irrigation system. If anyone thinks dahlia farming is for the faint hearted, think again. There is lots of mud and aching muscles involved.'

Clearly she plans to go bigger. She has a garden shed to die for where she stores her picked flowers and where she is beginning to move into drying them. She reckons that she has over 200 dahlia plants and nearly 40 different varieties. Her plan is 'to go for it' and become a proper dahlia

farmer and also to collaborate with other community projects. She and the Amber Foundation are already talking about linking up more, she has ordered a whole new range of varieties for next year, she is going to produce confetti from the drying of the petals, in aid of her local church, St John's Okewood. The farming is all sustainable and organic, not a slug pellet in

use. 'Put your hens to work to eat the slugs,' I suggested, 'Ours do.' She shrieked. 'No way, they would trash my beds.' She has a lot of hens and ducks. Clare clearly likes to do things on a big scale. A late starter to social media, she is now becoming as fanatical as her teenage daughters. She has found such an encouraging community of dahlia enthusiasts that way. She is

soon to set up a website.

After she had left in a whirl of excited dogs, I took her up on her kind offer to wander round the garden on my own and look at her dahlia beds. There were still plenty of flowers blooming and they were abuzz with bees and butterflies. I agreed with them. What a treasure trove!

Chari-Tea Fundraiser

CHLOE BAIN IS NOT SURRENDERING TO A BRAIN TUMOUR.

S urrey woman, Chloe Bain, has combined forces with a new local event venue, Somersbury Barn, to hold a vintage afternoon tea party, set to raise over £2,000 for The Brain Tumour Charity.

Chloe, a champion for living positively with

a difficult diagnosis, has been supporting the charity since being diagnosed with a brain tumour three years ago. For this event she hosted over 30 people in Somersbury Barn's beautiful, Victorian glasshouse in Ewhurst as part of the charity's annual Big Bake

campaign.

with a second afternoon tea planned for next month.

Partnership with Somersbury Barn owner, Lucinda Watkinson, gave Chloe a quintessential English country setting for her event. The barn and glasshouse have

been
painstakingly
restored on
land once
owned by
Henry II in
1154, and
opened as a
chic weddings
and events
venue earlier
this year.

Over £1,000
was raised on
the day, and an
online auction
is ongoing for
closed bids on
a selection of
great lots
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Outisin
Marquees,

Slinfold Golf and Country Club, Bertie Chambers Golf Pro, The Cut Flower Garden (Slinfold), Lisa Groves Beauty, The Parrot Inn, Forest Green, and other kind supporters.

Claire Howell, attending the event for the charity, said, 'Brain tumours are the



With a mountain of great bakes created by friends, family and local volunteers and delicious scones, cinnamon buns and raffle prizes donated by Hilly's Tea Shop (Shere), Gwyn's Bakery (Horsham) and Gail's (Horsham), Chloe masterminded the event which was held on Sunday September 24,

biggest cancer killer of children, teens and adults under forty, yet treatments have barely improved in a generation and research investment is too low. We refuse to accept that this is just the way the cookie crumbles! People like Chloe, her friends and family are the secret ingredient helping us rise to this challenge with events like this Big Bake.'

Lucinda Watkinson added, 'Chloe's event was a great success and we were delighted to see the glasshouse filled with delicious bakes and the vintage vibe made for a very special afternoon tea.'

Those unable to attend the event are still able to contribute via Chloe's justgiving page https://www.justgiving.com/page/chloe-bain-1694625970794 and can follow her story on Instagram @positivity_pants where they will also find details of the online auction.









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The Spirit of Christmas

CHURCHWARDEN TOM MURPHY REFLECTS.



I love Christmas. Our Christmas is a whirlwind. A couple of weeks before the great day, I wake up and realise I have done nothing at all to prepare. Where do I

find a Christmas tree at the last moment? (That didn't go well last year - ask my wife for further details.) I love decorations, especially on the tree. If I had my way, I would throw everything in the box (if I can remember where I put it last year) at the tree, and scatter anything left over at random. Fortunately, Sarah has other ideas and higher standards.

What is the last day for posting cards? It generally turns out to have been yesterday. I console myself with the thought that no one writes cards any more, do they? Except of course, the 50 who have already sent them to us and will expect one back. What about presents? Thank God for Amazon Prime! I know I have some ideas somewhere of what the family might want. If all else fails there's Christmas Eve morning, when the shops are deserted and, if you're lucky, the sales have started early.

Then there's the shopping; less burdensome now thanks to Ocado, but still problematic and time-consuming. We generally have a full house, including a vegan and a glutenfree, and someone who is on a 'keto' diet, (whatever that is). Fortunately Sarah copes really well with it all and seems to be aware of who can eat what. I fill up the empty glasses, which I do really frequently and with relish, and load and unload the dishwasher more times than I can count. The celebrations run pretty constantly from Christmas Eve to the

27th, when everyone goes on their way, several kilos heavier, laden with gifts and generally cheerful. We breathe a gentle sigh of relief and lie comatose for a couple of days, recovering. And then it starts all over again for New Year, which I love just as much.

No wonder January seems a bit flat. As one of my friends put it: 'Christmas is all "too much." 'I eat too much, drink too much, talk too much, give too much, get too much, spend too much, watch too much television - and I spend January recovering.'

We do take a break from festivities for church on Christmas Day but, if I'm honest, that's about the only time I pause to consider what Christmas is really about. That hour on Christmas morning or midnight Christmas Eve is really special. It's an acknowledgement that, despite everything else, Christ is in Christmas. Pope Paul VI summed up the importance of Christmas in these words: 'We consider Christmas as the encounter, the great encounter, the historical encounter, the decisive encounter, between God and mankind.'

It always delights me that so many people come to church on Christmas Day. I think it pleases God too, whether or not they would call themselves Christians. It may just be tradition, but I don't think so. It's a recognition that even if we don't understand it, something amazing happened 2,000 years ago, and every one of us is better because of it. I hope that this Christmas I will find the time amidst the festivities to consider properly what Christmas is really all about. If you feel the same, do come and join us. You're really welcome.

Once in a Lifetime Trip to America

BELLA MATTHEWS HAD A BALL.

A s many of you know, I am part of a drama group called Showdown

Theatre Arts and a small group of people

from this group gets a chance to go on an exchange trip to America with the **Baltimore School** For The Arts. I was a part of the group that got to go to America this year. In the lead up to flying, we had a few meetings and rehearsals, so we knew what we were getting ourselves into! We rehearsed 'Welcome to the Rock', a routine from Come From Away, a musical about 9/11.

We landed in the JFK airport in New

York, where we got a private minibus to our hotel and when we arrived, YOU SHOULD HAVE SEEN IT, it was AMAZING! We stayed in New York for three days, doing workshops with Broadway stars and enjoyed the classic tourist sightseeing, before travelling three hours on a train to Baltimore where we met our host families

whom we would be staying with for the duration of the stay in Baltimore.

When we were staying in Baltimore we

went to Washington DC to do touristy things like seeing the White House, and the Washington Memorial; we even got to see Abraham Lincoln's Memorial. From Monday to Friday, we had school, because they don't have half terms like us, and we also rehearsed for a cabaret which we performed in America.

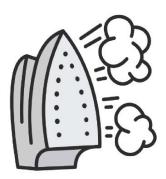
Then Friday came and we had to say our goodbyes to our American

friends, and head off to the airport. We arrived back in the UK at nine am on Saturday 28th October 2023. But it isn't a long goodbye as they are adventuring over to the UK to perform *Carrie the Musical* with us, Showdown Theatre Arts, at the end of May. HOPE TO SEE YOU THERE!!



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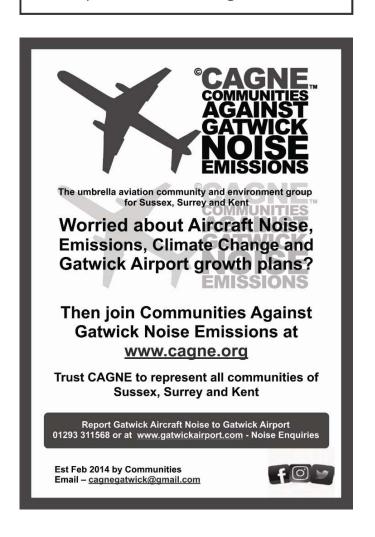


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No meeting in December.

Wednesday 24th January 2024 at 2pm: Eric Ravilious and the Lure of the Everyday – with Jo Walton Eric Ravilious has been described as the greatest English water colourist of the 20th Century and his images of the landscape and of everyday objects attract passionate devotees.

Saturday 3^{rd} February at 10am - 12.30pm: a Special Interest Morning with two talks by Dr Tobias Capwell entitled 'Radiance: Kings, Queens and the Art of Armour' and 'The Scoliotic Knight: Encounters with Richard III'. Toby is Curator of Arms and Armour at the Wallace Collection in London and an internationally acknowledged authority on Medieval and Renaissance weapons.

Tickets cost £17.50 to include refreshments. To book, please visit www.tickets.tasc@gmail.com

Meetings are held at Cranleigh Arts Centre. Non-members are welcome to join us at a talk as a guest.

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Baptist Church Service Times



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Forest Church 3pm

Third Sunday of each month Okewood Hill Church (run jointly with St Peter and St Paul)

Baptist Church Service times in December

3rd December at 10.30am - All Age Christingle Service

10th December at 10.30am - Sunday Service

17th December at 10.30am - Sunday Service

24th December - No Morning Service

24th December - Carols by Candlelight Service with preceding tea.

Tea at 5pm, service at 6.30pm.

31st December at 10.30am - Sunday Service

January & February, Sunday Services will be each Sunday at 10.30am.

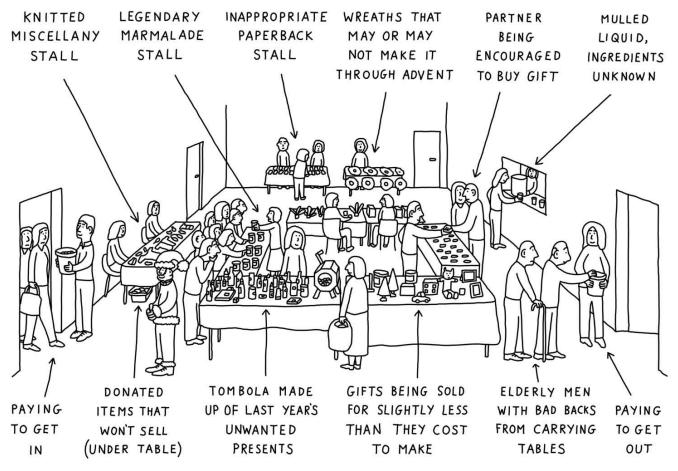
Surrey Hills Candlelit Concert

The award winning Surrey Hills Chamber Choir and Surrey Hills Singers will be performing their traditional candlelit Christmas Concert in St Nicolas Church, Bury Street, Guildford on Sunday 10th December at 7.00pm.

The highlight of the concert will be a complete performance of Benjamin Britten's 'A Ceremony of Carols'.

For more information about the choirs, to see and hear them performing on video and to buy concert tickets, log onto the website at www.singsurreyhills.com. Tickets are £14 for adults and £5 for under 16s and will be available from the website from Friday 24th November at 8am. Tickets will also be available for cash or cheque on the door.

THE CHRISTMAS MARKET



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If you or someone you know is struggling financially, don't hesitate to ask us for help. We treat applications and referrals sensitively and in complete confidence.

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The True Light that Gives Life

EWHURST BAPTIST MINISTER BEN SCADDEN REFLECTS ON THE BIRTH OF JESUS AND THE MEANING OF CHRISTMAS.

There are four Gospels in the Bible: four versions of Jesus' story. One, Mark, does not include the birth narrative. Two of

them, Matthew and Luke, tell of the baby born in Bethlehem. The other, John, begins rather differently.

John describes Jesus as 'the light of all humankind'. He wrote, 'The true light that gives light to everyone was coming into the world.'

In our corner of the world, we know what darkness looks like, if that's not an oxymoron. We have very few

streetlights. We have wonderfully dark nights and starry skies. Torches are essential for safe navigation to the right house, or for checking which colour wheelie bin the sensible person in your street has put out. Light, as from a torch, is easy for us to see. Not only do we recognise it, but by it we recognise everything else.

Yet, regarding that 'true light', John wrote, 'the world did not recognise him.'

We all desire a world defined by justice and

equality, mercy and love. We all play our part in that story. John's view on the birth of Jesus is that, in the profoundest sense,

Jesus represents the world that we long for. Jesus is 'the true light that gives light to everyone'. A light by which, once recognised, we then also recognise the world we crave amidst the world we already have.

This Christmas, I want to encourage you to think about Jesus, perhaps beyond that which you already know. Think about him through the words of

John's Gospel as 'the true light that gives light to everyone'. Think about what that means for you, and everything you do. Does the 'true light' of God shine in your life and through your contribution to the world?

This is why Jesus was born. So that we could know him, recognise who he is and follow the 'true light'.

Merry Christmas!



Our Local Councillor

JOSH ROOT INTERVIEWED, MICHAEL HIGGINS, THE COUNCILLOR FOR WAVERLEY, EWHURST AND ELLENS GREEN WARD.

I wonder how many of you know who our local councillor is? I had a chat with Michael Higgins, our local Waverley Borough Councillor for Ewhurst and Ellens Green, to find out how his upbringing and career brought him to Ewhurst and into our local politics.

had to make a choice I wasn't sure what I would do with a degree in that field but I thought that the skills I would pick up in a law degree would transfer well over to other industries I might step into in later life.

What was your childhood like?

Both sets of my grandparents came over from Ireland, three ended up working in mental health hospitals in Brookwood and Chertsey and my grandfather became a bricklayer. They started a family here so my parents grew up in England, settling in Knaphill,

just outside Woking. During my A Levels and university I worked in Sainsbury's, stacking fruit and veg, which was a great foundation for what I went on to do subsequently, teaching me how to deal with people and the basics of customer service. During my university law degree, I had a second job as a bingo caller in Woking which allowed great interactions with the community.

What made you want to do a law degree? My passion lay in history, especially at school and college, but when I



What do you do now/ career path? I joined the law firm, Lovett's Solicitors, in Guildford 16 years ago as an office junior and I was lucky that the owner of the business saw something in me and pushed me along through training, allowing me to become a director of the firm at 29. In 2019 I did a

management buy out, to release the current owners who were wanting to retire in their 70s. We specialise in commercial litigation and debt recovery, typically business to business, solving issues between companies after they have been through a credit control process. Around 84% of cases are paid through at first contact but the business as a whole has been based on technology, allowing us to deal with a huge volume of customers year on year.



Where does your connection to Ewhurst lie? My wife Holly grew up in Ewhurst and lived here her whole life so it was the best choice to move and bring up our family here in 2014. I am just so grateful I can bring up my children in such a wonderful area.

How has your journey influenced you as a person? I've realised that in life you need help, you need people to step up and support you along the way. I've been blessed to meet these people right from the very beginning, starting with my family, my grandparents who broke their back working long hours for a better life for me and my family. I've always felt I owe it to them to work extremely hard and push myself but you do need people along the way. Without any of these people, I would never have gone on to achieve what I have achieved. From the girl on my LPC (legal practice course), through to Charles at Lovett's who helped me onto my LPC. There's no doubt, too, that my success in the recent local election came down to the people that spoke up and supported me and my campaign.

Let's jump to that now, how did your journey into local politics begin? I've always loved politics. When I was younger, I used to watch Prime Minister's Questions every week and follow the news daily. But as you get older and build a family, life takes over to the stage where I went from being really passionate about politics, wanting to be an MP, to not wanting to be involved at all. In 2016, I strayed into politics - being very against leaving the European Union joining the Liberal Democrats who I saw were the only party reflecting these views. Leading up to that time, there were many elections on a local and national scale and in quick succession. But in terms of my personal ambitions to get into politics, I had

always said no when asked to run.

How and why did you become our local councillor? The call came to ask if I would stand but I was still running a business and still raising my children. I was put in touch with another councillor who was in a similar position to myself, and he allowed me to realise I could do both. I felt there was no point complaining about the current state of affairs when you are presented with an opportunity to make a change. I didn't think there was any chance of winning as Ewhurst has always been a conservative area but I worked as hard as I could to campaign, going door to door to speak to people and it just continued to build momentum. People started to appreciate that someone was taking the time to chat to them, some having never met a local councillor in many years.



A Card to Light up Christmas

ROBIN STRIDE REFLECTS ON A FIRST WORLD WAR GIFT FROM THE PRINCESS MARY.

amp prices this year mean that inevitably some of us are reviewing our Christmas card lists. How about you? It'll be interesting to see how many rush for the late

post box when they get a card from someone they decided they would not send to this year. But before you strike someone off too hastily, maybe it's worth considering the joy a card can bring. Being remembered can shine a ray of light on the receiver, especially if they are in tough times.

And so it was for my grandfather, William Berry, who spent Christmas 1914 in World War One on the front line. Fortunately he was one of thousands of members of our armed forces who were remembered with a Christmas card -

from an unexpected source. A visionary 17year-old girl. She was Princess Mary, the daughter of George V.

Needing money to pay for it all, she launched an appeal. Over £150,000 was quickly raised for our troops to have a Christmas card with her picture and the message: 'With Best Wishes for a Happy Christmas and a Victorious New Year. From

The Princess Mary and Friends at Home'. The card came with a gift of cigarettes and tobacco. Most of the guys in my grandfather's unit smoked theirs – being careful not to light up when their head was above the trenches. But the little brass box and its contents had so touched Grandad that he kept his and it was handed down to me when he died.

As a kid aged ten, I was inquisitive about smoking and was

tempted a few times to try one of the cigarettes in the woods. I'm so glad I resisted. Today, 109 years later, the card and baccy still

bring a smile to our family at Christmas.

Maybe the cards you send won't last as long as that. But perhaps the thoughtful message you give with it will be treasured by the recipient for years to come.



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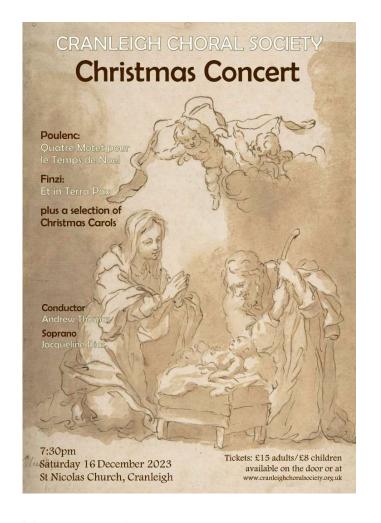
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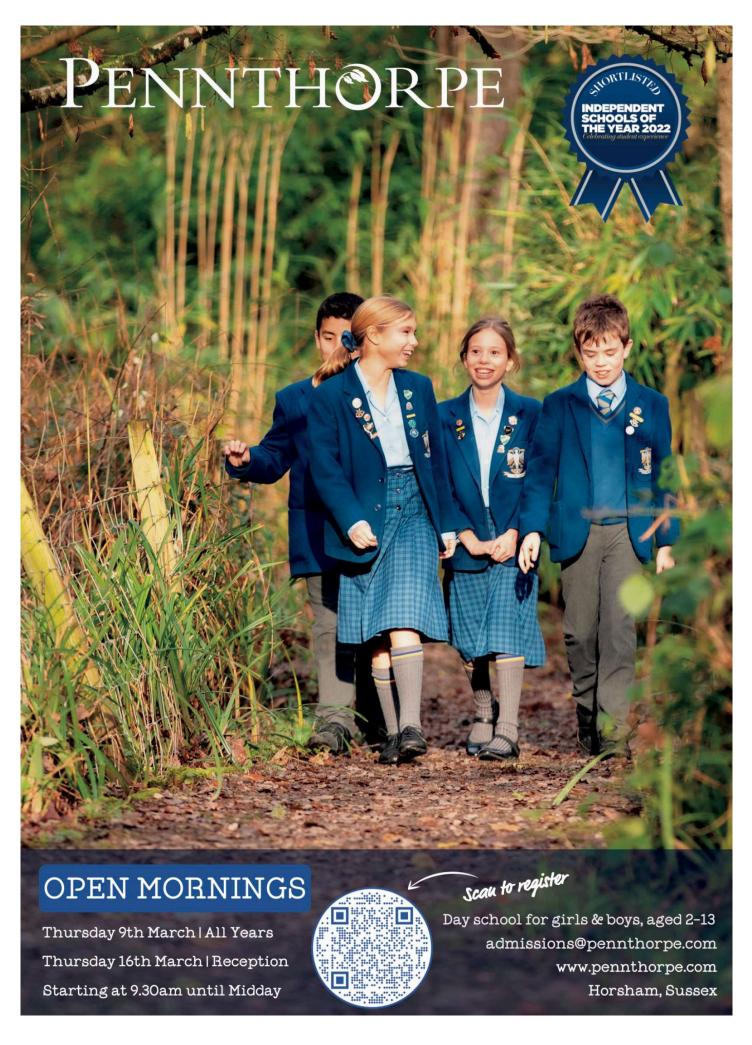






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Wild Swimming, It Takes a Wild Person!

JOSH ROOT TALKS ABOUT HIS LATEST EXPLOIT.

I recently spent a week up in the Lake District over the October half term with my dad. This is the second year we have ventured up for a trip and, aside from hiking up mountains to bag a few more Wainwright summits, I like to get out on the water as much as I can.

Cold water therapy is something I was introduced to over lockdown and I really have felt the difference. Personally, I don't like to call it therapy. For me it has become as life enchancing as I am told gardening is for many others, dare I say often slightly older people? In 2021 I was recommended by a close friend to try cold showers. Despite it being the very start of the summer months, the water was freezing and I hated every second, dreading every shower until after only a week or so I gave up entirely!

Fast-forward a few months, as the clocks

went back and the trees began to turn, I decided to give cold showers another go. Since that day, I haven't looked back. After a few minutes in a hot shower like everyone else, I turn to cold for around two minutes before getting out, which sets me up for the day.

Cold water therapy is a form of mindfulness, with wild swimming being the best form of it. Once you submerge your shoulders below the water, your brain cannot think of anything else. In that moment, you are at one with nature, almost as if the world is on hold. For those seconds, reality disappears and your headspace clears, your mind relaxes and you are present. The temperature of the water creates a stress reaction in the body. The body releases cortisol (our stress hormone) resulting in more frequent breathing and an increased



heart rate (known as cold water shock). Then the body's fight or flight mechanism kicks in but anyone who has experienced this before will know that after a period of time the body will acclimatise to the cold. For the most experienced, this can be 30 to 60 seconds but for others it can take up to three minutes. There is now evidence to suggest that repeatedly putting your body through cold water immersion gradually reduces the severity of the initial stress reaction, which causes the body to reduce its stress reaction in other situations over time elsewhere in life as well - increasing the strength of the immune system, sleep quality and muscle recovery.

Cold water therapy has long been known to help the brain by easing depression, anxiety, and other mood disorders. This is because exposure to cold releases norepinephrine, a neurotransmitter and feel-good hormone, which is also triggered by the brain sensing a fight or flight scenario. The buzz after the

initial shock is the most amazing and sometimes overwhelming wash of dopamine as your body moves past the fight or flight stage. Getting out of your comfort zone

Strandshag Bay, Derwent Water

builds confidence and a great sense of accomplishment. By becoming comfortable with being uncomfortable you increase your resilience in all other aspects of life. We live in an incredibly safe world compared to our distant ancestors, existing in an evernarrowing comfort zone that we call reality.

By stepping out of that, even for just a few minutes, the mind awakens and the body feels alive.

Since starting, I have expanded my DIY immersion set-up and have hooked up an outdoor cold shower! There is something brilliant about venturing outside the back door on a lightly frosted November morning, and standing under the hose for five minutes as the sun comes up. The first shafts of light rise over the fields and begin to illuminate the trees at the back of the garden; beyond the dark, muddy shades of brown and orange, the poplar and sycamore trees are highlighted in accents of gold and yellow. This is the closest I can get to wild swimming at home since the nearest spot is at least half an hour's drive away in Dorking.

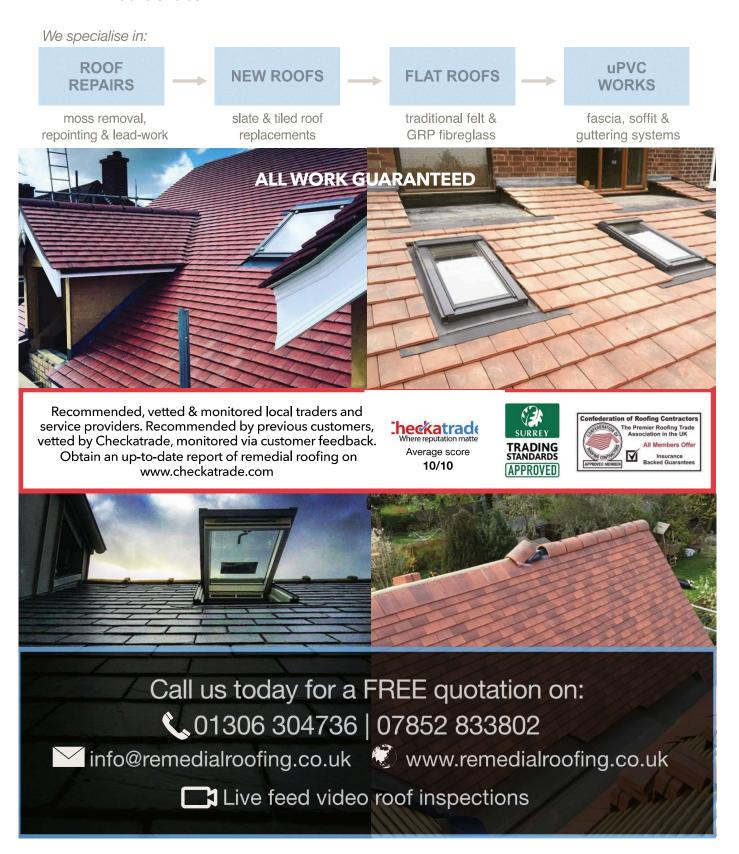
But back to Lakeland, which I call my happy place. Starting a wild swim can be daunting but, oh boy, is it worth it. After getting into

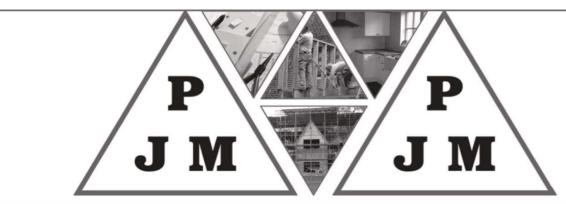
your trunks
and hat, the
body is a mix
of emotions.
But as your
feet enter the
water, the body
and mind
begin the
immersion
process. The
sense of calm
as you rise over

the initial shock, and the presence you have in that moment is the best feeling. There is something magical about swimming in the Lakes, an experience far better than in the sea, in the clearest, and calmest bodies of water with the most stunning scenery.

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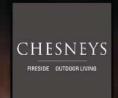




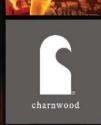
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Memories of my Aunt

AMANDA ELSDON-DEW WRITES.

M y aunt loved to say, 'I am a very lucky old lady,' and she definitely considered her visits to the Old **Rectory in Ewhurst** one of the many blessings for which she was so grateful. I was very lucky too to have seen a lot of her and for her to have chosen to spend her final days down here. She died very peacefully in July, surrounded by her closest family, wonderfully cared for.

My aunt had just one younger sister, my mother, and they were very close, drawn together by what

would now seem to have been a tough upbringing, with their parents in India and much of their growing up spent at school or with cousins in England. My aunt said to me several times that she did her utmost to protect her sister, which maybe explains why my mother seemed not badly affected by the separations but my aunt always felt that they were traumatic for her.

My aunt was beautiful and brave and



Amanda's Aunt

enormously good company, highly sensitive and intuitive and with a phenomenal memory for people. Her son said in his tribute at her funeral that 'she could get the most introspective stone to speak'. Her son, my cousin, is now the Archbishop of Canterbury. I think she is probably best known for having been Sir Winston Churchill's secretary, whom she adored, and for discovering soon after her son became archbishop that he was not in fact the son of her first husband, as she had always thought, but of Churchill's private secretary. My brother

commented, 'What boring lives we have all had, compared to that!'

She said that she began drinking at 12, when she was allowed by her uncle (who lived in an enormous house with a moat but no central heating) to 'come down' to dinner. She was so scared that she would make a detour via the drinks' tray beforehand. Her first job interview was with Winston Churchill, whom she

remembered, 'walking round her in a complete circle, saying nothing', but she was offered the job. Nobody talked about 'Partygate' then but she said that champagne flowed like water around the prime minister and his household. It was, she always insisted, 'enormous fun', but of course unreal. Now people would likely say that she was exploited, getting the job at only 19, working all hours, taking dictation until 2.00 in the morning. She never said that. She remembered the pain and the shame of what was to become severe alcoholism but she recovered, indeed never drank a drop again for 50 plus years, with the help of a brilliant rehab unit and also some nuns from her old school who brought her back to her faith, and she remained like the newest 'born again' Christian for the rest of her life. She didn't forget the bad but it energised a whole new career, as a member of the parole board and probation officer and

prison visitor and she was an example to us all in her delight in living for the day and her trustfulness and generosity, sometimes overly so; she never got the hang of technology and would let strangers help her at cashpoints, not always a good idea.

She loved to laugh, with an infectious 'tinkle'. She was a great raconteur and I can gladly share one of her favourite stories. She had been taking dictation in Churchill's bedroom one morning when Monty (Lord Montgomery of Alamein) came to visit. He sat very tidily at the bottom of the bed and the conversation began. Until Churchill totally changed the flow. 'Darlingggg!' My aunt loved this moment. Apparently poor Monty froze and looked appalled. My aunt saw at once what had happened. Churchill's cat, who always sat on the bed, had just dug his claws into his master's leg.

A Plea For More Help

In 2024 we are losing two members of our magazine production team Josh Root and Ozzie Hunter. They are both coming into important examination years of their education and their priorities must be focused on this aspect of their lives. We wish them both well and thank them both for their great and enthusiastic contributions to the magazine.

Their departure leaves us with some enormous gaps in our production team and we need a couple of willing volunteers to come in and fill their big boots. We especially need someone who is familiar with the publishing software we use. Namely 'Affinity Publisher'. If you feel you would like to and be able to help out, please call me on 01306 621252 or 07976 718734. Or drop me an email, to peterbennett@mimail.co.uk

Peter Bennett - Editor

Isle of Fright

WINTER'S THE SEASON FOR GHOST STORIES. HERE'S A REAL ONE. SIMON FRASER RECALLS.

When I was growing up, our family holidays were usually spent on the Isle of Wight, specifically Seaview in the north-east of the island where my parents rented a succession of houses or flats. My mum's parents often holidayed on the island, usually staying at the Northbank Hotel in Seaview, and would regularly spend the day with us.

One year — and this must have been in the mid-1970s because I recall my maternal grandfather watching The Three Degrees on 'Top of the Pops' in the sitting room — our holiday home was a Victorian villa a couple of hundred yards inland from the beach at Seagrove Bay, about a mile from Seaview itself. My parents had rented it from some friends. I was sharing a bedroom with my elder brother; two twin beds, with a basin and mirror in the corner of the room opposite the door.

One night, I awoke with a start in the small hours. What time it was I have no idea — I didn't have a watch — and it was pitch black. Even though it was August, I felt extremely cold and somehow in my sleep I'd managed

to squash my pillow down the gap between the mattress and the iron bedframe. I was just trying to pull it out when I felt a presence in the room. Turning, I saw a luminescent hooded figure carrying a lantern walk from the door, past the bottom of our beds and through the basin, disappearing into the wall. Terrified, I lay there motionless for what seemed like a year until I plucked up the courage to get out of bed and go and wake my parents.

What they thought of all this, I honestly can't remember, but I suspect they put it down to a ten-year-old having a nightmare. After all, my brother didn't wake up.

Wind forward 30 years. I'm back in Seaview with Fee, my wife, and our two daughters Molly and Jess. We're on the beach when who should appear but Sue, the daughter of my parents' friends. I hadn't seen her for years and she was there with her family. The sun was out, the waves were lapping against the pebbles, and so we got chatting. After a few pleasantries, I mentioned the holiday we spent in her parents' house and before I had a chance to say anything beyond, 'You



know the bedroom on the left at the top of the stairs...' she proceeded to tell me the same story. Every detail identical.

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The Sunday School at Okewood Church, a Brief History

BARRY THOMSON DELVES INTO THE ARCHIVES.

The Sunday School building, now known as 'The Ark', is situated at the top of the hill above Okewood church in a delightful woodland setting where the parish now

holds 'Forest Church'.

The main building, consisting of a large hall with an outside WC was erected in 1895 at the expense of Emma Cowper Brown of Leith Vale in memory of her mother, and this original building was extended and modernised in 2004 with the creation of additional teaching space which made the building divisible into four separate teaching or meeting areas, two WCs (one disabled) and a kitchen.

September, 1895.

CAPEL,

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However, it has not always been there.

I am indebted to a very dear friend, the late Briony Thomas, who was parish archivist for the former parish of Ockley, Okewood & Forest Green, who gave me copies of parish magazines dated 1895 and 1932 which reveal some interesting information. Incidentally, it's quite interesting to learn that our local parish magazine in 1895 described itself as 'Capel, Ockley, Okewood & Newdigate Parish Magazine' (see copy of

> the front cover of the August 1895 issue). An excerpt from that parish magazine explained, 'On July 13th the new Sunday School given by Clare Cowper Brown was opened by the Lord Bishop of Southampton. All in Okewood know how for many years Miss Brown has superintended the teaching of the children in the Sunday School and when the old school was no longer safe, her one wish was to replace it by a new

and more convenient building, and at the same time to raise a suitable memorial to her mother.'

The subsequent parish magazine (September 1895) records: 'July 21st. The new Sunday School was used for the first time. August 20th. Miss Brown

invited all the members of the Sunday School to Leith Vale. Amusements of all kinds fully occupied the time and when six o'clock arrived three hearty cheers for Miss Brown, and a verse of "God save the Queen" brought the treat to a close.'

Fast forward to April 1932, when the Okewood parish magazine provides a drawing of 'the old school' (see illustration) which, in the words of the magazine, 'stood near Chapel Cottage, close to the large oak'. This is thought to be the building which had become unsafe for the Sunday School.

I have lived in the parish for over 40 years and I'm sure many others, like me, remember with great fondness Naomi Cassell of New Road, Forest Green, who led the Sunday School teaching for local



children for many years until, more recently, this was taken over by the Youth Team led by Jan Moir and a number of dedicated group of helpers, all worthy successors to Emma Clare Cowper Brown of Leith Vale.

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Friends of St Peter & St Paul Ewhurst

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The Friends are hoping for plenty of spring colour in the churchyard after children from Ewhurst Infants and Rainbows End along with residents from the Old Rectory, planted 200 crocus bulbs bought with the takings from our 'Crocuses for the King' stall at the Carnival. Some of the planters got muddier than others but they all received a certificate for their work!









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We will also be busy putting together our application for a full Heritage Lottery Grant for repairs to the south transept, after our initial request was approved.

As always, none of these things happen without our loyal supporters, we really appreciate all you do for the Friends. If you would like to become one of our registered supporters, please contact our secretary on 01483 268694 fspspsecretary@gmail.com or visit our website. You do not have to donate to become a 'Friend' but you need to register with our secretary so we can legally contact you about all we do. We hope you will do both!

| Jane Harry, Chairperson FSPSP



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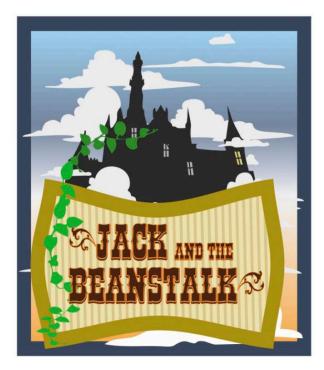
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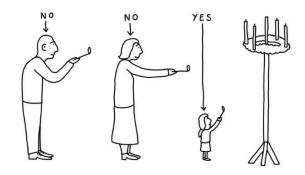
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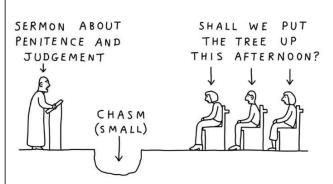




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WHETHER TO PREACH ON CHALLENGING ADVENT THEMES

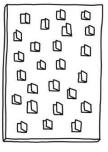






SHOULD THE WREATH HAVE ONE PINK CANDLE?







WHO COULD HAVE EATEN THE VESTRY ADVENT CALENDAR CHOCOLATES?

CartoonChurch.com

Ewhurst Churchyard Tomb Graves Restoration

MARTIN LOCKWOOD REPORTS ON A GRAVEYARD UPDATE.

V e recently commissioned a heritage-qualified master craftsman. Jamie Barnet, to restore the poor state of the four raised-brick tombs in our churchyard. They date from the early Georgian period and were built for John (d.1764) and Ann Evershed (d.1743) of Garlands, which had been in the family since 1689; Mary Stantiall (d.1780), John's sister, of Wingoods; and for John Worsfold and

John Ryde ('of Ockley' although resident in the parish). A detailed history of these graves and of these people will shortly be produced by the Ewhurst History Society.



The photographs show before and after restoration. Much of the repair work has involved hand cutting and shaping of old bricks to match and replace some of the specially shaped bricks as none are now available, a skill not often found these days. There are still a few more graves that need restoration.

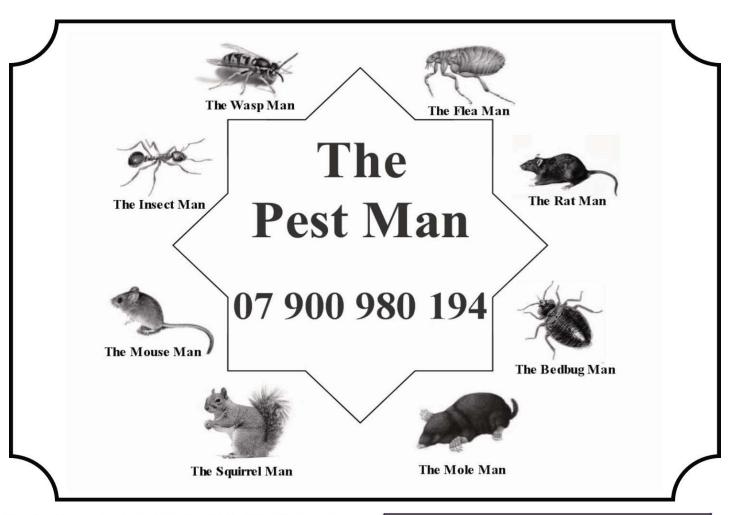
We understand that Jamie is related to the original builders of

these tombs, so are very grateful that he has the skill to carry out this work and the results speak for themselves and are well worth a visit.





BEFORE & AFTER









Christmas Lights & Carols

2nd December 5:30 - 7:00

Mince Pies & Refreshments
Christmas Carols
Switching on the Christmas Tree & Lights

There will be a collection in aid of a local charity



EWCARE

Your Ewhurst and Ellens Green Good Neighbour Scheme. EwCare provides transport and other help to the villagers of Ewhurst and Ellens Green. Don't forget you can call us on 01483 277606 between 10am and 12noon to book a volunteer. We are happy to drive to the Royal Surrey, Milford, Haslemere or Redhill hospitals. We also do shopping, collection of prescriptions and small DIY jobs.

We would love to have more volunteer drivers to do these longer journeys for us, when it is convenient for them. If you are interested in helping out, please contact Angie on 01483, 277505.

We are also always on the look-out for more Duty Officers to man the phone, this is usually only once a month. Please contact Angie if you have the time to help us.

So DON'T FORGET EWCARE!

Ewhurst Infant School Got Behind the Camera at Half Term

SAM SIERWALD-SMITH REPORTS.

ver the half term, the families of Ewhurst C of E Infant School took to the outdoors to snap some autumnal shots. And their parents went phoneless for a good half an hour. We held a mini-competition among the children and found some aspiring young photographers. One of the winners so impressed the editor of the News and Views that it has been chosen to go on the cover of this winter edition. Well done to Sersha Lorraine of Year One. Other year winners were:



Reception Winner - Tom Niven



If you would like to volunteer to judge our future seasonal competitions please email us at: pta@ewhurst.surrey.sch.uk



Sibling Winner - Alyssia Smith



Year Two Winner - Arlo Campbell

cranleigh arts

WHAT'S ON!





Duo Sat, Dec 2 8pm



Andre Rieu Sun, Dec 3 2pm



Harp and Flute
Tues, Dec 5 1pm



Xmas Variety Show Thurs, Dec 7 8pm



Fundraiser Concert Fri, Dec 8 7.30pm



Kids' Craft Sat, Dec 9 10am



Sound Bath Sat, Dec 9 11am



Jazz, Cheese & Wine Sat, Dec 9 7.30pm



ROH: Nutcracker Tues, Dec 12 7.15pm



Alice Armstrong Fri, Dec 15 8pm



Snow Play Sat, Dec 16 2pm



Lego Open Build Wed, Dec 20 10am



Ahijado – Pagan Thurs, Dec 21 1pm



Tifel, Tafel & Tofel Thurs, Dec 21 7pm



South Coast Soul Fri, Dec 22 8pm



Drum Circle Sat, Dec 23 2pm

WWW.CRANLEIGHARTS.ORG

BOX OFFICE: 01483 278000

cranleigh arts

WHAT'S ON!





Xmas with Sinatra Sat, Dec 23 7.30pm



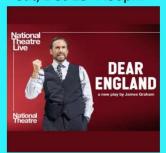
Violin and Guitar Tues, Jan 16 1pm



Purple Zeppelin Sat, Jan 20 8pm



Cristian Sandrin Wed, Jan 24 7.30pm



NT: Dear England Thurs, Jan 25 7pm



Wilson & Wakeman Fri, Jan 26 8pm



ROH: Rusalka Sun, Jan 28 2pm



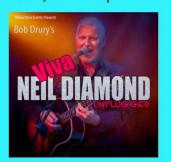
Manhunter - Talk Thurs, Feb 1 7.30pm



Ron Green Big Band Fri, Feb 2 8pm



Iconic Bands Tribute Sat, Feb 3 8pm



Tribute Sat, Feb 10 7.30pm



The Bubble Show Mon, Feb 12 11 & 2



Merry Opera Fri, Feb 16 7.30pm



Stringfever Sat, Feb 17 7.30pm



Violin and Piano Fri, Feb 23 7.30pm



Dave Kelly, Bob Hall Sat, Feb 24 8pm

WWW.CRANLEIGHARTS.ORG

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Oakwood Hill Village Hall

EMILY PALMER AND MARTIN SMITH REPORT ON THE LATEST UPGRADE TO THE VILLAGE HALL.

L a barn in the grounds of a local house and was transported to its location in 1912. During the war it was used by an insurance company relocated from central London. The land was a recreation ground for the village but was passed to the ownership and management of the Diocese of Guildford, as it is today. The Cricket Club lease the ground from the diocese, but the hall is under the control of the diocese with a local management committee running it for the community. For an unknown reason, the hall's full title is spelt 'Oakwood' although the village itself favours Okewood.

It was condemned as a building in the early 2000s but a hardworking group of local volunteers fund-raised and undertook the rebuilding works themselves — rebuilding from the frame and floor up and adding extensions, including a professional-level kitchen. An amazing achievement without

which there would not be a hall any more for us to enjoy.

Extremes of weather had damaged the external wood cladding in the last decade and history repeated itself on a smaller scale recently – a new group of local volunteers fund-raised and

removed the old cladding, recycling it too. This saved a lot of money and meant a complete recladding could be afforded as well as improved lighting.

Okewood's village hall is a great place for the community to come together, hosting events such the annual flower show, fetes and community meetings. It is also home to a variety of clubs and classes such as Pilates, band rehearsals and Young at Heart group gatherings which run throughout the year.

New activities are planned: for example, a Wreath-Making Workshop on 4th December and Christmas Quiz and Carols on 16th December and a survey will be circulated to find out what else people would like. Let us know of any ideas.

For more information on the Oakwood Hill Village Hall, please visit www.oakwoodhillvillagehall.org



Dementia

Memory Lane

1st & 3rd Monday afternoon - 2.15pm - 4.15pm

Cranleigh Arts Centre, High Street, GU6 8AS

Come for Music, Refreshments, Friendship, Chat and Activities. Choices for those experiencing Dementia to enjoy and a relaxing time for their partners to join with others who also care or have cared for their Loved-ones.

Justturn up you will be made most welcome

Contact : Michael

Michael:01483 274398 mamwild@aol.com

Melody Memories

2nd & 4th Wednesday morning - 10.30am - 12 noon.

Rowleys, Victoria Road, Cranleigh GU6 8NT

Music, singing and fun for those experiencing Dementia and their Carers. Refreshments provided by a team of Volunteers.

You will be made most welcome, just call to let us know you are coming

Contact : Carol

Carol:07775 865125 carol@highedser.co.uk

WeCare

1st & 3rd Thursday morning - 10.30am - 12.30pm

The Glebe Centre Ewhurst GU6 7PY

Come for refreshments, Friendship, Chat and Activities. The opportunity for those with memory problems to be entertained and for those who care for them to talk amongst themselves.

For more information, just call to let us...

Contact: Tony

Tony:01483 267027 tony.gauvain@gmail.com

Carol:01483 278214 07775 8965125 Carol@highedser.co.uk

Rosemary & Sage Café

Every Friday morning - 10.00am - 1.00pm

Rowleys, Victoria Road, Cranleigh GU6 8NT

Leave those experiencing Memory Problems with Qualified Carers for 3 hrs. every Friday. Suggested donation £5. Lunch available. Supported by WBC.

For more information, just give us a call...

Contact : Carol

Carol:07775 865125 carol@highedser.co.uk

Tapestry Day Club

Something different for anyone who would benefit from meeting sociably and be cared for over a home cooked lunch in a friendly environment.

For more information, and the daily rate please get in touch...

Contact : Clare Jones

Clare Jones: 01403 791020 cj.jones@tapestrydayclub.co.uk or see the website: www.tapestrydayclub.co.uk.





Memory Lane is a group supporting people experiencing dementia and their carers, providing both physical and mental exercise along with joyful singing and support for care partners.

On the 4th December up to 40 guests will be entertained again by the Wintershall Singers led by Stuart White. With endless carols and fun on the 18th December led by Memory Lane's Liz Westaway Trained Opera Singer and Ann Beresford Music Therapist.

With a busy year head, the Carers who have become great friends over the years and are having a New Years Party for the first time. This will be followed in February by a talk by Kim Wilson of Surrey Hills Partnership on Fall Prevention. Although Memory Lane have their own Music Therapist, later in February they will be welcoming Ingrid Clift from the Loop to broaden Music Therapy awareness as music is so much appreciated and helpful to those experiencing dementia.

Memory Lane meets at 2.15pm on the 1st & 3rd Monday each month at Cranleigh Arts Centre

If you would like more details, please call 01483 274398 or mamwild@aol.com

New Public Charging Point for Electric Vehicles at the Bulls Head

Ewhurst now has a public Electric car Charging Point.

It's on the BP Pulse charging network and is also listed on Zapmap – the go-to place to find public EVCPs

If you need any further information, please contact Stuart Godfree at the Bulls Head 07764188356



'Just How Important Is It to Be Earnest?'

ASKS JOSH ROOT.

I t seemed like only the other day when the curtain had come down for the final time on the last Players' performance of Robin Hood. But since then the year had motored on and we now found ourselves in Autumn, arriving at the third production of the year, *The Importance of Being Earnest*.

For me, this was a slightly odd feeling as I was away over the October half term, missing the last few technical/dress rehearsals and the first performances. But taking over for the Friday and Saturday shows, I once again found myself in the village hall tech box, watching the show unravel for what felt like the first time.





First performed in 1895, Oscar Wilde's *The Importance of Being Earnest* is the last of his 'society plays', considered a masterpiece from the outset. Although I gather that there had been a few sizeable bumps in the road, first-time director Amanda Jones did a brilliant job at piecing together the show against the clock to such a high standard. The small, but mighty cast delivered their many lines without a hitch (on the nights I saw anyway) with many fast but well-paced minutes of dialogue between Barry Harrison-Fudge and Simon Fraser perfectly executed.





Jay Garland played a brilliant, but quite domineering Lady Bracknell and the dynamic between Cecily and Gwendolen (played by Cat and Tor) was superb! The set - constructed by Simon - took inspiration from another theatre company, allowing each act (set in a different location) to take place around the same four walls, with the centrepiece and other decorations moving in the intervals.

As the house tabs closed at the end of Act 3, the audience cheered as the curtain call finished and another outstanding show came to an end. The focus now shifts (at least in our minds) to the upcoming February production of Disney's *Beauty and The Beast* (the musical), and so let's hope we can, once again, bring the West End to Ewhurst!

Beauty and the Beast 10th, 11th, 15th, 16th & 17th February www.ticketsource.co.uk/ewhurstplayers



Well, Well, Well?

JANET BALCHIN WONDERS IF YOU HAVE A WELL?

D o you have a well in your garden? If so then Ewhurst History Society would like to hear from you.

Before mains water, people relied on wells for their drinking water and most old houses still have, or would have had, one. Sometimes smaller cottages shared a well.

Old wells are marked on Victorian OS maps, but new wells were still being sunk in the 20th century and may not be marked. Surviving wells are often garden features, but others may have been capped and forgotten about. In the last two years Ewhurst History Society have been notified of two previously unknown wells, one of which was 15ft deep and full of 'rubbish' including old bottles and scrap metal. The other was actually inside a house that had been built at a later date.

This made us think that it would be interesting to make a survey of wells, so if you have one and can tell us anything about it, please contact Janet Balchin <code>janet.balchin@googlemail.com</code>



Trixie Hull by the well at Somersbury around 1910.

Local history books make wonderful Christmas presents – why not take advantage of our special offer?

Ewhurst History Society have produced a number of beautifully illustrated local history books. Our most recent publication is 'Ewhurst 1910-1960' which costs £10, but for those of you who are new to Ewhurst, or have not purchased any of our other books, we have a special offer –

The new book AND our three previous books -

'Ewhurst Houses & People'; 'St Peter & St Paul, Ewhurst'; 'A Short History of Ewhurst School' and a set of vintage postcards for just £20!

Books are available direct from Ewhurst History Society c/o Hullbrook Cottage, Cranleigh Road Ewhurst GU6 7RN Please phone 01483 277342, or email ewhursthistory@gmail.com in advance to pick up; or if you are unable to collect from us, we can deliver free to addresses in Ewhurst parish.

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Our award winning, in-home, care and companionship provision, enables people to flourish in their later years. We offer visits of 2 hours or more, with the same, highly trained, expertly matched carer so we can build meaningful relationships.

We offer tailored and fully managed care packages to enable continued independence at home in Cranleigh and the surrounding areas.

Get in touch with Samantha to find out more:

Bright Care Cranleigh 264 High Street, GU6 8RT

01483 617 121









DUKE of KENT

A vibrant and nurturing co-educational setting from Nursery to GCSE

To book a tour of the school, please visit our website or contact us on 01483 277313

Duke of Kent School, Peaslake Road, Ewhurst, Surrey, GU6 7NS www.dukeofkentschool.org.uk





