

Market's third birthday looms

Surbiton's **Maple Road Farmers' Market** will celebrate its third anniversary next month... meanwhile two worthy local charities are set to benefit from September's event, on Saturday the 15th.

The 26 stalls will include Thee Olive Tree (yes, there is a curious extra 'e' in the name), which first appeared at August's sunny market, introducing marketgoers to olives stuffed with almonds, piri piri, feta, pimento and sundried tomatoes.

September's market raises awareness of Kingston Street Pastors, which runs Friday night patrols to calm volatile situations and help the vulnerable and lonely. Founder the Rev Les Isaac was recently made an OBE. Also benefiting is Save the World Club, which promotes recycling, and campaigns to protect the environment. It creates mosaics throughout the area with themes celebrating positive environmental messages.

The Wiggins Way

Calls to honour a sideburned superstar

Surbiton should name a street after cycle hero Bradley Wiggins, who zipped through the town to residents' cheers on his way to Olympic gold.

A Facebook campaign, led by Tolworth actor Richard Williams, (inset) is gathering momentum. One possibility is renaming part of Portsmouth Road 'Wiggins Way' or 'Bradley Boulevard'.

Williams, 35, fresh from performing *East with Berrylands* ByMoonlight company at Edinburgh, has enlisted the help of MP Ed Davey and council chief Bruce McDonald to mark the deeds

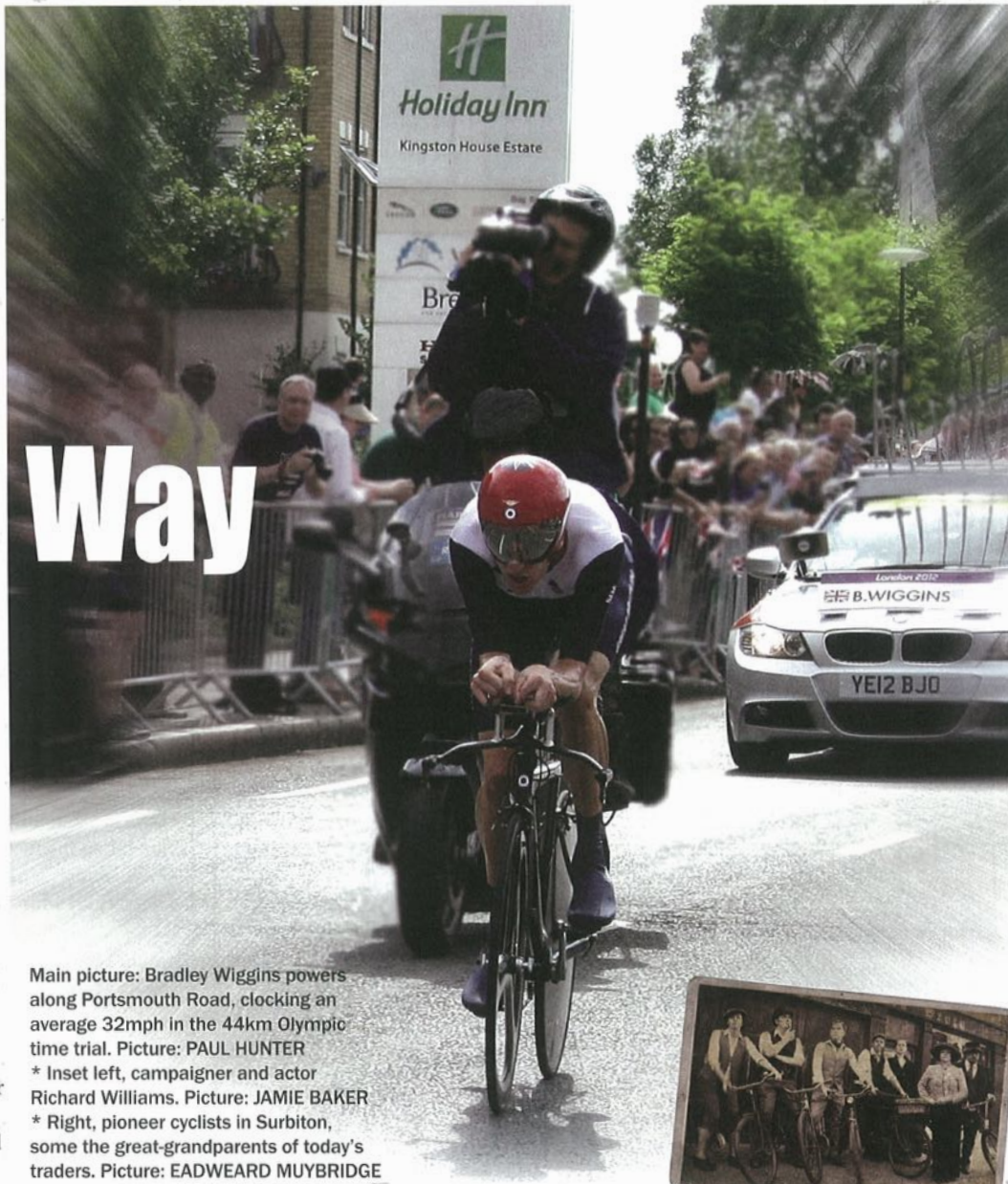


of the London 2012 gold medallist and Tour de France victor. Wiggins insisted the crowd's roar spurred him on to both achievements.

"I was blown away by the Olympics, and our borough's input, and thought something should be done to mark our part in this magnificent achievement," said Williams. "Wiggo singing our praises for the emotion we added to his gold was the best of all!"

The Facebook campaign A Tribute to Bradley Wiggins in Kingston has attracted scores of followers, including deputy mayor Barry O'Mahony.

"I'm seeing where it takes us," said the Cranborne Avenue thespian.



Main picture: Bradley Wiggins powers along Portsmouth Road, clocking an average 32mph in the 44km Olympic time trial. Picture: PAUL HUNTER

* Inset left, campaigner and actor Richard Williams. Picture: JAMIE BAKER

* Right, pioneer cyclists in Surbiton, some the great-grandparents of today's traders. Picture: EADWEARD MUYBRIDGE

The greatest show on Earth

Imagine someone's throwing a party. It's going to be the best party of the year - no, the century - and you would give your last Rolo to go. For months you are agonisingly polite to the host, you start planning your outfit, and every morning you petrify the postman by throwing open the front door and grabbing your letters, tearing through them for that longed-for invitation.

Then the party's host tells you you're not invited. You're not cool enough, you're not rich enough - whatever the reason, you're not coming.

You're very sad. You mope for days. You stop answering the phone, you watch endless hours of *Cowboy Builders*, and you start growing a beard.

Then one day, the host phones you and says: 'Actually, you can come to my party. What's more, I'll put you on the VIP guest list, pay for your drinks all night, and give you the best seat in the house.'

And that's an extraordinarily extended metaphor for the Olympics.

Surbiton provided front-row seats for one of the most exciting events, the cycling time trial. We didn't have any fiddly corners, where crowds get bunched up, tread on each other's toes and elbow each other in social peevishness. No, we had the whole of Portsmouth Road to play on.

The people of Surbiton spilled on to every inch of the route to cheer on Team GB and get a glimpse of those sideburns.

Positioned by the Holiday Inn, my friends and I had an unencumbered view of the cyclists as they flew past, unless we blinked, or were momentarily distracted, in which case we'd have missed them.

The atmosphere was an exuberant blend of excitement at the prospect of a once-in-a-lifetime event, and the thrill of a sneaky day off work (put your hands up if you skived off... my point exactly).

Two things stood out: the spine-tingling roar that whipped through the crowd at the approach of a Team GB cyclist, and the groups of little boys who huddled round mobile phones squealing 'Has Wiggo won, has Wiggo won?' Perhaps, just perhaps, they don't want to be David Beckham or Wayne Rooney anymore. Perhaps they want to kick their football over the neighbour's fence, get on their bikes and be Bradley Wiggins instead.

Never mind if you didn't get tickets to go up town and watch an event. There was no better place to witness sporting history, and we can tell our kids and grandkids about the day the greatest show on Earth came to Surbiton.

A chance to get on yer bike

Surbiton's rich Victorian cycling history, which saw the town hold penny-farthing races in the late 1800s on its own cinder racetrack, is being marked by three bike rides, including a five-mile, fancy-dress route for vintage steeds.

The action starts at 10am on Sunday, September 16 at Claremont Gardens with a 40-mile ride for serious cyclists, followed by a gentle, family-friendly 10-mile ride at 11.30am.

Finally the vintage and classic ride sets off at 11.45am, with riders returning at 1.15pm to compare saddle sores.

The Seething Tricyclingathon rides the new wave of cycle enthusiasm, and benefits the mayor's charities. Cyclists can store clothes at Glenmore House, while 'gentle entertainment' is promised from lunchtime through the afternoon, with a charity bar, stalls and sports massages for those needing a rub down.

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Another example of the nanny state

The most popular meat in the world? Let's not bleat about the bush. It's goat. No kidding.

Maple Road farmers' market regulars Lyn and Jenny Jenner of Nut Knowle Farm have been promoting goat for more than 30 years.

Sixty-two per cent of the world's population regularly dine on the meat ("Treat it like lamb in the kitchen," advises

Lyn) placing it above beef, pork and even chicken in the popularity stakes.

Or perhaps that should be steaks. A 500g pack of diced goat meat will set you back around £8.50 and make a fine casserole, or try kid sausages for around £3.50 a pack.

Goat cheese, another speciality of the farm in Horam, East Sussex, is low in cholesterol and half the fat of cow's cheese, and is

versatile to cook with. There are a dozen different cheeses on offer every market day.

"Farming's in my blood," says Lyn. "My uncle farmed a dairy and meat herd in Rudgwick."

Lyn likes the Surbiton farmers' market because shoppers are willing to try something new. "People are interested in the product," he says.

Jenny adds: "It's a bit Gerry and Margo... but in a nice way!"

If you like your meat pink, roast leg is best. If you prefer medium to well done, try roast shoulder.

Visit www.nutknowlefarm.com for recipes.



Smoking is good for you

It's the one kind of smoking you shouldn't give up. Surbiton farmers' market regulars Sussex Smokers, based near picturesque Rye, have been at it since 1982, and it hasn't done them any harm.

A traditional oak-chipping smokery (no newfangled electric nonsense), it is run by Vincent and Julia Elliott, with lines ranging from gluten-free chorizo (no rusk added) to week-long-smoked garlic.

There are two methods; cold and hot. Cold-smoked is where the smoke's heat is kept away from the product

(bacon, salmon and kippers). However, mackerel and chorizo are hot-smoked, with smoking starting on Wednesday ahead of Saturday's market.

"We also do home-made taramasalata, with nothing horrible added," said Julia (pictured left by Joñ Constant).

"We've been here at Surbiton since the beginning of the market, and people are always coming back to try different things; mussel salad, smoked eel, cod roe, game pate..."

Sussex Smokers also do smoke-your-own. "Old boys bring us their trout, and we smoke them and bring them back," said Julia.



Gardening tips by Janice Cripps

Another kind of wow factor

This year's Chelsea and Hampton Court shows were awash with sculpture and ornament in every style and medium; metal, glass, stone, concrete, wire.

One prominent writer felt there was more statuary than plants!

Why art in the garden? Surely plants and flowers should always take centre stage, providing the magic and giving the garden its wow factor? What can a piece of statuary or abstract art add?

Since visiting the Barbara Hepworth Sculpture Garden in Cornwall, I have been aware of the growing interest in using art in the garden. It can help put your mark on a garden and personalise it. It is a permanent statement, so while flowers fade and trees lose their leaves, a well-placed piece of art can provide a focal point all through the year, every year.

Choosing art is a matter of personal choice, but in design terms it is important it fits within its surroundings and looks right. Bear in mind that the object must enhance the garden rather than make up for deficiencies, just as a

statement piece of jewellery can enhance a little black dress.

Whether traditional or modern, it has to suit the garden style. Many opt for classical as a safe choice. Sentimentality comes into play, hence the popularity of doe-eyed cherubs and cutesy animals. Abstract art in concrete or sculpted metal is braver. Can you hear your friends? "You paid what? For that! What is it?"

An original or commissioned piece is not cheap, and is likely to cost hundreds, if not thousands, of pounds. But there are other options. A trip to an architectural salvage yard can result in an interesting find.

Other things to think about:

Placement. It needs the right setting or backdrop. This can be as simple as an attractive stone wall or, perhaps, a clipped yew hedge, but think how it might change through the season.

Scale and proportion. Objects need to be larger than you might consider for an interior space as they need to fit in with the scale of the garden and house. Anything too small looks mean and insignificant, and too many objects make the garden look cluttered and untidy.

Viewing height. Objects that hit eye level work well and generally have most impact, but not all objects need a dominant position. Often placing a piece of artwork within the planting, so that you discover it almost by chance, can create a delightful element of surprise.

For some inspiration, try the Hannah Peschar sculpture garden in Ockley, or Farnham's Sculpture Park, set in 10 acres of arboretum and wildlife-inhabited water gardens. Both make great family days out. No stuffy curators or pushy sales staff. Pack a picnic, explore and take in a feast for the eyes.



Nick Ruffe's Infinity Curve 111 will set you back £2,340

Janice Cripps is a professional garden designer based in Surbiton. For advice, planting plans, or taking projects from concept to completion, visit www.janicecripps.co.uk

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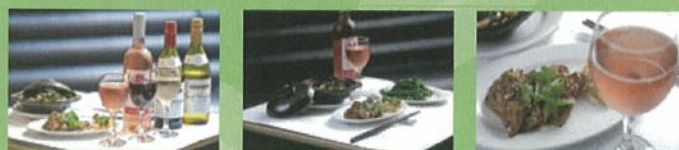
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Thank you everyone for your contribution to a fantastic Grand Opening, especially the mayor, Cllr Mary Heathcote, consort Dr Roger Heathcote and the Shaolin Academy. We are touched by the support and welcome from local people and businesses in Surbiton. And a big thank-you to our dear friends, family and staff for their support in helping us to fulfil our dream. We are truly blessed with so much love and support around us.

Shake it up baby

Maple Road's Rubicon launches cocktail classes on September 18 at £20 a time, equipment and drink included. Mojitos and caipirinhas launch the weekly Tuesday 8pm sessions. Visit www.rubiconbar.com or call 020 8399 5055.

The whole tooth

Do you marvel at the gleaming gnashers all around you? It's an intriguing fact, revealed by Arrif Lalani of Maple Road Dental Practice, that **eight** new dental practices have set up in Surbiton in the last two years. Open wide, please.

Building shift

Keith Boulter, manager of Brighton Road builder's merchants Jewson, has left after five years in Surbiton, to run the firm's depot in Peckham.

Secret revealed

What Surbiton knew, the world now knows. Lallapolosa, a Maple Road market regular based near the Assembly Rooms, has won three stars in the Great Taste awards for its Florentine cookies. Elyse Savage said: "We're very proud... this is just the start!"

Scusi!

A sign in St Mark's Hill is a warning to signwriters everywhere to pencil in words before lifting the paintbrush. CCTV in operati, it reads. Let's hope there's no confusi.



Zumba returns

Wednesday evening zumba classes return to St Matthew's School, Langley Road, after their summer breather on September 19. It's £5 for the hour, and it starts at 7.30pm.

Press art

Berrylands artist Thelma Cripps is displaying six watercolours at The Press Room coffee shop, Claremont Road. They are priced between £90 and £120.

Surbiton thriller

It is the first thriller set in Effingham Road, Surbiton! Ian Irvine's London 2012: What If was written when Ian lived in nearby Rushett Close. "I passed the houses in Effingham Road every day, and loved the stained glass windows. When I had to pick a big house for a character in the book, it was easy!" The novel, billed as a new Time Traveller's Wife, is available via Amazon.

Join the team

The Good Life is firmly established as Surbiton's community paper – popular with readers and advertisers, with a 7,000-copy monthly distribution. Could you be part of our team? We need part-time help selling ads to Surbiton's friendliest businesses. Full support given, excellent rates, hours to suit. Email timharrison@therichmind.co.uk

Why Shoes 'At Last'? At last I'm setting up on my own, says Sarah Taylor, who launched nine years ago. At last we've got a decent shop in Surbiton, insists one regular. A cosy business with a personal touch, the Maple Road shop reflects Sarah's personality; original, friendly and infectiously upbeat.

Born in the footwell of a car in Kingston Hospital (another few moments and her mother would have reached Maternity), Sarah was a mere girl when she began working for fashion chain Long Tall Sally in 1981.

As a six-footer, she empathised with customers, some 6ft 8in tall and despairing of finding fashions in an industry geared to cloned, identikit models. "I was there 20 years, opening 15 new stores," she said. "When I was made redundant 10 years ago I decided I wouldn't work for anyone else again."

Having lived in Surbiton since the mid 80s, Sarah had always liked Maple Road, so when a curtain shop shut in 2003, she moved in.

Originally conceived as a haven for shoe lovers, it has broadened its scope... and will soon put greater emphasis on clothes for women following a spring shake-up.

"It's exciting," said Sarah. "I've been doing more clothes, especially Danish brands. People like quirky shoes, but want quirky clothes too. A lot of businesswomen want a one-stop shop."

It's a refuge for other shopless traders (Nick does tailoring, Claire does flowers, Eva does jewellery...), and a confessional/advice centre for all, thanks to the black sofas on which regulars plonk themselves to reveal things they wouldn't even share with their partners.

The flame-haired keeper of secrets is

Sole trader

resolutely independent ("There's no rich husband at home"), because, she says, all energy goes into the business, and helping run the monthly farmers' market outside her door.

The shop can be a tie as customer-friendly hours stretch to 8pm on a Thursday and 7pm Tuesdays, Wednesdays and Fridays, but Sarah enjoys the relationship with her regulars, and loves introducing them to each other.

"I join the dots," she said. "I feel guilty if the shop is closed; if I lock the door to pop down to Londis to buy milk I invariably find someone outside, hands on hips!"

As a shoe aficionado, does she judge people by their footwear?

"No! I do probably notice people's shoes, but I don't judge them. I'm not a big fashion expert myself, as you can see," she said, self-deprecatingly waving a hand at her own ensemble.

The Shoes At Last door is invariably wide open, to make shopping within as relaxed as possible. Until spring's reshuffle, the shop will still offer men's shoes, but you'll have to hurry, boys.



"The trouble is, men just won't pay. They want it cheap, cheap, cheap... which is why I'm concentrating on women's clothing." Readers' note: Spare copies of the Good Life are at Surbiton's upmarket shoe shop.

Overheard at the Antelope on September 3

A woman walked into the kitchen to find her husband stalking around with a fly swatter.

'What are you doing?' she asked.

'Hunting flies,' he replied.

'Have you got any?' she asked.

'Yes. Three males and two females,' he replied.

'How can you tell them apart?' she asked.

'Three were on a beer can and two were on the phone.'

You've been framed

Refreshed and rejuvenated after a 'midlife crisis' world tour including China, Australasia and South America, Ian Alderson turned his back on IT consultancy and embraced picture framing.

He now runs IA Picture Framing from his home near the Victoria rec, balancing the size, style and colour of the wooden frames, and bevelled-edge mat boards, to best show off the painting, print or poster within. Being married to artist Sue Monteath, a rising star in the Molesey Art Society, helps inform those choices.

Ian's service is collect and deliver. Don't risk taking that Canaletto

on the K3; he turns up at your door with a host of samples to find an ideal fit with both picture and decor, then returns the completed work. "I'll match it to the wall," said Ian, 53, who has a good working relationship with Luke Francis at Surbiton Glass in Brighton Road. "It's all about the finish; the right frame really enhances the picture."

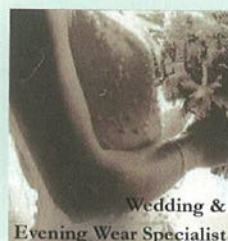
Framing is all at sea when it comes to metric v imperial. "I measure in centimetres, but think in inches," admitted Ian. Helpfully,

his supplier sells by the foot and prices by the metre. Details at www.ia-picture-framing.com or call Ian on 8786 6489.



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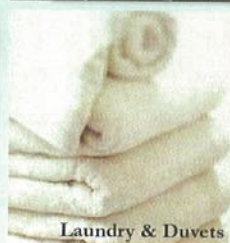
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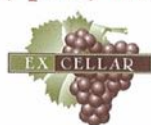
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miracle

Thirty-three years ago, jewellery designer Patricia de Menezes, then 39, was cycling through Berrylands when a loud voice said: "I am the bread of life."

Images of the Virgin Mary and Jesus Christ began appearing – and speaking to her – in a pine tree in the grounds of Manor House Convent, which stood in Manor Drive. After it was pulled down (creating Adams Drive), Patricia continued to hear messages, and see visions.

She founded the Family of Divine Innocence, gaining followers in 43 countries... although the group suffered a knockback five years ago when the Vatican rejected pleas to formally recognise 'Our Lady of Surbiton'.

It is noon on a Monday in August, and Kitty Fox closes her front door and heads round the corner to say a rosary beneath the 70ft pine by the wall in Manor Drive.

Wisteria winds around the base, while suspended from its branches is a cross. Halfway up the trunk is a crucifix. One probing wisteria frond has wrapped around Christ's body.

A petite, polite grey-haired woman with a soft Irish accent, she paused to speak to me.

"I'm interested to know more about the shrine," I said.

"Are you Catholic?" she asked.

"No," I said.

"Come back on Wednesday," she said.

The tree is in a peaceful garden with large boulders, many bearing religious and anti-abortion messages. A shrine, behind glass, clings to a nearby house wall, while a statue of the Virgin Mary (pictured) stands in a corner.

The Vatican investigated the sightings in a 2007 inquiry, but concluded Patricia De Menezes' claims didn't stack up. It called her reports 'extravagant' and 'hysterical', and said Jesus wouldn't have used the words she said she'd heard.

In one exchange, Patricia asked Jesus a question, and was told: "Curiosity killed the cat." The Vatican



ruled that Jesus didn't go in for 'colloquial chit-chat'.

Despite the setback, the Family of Divine Innocence continues daily rosaries at the foot of the tree. Last year, parents of several children at nearby Christ Church Primary complained about the group's anti-abortion slogans, arguing they were inappropriate near a school.

Our Lady of Surbiton divides opinion, but the group remains convinced about the power of the tree, a tennis ball's lob from the Surbiton Racket & Fitness Club.

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The battle Surbiton forgot

Unnoticed and unremarked, an anniversary passed this summer of an event which might have changed the course of English history, writes Phil Cooper

It was 364 years ago that cavaliers and roundheads clashed at the Battle of Surbiton Common. It's not an engagement that rates a mention in the history tomes devoted to the struggle between parliament and the king, but that's probably because the last-gasp effort to save the sovereign failed.

One of Charles I's most loyal lieutenants, the Earl of Holland, formed a plan to release the monarch, who was by this time under arrest by Oliver Cromwell's forces, and bring him to parliament for a peace settlement.

Holland assembled 600 cavalymen at Kingston and then made the mistake of sending a declaration of his intent to the citizens of London in the hope that they would rise up in support.

All he succeeded in doing was alerting parliament to the threat, and they immediately ordered troops from Windsor to crush the rescue attempt. This they achieved after running into Holland's ill-prepared troops on July 7, 1648 at Surbiton Common. Holland was accompanied by the Duke of Buckingham and the Duke's younger brother Lord Francis Villiers.

As the skirmish turned against the royalists, Holland escaped but was later captured near Harrow. Buckingham fled, but 'the beautiful Lord Francis Villiers was slain'.

The precise extent and location of Surbiton Common is now uncertain, and attempts to petition Kingston Council a few years ago to have the battlefield marked by crossed swords on Ordnance Survey maps also came to naught after English Heritage deemed the skirmish too insignificant to merit cartographic recognition.

So we are left with King Charles Road, Villiers Road, Villiers Avenue and the Duke of Buckingham pub as reference points for an episode that might have resulted in Charles I keeping his head, and the crown upon it.

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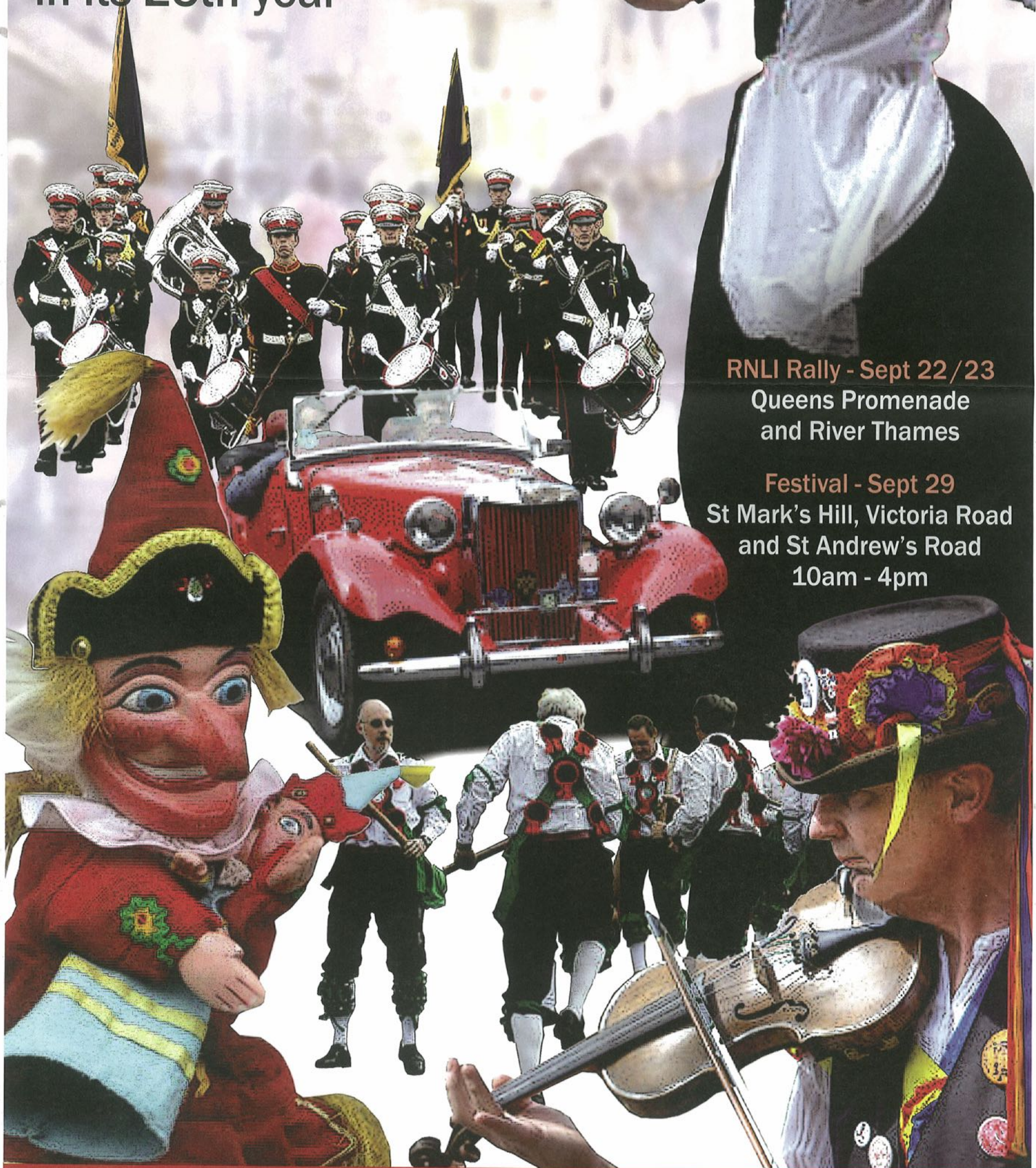
it's festival time

The Good Life brings
you a detailed guide
to this year's Surbiton
Festival Week - now
in its 25th year



RNLI Rally - Sept 22/23
Queens Promenade
and River Thames

Festival - Sept 29
St Mark's Hill, Victoria Road
and St Andrew's Road
10am - 4pm



Saturday September 22 - Saturday September 29, 2012

Surbiton sail-past spectacular

The RNLI Thames Rally takes place along Queen's Promenade – a colourful and entertaining two-day waterborne start to Surbiton Festival's annual programme.

Riding 2012's wave of well-supported Thames events, including June's diamond jubilee river pageant and July's escorted journey of the Olympic torch on the royal

barge Gloriana, this year's rally promises to be the most spectacular yet.

The event is spread over two days – Saturday September 22 and Sunday September 23 – with the main action taking place between Raven's Ait and Kingston Bridge.

Up to 100 boats are expected to moor alongside Queen's Promenade for the weekend, creating a colourful backdrop to the series of activities on the water alongside Surbiton's beautiful stretch of the Thames.

There will also be a series of stalls giving information about the numerous boating and sailing clubs along the

riverside, from Windsor to Hurlingham.

Organised by the 1st Surbiton (Sealion) Sea Scout group, the weekend rally benefits the Royal National Lifeboat Institution, the 24-hour lifeboat search and rescue charity which, since its foundation in 1824, has saved more than 139,000 lives. Last year's rally raised £3,000 for the charity.

The RNLI Thames Rally has been an annual river event for more than 15 years. Originally run by the rescue charity itself, it has more recently been co-ordinated by a volunteer team, first supported by Surbiton Rotary Club and more recently by the 1st Surbiton (Sealion) Sea Scouts.

Early rallies took place in June, but the event was pushed back to the end of the cruising season in September, when the weather is usually better.

Events start on Saturday morning, and finish on Sunday, late afternoon.


Lifeboats

There will be 'blind skipper' competitions with prizes, with blindfolded rowers guided by coxes on a course round a buoy, and boat handling contests to test manoeuvring skills.

On Saturday evening at 8pm there will be an illuminated sail-past, starting at Kingston Bridge, rounding Raven's Ait, and returning to Kingston.

On Sunday at 11am the Teddington RNLI lifeboat will give a demonstration, then at noon the mayor, Cllr Mary Heathcote, flanked by a sea scout flag party, will receive a salute from boats from the commodore's sail-past of the London River Yacht Club. The 1st Hook scout band will be playing at regular intervals. Organiser Roger Jones said: "The event is taking place around Michaelmas, when the weather is usually good!"

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During the evening of Saturday 22nd there will be an illuminated sail past of over 50 boats

Throughout the weekend boats will be moored along Queens Promenade and there will be fund-raising and charity stalls



2012 festival promises to be the biggest ever

The Surbiton Festival marks its 25th anniversary this year with a bumper collection of stalls and activities, and one of the biggest parades in the event's quarter century.

Two sound and entertainment stages will be set up – in the Surbiton station forecourt, and at the top of St Andrew's Road.

Victoria Road and St Andrew's Road will be closed to traffic for the day, allowing thousands of visitors the chance to enjoy more than 110 stalls in the town's temporarily pedestrianised high street, from 10am.

As well as food, the stalls will be selling gifts and crafts, toys and ceramics, art, health products, sweets, ornaments, candles, jewellery,

hats and needlework.

Jeremy Thorn and David Randall are the MCs for the day, Bob Dean is in charge of the parade, Neil Winckless has co-ordinated the stall organisation, while all the preparation work has been undertaken by a group of Surbiton businessmen and women under the chairmanship of

Bob Noble.

Started 25 years ago by Surbiton Rotary Club, the festival has become a regular fixture in town life, allowing numerous groups to raise money for local and national charities, and helping dozens of local organisations publicise their activities.

The official opening will be performed at 10am by the mayor, Cllr Mary Heathcote, at the junction of Victoria Road and St Andrew's Road.

Entertainment includes a swing band and Morris dancers. Watch out for Rin Tin Tin – the tea lady on stilts, dance demonstrations by the Surbiton & District Caledonian Society, and assorted clowns and acrobats.



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Live Entertainment Timetable

St Andrew's Stage	Forecourt Stage
10.00 - 10.25 Official opening	10.00 - 10.25 Southern Serenade
10.30 - 10.55 Royal British Legion	10.30 - 10.55 Indie Band
11.00 - 11.25 Morris Dancers	11.00 - 11.25 Caledonian Dancers
11.30 - 11.55 Punch & Judy	11.30 - 11.55 Queensgate Consort
12.00 - 12.25 Parade	12.00 - 12.25 Parade
12.30 - 12.55 Queensgate Consort	12.30 - 12.55 Caledonian Dancers
13.30 - 13.55 Punch & Judy	13.30 - 13.55 Morris Dancers
14.00 - 14.25 Swing Band	14.00 - 14.25 TBC
14.30 - 14.55 Club Energise	14.30 - 14.55 1st Hook Scouts & Guides Band
15.00 - 15.25 TBC	15.00 - 15.25 TBC
15.30 - 16.00 1st Hook Scouts & Guides Band	15.30 - 16.00 TBC

All day entertainments include a bouncy castle, face painting by Yorda, Rin Tin Tin tea lady stiltwalker, Southern Serenade and Circus Suburbia acts

Entertainment schedule correct at time of going to press. Specific timings may vary.

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HAIR BY

Carnival procession



The parade assembles in Avenue Elmers at 11.30am on Saturday September 29, then moves off at noon – with a police car leading the way – down St Mark's Hill, past the station and along Victoria Road.

Everyone on foot, including the marching bands, will turn right into St Mary's Road, and then Cottage Grove. Meanwhile the classic cars will continue to the YMCA, turn right along Brighton Road, right along Maple Road, then into St Andrew's Road, where they will park.

The parade will include the 1st Hook scout band, the mayor in her official car RBK1, classic cars from the Surbiton Car Club, the RNLI float towed by the 1st Surbiton (Sealion) Sea Scouts, scouts, guides, cubs and other uniformed youth groups, the Woodcraft Folk, Vital Signz Dance, Gymboree Surbiton, the Lucinda Walsh School of Dance, Alfriston Day Centre, Morris dancers, a jazz band, and several police historic vehicles.



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Hand made ceramics Charlotte Stockley Mary McFadden Margaret Haslam James Dean Pottery	Candles & Wrapping paper Chaya Mawji	Cakes & Patisserie Joanna Lee Stephen Badley	Children's activities Gymboree Rotary Club of Surbiton
Jewellery Anja Castro Helen Rodd D Nicholson Louise Hutchinson Ros Jenkins - Simple Silver Naomi Rahnama J Digby-Smith Alice Emerson Elizabeth Cox	Tableware Naomi Lyons	Ice cream Jeff's Ice cream Ottavio Maletta	Wholesalers Costco
Needlework & Knitting Alyson O'Reilly Flick Simmonds D Brown	Interior Design Stephanie Jenner	Confectionery Keith Rayfield Aneesa Akhta	Property Letting Leaders
Craft Philip Slade - baskets Val Williams Leila Saleh	Kitchen storage Sharon Beck	Candy floss Charles Horsley Snr	Hospitality Holiday Inn YMCA (gym tour and games)
Millinery Pamela Kikumu	Ornaments M Horsfall	Health Sean Saunders Sally Epps Optimal Spine	Information RNLI Kingston Library Mind in Kingston Kingston Museum Kingston Ramblers Kingston Council for Independent Living St Mary's Church Long Ditton Surbiton Neighbourhood Team Maple Road Farmers Market Surbiton Caledonian Society Rotary Club of Surbiton Kingston Council Traffic Management Surbiton & District Bird Watching Kingston Tour Guides Kingston Beekeepers
Photography Paul Milton Laura Gioffredo	Food Giggly Pig Shahid Mirza Sarah McCloud Welmde Housing Lallapolosa Baking Maple Village Womens Inst. Guy Adams & Owen Hurley Sarah Chuaiabamrung Andrew Thorndyke Mrs A Sukmark YMCA Cook	Aloe Vera Products Mrs Sohawon P J Moore	
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Lilac memento framing Caroline Reid	Sauces, Oils, Jams and pickles Rushna Master Linda Gorringe Quack's Pickles Corti Dei Signori Vanessa Labern Karen Tosetti	Henna Art Jyoti Mistry	
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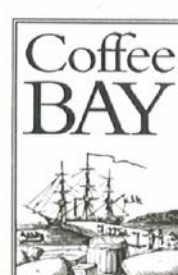
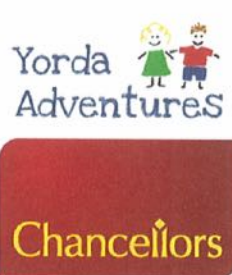
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WITHOUT THEIR HELP THE FESTIVAL WOULD NOT BE POSSIBLE

We'll feed the firemen

Surbiton's firefighters, who will be showing off one of their fire engines at Surbiton Festival, will be fed and watered at the Surbiton Flyer pub, next to the station. "They do a great job, and it's our pleasure to feed them during the day," said owner Richard Sealtiel.



Hogging the limelight with the Maple Road farmers' market stalls

After the Maple Road farmers' market on September 15, there's a long gap until October's event on October 20.

But don't despair! Many of the farmers' market regulars will be pitching up at the Surbiton Festival on September 29.

The award-winning Giggly Pig Company is doing a hog roast, and selling its famous sausages, while many other market favourites are also represented.

Watch out for Lallapolosa's cookies and brownies. Quack's Pickles will be selling marmalade, chutney and jams, and Corte dei Signori will have plenty of Sicilian olive oil and honey on its stall. It's like having the market come to you!



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Lots for the kids

The 2012 Surbiton Festival has plenty of activities for youngsters.

A bouncy castle will be sited on the

Surbiton station forecourt, there will be face-painting by community play project group Yorda Adventures, while a traditional Punch & Judy show performs at 11.30am and 1.30pm.

Candy floss is on sale, and many stalls will stock toys and games. Surbiton Rotary will be running children games throughout the day.



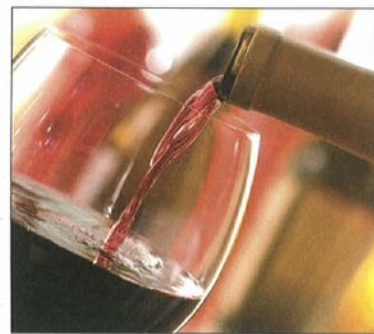
Tribute night



The official No1 Michael Bublé tribute act, Kriz K, is performing at Surbiton's Holiday Inn, Portsmouth Road, on Friday September 28... with the £21.95 ticket price including a two-course buffet and disco. Or just catch Kriz K and the disco for £14.95 per person. Book on 020 8786 6565 or email enquiries@hikingston.co.uk

Raise a glass

Learn more about your favourite tipples at a fun wine-tasting evening at the Holiday Inn, Portsmouth Road, on Thursday September 27, from 6pm. Staged in the hotel's skybar, the event will help you match wines to suit different meals. Reserve tickets (£19.95) by calling 8786 6565.



FUNDING AVAILABLE FOR COMMUNITY PROJECTS

www.kingston.gov.uk/surbiton_community_funding_2012



The Surbiton Neighbourhood Committee is offering an opportunity for any community or voluntary group, club or residents' association to apply for funding for a community project. Individuals and businesses are also welcome to make an application so long as their proposal benefits the local community.



Make a real difference

Instead of merely talking about improving Surbiton, the council has unlocked the coffers to provide the cash to make it happen.

Nearly £50,000 has been set aside to fund community projects in Surbiton – and you don't have to be one of the 'usual suspects'.

The aim is to make Surbiton a better neighbourhood, and individuals and businesses are just as welcome to apply as established societies, voluntary groups and residents' associations. In fact, a special effort is being made to channel funding to new faces.

The deadline is looming – October 14 – so you only have a month to think up a project that could make a difference to the area.

Applications will be weighed up by the Surbiton Neighbourhood Committee, and all the small print is available at www.kingston.gov.uk/surbiton_community_funding_2012

The central requirement is that if a group is applying, at least 55 per cent

of the members must live in Surbiton.

In total, £46,500 has been set aside to support activities in Surbiton, whether for one-off events or medium-term running costs. Arts, sport, youth, leisure, environment, culture... all areas qualify.

Final decisions will be made at a public meeting in Surbiton at the end of November.

Christina Gardner, the neighbourhood manager at Kingston Council, told The Good Life that there would be a conscious effort to support people and groups who weren't always in the queue.

"I hope we can get some newcomers," she said. "We're being very open-minded."

In the past, funding has often gone to groups which are experienced and skilled at applying. This time round there are fewer hoops to jump through, and a less rigid approach to making grants. The most important thing is that suggested projects have community benefit.

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A table for two, please

A terrifying Chinese lion helped mayor Cllr Mary Heathcote perform the official opening ceremony at Naturally Chinese, the restaurant at the corner of Balaclava and Brighton roads. There were also martial arts demonstrations by pupils of the Shaolin Academy. The 135-seat establishment is Surbiton's only authentic dim sum restaurant, specialising in natural, additive-free dishes. Call 020 8399 5533.



A flavour of Sicily

The new flavour at Surbiton farmers' market is tapenade's southern cousin, caponata – a Sicilian aubergine, caper, olive, garlic and sun-dried tomato blend created by Dani (pictured) and Janet Signor from produce at their estate near Syracuse.

"Put it on toast, under the grill," says Dani, to create a version of northern Italy's bruschetta. "Have it to start, with a couple of glasses of white wine, while the feast is being prepared."

A 100g pot is £2.50.



Save petrol... and the planet

The Energy Saving Trust calculates you could save 20p on every litre of fuel you buy by adopting fuel-efficient driving techniques.

In addition to traditional driving lessons, Kingston School of Motoring offers short courses in eco-safe driving.

Colin Stewart, who founded the driving school in June 2009 and has lived in Surbiton for 25 years, became an instructor in 2007 after a career in export sales, marketing and customer training.

"I love the human aspects of this work," he said. "You meet all kinds of people. I've taught prisoners preparing for life back in society, a professional tennis player, even a Premiership footballer."

"Of course, most clients are young teenagers, and passing the driving test is an important rite of passage, often giving them great personal confidence. Sometimes I get to teach people with disabilities and seeing them overcome these and pass their tests is a joy."

Colin drives a bright green Hyundai i20. "It is one of only eight out of 60 training



cars rated five-star by Driving Instructor magazine," he said. "The i20 is easy to drive and great to teach in. Pupils seem to love it – especially the colour! It has the maximum five-star Euro NCAP safety rating, is very economical and has low carbon emissions so it's good for planet and pocket."

110 and still going strong

For his age, Peter Rabbit looks good. He turned up to his 110th birthday without a Zimmer frame, and enjoyed flowerpots of lettuce and carrots, thoughtfully provided in the glass extension to St Andrew's, Maple Road, where 150 young fans met him, coloured bunny ears and listened to stories. Organised by the Regency Bookshop, the event featured a Beatrix Potter cake by Priya Patel, with James Boswell (left) and Prue Friend helping co-ordinate the fun.



Ease off the H2O

Inspired by the Olympics? It may seem logical to drink lots of water before exercising, but it might do you more harm than good. That's the warning from Oliver O'Callaghan-Brown at Ace Natural Therapies in Ewell Road.

We are 'delayed drinkers', he says, because we consume all the water we need at mealtimes. "We do not need to drink all the time; we

correct our fluid balance when we eat."

A study of University Challenge contestants established that the more water students drank, the more incorrect answers they gave. "We should drink when we need to, not when we think we should," adds the osteopath.

"This is the purpose of thirst and we should learn to listen to what our body is asking."

More people have become seriously ill, and even died, through over-drinking water than under-drinking in marathons, he says.

Dr Tim Noakes, whose book Waterlogged addresses the issue of overhydration, laments the phenomenon of 'people who clutch at their two-litre water bottles from dawn to dusk as if they were oxygen tanks on the Moon', and condemns the drink-until-you-can't-take-another-sip culture.

He is wary of sports drink makers, and says the human body is equipped to deal with transient dehydration. "It's normal to get dehydrated during a marathon," he says, pointing out that until the 1970s, marathon runners were discouraged from drinking during exercise in case it slowed them down.



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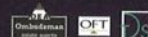
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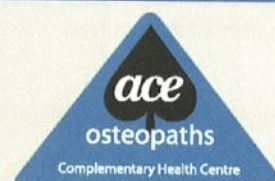
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Play Carnoustie without leaving Surbiton

The last time I played the Old Course at St Andrew's, I was chased off it by a man with a stick. Now you can legitimately play it, or Royal Lytham, the Belfry or Pine Springs... without leaving Surbiton.

The Golf Plaza is one of the town centre's best-kept secrets; simulators where you thwack real balls with real clubs. It is hidden away, a 40ft putt down Zizzi's side alley, opposite Sainsbury's.

PGA pro Jon Wells has a three-minute commute to work from his home in St Philip's Road to the centre he set up two years ago.

Obviously you miss the squawking seagulls, horizontal rain, biting wind and lost-ball misery of a real golf course, but instead your stroke is filmed, so you can compare your eight-iron chip with, say, Nick Faldo's. You can also break for an ice-cold beer as the Golf Plaza is licensed.

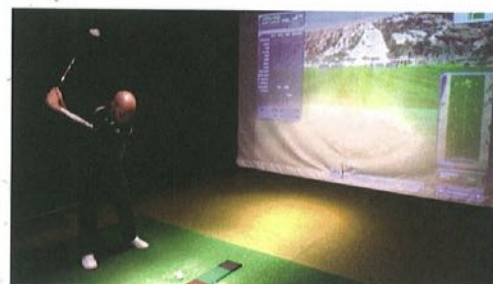
Your shot, from an artificial turf mat, fires 12ft into a backcloth, then 'continues' virtually, bouncing down the fairway.

I tried the seventh at Pebble Beach, the world's most beautiful par 3 and, at 107yds, the shortest hole in any major. Mercifully my

first shot didn't end up in the Pacific, and I merrily five-putted. Green fees at the real Californian course are \$500. Jon's packages are more modest.

A group of four playing two hours golf, with drinks on arrival and a Zizzi's pizza platter is £20 a head. An ideal stag venue, or a place to quietly improve your game by absorbing the array of stats that appear on screen.

Next week, the world's most advanced golf simulator arrives from South Korea, with a tilting floor.



"You can try 100 courses from Celtic Manor to Carnoustie, even Abu Dhabi and Qatar," said Jon, 29. "It's getting more and more popular. Surbiton is tremendous, it's such a great place."

And nobody's ever lost a ball. Visit www.thegolfplaza.co.uk

Tim Harrison



Mary Jo-Cartier gets active in Surbiton

Martin Shipp's
Shipp Shape
Fitness



After years as a city accountant, Martin Shipp made the life-changing decision to follow his passion for sport and become a personal trainer. His training as a triathlon coach coincided with the arrival of his first baby. Martin, who lives in the St James estate, runs open-air classes, all year round (even in the rain): One to one, boot camp, even post-natal buggy classes (mother and baby together).

I tried a boot camp class on the Long Ditton rec (off Windmill Lane). I did the 9.30am class, but there is one at 6am for commuters heading to work.

It's packed with strengthening and fat-burning exercises, mixing boxing (boxercise)

and high-tempo interval training. There is also sprinting, to get your heart rate up. One participant, Adele White, said: "I enjoyed the short, sharp bursts of intense and varied exercises in the workout and the fact that the class takes place outdoors." Any equipment needed is supplied by Martin.

Everyone encourages each other, leading to a real sense of camaraderie. You feel you are all in it together! Martin is a good motivator, so although it's an hour of hard work, you leave feeling good about yourself.

Men and women muck in together and everyone is friendly. If you have any particular needs (say, a bad knee), he'll find you suitable alternative exercise.

His initial offer is a month of free classes! Tuesdays, Thursdays and Saturdays at various times.

Martin Shipp's website is www.shippshapefitness.co.uk. 07846 018786 or email martin@shippshapefitness.co.uk

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Want to shed a few pounds, feel more energetic and support your favourite community newspaper?

With more than 7,000 copies of The Good Life to deliver each month, we could do with a few more volunteers to help distribute to

roads in the Surbiton area. If you can spare a couple of hours on the second weekend of the month, and enjoy an innocent little snoop at people's porches and front gardens, it's a great way to stretch the legs and be a man or woman about town.

Just email Tim Harrison at timharrison@therichmind.co.uk or phone 07506 837146.

Bikram yoga

Mandy Free and Helen Currie opened Surbiton's Bikram yoga centre in the spring, next to the Nationwide, opposite the Vic. The studio is on the first floor and has a clean, modern and minimalist design.

As a teenager, Mandy spent summers in LA with an aunt... on condition she attend classes of Bikram Choudhury. Since then, Bikram yoga has become trendy, but she attended the old-school version when it was starting up. Mandy was the first to bring it to the UK – a little coup for Surbiton.

The 90-minute class takes place in a room heated to 40 degrees; and consists of 26 postures repeated twice. Bikram selected the most powerful yoga poses. You work through every part of your body to gain strength and flexibility. It's also cleansing (you drip sweat) and mind-improving as you aim to close out the world. The key is to pace yourself even if this means you have to spend most of your first class sitting on your mat.

Go hydrated, and don't eat first. Rent mats, or bring your own. Bring two towels – one for the mat, the other for your shower.

Ideally, attend two classes a week to feel the cumulative effect. Mandy says Bikram yoga is "an MoT for the body".

It is suitable for male and female, old and young (an 80-year-old is a regular). The studio is quiet, the teachers approachable. If you have, say, back problems you can get programmes tailored to your needs.

Bikram Yoga Surbiton, 60 Victoria Road, KT6 4NK. Visit www.bikramyogasurbiton.wordpress.com or call 020 8399 0220.

Olympic effect

Wow! Thank you Olympics for bringing the country together in united euphoria for Team GB!

Bradley Wiggins has single-handedly brought cycling to the masses, first with his amazing Tour de France victory then the domination of the Olympic Time Trial that has made him a household name.

Customers now ask me intricate details of the ascent of Col de la Colombière or the power output of the Mark Cavendish lead-out train...

Two great things combined to make Surbiton the hub of cycling excellence. The British summer arrived, and the Olympics came through our great borough. Seeing thousands waving flags, and the deafening roar as the GB riders flew down Portsmouth Road made me proud to be a cyclist, and made cycling officially the greatest sport on earth.

Business has been brisk, but what has been fantastic is that so many youngsters are coming in asking about getting their first racing bike

to emulate their new heroes.

Let's hope it carries on, and we can cheer on a Surbiton gold medallist in Olympics to come. Ride safe.

Bike Buddha



Ceroc – a modern jive – draws folk from far and wide to Surbiton Assembly Rooms on Wednesday evenings. Doors open at 7.45 ahead of the 8pm class.

Billed as a fusion of salsa, hip-hop, tango, jive and ballroom, it gets busy. The class I followed started with around 35 people, but more join as the evening goes on. By the end there were nearly 100!

The hall is transformed into a disco with music and flashing lights. There's a great atmosphere; everyone's involved, from young adults to first-time-round 1950s jivers. Everyone gets into the swing.

You exercise without realising you're exercising; a good, fit and healthy alternative to slumping in front of the telly.

At the start you have a beginner's class where four new moves are taught and

Let's dance

practised (the more advanced dancers pick up later). Men and women line up opposite each other, and every few minutes you move on to find yourself facing a new partner. After an hour or so there is a more freestyle session where you can dance.

For me, as a beginner, there was continued beginners' coaching in a side room. The Ceroc staff and volunteers known as 'taxi dancers' are on hand to help. You can distinguish them by the special T-shirts they wear.

Grab anyone who isn't dancing and dance with them for one song, then switch partners. Or wait and be grabbed by a taxi dancer.

Some will be happy to dance with beginners, others prefer to dance with those



who are more experienced. It's a bit old-fashioned; men have to learn to guide the women. It seems sexist, but it does mean that men have more pressure on them. If the men

can't guide, dancing with them – as a woman – is not so good!

"There were more men than women when I did it," said Lloyd Edwards, 35, who was trying out ceroc for the first time. "It was the first dance I'd ever been to, but they help you and guide you a lot to get it right. It was a fun three hours; very sociable."

You don't have to turn up to the class with a dance partner, it's just as much fun to turn up on your own.

Ceroc Surrey, started by organiser Annalisa Martin, also runs four-hour weekend workshops in the dance technique.

Details at www.ceroc.org.uk or call 01483 213 595.

Mary-Jo Cartier

Turning another page

Surbiton guitarist Chris Page performs with his band, Eddie and the Redheads, at the Royal Oak, Ewell Road, on Friday September 21 at 9pm, playing a mix of r'n'b and rock. Having strummed in Surbiton pubs for 35 years, Chris feels he's at last got the hang of it.

The hills are alive

Hinchley Manor Operatic Society, which draws many of its performers from Surbiton, is putting on The Sound of Music at Epsom Playhouse from September 26-29. Chris Malone directs, with Ana Lopez the musical director. Box office: 020 8942 6867.

Is the cornerHOUSE haunted?

Oscar Wilde's comic horror tale The Canterville Ghost comes to the cornerHOUSE, Douglas Road, Tolworth, from September 19-22, with Upstage performing Tim Kelly's adaptation.

An American family moves into a baronial English hall, and refuses to be intimidated by the 400-year-old ghost of Sir Simon de Canterville.

"It's good family fun, suitable for all ages," reassures director Chris Smith. Tickets £9 (£7 concs) via www.upstagetheatre.co.uk or 020 8390 9113.

Join the area's top choir

Rehearsals are starting for the November concert of the longest established choir in the borough. Founded in 1944, the Kingston Orpheus Choir will perform requiems by Rutter and Duruflé at St Andrew's, Maple Road, on November 24.

New and experienced singers, male and female, can join rehearsals starting on September 12, then every Wednesday at 8pm at St John's, Grove Lane, Kingston. There are no auditions. Visit www.kingstonorpheuschoir.com

All that jazz: a night of music

Jazz singers perform, with a bill including the favourite arrangements of Michael Bublé, Amy Winehouse, Tony Bennett, Billie Holiday and Peggy Lee. The show is at the cornerHOUSE from October 4-6 at 7.45pm, with singers from recent productions A Tisket, A Tasket and After Dark. £10. Book at www.ticketsource.co.uk/event/27070 or call 07803 082447.

Underwater magic



A yellow goby, in the Ras Mohammad national park in the Red Sea, by Terry Arpino (pictured below)

Photographer Terry Arpino is showing his spectacular 3D underwater pictures at the cornerHOUSE, Douglas Road, until September 30; the first time a lenticular 3D image show of underwater subjects has been put together.

Terry, who lives in New Malden, has been diving since 1970. Images In Blue features pictures from Belize, Costa Rica, the Philippines, Thailand, Jamaica, the Maldives and Corsica. "My favourite place to dive is the Red Sea," he told The Good Life. "The beauty and solitude draws me back and back. If I lived a million years I'd never see it all."



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Decadent dahlias

Delightful decorative displays of dazzling dahlias, dancing delicately, define a district. This annual feast for the eyes, at the corner of St Philip's Road and St James' Road, lifts the spirit, and lets you briefly forget about gas bills and exam results.



The cupcake queen

Heavenly baking smells waft around the kitchen of the Victorian coach house in Surbiton from which Joanne Lee, smartly dressed in her monogrammed apron, runs her cupcake empire.

She's still basking in the glory of being a finalist at the recent national cupcake championships, held at the Institute of Contemporary Arts, where the UK's top bakers whipped up an extraordinary batch of entries.

Jo's creation had an Alice in Wonderland theme, with the 'drink me' bottle containing her own secret-recipe vanilla essence. "I've sourced Madagascan vanilla pods, and I scrape out the vanilla to make the extract," she said. "It gives my cakes a unique taste." After trying Jo's green-iced Good Life



Jo relaxes after creating another selection of cupcakes
Picture: BRONWYN LEE

everyone back in to try the results!

Many predicted the cupcake boom would turn to bust, but it hasn't happened, and business is still increasing in the trend-setting USA.

By tailoring cupcakes to the occasion, Jo is getting busier. She has made camouflaged cupcakes for a paintball party and tennis ball cupcakes for Wimbledon, she caters for weddings, and is building ever-stronger links with schools, where cupcakes iced with the school crest are big sellers.

September 17-23 is national cupcake week (the perfect excuse to try the recipe on the right), and Jo will sell her cupcakes at Surbiton High, where daughter Bronwyn is a pupil, to benefit CLIC Sargent, the charity for young people with cancer.

Cake pops are one new direction; golfball-sized chocolate cakes on sticks, while Jo may in future go down the route of also teaching others to create the ultimate cupcakes.

"I always use butter and fresh ingredients, and free-range eggs," said Jo. "The thing you have to get right is the vanilla cupcake." If you're planning cupcakes at an event, book a free kitchen consultation with Jo.

She also has a lively illustrated blog at www.vanillajo.co.uk

Tim Harrison

Vanilla Jo's Luscious Lemon Cupcake recipe

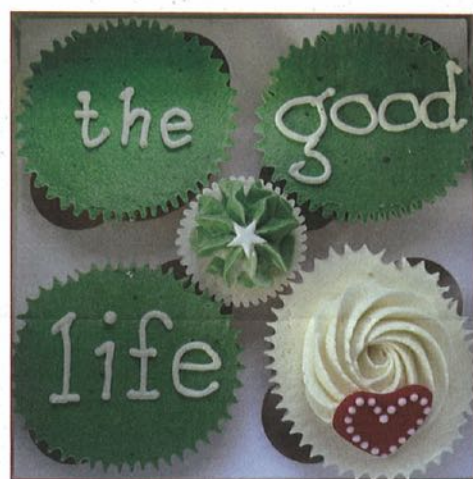
For the cupcake:
4oz butter (softened)
6 oz caster sugar
6oz self-raising flour
1 tsp baking powder
2 large eggs
60ml milk
grated rind of 1 lemon
additional lemon rind for decoration (optional)

For the flavouring:
3 tbsp granulated sugar
juice of 1 lemon

For the icing:
5oz icing sugar
A few drops of water

180°C/350°F/GM4
Makes approx 12-15 cupcakes

Place 12-15 cases in a cupcake baking tray. Place all the ingredients in a food blender or mixer and blend/process until smooth. Divide mixture equally between the cases, filling to 2/3 of the way up. Cook in the oven for 18-20 minutes or until they are cooked through. Gently dissolve the sugar and lemon juice in a pan and set to one side. Mix the icing sugar with a few drops of water until it has a runny consistency. When the cakes are done (they will spring back when lightly touched with a finger), remove from the oven and leave to cool in the baking tray. Skewer each cupcake a few times all over once they have cooled for a few minutes. Using a teaspoon, spoon the lemon and sugar mixture evenly over the cakes so that it soaks into the sponge. When completely cooled, drizzle over a little icing and, if you wish, top off with a little lemon rind to decorate. If you want to jazz up the recipe a little, throw a handful of poppy seeds into the cake mixture before cooking. Also excellent made as a whole cake in a 2lb loaf tin. Cakes can be frozen. Ice once defrosted.



cupcakes, made for our meeting, I'll vouch for that.

Jo launched Vanilla Jo in May 2011. "I've gone down a naturalistic route, back to the original cupcakes, and it seems to work," she said.

You'll get a chance to meet Jo, and buy some of the national finalist's cakes, at the Surbiton Festival.

Has she always been keen on baking? Jo confessed that as a girl she banished the rest of the family from the kitchen before staging Delia-style mock television cookery shows behind closed doors, talking to pretend cameras as she baked, before inviting

Ode to Berrylands

by Morris Thain



From the lofty station platforms
you survey the world beneath
Strings of tidy 30s semis, line on line,
like rows of teeth
It's a safe and steady district where
the riddle of the sands
Is why anyone would hesitate
to move to Berrylands

Calm and peaceful, staid and sleepy,
it is hard to find much wrong
Bar the single hidden secret
that's the area's ripe pong
At the height of every summer
dormant nostrils start to twitch
As the Hogsmill sewage plant emits aromas
strong and rich

Like a heap of rotting mangoes,
or the carcass of a skunk,
Like the smell you sometimes notice
on a curry-loving drunk
It's a scent you cannot banish,
one that's carried on the breeze
With the olfactory power to bring a suburb
to its knees

If you blindfolded a local,
spun him round and round all day
And then brought him back to you-know-where
and challenged him to say
Just where he was, he wouldn't fail you,
he would answer with a grin
'I'm in Berrylands, my darling.
Am I right? What did I win?'

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