



St Mark's Parish Magazine

January 2022

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Your Views & Contributions

Next issue will be available from Sunday 6 February 2022
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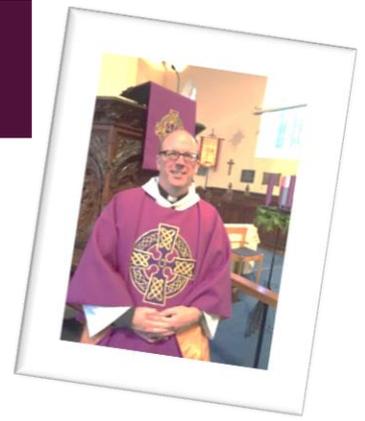
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LETTER FROM THE VICAR

Dear Friends,

Happy New Year!



As if from nowhere, 2022 has arrived. 2021 with all its ups and downs is behind us and a new year lies ahead of us. With any New Year there are always thoughts about what it will bring for each of us, yet we look forward with expectation and hope that it will be a better year in many ways.

We may choose to take up a New Year's resolution because we believe it will benefit us. Resolutions can be positive steps in improving our life in one way or another, physically or mentally. But when in our looking ahead to the new and improved us do we consider our spirituality? That part of us that constantly searches for the meaning in life, the purpose for our existence, the "more and beyond" than the present world can offer us, that connection with God ... creator of the physical world we experience.

Advent maybe behind us but we should try to hang onto the periods of stillness and quiet that we tried to create in our waiting for Christmas and the birth of Christ, God in our world. Moments of pausing and reflecting on where we have seen God throughout the day, learning to recognise God's actions in ourselves and others as well as how we are being blessed. Spirituality is beyond our physical or material needs, it is a lifestyle that feeds our connectedness with God.

So, as we enter this New Year – with whatever it will bring – let us connect with the gift we were given again at Christmas. To connect with Christ, light of the world, and the love of God expressed through him.

With every blessing for a peaceful and fruitful new year.

A handwritten signature in black ink, appearing to read "Martin". The signature is written in a cursive, flowing style.

Church News

As we start a new year, it is a good opportunity to look at what the church will be doing in 2022.

Solar Panels

At the last Parochial Church Council (PCC) meeting of the year it was agreed that St Mark's would invest in solar panels for the Church Hall roof. The panels will be purchased through Home Start via Surrey County Council at a significantly reduced rate.



Green Sunday

From 2nd January the church will be implementing its 'Green Sunday' for the 1st Sunday in January, February and March. In this time services will be held in the Church Hall and the heating in the church will be switched off to save the carbon output in the coldest months of the year.

PCC committees

New committees have been set establish to support the churches mission action plan. These are the existing Building and Finance committee, Standing Committee and Spirituality and Worship, Inclusivity, Community Outreach and the Sustainability Committee. If you have any feedback, thoughts or suggestions for any of the committees then please submit them for the PCC or to magazine@stmarksreigate.co.uk.

Safeguarding

Alexia Hartman has now been appointed the Parish Safeguarding Officer, after undertaking the appropriate training course. All PCC members will also be undertaking safeguarding training and undergoing DBS (disclosure and barring service) checks.

Brockham Choral will be celebrating 70 years of singing in 2022 and will be starting rehearsals on Tuesday 11 January, 7.30pm at St. John's school in Dorking in preparation for their Celebratory Concert Bach's St Matthew Passion. To join please visit – www.brockhamchoral.org. All voices welcome.

Sir Frances Drake



This month sees the anniversary of Sir Frances Drake's death. He died on 29 January 1596 from dysentery in the Caribbean, he was buried at sea in Portobello Panama. So here are a few interesting facts about the famous seaman.

Sir Frances Drake was born in 1540, in Devon and was the eldest of 12 sons. His father was a farmer and preacher. He later moved to Kent when his father got into trouble for petty crime, there they lived on a boat and this was when Frances first became interested in the sea.¹

Queen Elizabeth I was eager to keep up with Spain and Portugal's exploratory achievements, travelling to the Americas and setting up important trade routes. In 1572 Frances Drake was commissioned by Queen Elizabeth I for privateering to plunder the Spanish riches.

His biggest achievement in 1580 was becoming the first Englishman to circumnavigate the globe, this won him his knighthood on return to England. He also received £10,000 and settled in Plymouth where he became mayor. Whilst there, he organised a water supply which lasted over 300 years.²

In 1585, as hostilities between Spain and England broke out, Drake was ordered by the Queen to do as much damage to the Spaniards abroad as possible. Drake took 25 ships and succeeded on his mission, capturing Santiago in Cape Verde and taking and plundering many other cities.

In 1587, he stormed the Spanish harbour of Cadiz and in 36 hours destroyed many ships and also supplies which were destined for the Armada.

Queen Elizabeth's principle minister called him a 'fearful man to the King of Spain.'

Drake was disliked by many and even today continues to cause controversy as his statue in Plymouth was placed in chains last year because of his role in the slave trade, although the statue still remains in place today.³

<https://www.historic-uk.com/HistoryUK/HistoryofEngland/Sir-Francis-Drake/>

<https://www.britannica.com/biography/Francis-Drake>

<https://www.plymouthherald.co.uk/news/plymouth-news/chains-wrapped-around-sir-francis-4235001>

News from the Church of England

The Church of England's Statistics for Mission 2020 report has been published.

Figures published recently show that more than 9,000 churches (eight in 10 parishes) offered 'Church at Home' worship, such as online or dial-in services, during the March-July 2020 lockdown.

The full report also details in-person attendance figures for services which were, as expected, significantly lower than usual, amid legal restrictions on numbers because of the Covid-19 pandemic.

Most of the figures are based on an annual snapshot taken in October, which fell just before the second full national lockdown in England, when adult average weekly attendance was 57 per cent lower than 2019.

Despite the restrictions, the figures were still collected by the Church of England Research and Statistics Unit to record and recognise those things that churches were able to do in such difficult circumstances, understand the impact of the pandemic on church life and give context to future figures.

A spokesperson for the Church of England said: "The 2020 Statistics for Mission figures are very much in line with expectations and really underline the scale of the challenge churches faced in the first year of the pandemic.

"The Advent and Christmas figures show this even more starkly – given the restrictions we all remember being introduced just a few days before Christmas last year.

"So they bear tribute to the resilience of local churches in the face of real challenges to which they responded in remarkable ways."

"We know that eight in 10 parishes offered 'Church at Home' online, via email, post and telephone during the first lockdown, helping sustain parish life when it was so dearly needed and also bringing the good news of Jesus Christ to some people for the first time."

<https://www.churchofengland.org/media-and-news/press-releases/statistics-mission-2020>



What the Archbishops say about the Church of England

The current state of the Church of England – and its future – was the subject of the joint presidential address to the recent General Synod, delivered by both the Archbishops of Canterbury and York.

The Archbishop of Canterbury, Justin Welby, considered the historical context: “Numerically, the number of regular church goers has shrunk in absolute terms every year since around 1952, 70 years next year. As a percentage of the population of England, the Church of England was at its high point, when there were accurate records, in the 1851 census when we were about 20% of the population. We are today a little less than 2% of the population.”

But the picture is not entirely bleak. “The reality is that a huge amount of work is being done at every point of this extraordinary Church for England ... People talk too easily of decline but miss the energy that is spurring us on.

“Internally, we will be looking at reforms and changes aimed at focussing resources where they are most needed, at enabling support for anywhere and everywhere that shows signs of the blessing of the Holy Spirit...

“We have gone through the greatest peacetime challenge in 400 years and emerged forging ahead. Effectiveness is being transformed, training is being rethought to work well in the very different patterns of population that we see today, and even more different that we see in the future.

“The way in which dioceses work together and share resources is being challenged, and will change slowly and gently and consensually.

“Our failures in safeguarding, in racism, in the way we treat those with disabilities ... are being tackled... We are a church that can admit it is wrong, say sorry and try – at least try – to do better.”

As for externally the church is not only still educating a million young people across the UK, it is also planting churches in new places, and putting fresh resources into traditional parishes.

The Archbishop of York, Stephen Cottrell, continued the theme.

“Our vision and strategy is for growth. It is not about managing decline gracefully. We want the Church of England to grow. Let us declare the good news of what God has done for us in Jesus Christ and do everything we can to align all of our resources, to make that happen in our local churches, whatever that local church is.

CALENDAR FOR JANUARY 2022

Now that more services are taking place again in Church, this is our plan for January and February 2022 – subject to change at short notice so please check the details on our website or with the Parish Office.

Sunday 2nd January	2nd Sunday of Christmas – “Green Sunday” 8.00am Holy Communion (BCP) – in the Hall 10.00am Holy Communion – in the Hall and Online 4.00pm Family Service in the Hall
Thursday 6 th January	The Epiphany of Christ 12.45pm Holy Communion (Iona) in Church
Sunday 9th January	The Baptism of Christ 8.00am Holy Communion (BCP) – in Church 10.00am Holy Communion – in Church and Online
Wednesday 12 th January	3.25pm T-Time Tales
Thursday 13 th January	12.45pm Holy Communion (Iona) in Church
Sunday 16th January	2nd Sunday of Epiphany 8.00am Holy Communion (BCP) – in Church 10.00am Holy Communion – in Church and Online 4.00pm Messy Church
Tuesday 18 th January	Week of Prayer for Christian Unity begins
Wednesday 19 th January	3.25pm T-Time Tales
Thursday 20 th January	12.45pm Holy Communion (Iona) in Church
Sunday 23rd January	3rd Sunday of Epiphany 8.00am Holy Communion (BCP) – in Church 10.00am Holy Communion – in Church and Online
Tuesday 25 th January	The Conversion of St Paul
Wednesday 26 th January	3.25pm T-Time Tales
Thursday 27 th January	12.45pm Holy Communion (Iona) in Church
Sunday 30th January	Presentation of Christ in the Temple 8.00am Holy Communion (BCP) – in Church 10.00am Holy Communion – in Church and Online

CALENDAR FOR FEBRUARY 2022

- Wednesday 2nd February 3.25pm T-Time Tales
- Thursday 3rd February 12.45pm Holy Communion (Iona) in Church
2.00pm SMART
- Sunday 6th February 4th Sunday before Lent "Green Sunday"**
8.00am Holy Communion (BCP) – in the Hall
10.00am Holy Communion – in the Hall and Online
4.00pm Family Service in the Hall
- Thursday 10th February 12.45pm Holy Communion (Iona) in Church
- Sunday 13th February 3rd Sunday before Lent**
8.00am Holy Communion (BCP) – in Church
10.00am Holy Communion – in Church and Online
- Thursday 17th February 12.45pm Holy Communion (Iona) in Church
- Sunday 20th February 2nd Sunday before Lent**
8.00am Holy Communion (BCP) – in Church
10.00am Holy Communion – in Church and Online
4.00pm Messy Church
- Wednesday 23rd February 3.25pm T-Time Tales
- Thursday 24th February 12.45pm Holy Communion (Iona) in Church
- Sunday 27th February Sunday next before Lent**
8.00am Holy Communion (BCP) – in Church
10.00am Holy Communion – in Church and Online

Please remember that planned services are subject to change at short notice so please check the details on our website or with the Parish Office.

Waiting

I am writing this a fortnight before Christmas and Advent is a time of waiting for the coming of Christ at Christmas. For children this seems to take forever, whereas for adults it comes at a rush.

Rudyard Kipling challenged his readers in his poem "If" to "not be tired of waiting" and John Milton, who was blind, said "They also serve who only stand and wait."

The waiter in a restaurant performs a very important task for the wellbeing of the diner, although those of us who are hungry can have to wait to be fed. Is waiting in other parts of our lives important too?

I think we spend so much time waiting for one thing or another, whether it is in a queue, waiting for a delivery, the arrival of a loved one, a phone call or a means of transport to the destination we are longing to get to.

We can be waiting for something in the near future and the waiting time comes to an end quickly, but it could take so much longer. We could spend the whole of our lives sitting and waiting for one train, only to find that we never even made it to the station. Whatever it is we are waiting for we are called to exercise patience and that isn't easy for any of us.

This all makes me think of times when a group of people chant "Why are we waiting? Why? Why? Why?" as they get more and more impatient.

If we are waiting for medical or hospital treatment the waiting time can be more painful than ever, and this sadly is more widespread than ever with the COVID care delaying other kinds of appointments. No wonder we are all described as "Patients".

It is good for me to understand, as I get more and more frustrated, that my waiting time may be necessary to enable someone else an opportunity to have priority over my needs. Their needs may be even greater than mine, even though I think mine are paramount.

As Isaiah said:

"They that wait for the Lord shall renew their strength,
They shall mount up with wings like eagles,
They shall run and not be weary
They shall walk and not faint."

Ian Archer

Environmental News

Problems and action to counter climate change

First, a word about carbon dioxide and other greenhouse gasses. The countries of the world may be likened to the engines of a railway system, one line for each country, driven by coal, oil and gas. The engines set off drawing carriages of population behind them. The drivers, though knowing the situation well, ignore the points which would set them on safe side lines and drive their engines at usual pace through the signals, first amber but then red, without stopping. The drivers know that when the crash comes they will be the first to go but they hope to be retired by then and are accustomed to driving and competing with other lines and so cannot bring themselves to stop. In the carriages the young people try in vain to reach the communications cord, some of the other passengers are concerned but seem impotent. Other passengers enjoy their journeys without much thought about what lies at the end.

Hopefully, following COP26, the realities of climate change are now more widely understood and in the future, actions, or the lack of them, will be more generally apparent and more attention will be given to the way necessary change needs to be effected to prevent the world overheating.

There are many aspects to climate change which affect whole economies and they need to be considered both separately and together. But the widespread dangers from global warming coupled with past neglect which puts the world in an emergency situation, has resulted in confusion and conflicting assertions. This is very clear from the pleading of self-interest from speakers in the circus of COP26. For example, the West is blamed for its industrial exploitations of the nineteenth and twentieth centuries. That is, in the light of present knowledge, correct but it overlooks that CO₂ release has more than doubled in the last thirty years, largely outside of the West which now prefers to get its products cheap from abroad rather than make them at home. Demanding the chance to have an industrial revolution makes no sense against the consequent changes in climate.

Another diversion is the assertion that a change to a Green economy can result in growth rather than a reduction in activity. That may well be true in the long term, but first we need to ensure there is a long term. Planting trees is admirable in the long term but they take time to come on stream for carbon capture, which we do not have. There is a real danger that such theoretical carbon capture will be set off against the continued use of fossil fuels long before the capture comes on stream. Meanwhile the large forests of the world are burning.

The blame game in all its many facets is just a diversion and a waste of precious time.

Reducing the use of fossil fuels clearly needs to be combined with focus on replacements. Currently, countries are expected to support their targets with plans for reducing CO₂, but has anyone heard of plans not only to reduce fossil fuels but support that with interlocking plans to expand green power sources?

It would seem to be that the priority is to discontinue the use of coal since it is the dirtiest fuel carbon-wise. If that takes the focus off oil that will be a disaster. Rather than have a single priority, oil and gas should be reduced concurrently with coal. The treatment of coal at COP26 is worth a short diversion. Many countries favoured a speedy phase out of the use of coal as the dirtiest fuel, yet it took only China and India (with the US, Russia and Australia supporting) to force the change to 'phase down' instead of 'phase out', at the eleventh hour. That negated the desired intention. Can anyone doubt that the intention of coal producers is to continue to the last possible moment?

But equally, the concentration on coal for the period of the conference prevented a focus on oil and gas which by the end of the conference hardly featured. It is an old trick. Keep the talk on one issue so that others are not considered. To get some idea of the change necessary to reach net nil by 2030, annual reductions of 8% a year would be required, compared with the 6.4% reduction during the global lockdown of 2020.

So let's now take a look at some of the issues from an economic perspective.

Targets

First, let's deal with targets. These were always a nonsense. Not only were they not backed with plans and strategies, they have been shown to be only a fig leaf to hide behind, whilst little was done. The concept that it was sufficient to reach net nil carbon use by 2050 was always misleading, since allowing carbon use (albeit planned in some way to fall) meant that during the intervening years, more carbon was being released to accumulate in the atmosphere for many decades, if not centuries. Thus the increasing quantity of carbon out there was not only here to stay but it was bringing ever closer the 1.5 degree increase (we are now at 1.1%) so that 2050 is probably no longer relevant. An immediate decline in carbon use was needed, a steep downward slope in the graph if you like, as well as nil by 2050.

International Co-operation

It is widely held that cooperation rather than national competition is essential to getting the use of fossil fuels down. If that is so, then commentators need to be less political and more balanced in their criticisms. For example, the media are fond of pointing to China as the biggest polluter. That is correct, but it is also true that she has more electric cars and solar power than the rest of the world put together. China is also rationing supply of dirty electricity to its firms which is something the western governments cannot bring themselves to do. Furthermore, China is suffering desperately from global warming and is well motivated to change. It is easy to overlook that Europe, for example, has exercised economic demand by transferring

its production to China and India, often with the assistance of Western firms. These facts are not intended to excuse China but simply to try to put the criticisms in context. It is quite clear that at COP26 countries were mainly concerned with protecting their self-interest rather than taking part in a co-operative effort to reduce the use of carbon.

It is past time to accept that energy consumption is higher than the climate can bear. We need far more green energy but, if necessary, we must make do with less consumption of fossil fuels anyway, though this may give rise to what so far has been denied: that is falling standards of living till the climate change has been realistically addressed.

Macro Change

Green advocates make great play on the need to replace a carbon based economy with a green one, claiming that this will give rise to a great burst in economic activity. No one needs to suffer. There is some truth in this concept because heavy investment will generate other economic activity and incomes, but I fear it is mainly promulgated to persuade non-believers that all can be well. What is required is recognisable nation-wide policies to put into effect the necessary change to green energy so that fossil fuels can be phased out very quickly.

New industries need to be supported by investment in green power whilst reducing the use of fossil fuels by both pricing and physical action. If this change is left to the market then, taking an optimistic view, recent experience is that the industries will be set up in low wage economies abroad, generating income there but not here and, (probably with the continued use of fossil fuels) with all the attendant costs and pollution from transport. The case of opening a further oil field off Scotland is an example of the difficulty. The UK already imports fossil fuels. Opening a further field might be a way of sustaining energy and reducing imports whilst green sources were developed. But recent history tells us that in such a scenario, fossil fuel producers are quite likely to go on as before long after the time when green energy might have been expanded. It might take an emergency to provide the necessary support for green energy.

Mark Carney's idea that the change can be effected by controlling investment to green industries only, appears sound but there are significant snags.

Banks will no doubt lend to green industries provided their risk criteria are met. That is a big proviso. Again, supplicants for investment are supposed to be turned back if their intention is to foster fossil fuels. However, the legal industry is very adept at dressing up documents of application, so that finance is likely to continue to flow into projects using carbon. In recent months many billions of pounds have been lent by the banks to the fossil fuels industry. What kind of a start is that?

A third problem is that the greater part of finance comes from tax havens outside the control of banks and governments. Unless these evasions can be identified and stopped, once again climate action will be ineffectual.

Supply and Demand

I guess by now most of us understand the broad connection between supply and demand. Currently policies are focussed on reducing the supply or use of fossil fuels, but what about demand? If there was no or less demand there would be less supply. In the West we have a concentration on demand with high requirement for often unnecessary products and these are produced notably in China and India. If they were not demanded the supply would dry up and less fossil fuels used especially in China. It is not just China which is responsible for the release of carbon dioxide there, but demand from the West.

Shock horror; do we have to have a slightly lower material standard of living? And reduced growth is anathema to those who want an ever growing economy with rising profits. Maybe that is one of the real costs we have to absorb to avoid long term climate destruction. Take the aircraft industry, heavily reliant on the holiday trade. Could we do with less of it? Well, not so long ago our predecessors did without foreign holidays. One thing is clear. Without some form of action the air industry will go on using carbon fuels till hydrogen is much, much cheaper, and that is not in sight. Maybe in the short term we shall need to revise our priorities till alternative fuels allow planes to fly cleanly. Such changes will have enormous effects on the employment of labour so it is essential that we get on with the transition to green industries as quickly as possible not only for climate reasons but to allow other adjustments required by new priorities. Much more attention needs to be given to the demand side.

Only recently were we made aware of the illegal trade in HFCs (Hydrofluorocarbons) which are very destructive of the environment. It's happening in this country. The media need to be encouraged to publicise actions which are either illegal, or legal but destructive of the environment, so that those who are working against necessary change are known and action taken against them. There are so many examples of the ways business gives profit priority above other considerations

Costs

First we have to accept that costs of action now will be far cheaper than spending in the future. There are many reasons for this. The real cost of not spending on change now will be the incredibly high cost of the world wide effects of climate change if we do not do so. They do not compare. I will not again recite the effects of rising sea levels, the increased warming through loss of Greenland and the Antarctic. We need to bear in mind that, at the point of higher temperatures the permafrost will melt away, releasing huge amounts of methane gas from the Tundra, which will give rise to much higher temperatures than CO₂ so that the upward spiral of heating will be self generating irrespective of what man may or may not do. With the loss of reflective snow shields at the Poles, heating from the sun will rise at an ever faster rate. If those things happen then the money costs will at first be diverted to building barriers to prevent, for example, St Petersburg, Singapore and London dropping under the waves and such costs will not reduce the growing effects of climate change which will not magically stop. These things should be household knowledge by now.

Having accepted that spending now to defeat climate change is the only realistic way forward, much thought needs to be given first to the best ways of achieving this and then how to minimise the adverse effects upon current economies. In the next few years green energy sources such as solar and wind should be rapidly expanded to produce the electricity required to replace coal, oil and gas. We have the technology: let's use it, and if there must be competition, then let us set up those industries locally to avoid the cost and use of carbon in transport.

A first essential is to view all future developments against the needs of climate change. Dirty industries such as coal, oil and gas should not be set up. Air travel, for example, should not be allowed to compete with good rail services by removing taxes or the use of cheap fuel. France has already adopted that policy.

We have previously touched on the way to go forward. What should be the order of priority? When there are floods the first cry is for action to prevent them in the future, especially by those suffering the most. But that will not reduce global warming at all. So the priorities should first be to now implement actions which will reduce the use of carbon fuels and hopefully avoid the floods and rising sea levels. Next should be investment in research which also should be started now with government support. Only then can remedial and preventative action take its place to reduce current effects.

Looking deeper into necessary investment, first we need NOW to increase the use of all the green mechanisms currently open to us. That includes more wind farms, more solar energy, the development of heat pumps and so on. The UK government has plans in that direction. Elsewhere these should be started immediately. Next comes innovation. Bill Gates estimated that about 30% of reduction in use of fossil fuels needs to come as a result of new methodology. That means more research, more innovation. The cost of producing cheap hydrogen is vital and not yet on the horizon.

So the priority is fossil fuel extinction. But not using fossil fuels will impose severe disadvantages not only on the producers but on the labour they presently use. I am not suggesting compensation for producers, but government action will be necessary to find new 'green' employments for those put out of their jobs. In Germany already they are doing just this by setting up industries such as car making where previously the labour was used in coal mines. Leaving the unemployed to get on their bikes will not solve this problem.

Control through Pricing and Output

There are two main types of carbon pricing. One is a simple tax on carbon content of a product such as petrol, which we have in the UK. The other is Emissions Trading Systems (ETS). This puts a price on the carbon used (supply side). ETS is widely favoured. A government puts a price on the cost of climate change generated by the use of the carbon. This must reflect the whole emission of carbon from the economy. 'Cap and Trade' is the other way round. The government puts a cap on the

amount of carbon to be emitted and users fix the price by bidding for a share. There were even systems where volume share could be bought from others who held carbon permissions but did not use them.

Only 27 countries have carbon pricing systems and that does not include the USA, China or Australia for starters. Furthermore, in the EC it has resulted in very little reduction in the emission of carbon. ETS and Cap and Trade are very popular with the marketers who are ascendant. The danger is that we shall think that something big is being done when the time wasted and the outcomes are likely to be poor. Up to now carbon pricing has not worked and there is little indication it will work in the future.

Similarly with the tax. It must reflect the whole cost of using carbon in the economy otherwise it will not reach a position of net nil emissions by 2050. Straightforward taxes have the advantage of flexibility and producing finance for investing in Green industries.

Customers

Bill Gates thinks it is important that customers use their demand for goods to make it known that they favour green power over fossil fuels. This is obviously a desirable way of responding to the emergency but will customers place the priority for dealing with climate change above their own wants? I doubt it. Throughout, Covid customers have continued to seek overseas holidays. Sanctions against South Africa during the Apartheid era did work but similar products were available from elsewhere. However, if the changes required are to be achieved, it is essential that the populations should be totally committed.

Reality

It will still be very difficult in the near future to distinguish between what people say and what they do. Recent experience is that there is not much of a connection. Nations have spoken in favour of targets but they have not done nearly enough about them. Vested interests have publicly spoken in favour of action against climate change whilst covertly undermining the work of climate scientists. This unhappily will continue in various forms.

It is clear that the change from fossil fuels to carbon free power and removal of carbon from many products is very difficult indeed. There is no indication that this can be achieved by market forces alone or even by the control of investment. Bland calls for optimism will achieve nothing. The lead has to come from governments and it has to happen now. Hope needs to be founded on relevant action. Co-operation needs it must be founded on openness and understanding.

Harry Ingram

Book Review

This month: Perched Like Doves

By Greta Barnes

I found this a fascinating, evocative and compelling insight of the life of a nurse training at St Bartholomew's Hospital in 1959 – 1962. It includes the following:

"If" as a Nurse

With apologies to Rudyard Kipling

If you can walk with quiet tread

And not a soul disturb,

If you can take all insults

And still your temper curb,

If you can tidy beds all day

And rub backs till they shine,

If you can empty bedpans

When you're about to dine,

If you can rearrange your cap

With one hand in the sluice,

Or make a man a fruit drink

When there isn't any juice,

If you can look at Matron

Without a baleful glare

When she comes on her daily round

And says "Nurse, what dreadful hair!"

If you can get your exams first time,

Without the slightest struggle,

Or set up for an I/V drip

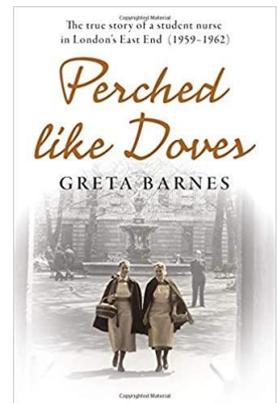
And not get in a muddle...

If you can do all these things

And never once feel faint,

You'll never make a nurse, my dear -

You'll be a blinking saint!



Thank you to Ian Archer for his recommendation of Perched like Doves. If you have a book you would like to review, please email magazine@stmarksreigate.co.uk

Reader recipes

With Christmas over and stuck in the thick of winter, here is a seasonal cauliflower recipe to keep you warm inside.

Roasted Aloo Gobi

Ingredients:-

- 400g of medium sized potatoes cut into chunks
- 1 large cauliflower cut into florets
- 1 tbsp of cumin seeds
- 2 tsp of coriander seeds
- 1 tsp of ground cinnamon
- 1 tsp tumeric
- 1 tsp chilli powder
- 4tbsp of vegetable oil
- 8 curry leaves
- 4 garlic cloves crushed
- 2 x 400g cans of tomatoes
- 2 small green chillis
- 1 tbsp of golden caster sugar
- 1 lime, juiced



Method:-

1. Heat oven to 180C/160C fan/gas 4. Tip the potatoes into a large pan, fill with cold water and bring to the boil. Simmer for 5-6 mins until starting to soften but still holding their shape. Drain well.
2. On a large baking tray, toss the potatoes and cauliflower with the spices and 2 tbsp oil. Season well and roast for 45 mins, stirring halfway through cooking, until the veg is soft and starting to brown.
3. Meanwhile, heat the remaining oil in a large pan. Fry the curry leaves and garlic for 1 min, making sure the garlic doesn't brown. Add the tomatoes, chillies, sugar, lime juice and some seasoning. Cover with a lid and simmer for 15 mins until the tomatoes have broken down.
4. Add the roasted veg to the tomatoes. Simmer for 5 mins, adding a splash of water if the curry gets too thick. Stir through the coriander and serve with rice, warm naan and yogurt.

<https://www.bbcgoodfood.com/recipes/roasted-aloo-gobi>

Puzzles

January Sudoku Puzzle

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

December Solution

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

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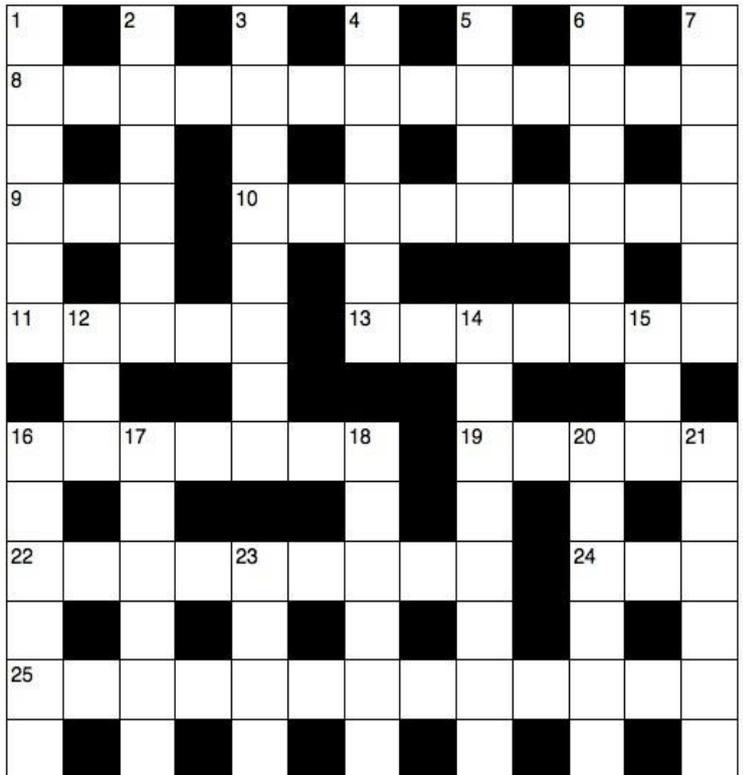
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January Crossword

Biblical references are from the New International Version

Across

- 8 How the Abyss (NIV) is described in the Authorized Version (Revelation 9:1) (10,3)
 9 Frozen water (Ezekiel 1:22) (3)
 10 The Ten Commandments (9)
 11 In Roman Catholic theology, neither heaven nor hell (5)
 13 Des cons (anag.) (7)
 16 'Though [your sins] are red as — , they shall be like wool' (Isaiah 1:18) (7)
 19 Keen (Romans 1:15) (5)
 22 Repugnant, loathsome (Jeremiah 24:9) (9)
 24 Drink like an animal (Judges 7:5) (3)
 25 First and last (Revelation 22:13) (5,3,5)



Down

- 1 Father of Ahi, a Gadite (1 Chronicles 5:15) (6)
 2 Where David found the stone with which he killed Goliath (1 Samuel 17:40) (6)
 3 'Hour by hour fresh lips are making thy — doings heard on high' (8)
 4 'And there were shepherds living out in the fields near by, keeping watch over their — at night' (Luke 2:8) (6)
 5 United Society for Christian Literature (1,1,1,1)
 6 'If he refuses to listen even to the church, treat him as you would — — or a tax collector' (Matthew 18:17) (1,5)
 7 Where Paul was taken when things became difficult for him in Berea (Acts 17:15) (6)
 12 Istituto per le Opere di Religione (Vatican Bank) (1,1,1)
 14 'Therefore, if anyone is in Christ, he is a new — ; the old has gone, the new has come!' (2 Corinthians 5:17) (8)
 15 Used to colour ram skins red for use in the tabernacle (Exodus 25:5) (3)
 16 Vat car (anag.) (6)
 17 'Be joyful — — , patient in affliction, faithful in prayer' (Romans 12:12) (6)
 18 'The parts that are unpresentable are treated with special modesty, while our presentable parts — — special treatment' (1 Corinthians 12:23) (4,2)
 20 Ancient rowing boat (Isaiah 33:21) (6)
 21 Say again (2 Corinthians 11:16) (6)
 23 What Jesus did in the synagogue in Nazareth after he stood up (Luke 4:16) (4)

December Solution

ACROSS: 1 Tabernacle 7 Absalom 8 Incas 10 Roes 11 Captured 13 Fright 15 Cavell 17 Cyclonic 18 Herb 21 Sonar 22 Amazing 23 Settlement

DOWN: 1 Taste 2 Bold 3 Ramiah 4 Abiathar 5 Lucerne 6 Sacrifices 9 Saddlebags 12 Theocrat 14 Incense 16 Pilate 19 Exist 20 Save



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