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Pilot makes forced landing at Kenley



The Piper Cherokee after landing safely at Kenley Airfield - photograph by Roger Easter

A pilot had to make an emergency landing at Kenley Airfield last month, when he experienced engine problems shortly after taking off from Biggin Hill. On Sunday, 13th April hundreds of people were strolling, jogging, cycling or walking their dogs around the airfield while gliders of 615 Volunteer Gliding Squadron took to the skies above their heads. Suddenly the peace was shattered by the harsh sound of a light aircraft in trouble. Adrian Hewlett,

Chairman of the Surrey Hills Gliding Club said: "Fortunately, the main runway was clear of gliders as we saw a light aircraft, a Piper Cherokee, appear low over the trees with a very sick sounding engine."
Story continued on page 2.

KNIGHTS WILDLIFE WEEK FROM 26th - 31st MAY

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Forced landing at Kenley

(Cont. from page 1)

A local resident, seeing and hearing the plane's approach, rang for the fire brigade. Fortunately, the private owner landed his ailing aircraft without further incident and the emergency services were stood down before they arrived. On the following Tuesday engineers repaired the aircraft which then returned to its base at Biggin Hill.

Adrian added: "When all the initial excitement had died down, the incident underlined the fact that Kenley Airfield is just that, an airfield, and aircraft in serious difficulties will choose to land there, whether or not the gliders of 615 VGS or Surrey Hills Gliding Club are operating. People who wander over the airfield at any time put themselves in harm's way."

For more information about Surrey Hills Gliding Club visit www.southlondongliding.co.uk

Bunny Fun Run: the Grand Total

The organisers of the 2008 Bunny Fun Run held earlier this year in Queen's Park, Caterham-on-the-Hill, are delighted to announce that £1,928.98 has been raised for Marie Curie Cancer Care and other Rotary charities. Pictured right is Caterham Rotary President Roger Easter with Carol Hunt from the Institute of Cancer Research with a cheque for £1,000.



Smartening up Caterham

Following the ABC 'A Better Caterham' Town Healthcheck last year, ABC will be focusing on three main areas: 'Shabby to Smart' ('S2S') in the short term, the Community Hub in the medium term and the redevelopment of the north end of the town centre, including the Rose & Young site, in the long term. In order to take the S2S project forward, a committee of volunteers from Caterham-on-the-Hill

and Caterham Valley have been listing areas for attention, which include reviewing the capacity of the drains system, commercial rubbish collection, railings, street furniture, signage and street greenery. They are also looking into ways to improve parking. Following on from the Healthcheck, this process is the next stage in preparing a bid for funding from SEEDA, the South East England Development Agency.

Museum commemorates the 'Father of Modern Caterham'

The East Surrey Museum in Caterham Valley is hosting an exhibition commemorating the life and work of William Garland Soper who died 100 years ago this year.

William came to Caterham in 1866 and was instrumental in the town's development. So significant were his contributions to Caterham, The Soper Hall was built in his memory in 1911. Opening times are 10.00am - 5.00pm Wednesdays and Saturdays and 2.00pm - 5.00pm on Sundays.



William Garland Soper

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No change after election

There was no change in control following the Tandridge District Council elections on May 1st, as the Conservatives increased their majority by two seats. Of the 42 seats, Conservatives hold 33, Liberal Democrats 8 and there is 1 Independent. The turnout of voters was 42.3%, which is higher than the national average.

The Conservatives held the following seats:

- Bletchingley & Nutfield:** Marian Myland
- Burstow, Horne and Outwood:** Alan Jones
- Godstone:** Jules Gascoigne
- Harestone:** Michael Cooper
- Oxted North and Tandridge:** Gordon Keymer
- Oxted South:** Elizabeth Parker
- Warlingham West:** David Cooley
- Woldingham:** Richard Butcher

And gained:

- Queen's Park:** Jeremy Webster
- Caterham Valley:** Jane Ingham
- Warlingham East, Chelsham and Farleigh:** Chris Camden

The Liberal Democrats held the following seats:

- Portley:** Hilary Turner
- Whyteleafe:** Jeffrey Gray

And gained:

- Westway:** David Gosling

Leader of the Council, Councillor Gordon Keymer, said: "We are pleased so many people braved the rainstorms to come out and vote. Such a comparatively high turnout reflects the importance our residents put on voting at local elections and the keen interest they take in local issues and services."

Results for Caterham Wards

Harestone Ward
Michael Cooper, Con 880
Jill Elliff, LibDem 307
Spoilt 9

Portley Ward
Peter Brent, Con 522
Barbara Henning, Lab 50
Hilary Turner, LibDem 650
Spoilt 3

Queen's Park Ward
Robin Clements, Lab 49
Lucy Darlow, LibDem 629
Jeremy Webster, Con 764
Spoilt 14

Valley Ward
Anne Bell, LibDem 222
Jeffrey Bolter, UKIP 111
John Ellis, Lab 45
Jane Ingham, Con 415
Peter Longhurst, Ind 315
Spoilt 5

Westway Ward
Paul Blanchard, Con 485
David Gosling, LibDem 573
Peter McNeil, Lab 70
Spoilt 5

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Look who's dropped into The Cedars!



East Surrey MP, Peter Ainsworth, attended a busy open day on 26th April at The Cedars Osteopathic and Natural Health Practice in Caterham-on-the-Hill. The Cedars Practitioners were on hand to answer questions on Osteopathy, Acupuncture, Podiatry and Sports Massage. Ian Wilkes, an osteopath and the Practice Principal, took Peter through the work the Practice does and explained the effectiveness of Osteopathy, Acupuncture, Podiatry and Sports Mas-

sage as an integrated service in addition to NHS provision. Speaking after the event, Mr Ainsworth said: "I found the open day to be most informative, and the staff to be incredibly welcoming. Health will always remain at the top of the political agenda, and The Cedars Practice is a great example of a local business supporting the local community; I fully support the work they do." For more information you can call The Cedars on 01883 344301.

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Recruiting and retaining good teachers

by Mark Phillips

Headteacher of de Stafford School



Students at de Stafford are lucky to have some very good teachers who have stayed at the school and are able to offer them a very stable learning environment.

However, this is not the case in all Surrey schools. Headteachers in Surrey know how hard it is to replace good teachers when they move on, and it is no longer a problem confined to just Maths and Science. Five years ago, if I placed an advert for a History teacher, I would have received at least fifteen good applications. Having just placed a national advert two weeks ago, I received only one very poor application from a teacher not even living in the UK; this is the case for most areas of the curriculum.

As an older teacher (painful as it is for me to admit to) with over twenty years teaching experience, I am looking at a changed profession where newly qualified teachers only stay in the role for an average of five years before moving on to another career. Many of those leaving the profession are highly talented but simply cannot afford to live in this area on the salary that is paid to new teachers. Surrey schools are faced with an additional problem: when we do find excellent young people who want to pursue a career in education we find ourselves unable to compete with schools in Croydon and the inner London Boroughs, who are funded to pay higher

salaries through the London Allowance system. The cost of living is no different in Caterham to Croydon and yet members of our staff are paid less.

I am sure that everyone in the local community wants the best for our children, and to achieve this we must encourage the government and County Council to invest in schools, ensuring that we can attract the best teachers to stay in this area. Unlike other public sector professions that the media uses to compare teachers to, this is a career only open to graduates and must be able to offer the same rewards as other careers at this level.

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A brand new bus for Clifton Hill School

Members of the Lord and Lady Taverners and the 100 Property Club were at Clifton Hill School in Caterham-on-the-Hill last week to present a cheque for £15,000 for a new school minibus.

The Ford Transit bus has been converted so that it can be accessed by wheelchair users. It will enable the students, who have learning difficulties, to experience a variety of outings, sporting activities and work in the community.



Headteacher, Marion Unsworth (in the driver's seat) and students with celebrity guest Ricky Groves who plays Garry Hobbs in EastEnders (far right with partner).

Photograph by Gordon Wallace

St. Francis pupils get 'The Rhythm of Life'

Children from years 3 and 4 at St Francis RC Primary School in Caterham-on-the-Hill performed a showcase of music and dance entitled 'The Rhythm of Life' last month.

The audience was treated to an international repertoire including songs sung in Spanish and French. The music and dance included a Human Drum Kit and African Body Percussion, to tie in with an educational run down of various body parts and bones. The children had also been studying the Ancient Egyptians, another culture that was represented by some of the fantastic costumes and performances.

Guides go Scoutabout!

by District Commissioner, Charley Formosa

Guides from most units in Caterham and Tilburstow are now preparing for Scoutabout, an event that takes place every three years at Ardingly Showground and involves more than 4,000 Guides and Scouts. The guiders are busy preparing activities, tents, transport and most importantly, ear plugs for the disco on the Saturday night.

Woldingham Brownies enjoyed a Pack Holiday recently at Cudham in Kent. The girls worked for their Craft badge, making and decorating many items such as bags and photograph frames. They also had to complete a number of challenges to earn their Brownie Holiday badge, including cooking, cleaning and keeping a diary of the weekend's activities. For many of them, these tasks were completely unfamiliar, but they set to with enthusiasm and completed them without any problems. The hardest challenge for all of them during the weekend was going to sleep on time! Short holidays like this are a great way for the younger

girls to start staying away from home and familiar surroundings, and we were pleased that the girls wanted to repeat the experience, and for a longer period.

Woldingham Guides have been busy as well, with some of the girls helping with the biannual litter pick and general clear up in the village.

If you would like details about Guiding in Caterham, Chaldon, Godstone, Bletchingley or Woldingham, please contact Charley Formosa, District Commissioner, on 01883 653356.



The Woldingham Brownies on their Pack Holiday

Schools!

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'Tis the season to go fishing!

For both experienced fly-fishermen and newcomers to the sport, the tranquil lake at Leigh Mill is one of Godstone's hidden treasures. Set in three acres of beautiful woodland, the private lake is fed by a fresh water spring and two underground springs, providing well-oxygenated water where fish thrive. As home to Leigh Mill Fly Fishing Syndicate, the lake is stocked every three to four weeks with top quality rainbow and occasionally brown trout.

Fishing is growing in popularity, especially amongst women. There are approximately four million anglers in this country, more than in any other sport. Describing the appeal of the sport, Club member, Doug Newdick said: "Once you have hooked that first fish the adrenalin gets you going and you are hooked! It's a bit like playing golf and trying to get a hole in one every time."

Fellow member, Andrew Sampson added: "You are constantly doing something with fly fishing, you never stand still. It requires a lot of concentration so you find you forget about everything else which is very therapeutic."

Many youngsters are also finding the sport a refreshing alternative to

spending hours indoors in front of computer games. Junior angler, Henrik Wetter, said: "I enjoy fly fishing both for the challenge of casting the right fly, in the right place at the right time and the excitement of hooking and playing the fish. Although I release most of the fish I catch, I also love eating trout! And all that in beautiful surroundings..."

The Syndicate has a limited number of openings for new members - not just experienced anglers but newcomers to the sport too and tuition is available for beginners. The Society welcomes men and women and also juniors who must be



Stocking the lake with rainbow trout.

accompanied by an adult member. A new family membership is available for the first time this year. The membership secretary Laurence Clifford will be happy to answer any questions you may have. You can call him on 020 8669 1630.



Syndicate members (from left) Andrew Sampson, Doug Newdick and Laurence Clifford with Archie the collie.

Burtenshaw's Beat

by Tandridge Neighbourhood Inspector Elaine Burtenshaw



You may remember me writing about Neighbourhood Panels and how the Caterham community really does influence the policing priorities in the area. At the end of March I attended the Caterham-on-the-Hill panel meeting and was able to discuss the on-going issues raised around tackling antisocial behaviour in the area. Another concern was vehicle vandalism, in particular in Oak Road. I can assure you my team is doing all they can to resolve the situation by providing suitable long-term solutions. The next meeting is on Wednesday, 28th May, and I hope you will all be able to attend.

I am looking forward to attending the Caterham Valley Parish Council AGM on Tuesday, 13th May, and to meeting as many of you as possible.

Last month, BBC One's Crimewatch reconstructed the sexual assault that occurred in Whyteleafe in December. At the time of the incident I used my column to appeal for anyone with information to come forward. For those of you who saw the programme I am sure you will agree this was a violent and terrifying attack on two young women. A team of detectives from Caterham CID are investi-

gating this assault but I would again urge anyone who has any information about the incident to please pick up the phone and speak with officers at Surrey Police on 0845 125 2222 or call Crimestoppers anonymously on 0800 555 111.

Sadly car crime seems to have increased in Tandridge recently. We had a spate of criminal damage caused to vehicles parked at Morrisons car park in April and we have also seen a rise in the number of thefts from motor vehicles. My crime reduction officer, PC John Lee, and I have met with Morrisons' area security manager and advised on different ways their car park security can be improved. We are working with Morrisons towards the Safer Car Park award. Motorists can also play their part by not leaving valuables on display. Simple measures can drastically reduce your chances of becoming a victim of vehicle crime and by implementing these changes, and working together, we can crack vehicle crime. For simple crime prevention tips log on to www.surrey.police.uk

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Lions at Party in the Park!

Caterham, Oxted & Godstone Lions are pleased to be helping out at the Party in the Park on Saturday, 10th May at Marden Lodge School, Caterham.

The Lions will be selling Pimms to guests attending what is hoped to be the first of many Parties in the Park. The music kicks off at 3 p.m. with the Surrey Police Band, and a wide variety of music follows including the Tribute Blues Brothers, Better than Good, Roxy, The Sundays, and The Theory of 6 Degrees.

There will also be face painting, children's workshops, a beer tent for the adults and London's Heart Radio will be there!

Tickets for the day are selling fast, so to make sure of your place contact Marden Lodge School on 01883 343014.

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St. George's Day Parade Special

by Andy Parr

St. George's Day is a big event in the Scouting calendar, and this year 450 members paraded through Caterham to St. John's Church, where the address was given by the Bishop of Croydon, Nicholas Baines. He instantly got the children's attention, by starting the address talking of football! During the service, the County Commissioner presented me with a Medal of Merit, for outstanding service to the Scout Movement. Afterwards, we paraded to Timber Hill recreation ground where the salute was taken by Cllr. Steve Altria, Chairman of Tandridge District Council. An aerial photo was also taken of all those present to commemorate 100 years of Scouting in Caterham.

On St. George's day itself, around 600 youngsters proudly wore their Scout and Guide, Cub Scout and Brownie, or Beaver Scout and Rainbow uniforms to school for the day. Every school in Caterham participated, as well as many others in the surrounding area. I went to Woodlea and Hamsey Green Infants schools, and there were many children happily running around, looking smart in their uniforms. There were also many leaders wearing their uniforms at work that day. I started this about six years ago, and the idea is slowly spreading through Croydon and Surrey. Can we get all schools in the Country to do what we have been doing in Caterham for years?



The aerial photo commemorating 100 years of Scouting in Caterham by Simon Kelly



The 3rd Caterham Cub Scouts parading in Croydon Road



County Commissioner, Richard Shortman (left) and Andy Parr with his Medal of Merit

Hygiene and your mattress

If you are concerned about cleanliness and hygiene, you probably clean everything in your home regularly but you may not realise that your mattress is the most unhygienic place of all. Due to the modern day environment created by double glazing and central heating and the resulting increase in dust mites, bacteria, viruses and other filthy residues in our beds, there has been a corresponding increase in health problems such as Asthma, Eczema, Hay Fever and allergies. Previous generations regularly dragged

their mattresses outside on a cold day and beat them for half an hour or more, killing the mites and removing their excrement. Due to the weight and composition of the modern mattress and the time pressure created by today's hectic world, we don't do that any more. The cleaning process used by the Mattress Doctor is carried out in your own home. It is chemical-free and is scientifically proven to remove 99.9% of all the contamination from your mattress leaving it fresh, clean and hygienic. As part of our health service to the community, your local Mat-



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tress Doctor will visit your home and carry out a free mattress hygiene test. You will see precisely what is in your mattress and whether it needs cleaning. Just call us now on 0845 094 2483 - you'll be pleased you did!

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In the Spotlight

Each month we put a local personality or resident in the spotlight. This month we feature local resident and Chairman of the ABC 'A Better Caterham' Healthcheck, Chris Windridge



Birthplace: London

Marital Status: Married

Children: Son and daughter aged 15 and 11

Cars: Yes two

Pets: Two dogs

Childhood hero: Dan Dare

Favourite Food & Drink: English or Continental

Pastimes: Gardening, walking the dogs

Likes: Music, eating out, good company

Dislikes: Noisy places; Lack of trust

Favourite TV show: Have I Got News For You

Favourite books: John le Carre

Proudest moment: Becoming a father

Favourite song of all time: Fields of Gold by Eva Cassidy

Favourite holiday destination: Somewhere quiet and beautiful

Biggest influence on your life: People who lead by example

Who would you most like to throw a custard pie at? Don't tempt me

Most embarrassing moment: Wouldn't you like to know!

Where would you most like to live? In Canada

Who would you most like to meet? Nelson Mandela

If you won the Lottery jackpot, how would you spend it? Doing some of the above.

Credit Crunch - Global Meltdown or Opportunity?

by Jerry Connor

'Recession', 'Market Melt-down', 'Mortgage Mayhem', 'FTSE Crashing', 'Banking Collapse'.

These are just some of the headlines in the last few months leading some top market commentators to observe that 2008 has become the most volatile, turbulent market in living memory.

Without doubt, these are unprecedented times. We have witnessed banks crash both in the UK and US as the financial markets struggle to cope with massive fluctuations in their ability to borrow money. However, is it all doom and gloom?

If you are a saver or a long-term investor then cash saving rates and opportunities for picking up some good value stocks have not been as attractive as this for some time.

If you had investments in gold (not necessarily gold bars!), government bonds or cash in the first quarter of 2008 you would have made some money even as other markets have fallen. Therefore, there are always short-term opportunities in volatile markets.



However, history tells us it is the stock market where consistent inflation beating returns can be made, so *don't panic!* Often the best time to buy is when others are selling. Taking the longer-term view, the last three to five years have been a great time to be invested in the stock market. It looks increasingly likely that interest rates will be coming down too, so this is also good news for those amongst us with mortgages.

So if you are a long term investor, have a mortgage which can benefit from falling interest rates or have lots of gold bars under your bed (or you have invested in a fund in that sector) then there are in the words of Ian Drury some 'reasons to be cheerful' even when the headlines suggest otherwise.

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Quick Quiz

by Alec Herbert

This month, five questions relating to May.

1. Surrey's Peter May, won more Test matches as Captain of the England cricket team until his record was beaten by whom?
2. In which century did the Pilgrim Fathers set sail for America in the Mayflower?
3. What is a May apple?
4. The month of May is probably named after Maia the goddess of growth in which dynasty?
5. Which gem is the birthstone for May?

Answers:

1. Michael Vaughan;
2. 17th;
3. A Herba-
4. Roman;
5. Emerald.

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In the garden

by Alec Herbert

As spring flowering bulbs and plants begin to fade, perhaps now is the time to consider a border makeover. Borders can become somewhat sad looking as the individual shrubs and plants become straggly but it is not necessary to dig out everything and start again. Some mature planting is a valuable asset to any garden and a good pruning may well revive many small trees, shrubs and



Potentilla - this popular perennial produces striking blooms in summer

climbers. Some plants are relatively short lived and some do not respond to hard pruning after being neglected. These include Lavatera, most rock roses (cistus) and broom (cytiscus). Also, most conifers do not re-grow from old wood, so extra care is needed when cutting back.

Once well-past-their-best shrubs have been removed and the remaining have been cut back, you will have an idea as to the number of new plants that will be required.

Perennials live for at least two years and usually many more and most herbaceous varieties will die back in the autumn and can be cut back to ground level. There are thousands of perennials available and they will provide splashes of colour throughout the summer and early autumn. Some are evergreen and, therefore, will provide both colour and valuable ground cover in winter.

If you are purchasing from garden centres, you will find many beautiful perennials available. They come in all shapes and sizes, in many different colours and a herbaceous border can be designed to emphasise the style you have chosen for your garden.

As is the case with all plants, care should be taken to ensure that they are suitable for both the aspect and soil conditions. Plants that require protection from strong winds are unlikely to thrive in an open aspect. Likewise, acid-loving plants, such as azaleas, camellias, dwarf rhododendrons and heathers are not likely to tolerate an alkaline soil. Such is the standard of most garden centres now that information on individual shrubs is readily available, usually on the plant label. If you are in doubt as to a plant's suitability, seek expert advice before buying it. Happy gardening.

Jazz fans flock to Sylvia's Club

The Post Office Social Club in Trenham Drive, Hamsey Green, was packed for the opening night of Sylvia's Club last month. The audience was transported back to the trad jazz boom of the fifties and early sixties by the sophisticated sound of The J.J. Vinten Band accompanied by Dave Hewett on his trombone.

Dave Hewett, who opened the club, said: "We need people to open clubs to keep this music going because there is nothing like it. Where else do you find such improvisation? We are slowly losing jazz players and I can now put some work out there for jazz players to help keep it alive." Dave has been playing jazz since the age of 19 and has performed at home and abroad with some of the top names in jazz. "We used to play at The Cavern with a scruffy bunch that used to come on and play their guitars in the interval," recalled Dave. It turned out they



Dave Hewett in full swing at Sylvia's Club last month

were The Beatles. A year later we were the ones playing in the interval and the jazz boom finished."

The Post Office Social Club in Trenham Drive is an ideal venue providing smart but comfortable surroundings, a stage and dancefloor and an excellent bar.

The Club is held the first Wednesday in every month, from 8.00 pm and entry is £8.00. Tony Pitt and the All-Stars are playing on Wednesday, 7th May. For more information, call Dave on 01883 622269.



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Readers' letters

Rose & Young

I agree with the comments in the April edition of your paper. The Rose & Young site has been a blot on the landscape for far too long. Why don't the council sort Mr O'Riordon out? Why are they delaying getting rid of this eyesore? Maybe he is just waiting for the site to increase in value so he can become a millionaire twice over.

The same thing is happening with the old Rover site next to the library in West-way, Caterham-on-the-Hill. Another eyesore which we will probably have to put up with, same as the Valley residents have had to. The council can get things done if it suits them.

Barbara Collins, Chaldon.

I have recently arrived back in the UK after living in Australia for over 15 years. In the first few days of our arrival, we observed the Rose & Young site and thought that it was a real blot on the landscape. I agree with the comments of the people you interviewed, but I do think that the site has more potential than just being another car park. With some good visionary planning, the languishing

site could be developed into a smart retail centre with some good clothing stores (Top Shop, Next and Marks and Spencer) that the town sorely needs. A two or three screen cinema and some further restaurants would also be a welcome addition. In summary I think that some good targeted investment would bring jobs and also give some needed regeneration to the area.

Robert Bradlow, Caterham-on-the-Hill.

As a family we agree with the other members of the public who think the site of the Rose & Young building would be most useful to everyone if made into extra car parking space.

H. Bass, Caterham-on-the-Hill.

St. George's Day

We drove through the village of Crowhurst on the 23rd April and were extremely impressed by the patriotism shown in the village.

All down the road they had made St. George Flags on wooden stakes placed on both sides of the road at approximately 33 yards apart. Nearly all the houses also had St. George flags flying.

Living in the village of Chaldon I am sure we could do something similar next year if we start planning now. Lets make sure we celebrate in 2009.

Babs Hart, Chaldon.

"Thank you" to Surrey Police

I would like to bring to the attention of other Caterham Valley residents and business owners the excellent service that we have received from Surrey Police in recent years.

This service has included: Officers arriving within three minutes following a break-in at our shop during the night. A few minutes later a dog unit arrived and a forensics team the following morning. The burglars were apprehended, successfully prosecuted and forced by the Courts to provide financial compensation;

When we reported graffiti that appeared near our shop we were advised by PCSO Vicky Seymour that it had been observed during a routine patrol, photographed and the 'tags' had already been checked.

Highlights of the service must be the championing of the radio-link network for local retailers and the rapid, dedicated service that we receive from the PCSOs (and in particular Vicky Seymour, Nick Stone

and Rupert Kelley). In conclusion, thanks to Surrey Police, my wife and I feel that we are living and operating a business in one of the safest places in the country.

Brad and Kate King, Caterham Valley Computers.

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An Essential Treat

by Julia Church

I recently visited Essentials Health & Beauty Centre, Raglan Precinct, Caterham-on-the-Hill and was pleasantly surprised at how spacious it is. I was given a warm welcome by Susie and her team and taken on a tour of the salon. I was very impressed by the wonderful ambience and stunning refurbishment that has taken place in the last two years. Apart from their extensive range of treatments already on offer, the staff are very excited about their newest product, Side-by-Side Pampering, that was launched on 1st May. There are seven affordable packages on offer - one of which takes in the whole day and includes lunch - where you and a maximum of two other people can enjoy the experience of having your treatments performed in the same room, at the same

time. There is even a special evening package when couples, as in friends or partners, can relax with a luxurious Elemis full body massage and appropriate facial. Clients are of course able to enjoy these special packages individually. Whilst at the salon, I decided to try out sugaring, which is as close as you can get to an enjoyable form of hair removal. Only natural ingredients are used and the paste is applied, and removed, by hand but only to the hairs and not the skin, thereby

ensuring virtually no reaction. As the hairs are pulled out cleanly by the roots, regular treatments gradually diminish re-growth. I was very impressed with the result! Essentials is definitely worth a visit, not only to try out their regular treatments but also to experience some of their more unusual ones such as the Makeover and Photoshoot which is a complete experience on its own. For more information or to book an appointment, call the salon on 01883 342264.



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What's On

Bowling Club Open Morning

Caterham Bowling Club is opening its doors from 10.00am on Sunday 8th June to prospective new members and those just interested in finding out more about the sport. The club is in Queen's Park Road, Caterham-on-the-Hill. All are welcome.

Family and local history day

Family history research in the style of 'Who Do You Think You Are?' joins with local history and archaeology to form the main attractions at Caterham Valley Library in Stafford Road on Saturday 17th May. Two free drop-in advice sessions will be running at 10.00-11.00 and 11.30-12.30. For more information call the library on 08456 009 009.

St. Mary's May Fayre

Everyone is warmly invited to the May Fayre at St. Mary's Church, Caterham Hill on Saturday, 10th May.

Browse the books, CDs and bric-a-brac in the Bargain Zone. Win some fantastic prizes and witness the Grand Raffle in the Prize Zone. Stop for a bacon butty or a slice of cake in the Food Zone. Let the kids go wild on the bouncy castle in the Kids Zone. The doors will open at 11am.

Party in the Park

The Marden Lodge Party in the Park is taking place this Saturday, 10th May. The doors will open at 3.00pm. To book tickets call Mark Jones on 07841 065845.

Knights Wildlife Week

Knights Garden Centres at Woldingham and Chelsham will be holding a Wildlife Week from Monday 26th - Saturday 31st May, with farm animals on Thursday 29th May at Woldingham only.

The fun-filled week is designed to give children an introduction into the natural world and help them to understand how wildlife works

in the garden and in the countryside. For more information contact Gill Dowd on 01883 622340, or go to www.knights-gardencentres.co.uk.

Vivace Piano Concert

Vivace Pianos is hosting a concert by its pupils and teacher on Friday May 16th at the Community Centre in the High Street, Caterham-on-the-Hill. Doors open at 7pm and entrance is free. There will be a collection and the money raised will be donated to the Robert Bouffler Music Trust.

Caterham Carnival

The 2008 Caterham Carnival takes place on Saturday 14th June at Westway Common, Caterham-on-the-Hill. The Carnival Procession is being led by Samba Band 'Bloco Fogo' followed by floats and walking parades including the Caterham and Woldingham May Queens, The Laurels Nursery, Woldingham Pipe Band and Caterham Pumas football team. Organisations are invited to take part - you don't need a float lorry. For more information telephone Gerald Mills on 01883 345706.

A Greek extravaganza!



239 guests enjoyed a lively evening of Greek music, dancing and excellent food at de Stafford School recently. The Greek Evening was organised by local Rotarian, Peter Georgiades assisted by his wife Gail and other members of Caterham Rotary. A raffle raised over £600 which will be added to the funds raised for Rotary charities. Pictured above is Graham Woodcock (right) with family members who really dressed the part! Photo by Jonathan Mountain.

St. Mary's May Fayre
11.00 am, Saturday 10th May
at St. Mary's Church,
Church Road, Caterham-on-the-Hill
(See What's On for more details)

Don't get left out in the cold!

Which telephone number should you always have on your phone, but hope you will never have to use? Answer: The Locksmith's! If you should ever require a locksmith, you will want his services quickly and that's where Roy Kerr of 1 Stop Lock Shop Ltd based in Whyteleafe can help.



Roy Kerr of 1 Stop Lock Shop

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Roy can come to your home, save you money and give you an emergency service. As he explained, if you choose an unknown locksmith from the telephone book, the chances are they will have to

travel a long way before coming to your rescue. "Quite often, people who need the services of a locksmith are vulnerable. You can find that you have returned home from a night out, only to find you can't get into your home. You don't want to have a lengthy wait outside in the dark before getting indoors."

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Who wants to be a volunteer?

by Marion Piggott

Looking across the ward I saw my aunt before she spotted me. I realised she wouldn't be her bonny self after surgery but that lost and confused expression broke my heart. She was at her local hospital recuperating after major surgery elsewhere.

"I can't imagine going home again," she said later "I don't think I could cope." She spoke very quietly and was confused and tearful. At one point she thought I was my mum.

A few visits later and everything had changed. Eating well, confident and chatty she asked:

"How soon can I go home?" She owed her rapid recovery, in part, to a group of volunteers who had visited and befriended her. "The nurses are wonderful but often pressed for time," she told me. "The friendly



volunteers really took me out of myself."

Recently I've had the pleasure of meeting Claire Jones, Modern Matron at the refurbished Caterham Dene Hospital. In collaboration with her team Claire has identified some worthwhile volunteering roles. They're designed to improve the recovery rate and well-being of the patients - supporting the hospital's aim of getting patients home as independently as their condi-

tion allows.

Patient Centred Activities Volunteers give patients a chance to regain their vitality - using conversation, reading or activities the patient enjoys. Enjoying meals or the hospital grounds makes a huge difference too, as does helping with shopping for those heading home.

Knowing my aunt's experience I'm delighted to help Claire and her team recruit volunteers who really do make a difference.

Could you help? Want to know more? Then please ring me, Marion Piggott, at the Volunteer Centre, 01883 344444, email:caterhamvc@owen29.wanadoo.co.uk, or visit our website: www.surrey-community.info/tvsc/

Have a tea party and support Marie Curie Cancer Care



Marie Curie Cancer Care is calling on people to join in the charity's Blooming Great Tea Party celebrations this summer. To launch the event staff and children from the offices based in Caterham dressed as characters from Alice in Wonderland including Alice, the Mad Hatter, White Rabbit and Dormouse. Tandridge residents are invited to hold their own tea party any time from 12th June to 12th July, to raise money for Marie Curie Cancer Care during the charity's

60th anniversary year. Your tea party, however big or small, will help Marie Curie Nurses to provide free specialist end-of-life care for local people in their own homes.

You can hold your party wherever you want - at home, work, in your local club or school. The party could be anything from tea with friends to an elegant high tea or a sports-club match tea - the ideas are endless.

To register and receive your free Blooming Great Tea Party fundraising pack, please call 08700 340040 or visit www.mariecurie.org.uk/teaparty

Tell us about your tea party and you could be the lucky person to win two tickets to an exclusive master-class in a London hotel. E-mail your stories and photos to: teaparty@mariecurie.org.uk

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Victory for Old Cats Under 9's

by Russell Taylor

On Sunday 13th April 2008, Old Caterhamians RFC Under 9's took part in the Surrey Development Rugby Festival. This is a very popular annual rugby festival, where young boys and girls play for the coveted title of 'Surrey Development Champions'. There were 19 teams in this age group. The Old Cats boys beat teams from Streatham & Croydon, Farnborough and Dorking rugby clubs to get through to the semi-finals. Each match was a closely fought event, played in the true spirit of rugby, against very worthy opponents. Each of the 14 strong Old Cats squad contributed to the team's success, playing with passion, determination and commitment. In the semis Old Cats came up against Farnham and after a very tight game, came out victorious, one try to nil. This took them to a final against Chobham, a club with an excellent pedigree. The hugely competitive

final was nil-nil at half time, however some fine team play by Old Cats culminated in two tries being scored, with Chobham being unable to break down the impenetrable Old Cats defensive line.

This was the team's only festival for this season, their first one playing full contact rugby. The coaches and parents alike were immensely proud of their achievement and the way the whole squad pulled together, scoring nine tries throughout the tournament, but not conceding any in the process.

Old Cats is a very popular club and this success for the Under 9's will only drive them on to try for further successes in the future. In 2009 they are aiming to enter an international rugby festival in Paris.

Should anyone be interested in joining the club and playing great rugby, in a family friendly environment, please check out our website at www.oldcats.co.uk/



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Summer is coming - time for tennis

by Steve Robertson, Energy for Life

I would just like to take a few sentences of my own to say thank you for the huge support given and still being given by friends of mine and of my late wife Diz. It was very overwhelming but comforting to know that Diz touched so many to improve their health or just through friendship. Your donations raised over £1,400 for Marie Curie. Thank you again to all our readers, friends and relatives, from Steve and the children, and may Diz's teachings and thoughts live long in your minds.

Ok, spring is coming to an end, and we are coming into summer - hoorah! According to the Chinese calendar this is the fire element, a time to start increasing those workouts, getting hot and sweaty, and for a lot of us who are active in sports, tennis is top of the agenda.

This month we are basing our advice around what you can do to help improve your game. A tennis training pro-

gram has to meet the demands of an all-round physically challenging, individual sport. To perform at their best, players must have just the right mix of aerobic and anaerobic endurance, explosive strength and power, speed off the mark and agility. In fact, the amount of strength, speed, agility and flexibility conditioning a player is prepared to undertake has been linked to the standard they play at.

A tennis training program must be based on solid aerobic endurance to sustain a high work rate for the duration of a game that may last several hours. Anaerobic endurance is also essential so that power over each rally and in each shot within a rally can be maintained to the same high level.

On average a tennis player will move just 3 meters per shot and 8-12 meters during a point. Speed and quickness around the court is essential in order to reach the majority of these shots. During a match 48% of a

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player's movement is sideways so agility becomes equally as important.

Finally, a balanced training program should help to prevent injury and over-training. For example, a preventative program of wrist extensor strengthening and stretching exercises can help to prevent tennis elbow.

If you would like to learn more or undertake a training program yourself call the team at Energy for Life on 01883 650 100 or you can find us at www.energyforlife.uk.com Better still, just pop in for a cuppa.

Photographic Society reaches Print Final

Flushed with success from having won last year's Surrey Photographic Association (SPA) Inter-Club Print competition, Tandridge Photographic Society (TPS) entered another ten prints into this year's competition and has again reached the final being held on 17th

May. Approximately 30 clubs across Surrey enter the competition each year. Many of the prints entered were from relatively new club members, who have been encouraged with their photography and given excellent advice by the more experienced attendees. The finals are being held at Mole Hall, Bishop Fox Way in West Molesey. The doors

open at 3.00pm and all are welcome to attend.

TPS will be competing in the Print Final against Kingston, Richmond & Twickenham and Woking while the Slide Final will be contested between East Grinstead, Epsom, Malden and Molesey.

For more information call club Secretary Steve Elms on 01883 349646.



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The 64th annual concert of the Coulsdon and Purley Festival took place on Saturday 19th April at the Sanderstead United Reformed Church. The audience thoroughly enjoyed an excellent programme which contained many varied items. The Festival featured several choirs including St. Francis School Choir from Caterham, a flute trio, piano and string soloists, singers and speech and drama performers. For the first time a harpist represented a new section. The President, Mr Darrell Davison, presented the many prizes and cups. The concert was the culmination of another ex-



The St. Francis RC Primary School Choir

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