

St Mark's Parish Magazine

May 2021

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In this month's issue

Letter from the Vicar	Page 2
Early Youth Groups at St Mark's	Page 3
National Smile Month 2021	Page 5
News from the Church of England	Page 6
Environmental News	Page 8
National Biscuit Day	Page 9
Two Close Calls	Page 10
Book review	Page 13
Reader Recipes	Page 17
Puzzles	Page 18

Your Views & Contributions

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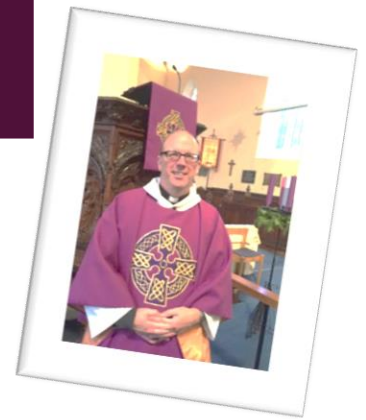
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LETTER FROM THE VICAR

Dear Friends,

Mindfulness, meditation and prayer



At this time of year we are mindful of spring, new life and a renewal – ‘mindful’ being the operative word. The practice of mindfulness keeps us grounded and enables us to check in with how we really feel deep down and what state of mind we are in. It also brings us back into the present moment, calling us away from worrying about the past or the future.

It can be difficult keeping in touch with how we are doing within ourselves and what our present state our mind is. Often, we only become acutely aware when we are in or approaching a crisis point. Many of us will currently be aware of the potential for a looming mental health crisis due to the pandemic.

A paper written by Mind in June 2020 makes the following two points, amongst others:

- More than half of adults (60%) and over two thirds of young people (68%) have said their mental health got worse during lockdown.
- The coronavirus pandemic will leave a deep and lasting scar on the mental health of millions in this country.

There are several techniques or practices that can both enhance our awareness and increase the wellbeing of our mental health. They might also act as a crisis prevention measure and reduce our risk of being included in those statistics. Mindfulness is one, but others include silent meditation and prayer. These can also be used in conjunction with walking – mindful walking, prayer walking, which also enable us to take in the health benefits of the natural environment.

There are many verses in the Bible that bring hope, encouragement, reassurance, comfort and peace. But, unfortunately, in some cases when people have struggled with poor mental health these have only served to cause guilt and condemnation. The thought being, that if you read the Bible and believe then you ‘should’ be able to overcome. This ignores the love and compassion that God offers us, and that God knows that our humanity comes with earthly challenges and struggles.

The Christian life reminds us that every day is a new opportunity to receive new life, renewal, acceptance and love. Every day is a fresh start! Maybe today is your day to try mindfulness, meditation or prayer.

With my best wishes

A handwritten signature in black ink, appearing to read 'Manton'.

Early Youth Groups at St Mark's

Having enjoyed Harry Ingram's story of youth groups from the past I feel we should record the antics we got into with youth groups so long ago...

I was first involved when soon after my arrival in Carlton Green, Redhill. I was visited by Tony Trollope, father of the now renowned novel writer Joanna Trollope, of St Mark's, welcoming us on behalf of the Vicar and asking me to run the small youth club at St Mark's. Tony, his daughter was a member, Julia Stammers, Peter Hieatt, Nicholas Hedgecock and Bob Stone were some of those I can remember. This was not very exciting because of the small numbers but I remember us all going Carol Singing at Christmas. My voice and theirs was very poor but we collected for charity. I was horrified when singing at one house where we were invited in to sing round his piano and he was clearly Welsh with a good voice. We always ended up at Kathleen Taylor's house where we were given refreshments, the boys being secretly given small glasses of cider by her husband, Norman, who was our Church Treasurer. We had table tennis in the hall and refreshments often provided by Alison Stagg. We were joined later by Geoffrey Piejus who helped to lead them and by the late Bob Thomas who I think was treasurer.

We had table tennis in the hall and ran disco dances as time went by. We took this equipment to the mental hospital at Netherne and I remember us all dancing not knowing who were patients, who were staff and who were us, as we were all dressed the same. We often also visited Crabhill House, a holiday home for the disabled in Nutfield, and led them in beetle drives, often drawing the beetles for them if they couldn't write without our help.

At that time there was much waste wood, planks and boards, in the church car park so I managed to borrow an old otherwise empty Ambulance from the council. So the youth broke or cut up the wood, put it in plastic sacks and we delivered it to old people with open fires to burn, the names being given us by the council. The youth sat in the back with at that time no seat belts.

One lady had her wood outside and when we said it would be wet and not burn so well, she said it burnt longer when wet. Another plump and jolly old lady was popular with the youth because she gave them a sweet each time. She had a lovely budgerigar and when we could see it no more she said she had sat on it when she let it fly round the room so unwittingly she had sadly killed it.

We tried to get the youth into church saying they could organise a service of their own but that did not work well. However we were able to visit Francis Spear, the stained

glass artist who created our East Window at St Marks in his studio off Raglan Road and he made a series of paintings of the Passion as Stations of the Cross. These he put onto slides which were projected in such a service.

One Easter on Good Friday morning we nailed together a large cross and created our own tomb in the coal cellar on the road side of the church. After Easter Sunday that year it was boarded up as being dangerous.

Of course we wanted to expand the youth club and looked forward to the arrival of Geoffrey Neal, our new curate, and before he arrived the youth group "decorated" a room for him at Hilton Lodge next door to the church. He insisted the group must meet weekly and under his leadership the club expanded to about a hundred. The discos then were extremely loud and when I was asked to get them to turn the volume down I was picked up from behind by a huge rocker and placed outside. Geoffrey Neal was often at the door and while arguing with one rocker he changed his velvet smoking jacket for the leather one of the rocker. Geoffrey later visited that chap in prison.

Like Harry in his youth group, we organised several night hikes. We would all, boys and girls, take the last train to the far destination and all walk back to Reigate. At 10 mile intervals we had a minibus to take home any who couldn't make it. The first was from Horsham to Reigate Heath and Geoffrey took a service in Reigate Heath Church when we had all arrived. A similar walk was from Shalford to Reigate Heath and the 3rd was from Sevenoaks to Reigate Hill. Jenny and other lovely ladies provided us with breakfast at the end of each of the journeys.

We took only one long distance bike ride from Reigate to Brighton, thinking by leaving at 3.30am we would miss the traffic but in fact it was still difficult and as the boys raced ahead and the girls lagged behind it was hard to see they were all safe. After breakfast on the beach we came back by train.

We then realised that we could do with a younger group and the "Venturers" were formed with Sylvia Weatherald and others in charge. We had a camping trip with them and they took part in several plays. One remarkable success was creating on cine film their own film of the passion with the words on a separate tape. This was masterminded by John Stammers.

I expect others will have other memories of those lovely times when the world was perhaps easier than it is now.

Ian Archer

National Smile Month 2021

May is National Smile Month and whilst we have had a difficult year, here are the internet's top 10 ways to make someone else smile:

- Smiling is contagious so firstly, just by smiling at someone, they are likely to smile back.
- Tell a joke, the more naff it is the more likely it is to get a smile.
- Give a genuine compliment, it is possible to find something nice about everyone you meet.
- Write a note to someone, it is a treat to receive something through the post nowadays.
- Say thank you. Showing someone they are appreciated will make their day and guarantees a smile.
- Give someone encouragement, let them know they are doing a good job, tell them you are proud of them.
- Say sorry when you are wrong, swallow your pride and reach out can really improve someone's mood and your relationship.
- Give someone an unexpected gift, something small or homemade, just shows you care.
- Give a hug, previously we have taken this for granted but post-Covid-19 hugs are even more special.
- Send someone a text message to let them know you are thinking of them.



News from the Church of England

From Lament to Action: Archbishops' Anti-Racism Taskforce calls for urgent changes to culture of Church of England

The Archbishops' Anti-Racism Taskforce has today published its report 'From Lament to Action' proposing a suite of changes to begin bringing about a change of culture in the life of the Church of England.

It issues a warning to the Archbishops that a failure to act could be a "last straw" for many people of UK Minority Ethnic (UKME) or Global Majority Heritage (GMH) backgrounds with "devastating effects" on the future of the Church.

The report sets out 47 specific actions for different arms of the Church of England to implement across five priority areas: participation, governance, training, education and young people.

Without these changes the Church risks denying and disregarding the gifts of a significant part of the nation, the Taskforce makes clear.

The nine-strong group was set up in autumn 2020 with a double remit:

- to review previous reports relating to racial justice over 36 years and whether their recommendations have been implemented
- to prepare the ground for the establishment a longer-term Commission on Racial Justice, suggest terms of reference and remit for its work.

The taskforce's work is rooted in Christian theology, they emphasise, flowing "not from identity politics but from our identity in Christ".

"We share together the understanding that racism is a sin," they say. "Racial sin disfigures God's image in each one of us. Racial sin dehumanises people by taking away their fundamental God-given human dignity.

"Wherever racial sin flourishes systematically, either in society or in our church, we must challenge it together. We must repent of racial sin, turn away from racism and be reconciled, so that we may all experience the love of God."

The report highlights the lack of people from UK minority ethnic backgrounds in senior leadership in the Church.

"The total number of UKME/GMH bishops can together be counted on one hand (five out of 111). The number of UKME/GMH deans, archdeacons, and senior staff in the

National Church Institutions only adds up to a further nine people. “There are no UKME/GMH Diocesan Secretaries [the most senior staff role in each diocese] or Principals of Theological Educational Institutions at all.”

The report is clear that addressing the underlying issues of systemic racism is a “missional imperative” for the Church.

“Disregarding a significant part of the population, and thus denying the gifts they bring for the service of the Church, must not continue,” the taskforce warns.

Furthermore, the report suggests a range of work for the new Racial Justice Commission including considering how complaints of discrimination and racism could be handled in the future and how churches should respond to historic monuments and buildings of “contested heritage” such as links to slavery.

Rather than attempting to erase the past or rewrite history, the report calls for a “healthy revision of memory and history in a way that will provide scope for education and formation”.

It also recommends that the new Commission should examine broad questions of how parish life itself could become more inclusive.

“One of the barriers to inclusion or continued participation in the Church of England for those from UKME/GMH and other backgrounds has been the challenge of ‘cultural assimilation’ into the Church, where there is perceived to be little or no room for cultural expression outside of a predominant culture which is predominantly white and middle class,” it explains.

More information and the full article can be found at: <https://www.churchofengland.org/media-and-news/news-releases/lament-action-archbishops-anti-racism-taskforce-calls-urgent-changes-shot-help-defeat>

Prayer for Diverse Community

Creator of all races and ethnicities, genders and identities,
help us see diverse community is the way to deepen our lives and know you more deeply.

Guide us to see that entering into a vital and just relationship with others who are different to us is the way to make ourselves whole.

Guard us from fear of the other, from the fear that our own security is threatened, if we are truly willing to make a place at the table for all.

Open us to live out what we profess to believe,
We pray in faith.
Amen.

Environmental News

Demand for natural resources outstrips supply for over 70% of people.

New Scientist has reported that nearly three-quarters of people live in countries without enough natural resources to live sustainably – and without enough money to buy them from elsewhere.

Biocapacity is the ability of an ecosystem to regenerate the resources that people use. It compares the rate at which we use our natural resources against our ability to replace them and absorb our waste materials.

To maintain its population, a country needs either enough resources to match its people's ecological footprint and maintain a biocapacity surplus, or it needs enough money to buy the necessary biocapacity from elsewhere to make up any shortfall.

In 2017, 72 per cent of the global population lived in countries with a biocapacity deficit and below-average income. This means of the 7.7 billion people of Earth, 5.4 billion people couldn't sustainably get the ecological resources they need and were unable to buy them from other nations. This is up from 57% in the 1980s.

Nations with higher incomes were able to function with a much more severe local biocapacity deficit because of their ability to buy biocapacity from elsewhere. The strength of a country's economy determines how many resources it is able to buy and use.

There are some nations where average income is high and where there is a biocapacity surplus, including Sweden, Canada and Finland. There are also wealthy countries that are in severe biocapacity deficit, such as France, Germany and Japan.

Although 2017 was the most recent year for which information was available to make the calculation, there were some changes to the climate impact in 2020 because of Covid-19. Preliminary findings show that the demand on biological resources for all people combined exceeded the amount that Earth's ecosystems produce by 56 per cent in early 2020.

But it looks like demand for resources is back up to similar levels as before the Covid-19 pandemic. In 2017, global demand exceeded Earth's resources by 73 per cent.

New Scientist goes on to ask the question, are there too many people on Earth?

This article is taken and edited from New Scientist: <https://www.newscientist.com/article/2275643-70-per-cent-of-people-live-in-countries-without-sustainable-resources/#ixzz6tB2qfN69>

National Biscuit Day

The 29th May is saved for National Biscuit Day, and as a bit of fun we have the UK's top 5 biscuits from 2020. Unfortunately Candlemouse has been giving them a nibble, you have to guess what they are from the part of the picture. Answers below, no cheating!

Number 1:



Number 2:



Number 3:



Number 4:



Number 5:



Source: The Sun Online

1. Chocolate digestive
2. Shortbread
3. Chocolate finger
4. Jaffa cake
5. Chocolate Hobnob

Two Close Calls

Angela, seventy-nine, had not spoken to her friend Elsie, eighty-nine, for some time, so she thought she would give her a ring. "How are you Elsie?" she asked.

"Not so great really. My cough is worse. I suppose it is all those years of smoking. When I was young I did not know the damage smoking does to the lungs and it became a habit hard to break. It is so difficult to change one's habits. I had a warning about fifteen years ago, but I kept putting it off. It's hard to grasp the nettle of changing your way of life. Then, over a week ago I fell over with a vase in my hand and cut my leg and my skirt. It was such a mess with blood everywhere and it doesn't seem to want to heal," Elsie replied.

"What have you done about it?" asked Angela. "Well, I was going to phone my MP anyway about the pavements, so I told him what had happened. He gave me two phone numbers; one, he said, was the office of a friend of his. He will soon sort you out." I said "I don't want phone numbers, I want the pavements repaired." Anyway, the next day I phoned the first number which turned out to be the private office of the Minister of Health. The clerk was very superior, would not let me speak to the Minister, and told me to try the Local Authority. Well, it turned out the second number from my MP was the local authority and I asked for the Roads Department. A rather nice young lady replied and, when she had heard me out, explained at some length the difference between the responsibilities of the County and Borough Authorities. Actually I am not sure which one I was speaking to. So I said I was rather fed up. I told her my cough was now hurting terribly and also about the fall. Yesterday morning I had noticed some red lines running up my leg into my thigh. She was a lovely girl and seemed quite concerned. She said she had some certificate in First Aid but this accident was outside 'the purview of her duties'. She seemed to think both cough and leg were serious and was quite firm that I phone for an ambulance at once.

(At the Council offices the young girl had sat and thought for some minutes. It was really nothing to do with her. She had plenty of other things demanding her attention. Only last week she had been told she was making too much fuss and getting involved in things which should not concern her. "Leave it to those know what they are doing!" she was told. She should concentrate on her own duties. She had only been trying to be helpful and had felt hurt. Then, frowning uncertainly, she took up her phone and dialled for the ambulance).

"I can just see through the window there is an ambulance stopping in the drive," said Elsie. "They are getting some kind of trolley out now. I think I had better go."

.....

Borg was a Swedish Civil Servant who served on the Swedish committee for Climate Change Affairs. His committee had gathered the actual facts and issues concerned with Climate Change, met numerous climate scientists and had meetings with similar committees of about fifteen countries, all of which had similar concerns, though they were not the countries which released the bulk of the greenhouse gasses. Over the years he had made friends with many of those who came and went from similar committees of other like-minded countries. His closest friend was his Japanese equivalent which was strange, because he had never before had anything to do with the Japanese.

Now his secretary was telling him that Akito, was on the line. "What do you think of the latest news that the climate is warming up far quicker than expected?" asked Akito, but before there was time for reply he went on with a rush sometimes breaking into Japanese. "It seems the interaction between the various causes of carbon release has been underestimated. All our countervailing actions will have to be speeded up and target dates brought forward if we are to avoid tipping points where the release of gases such as methane, which occur naturally from the perma-frost in the Arctic and from crystals on the sea bed, takes place without any further input from mankind."

Borg realised his friend was upset. He set out to calm him down so they could have a rational discussion, which their advisor always said was very needful when considering serious subjects. Too often responses were immediate and tribal based. "Try to see it this way. Far too much was being left to the last minute anyway, we shall just have to bring forward 'the last minute'. Currently, as there has been a wider grasp of the problem and the necessary changes, there has been a cooling off of enthusiasm to grasp the nettles. Articles no longer deny climate change but they put emphasis on the difficulties, costs and ideas for carbon substitutes which currently do not exist. Neither governments nor their peoples are yet willing to face up to the issues."

Akito was calmer now. "Well, of course, we have been through this many times. It sometimes seems politics is even more difficult than the problem. Most countries are trying to displace real action onto others. The Australians who produce so much coal are blaming China and others for wanting to continue to use it, instead of cutting off supply. Western countries who have often done quite well in reducing their carbon footprint are blaming the countries which now make things, when it is their continuing demand for them which is fostering production. It's always someone else which is the major problem and some late developers even say it is right that they should have their turn to use cheap fossil fuels which richer countries have used in the past, and are the cause of the whole emergency. It's all the usual beggar my neighbour stuff, rather than all working together to a common cause."

"As you say, my friend, we have been through this before. Nothing seems to divert countries from pursuing short term problems to the neglect of the really important ones. That is until they get an emergency, then they become headless chickens. Well, this is the emergency," said Borg.

"I follow what you are saying", said Kito, "but it simply takes time to make these significant changes and devise substitute power sources. I read an article the other day which pretended to put it all in context. All this has been happening since the late 18th century, it said. You would think there was plenty of time for change. There was no emphasis on the undoubted fact that far more pollution has taken place in the last twenty years since Al Gore warned us seriously about climate change. It is true worldwide we can change our operations to reduce greenhouse gases enormously. However, this popular, optimistic writer postulated that much of the change would come through innovation and invention and that simply cannot happen overnight, though to read him you would think it could. It was really just some kind of bromide for the public, countering those scientists who really understand."

Borg could see this was going to be a long call. He began cautiously. "Don't get me wrong. This is all very bad news. What you say, my friend, is all quite true. But it means that so long as we can now get the sense of urgency across, it will give us a last chance. Put it this way. We just have to put the needle in now."

"I suppose all this prevarication is just a kind of international attention-seeking, mainly for internal consumption by its voters." said Kito, now on a more even keel. "Once we have cut through all this politicking it might just bring about real co-operation. But it is going to be more painful than it needed to be. (*After a pause*) I am very sorry Borg, but my minister has just asked to see me at once. I bet it's about all this. Thank you, my good friend, for listening to me. I am calmer now. He may even listen to me!" That's what friends are for", said Borg. "Good luck."

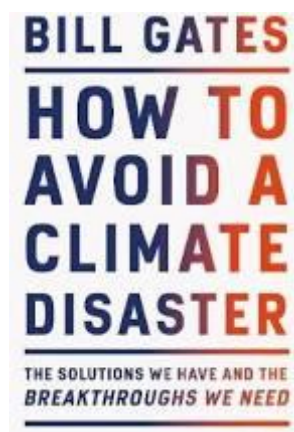
.....
"It's a good job we got the phone call," said the ambulance man to Elsie. "We should have been called days ago. All that messing about you have been going on about, pavements, torn skirt, broken vase, was just a dangerous waste of time. You have serious blood poisoning. It's very late in the day, but A & E will get you through it, don't worry." He turned on the blue light, crashed his gears and set off for the hospital.

"What was her GP up to!" said the doctor in A & E, as he charged the hypodermic. "She should have been with me days ago. Even with luck on my side, this is still going to be a very close thing. After that we shall still have to deal with the lung cancer." "It had nothing to do with the GP" said the ambulance man." It was lack of understanding, years of neglect, her own state of mind and those who she went to for advice. They were not really listening to her; not really caring; just wanting to fob her off and get on with their own immediate business, whilst encouraging her to vote for them. I believe it was a junior clerk who realised that she was speaking to an old lady in need of urgent help and had the initiative to phone us."

Harry Ingram

Book Review

This month: How to Avoid a Climate Disaster by Bill Gates



You will have heard of Bill Gates as joint founder of Microsoft and as the richest person in the world, but you may not know that in recent years he and his wife have spent much time and money on studying and devising ways to help the poor in Africa. From this background ten years ago, he became fascinated by the problems of Climate Change and he has backed ideas with huge donations. For example, he has put \$1B into air capture technologies. “We cannot get to net zero by reducing (economic) activity.”

How to Avoid a Climate Disaster is not a textbook nor simply another account of the dangers now facing the world. The first part is given over to making an assessment of the problem and I have to say that my own appreciation was seriously lacking in not realising just how severe the problem is. Not only does he assess the current state of affairs and its apparent direction, but he adds on growth of population, rising standards of living, which are in rapid progress, as well as showing an understanding of the interconnected nature of climate change which could spiral out of control.

In Chapter 1 he sets out the reasons for the aim of a net nil use of carbon by 2050. “Emissions are 65% higher now than in 1990.” Currently the world is releasing 51 billion tons of carbon into the atmosphere each year and this is building up cumulatively. We need to reduce this to net nil. Quite a challenge, but he remains optimistic.

His book is written not in technical terms but in a relaxed colloquial easy style. However, it is necessarily full of facts and analyses no less cogent for its simple arithmetic. For such a serious subject you would not expect an altogether easy read. He likes short lists. From his background you will not be surprised that although throughout the book he seems to stay close to the American business culture, but at the end, as I may show, he is forced into some surprising considerations.

Why net zero? Simply because carbon stays in the atmosphere for a long period so that even with no addition the Earth will continue to heat up. The current graph of increased usage of carbon is on an almost vertical climb. According to Greta on present emissions we will use up the space between current atmospheric carbon and the limit for a 1.5 Celsius rise within seven years, which makes the problem even more urgent.

The early chapters analyse the nature of emissions and there are some surprises there. Almost all modern human activity currently uses fossil fuels which release carbon dioxide into the atmosphere, mainly for power but also as a chemical constituent. Fossil fuels are dirt cheap compared with other power sources. Past changes in fossil fuels such as from sail and wood to coal, oil from coal and gas supplementing oil have all occurred under market conditions and it has taken long periods to make the changes. There is now no time for that. His chart of usage is worth setting out:

Distribution of carbon use in percentage terms:

	%	
Making things	31	including cars, cement, steel
Plugging in	27	electricity
Growing	19	agriculture
Getting around	16	transport
Keeping warm	7	dwellings, offices etc

We need to eradicate carbon use in all classifications or provide set offs such as carbon capture. He deals with each in turn, setting out the comparative costs and even the space taken up by each. To demonstrate the direction and cost of change he uses his 'Green Premium' to show what cost reductions need to be achieved to compete with fossil fuels. This is nothing if not a practical book.

As we know the most promising change is the use of increasing green electricity (mainly wind and solar). Much can be achieved with current and developing technology, perhaps 65% of what is required, but the rest will depend on uncertain innovation and R&D. But although he goes into some depth on the snags and obstacles which need to be overcome (he is nothing if not realistic) he is determined that it can be done.

Much carbon is used as power but some, especially in the manufacture of cement and steel, is as an essential chemical constituent in its manufacture. New non-carbon ways of making such substances need to be found or expensive carbon capture systems developed. Agriculture produces much methane (a short term, but stronger than carbon dioxide, greenhouse gas). This must be changed and he examines ways of doing this. His reviews are very comprehensive. He examines the 'natural defences;' forests, the sea, wetlands, mangroves and so on, and how we must change our ways to preserve and enhance them. He gives examples of what has already been done so as to show the way forward.

Throughout, there is a very American 'can do' ethos but there are some cogent and perhaps unexpected comments also. "Those of us who have done the most to cause this problem should help the rest of the world survive it". He is very strong on the need for bold research. He clearly finds his hopes in the capability of scientists of all areas to come up with essential innovations.

On his plan for getting to zero by 2050, he places first the need for electorates to be convinced of the need for urgent action. Up to now governments have paid lip service (the House of Commons I believe has recognised that Climate Change is an emergency)

and taken some actions, but not nearly enough to meet the needs. It is down to you and me to change all that.

He also sets out the technologies required and the practical problems in their application. "Show me a problem and I would look to technology to solve it." However, he also needs to bear in mind the sad advice from J.M. Keynes: "The difficulty lies not so much in developing new ideas as in escaping from the old ones."

His later chapter, "Why Government Policies Matter", brought for me some real surprises. I did not appreciate how much industrial and business regulation is used in the States. Clean Air Acts and building and quality controls are only two examples. He emphasises that obtaining and directing new, big investment is beyond the private sector. His model seems to be that government must lead either directly or through incentives and sanctions, both on R and D and investment, which must be channelled away from cheap fossil fuels to clean energy. He quotes with approval the Chinese achievement of reducing emissions by 38%. He goes in some depth into the role of government as the major purchasing power and controller of standards and deals with the responsibilities of local as well as central powers. "It may seem ironic that I am calling for more government intervention!" This illustrates that he is driven by a consideration of the realities and there is no room for traditional tribal loyalties. We must follow whatever the science and rational thought tells us is required.

He puts a high value on international cooperation but recognises the reality that there are states which will opt out of change or fail to address their own targets. He sums up his response thus: "If you want to do business with us, you will have to take climate change seriously." Action to ensure compliance will be necessary.

His final chapters recognise that for many of us it all seems too big and beyond us. For those his message is detailed:

As voters: the most important step is to engage in the political process on the side of countering climate change: "What we must do is to translate these calls for action (Greta, David Attenborough, Extinction Rebellion, COP) into pressure that encourages politicians to make tough choices necessary to reduce emissions. It is down to you and me to do that."

As consumers: choose green products which directs the market towards necessary change.

As Employees and Shareholders: push companies towards green solutions.

As people: to talk to others about the problem.

He even briefly sets out the lessons from Covid-19: the need for international cooperation: the place of science in decision-taking, working together and not in competition; the need to meet the needs of the poor and in rescuing economies from Covid-19. We need to grasp all opportunities to develop green industries and change our behaviour.

There is space here only for general comment but the value of this book is seated in the detailed but principled account of the problem and its solutions.

The book is set firmly in the US context though he also uses world statistics and examples from elsewhere. Perhaps his conclusion on the need to move from market control to government management, is the most striking and unexpected facet of this fascinating book.

So, have we cracked it? I am afraid Bill Gates would be the first to say, "Not by a long chalk".

Thanks to Harry Ingram for this month's book review. If you would like to recommend a book for next month, please email magazine@stmarksreigate.co.uk

Reader recipes

One thing we can do to help the environment is eat seasonally. Here is a lovely spring recipe.

Asparagus and Pea Risotto

Ingredients:-

- 300ml of chicken stock
- 4 tbsp of butter
- 1 bunch of asparagus, trimmed and cut into 1 inch pieces.
- 100g of frozen peas
- 1 onion finely chopped
- 2 garlic cloves, crushed
- 150g of Arborio rice
- 100ml of white wine
- 100g of grated parmesan cheese
- Salt and pepper to season



Method:-

1. Bring stock to the boil in a large pot
2. Meanwhile, in a large pot, melt 1 tablespoon of the butter over medium-low heat. Add the asparagus, salt, and a few grinds of pepper. Cook, stirring frequently, until the asparagus is tender-crisp, 2 to 4 minutes, depending on the thickness of the asparagus. Add the peas and continue cooking until the peas are defrosted, about 1 minute. Transfer the vegetables to a plate and set aside.
3. In the same large pot, add another 2 tablespoons of butter, add onions and cook for 2-3 minutes. Add garlic and cook for another minute. Add rice and cook for another 2 minutes, continuously stirring to avoid the mixture browning.
4. Add the wine and continuously stir until it is absorbed by the rice. Then add the stock, stir frequently until the liquid is absorbed by the rice and it is al dente and creamy in texture.
5. Add back in the vegetables, the parmesan and the last tablespoon of butter. Add some milk if it is too thick and season with salt and pepper to taste.

This recipe is taken from onceuponachef.com, if you have a recipe you would like to share, it can be anything, send it to magazine@stmarksreigate.co.uk.

Puzzles

May Sudoku Puzzle

	7			5	4	6	3	8
		9			7	1		
				8		7		9
	8				6	3	7	1
		3				2		
1	4	2	5				9	
3		8		2				
		7	3			5		
5	2	6	7	9			8	

April Solution

6	5	7	4	8	9	2	1	3
3	8	2	7	1	5	9	4	6
1	4	9	2	3	6	5	7	8
7	6	5	1	2	8	4	3	9
4	1	3	9	5	7	6	8	2
2	9	8	6	4	3	1	5	7
5	7	6	3	9	1	8	2	4
9	2	1	8	7	4	3	6	5
8	3	4	5	6	2	7	9	1

Level Up Laptop Refurbishment

Do you have an old laptop sitting at home unused?

Voluntary Action Reigate and Banstead need your help. Level Up Reigate & Banstead is a project that provides refurbished laptops for children and young people who need them for home study. They are in need of 500 laptops.

Laptops are donated by the community, refurbished by volunteers and distributed to children and young people via local schools and charities.

Your laptop must be running Windows 7, 8 or 10 and have at least one USB port. Please note we are no longer accepting phones or laptops with Windows XP or Vista.

All laptops will be securely wiped or have hard discs removed and destroyed. They are then refurbished before distribution.

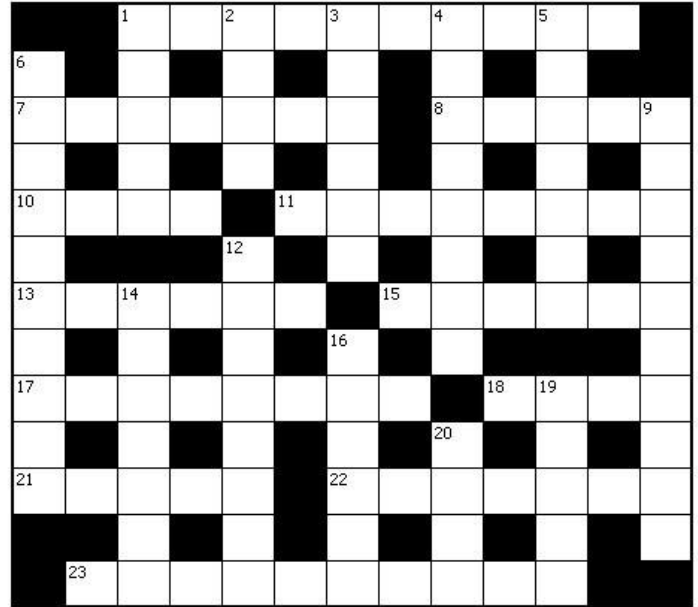
To find out how to give visit: <https://www.varb.org.uk/level-up/>

May Crossword

Biblical references are from the New International Version

Across

- 1** Sense of right and wrong (*1 Corinthians 8:7*) (10)
7 Coming (*John 11:17*) (7)
8 'All I have is — , and all you have is mine' (*John 17:10*) (5)
10 Smarten (*Acts 9:34*) (4)
11 Hold back (*Job 9:13*) (8)
13 Member of the Society of Friends (6)
15 At ague (anag.) (6)
17 Citizen of the Greek capital (8)
18 So be it (*Galatians 6:18*) (4)
21 Twentieth-century poet and dramatist who wrote *Murder in the Cathedral*, T.S. — (5)
22 Empowers (*Philippians 3:21*) (7)
23 Imposing (*1 Samuel 9:2*) (10)



Down

- 1** Healed (*Luke 7:21*) (5)
2 Central space in a church (4)
3 Co-founder of Spring Harvest and General Secretary of the Evangelical Alliance 1983–97, Clive — (6)
4 Moses killed one when he saw him beating a Hebrew labourer (*Exodus 2:12*) (8)
5 Bravery (*Acts 4:13*) (7)
6 It interrupted Paul and Silas singing hymns in a Philippian jail (*Acts 16:26*) (10)
9 Transgression (*Psalms 36:1*) (10)
12 Irish province in which Dublin is situated (8)
14 Same hit (anag.) (7)
16 'The Spirit of God was hovering over the — ' (*Genesis 1:2*) (6)
19 Author of the immortal stories of Winnie the Pooh, A.A. — (5)
20 Cab (4)

April Solution

ACROSS: 8 Transgressors 9 Out 10 Ephesians 11 Throb 13 Ramadan 16 Nearest 19 Neath
 22 Childless 24 Ant 25 Excommunicate

DOWN: 1 Utmost 2 Easter 3 Assemble 4 Archer 5 Isis 6 To hand 7 As a son 12 Hoe 14 Monastic
 15 Apt 16 Nuclei 17 A piece 18 Tied up 20 Ararat 21 Hatred 23 Dome



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