

# Bridestowe & Sourton Extra



Community News and Events September 2024 Edition 268

**Charity Music Festival**  
**28th September 2024**

**Wrecking Ball & Fire Blockers**

**LEAWOODSTOCK**  
SINCE 2017

**MOUNTAIN RESCUE**  
NORTH DARTMOOR  
Search & Rescue Team

**R.A.B.I.**  
Supporting Farming Families

**LIONS INTERNATIONAL**

**Contact us**  
01837861203 or  
@Leawoodstock

**An evening of live music, food and drink**  
**Online tickets available at;**  
**[Ticketsource.co.uk/leawoodstock](https://www.ticketsource.co.uk/leawoodstock)**  
**Ticket price £15.00pp + booking fee**  
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**Camping available. ROAR**

**Leawood House**  
**Bridestowe**  
**EX20 4ET**  
**Doors open 6:30pm**



**STOP PRESS** Friends of St Bridget's Clean up day at St Bridget's Saturday 31st August - 9.30 to 12.00 midday. This should have appeared in last month's BaSE (See page 2)

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## Clean up day at St Bridget's

**Saturday 31st August**

**9.30 to 12.00 midday**

Bring garden tools, gloves and if possible green waste containers to either contribute to your compost or donate to the council for theirs! Tea/Coffee and cakes will be available (PS - yearly FOSB dues are due! £6/year - new members welcome - but you do not have to be a member of FOSB to help in the Clean Day!)

## The Vicar writes...

Have you ever wondered what Jesus' parables might have sounded like had he told them today? Methodist minister, Robert Walker, wrote a satirical collection of bible stories for his book, 'Politically Correct Parables' Here is an edited extract:

The Parable of the Sower (Matthew 13:1-23)

That same day Jesus went out of the house and sat beside the lake. He was seeking some quality time because the crowds kept violating his personal space. A person insensitive to Jesus' needs spotted him and spread the word that Jesus was sitting on the beach. Great crowds gathered about him and he had to get into a boat so he wouldn't be pushed into the sea and drown. Since he had their attention and they expected him to say something profound he told them a parable.

"An exploiter of Mother earth went out to sow some seeds. Not being educated in modern horticultural techniques, he randomly scattered seeds all over the soil. Some seed fell on the path and birds came and ate them. Other seeds fell on rocky ground and grew quickly but since there was no depth of soil, they had no roots and were scorched by the sun.

Other seeds fell in wetlands. These lands were protected by the Environment Agency and designated SSSI and therefore could not be cleared of weeds. The seeds couldn't grow because the weeds choked them.

Other seeds fell on good soil and, with the liberal application of herbicides, fungicides and pesticides, produced grain, some a hundredfold, some sixty, some thirty. However, it became known around the Organic Farmer's Market that the exploiter of the earth had used chemicals and refused to buy his crops and so

he went broke."

Then the disciples came to Jesus and said to him "Why do you always speak in parables? We feel like mentally challenged persons because we don't understand their meaning." Jesus said "The reason I speak in parables is that seeing you do not perceive, and hearing you do not understand."

The disciples said "What?"

Jesus said, "Because you obviously have special needs when it comes to understanding the simplest, most straightforward stories, I'll explain it to you."

"The seed represents the word of cultural correctness. The hard path is persons with insensitive hearts. Whenever they hear the word, they reject it and it is snatched away by closed mindedness. The rocky soil is persons with limited attention spans, who receive the word joyfully at first, then, after a short time, they lose interest and grow bored with it. The weed infested SSSI represents persons who give lip service to cultural correctness, but then the allure of salary increases and promotions chokes their idealism and they become materialistic.

The good soil is persons who hear the word and internalize it. But organic methods don't always work so chemicals are used and the soil yields abundantly. However, these chemicals are poisonous and people don't like them."

The disciples asked "Is this an explanation of the parable or a horticulture lesson?"

Jesus said "Why are these mutually exclusive? You are victims of an outcome based educational system."

Next time: The parable of the geographically dislocated sheep.



## Bridfest 24

Bridfest's strapline was "Where we come together" and we certainly did, in our hundreds. What a great success. The weather was perfect, the food was excellent, the music top notch and the drinks were plentiful!!

The local community and others from further afield came to enjoy the races, games and the stalls. The music kept people dancing, and with the band in the evening the inaugural Bridfest finished with a bang !!

A massive thank you goes out to everybody who helped on the Saturday and the days before and the day after. Our volunteers, our stall holders, our bar staff and chefs, our helpers, our games' organisers, our music and magic acts. The list is endless !!

Sincere thanks go to our generous sponsors and prize donors:

*Bakers Builders*

*Springfields Residential Home*

*Elite South West*

*AC Worth*

*Glebe Park*

*Chris Proctor*

*The Village Valet*

*The Grooming Sanctuary*

The raffle and games prizes went down a storm and thanks to everybody who provided:

*Devon Cycle Hire*

*The White Hart, Bridestowe*

*Alder Sports*

*Graham Young*

*Fox and Hounds, Bridestowe*

*Lydford Farm Shop*

*Exe Valley Pizza Company*

*Carl and Wendy from Bridestowe*

*Bearslake Inn*

*R H Garden and Handyman Services*

*Dave and Lyn Heenan*

A wapping £2800 was raised which includes a generous donation from Janet Rattenbury and her team of £152.50. (Read Janet's take on the event on the next page.)

Thank you and see you next year!!!

*There are two names missing from the list. Lisa and Paul were the driving force behind Bridfest24. Heading a team that is organising such an event is a weighty responsibility and involves many hours of hard work. Well done and thank you.... from the Bridestowe community.*



### **More Bridfest feedback..**

What a wonderful success the Bridfest was and a big thank you to all the people who worked so hard to organise it.

We, the cake making ladies of Bridestowe, did a roaring trade in home made cakes, sausage rolls ,teas and coffees. We were kept busy all afternoon and raised money for Ukraine and Bridfest.

I am very pleased to say because of the generous donation of all the cooked goods we were able to keep our prices to the minimum , charging only £1 for each item. Even so we made the grand total of £305.00.after expenses and were able to donate £152.50 to Bridfest and with various donations for Ukraine we were able to send £205.90 to the Red Cross for Ukraine.

Thank you to everyone who cooked, helped and bought, but a special thanks to the people who put up our tent and got our tables and chairs for us and put them away after. What organisation!

*From the Tuesday coffee drinkers and the Thursday 'Laugh and Craft'.*

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### **Bridestowe Volunteer Group**

*(Set up in May 2017 and still going strong 7 years later)*

At the session on Saturday 24th August, a great deal was achieved.

The shed in the cemetery has been tidied inside and new fascia boards fixed on the outside which smartens it up no end. Path edges were trimmed and unruly brambles dealt with. Work was carried out in the community orchard, weeding round the trees as it was too wet to cut the grass. The young trees are establishing themselves well and some are even bearing fruit.

Now that the gardens outside the Leawood cottages are no longer maintained, some hedge trimming was carried out to improve visibility for motorists entering the village.

The September session will be on **Saturday 28th**, meeting at 9.30am at the cemetery gates.

### **News from Sourton Parish council**

**[www.sourtonpc.org.uk](http://www.sourtonpc.org.uk)**

**[parishclerk@sourtonpc.org.uk](mailto:parishclerk@sourtonpc.org.uk)**

**07792958675**

### **Churchyard**

At our recent meeting with the Parochial Church Council (PCC) we agreed that the first cut of the year was the most important and in order to keep costs down the Parish Council(PC) and PCC would work together on a volunteer day in spring next year , when we would ask volunteers to make the first cut to a standard that we were all happy with. Refreshments would be provided as a thank you.

It was suggested in last month's BaSE that the Parish Council would be doing the cutting themselves. This wasn't our understanding of what was agreed. It is neither practical nor sustainable and indeed my own efforts might not meet the church's desire to set the standard of the cuts for the year (!)

We are all hoping that a band of willing helpers might undertake this work once a year.

Would you be willing to help? If so please let the clerk know.



## **CREAM TEA**

**In Aid of Marie Curie**

**In Loving Memory of Rose Dashper**



**2 Scones, Cream  
and Jam  
Tea or Coffee  
£6.00**

**Additionally: Savouries including sandwiches,  
sausage rolls etc, assortment of cakes  
(Some gluten free options will also be available)**

## **SOURTON VILLAGE HALL**

**Date: Sunday 22nd September, 2024**

**Time: 1:30 – 5:30pm**



## Bridestowe Parish Council Report

There was a full meeting of the Parish Council on Wednesday 21st August.

Jon Boyd, Public Rights of Way Officer, Devon County Council(DCC) explained how the Parish Paths Partnership (P3) could help with the maintenance of our parish footpaths.

P3 is a partnership between DCC, Town and Parish Councils and voluntary groups. The main aim is to harness local resources, knowledge and skills to complement the work of DCC, helping to ensure local rights of way are maintained and improved and used in a correct and responsible way. *(More details of the scheme in October's BaSE)*

### Allotments

A parishioner is keen to have an allotment. There needs to be a minimum of 6 people requesting an allotment before the Parish Council is obliged to find a suitable plot.

Are others interested? If so, please contact the clerk or a member of the parish council.

### BT Pole

The Parish Council has expressed an objection to the positioning of a BT pole slap bang in the middle of the path leading from the kerb to Riverside Store's door. By moving it a few feet to one side it shouldn't be an obstruction.

### Potholes

Another member of the public highlighted the problem of potholes that are a nuisance within the village. The PC will report them if they have not already been flagged up. Any member of the public can report a pothole on line. Simply visit the website and follow the link.

### Volunteer Group

The Council would like to thank the Volunteer Group for its continued hard work, waging war on litter, untidy paths and maintaining the community orchard. Other individuals do their bit too.

The group was formed in May 2017 and contributes to maintaining the overall spruceness of the village.

The next full meeting of the Parish Council will be on Wednesday 2nd October at 7.30pm in The Ark

Clerk's contact details: Kayleigh Walker  
Little Kellacott Farm, St Giles on the Heath,  
Launceston PL15 9SW

Tel: **07854 275 955**

bridestoweparishcouncil@yahoo.co.uk

## How to report a pothole or road defect in Devon

From the DCC website:

<https://www.devon.gov.uk/roads-and-transport/report-a-problem/report-a-pothole/>

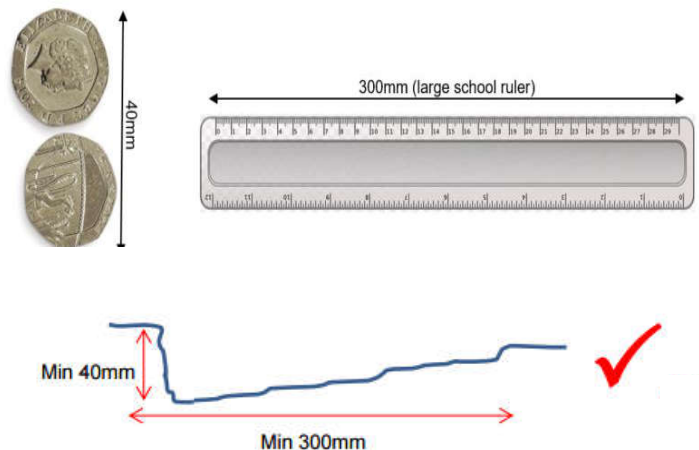
Please do not report a pothole that has already been reported.

Our map displays potholes that have already been reported as well as potholes that have been scheduled for repair (indicated with a 'roadworks' sign).

**If an icon is already present on the map, please do not create an additional report.**

Each report we receive is assessed onsite by a trained highway safety inspector. We do not ignore any reports that we receive, however, we do have to prioritise our funding as we cannot afford to fix all of the problems that are reported to us.

We prioritise repairing potholes, on roads, that have a 40 mm (4 cm) vertical edge and are 300 mm (30 cm) wide as these are the biggest risk to highway users.



All reports should be assessed onsite within seven calendar days. Following the assessment, repairs will be carried out by the end of the next working day, seven or 28 calendar days (depending on the outcome of the assessment) if confirmed as a priority pothole.

We will repair smaller potholes, and other road surface issues, as and when resources are available and as part of our planned works programmes.

The image below illustrates a pothole with a vertical edge and is an actionable defect.

*On 27/8/24 two potholes in Bridestowe village were marked on the map . AY*

# Friends of St Bridget's Church Photo Competition

## Where in Bridestowe?

**COMPETITION  
SUBMISSION DEADLINE  
NOW EXTENDED!**



Identify where the photos have been taken in Bridestowe for a chance to win one of these 3 great prizes!

- \* Lydford Gorge Family Pass
- \* Cream Tea for two at The Bearslake
- \* 2 tickets for Okehampton Cinema

Competition sheets available from Riverside Stores - £2.50

ALL PROCEEDS WILL GO TO ST BRIDGET'S CHURCH

### **DON'T MISS OUT ON YOUR CHANCE TO WIN ONE OF THE 3 GREAT PRIZES!**

The Friend's of St Bridget's village photo competition will now run until **Saturday, 28th September** and so it's not too late to pick up a competition sheet and have a go! **It's great fun and not as easy as you may think.**

If you've already purchased a competition sheet, you now have a few more weeks to complete your mission!  
Thank you for your support!

## Boasley Chapel Events

### **Sunday 1st September**

Cream Tea 2.30 - 4.40pm with stall for Food Bank funds

### **Sunday 8th September**

Service 11am with Maggie Whitehouse

### **Thursday 19th September**

\* Soup and Sweet 12-2.00pm ( See Below! )  
Sunday 22nd September Service 11am with R Down

### **Thursday 26th September**

Coffee Morning 11am In aid of Macmillan Cancer Support

### **\* Our Famous Soup and Sweet has been going for 10 Years!**

Come and join us , see what you have been missing for the last decade , on the third Thursdays of every month....

Always a good choice of Soups and Puddings....Tea and Coffee to follow....

No set charge...donations appreciated  
Do ring and book ahead if you have a group of you wanting to sit together  
( Tel. 01837 861347 or 07841836018 )

***We are now entering 'wear a jumper in the morning and regret it in the afternoon season'***

### **Lois Samuel, your Devon County Councillor**

Contact details: Risdon Farm, Jacobstowe, Okehampton EX20 3AJ

Tel: 01837 851240

Email: [Lois.Samuel@devon.gov.uk](mailto:Lois.Samuel@devon.gov.uk)



### **Caroline Mott, your West Devon Borough Councillor( and Mayor of West Devon)**

Contact details: Great Close Farm, Bridestowe, Devon, EX20 4NT

Tel: 01837 861212

Email: [cmott@westdevon.gov.uk](mailto:cmott@westdevon.gov.uk)



### **Terry Southcott, your other West Devon Borough Councillor**

Contact details: Tel:01566 783079

Email: [Cllr.Terry.Southcott@westdevon.gov.uk](mailto:Cllr.Terry.Southcott@westdevon.gov.uk) .



## A Free Cruise by Howard Barkell

If you were informed that you had been chosen to receive a free cruise to catch some early autumn sun you might think how lucky is that. When further investigation showed that it was a one way trip to an unspecified destination on a ship well past its sell by date you might begin to have some doubts about its value. Whatever my feelings might have been about such a chance I had no choice, it was not an offer but an order.

On arrival at the Ocean Terminal at Southampton on Monday, 10th September, our long train hauled by two large steam engines disgorged about five hundred fully equipped soldiers on to the dockside. Another similar trainload had already embarked. In those days equipment was of pre-war design and made of cotton canvas with brass fittings. Everything was fixed to the belt worn around the waist and two braces or cross straps fitted over the shoulders and fixed to the belt front and back. To both braces on the front were fixed an ammunition pouch. On the top of the back was a large pack and underneath that a smaller pack, both containing essentials needed for day to day existence. Attached to the belt on the right hip was a water bottle and on the left a frog for holding a No. 4 bayonet or pigsticker as it was sometimes known. A haversack containing a respirator was worn on the chest. A small arm, usually a Lee Enfield .303 rifle, was slung over the right shoulder, although in some cases, including mine, it was a Sten submachine gun. That was marching order, but things like best uniform, best boots, waterproof cape, spare bits of clothing, etc had to be packed into the cylindrical kit bag. At the top of all this was the steel helmet. In order to climb the narrow gangplank the kitbag had to be hoisted onto the shoulders. The most unnecessary item for a warm climate was the greatcoat which was draped over the top of the large pack and securely tied with cord.

The vessel that was awaiting us was not one of the luxury transatlantic liners like the Queen Elizabeth, which usually berthed here, but something much smaller and less salubrious. The Ukena had been built at Hamburg in 1928 for the German East Africa Line for voyages between Hamburg and the previous German

East African colonies, travelling via the Cape. Requisitioned at the outbreak of war she was used as a U Boat depot ship until 1945 when she was converted to a hospital ship and made several trips between Danzig and Copenhagen rescuing wounded German troops and refugees fleeing the advancing Russian army. Seized at the end of the war from Travemünde as part of war reparations she was converted into a troopship and renamed the Empire Ken. It was scrapped in Scotland in 1957.

We immediately encountered what was to be a recurring problem on an overcrowded ship and that was a long queue, this time before embarking, later for obtaining meals or washing facilities. To accommodate so many men bunks had been replaced by four tier standees and all former service family areas were filled in the same way. I managed to bag a top bunk. One stripe had to have some advantages! It was common to have to wait patiently for over an hour before reaching the cookhouse to collect a meal and eat it sitting on the deck.

We sailed off down Southampton Water, passed the Esso Refinery at Fawley and the Flying Boat base at Calshot, before negotiating The Solent and Spithead before turning west into the Channel. By this time we were queuing below decks to draw bedding from the Stores. Unfortunately we were heading into a south westerly storm. Waves were breaking over the bow, washing along the deck and draining down beside us into the lower decks. Mission accomplished and bedding in place it wasn't long before several of us were racing to the toilets to see who would be sick first. Sea sickness is not a condition I would wish on anybody. This rough weather continued right across the Bay of Biscay, but at least it had stopped raining. We passed a U.S. Destroyer travelling northwards at speed which at times seemed to disappear under the waves.

We passed Gibraltar at night and the Mediterranean was much calmer and warmer. Apart from some P.E. exercises and a bit of target practice firing rifles at a target pulled behind the ship, life was limited to perambulating the deck or sitting against the rails. Our only port of call was at Oran where we docked to refuel. Nobody

was allowed to leave the ship. Later that evening we passed close to the brightly lit up city of Algiers.

The engines of our elderly lady broke down twice and we were becalmed for a few hours each time until the crew fixed the problem, but a week after leaving Southampton we arrived at Valletta. Despite living up to its name of Grand Harbour it was crammed with both naval and merchant vessels all congregating for a move towards Egypt, so we had to drop anchor away from the shore.

We had been told that we were to disembark here so were dressed in our brand new warm weather uniforms, dark blue beret, khaki drill bush jacket (sleeves rolled above the elbows), shorts (just above the knee), woollen hosiery, short canvas gaiters, black hobnailed boots (highly polished!). The descent loaded with all our equipment down the accommodation ladder from the top deck to the waiting motorboats was somewhat precarious. The only real mishap was when the sling on Gunner Grey's Sten gun came undone and it sank to the bottom of the harbour. A convoy of typical Maltese buses was waiting on the quayside to take us on a grand tour to an unknown destination.

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## **Lunar cycle for September**



New moon    3rd  
First quarter    11th  
Full moon    18th  
Last quarter    24th

September's 'harvest moon', sometimes the 'barley moon', is one of the most familiar Moon names and refers to the nearest full moon to the autumnal equinox. The light of the Harvest Moon enabled farmers to work late into the night bringing in the crops from the fields.

## **What are the phases of the Moon?**

When we look up at the Moon, we don't always see the same amount of its surface being lit up. This apparent change in the shape of the Moon is known as its 'phase'.

The phases of the Moon are caused by the relative positions of the Moon, Sun and Earth. Because the Moon produces no visible light of its own, we can only see the parts of the Moon that are lit up by other objects. A small amount of light comes from distant stars and the reflection of light from the Earth (known as Earthshine). However the main source of light for the Moon is the Sun. At almost all times, half of the Moon is being lit up by the Sun, but this need not be the half that is facing towards the Earth. The only exception is during a lunar eclipse.

If the Moon is between the Earth and the Sun in its orbit, then the back side of the Moon is being lit up and the side facing the Earth is in darkness. This is called a new Moon. If the Moon is on the other side of the Earth compared to the Sun, then the near side of the Moon will be fully lit up: a full Moon.

How many phases of the Moon are there? In between these, the Moon goes through multiple stages of partial illumination during its different phases. These are the banana-shaped crescent Moon, the D-shaped quarter Moon and the almost complete gibbous Moon.

Finally, each phase is also named after its position in the full 29.5 day cycle based on whether it is growing (waxing) or shrinking (waning).

The eight phases of the Moon in order are:

new Moon  
waxing crescent Moon  
first quarter Moon  
waxing gibbous Moon  
full Moon  
waning gibbous Moon  
last quarter Moon  
waning crescent Moon.

The full, quarter and new Moons are all the instants in time when the Moon is exactly fully, half or not at all illuminated from our perspective on Earth. The crescent and gibbous Moons each last approximately a week.

NB On 18th September there will be a partial lunar eclipse.



## **Meldon Viaduct bridge deck closure**

Meldon Viaduct bridge deck will be completely closed from Monday 9 September to Friday 27th September.



### **What we are doing**

The existing anti-slip surface will be removed and the timber deck will be inspected to ensure it is structurally safe, and where necessary it will be replaced. New anti-slip boards will then be installed on the full 165-metre span of the viaduct.

There is no suitable alternative off road diversion route available. Trail users are advised to either postpone their visit until works are complete, or to select their own alternative travel arrangements.

Please do not attempt to enter the works area or to try to cross the viaduct until the works are completed and the viaduct has been re-opened.

### **The history**

Meldon Viaduct, a significant historical structure, in fact it's a Scheduled Monument, and one of only two remaining railway bridges in the UK made with wrought iron lattice piers and trusses. Opened in 1874, it was part of the LSWR's strategy to compete with the GWR's coastal route by providing an alternative inland route to South Devon and Cornwall. The viaduct underwent expansions and modifications, including a second viaduct in 1879 for track widening, additional bracing in 1938, and concrete reinforcement to support wartime traffic. Passenger services ceased in 1968, and it served as a haul road until 1990 when it closed due to load concerns. After assessments and repairs, it reopened in 1996 as part of a trail for cyclists and pedestrians.

## **Lewdown Past**

*The Lewdown and area local history group*

**Sabine Baring-Gould - the local archaeologist**

**An illustrated talk by Jane Marchand  
at 7.30 pm on  
Tuesday 10th September  
at Stowford Parish Hall**

Along with his friend, Robert Burnard, SBG organised the first scientific archaeological excavations of hut circles on Dartmoor at Grimspound during 1893. Others soon joined them and the Dartmoor Excavation Committee was



formed. Their work was not without criticism, but their work in identifying and re-erecting significant stones contributed to their protection from anyone who might fancy a block of granite.

Our speaker has spent 25 years with the Dartmoor National Park Association, the last five years as Senior Archaeologist so this should be an extremely interesting talk about SBG's archaeological work on Dartmoor and elsewhere in Devon.

Visitors are very welcome: charge £2 for members, £3 for visitors including refreshments. Parking in front of the hall or opposite. Enquiries: phone Hilary on 01566 783396.

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## **BRIDESTOWE THURSDAY MORNING GROUP**

This month we shall be going for coffee at Roadford Lake. That will be on **Thursday, September 19th**, leaving the village at about 10 a.m. Please let me know if you can come and if you need a lift. Many thanks, Ann Allan on 861551 or annallan1948@gmail.com

## Elderberries

Make the most of dark, fragrant elderberries while they're in season.



Cooking with elderberries can get messy but it's worth it. They're full of health-giving properties and have been used medicinally for centuries. There are lots of elderberry recipes out there but here's a favourite.

### Elderberry syrup

Elderberries and ginger may have anti-viral properties, so get ready for winter and make a stash of elderberry syrup. Add cinnamon and ginger to taste.

It's easy to make and you can eat it by the spoonful, drizzle onto porridge or yogurt, or add a dash to fizzy wine.

### Method

- Carefully separate your elderberries from their stalks with a fork or your hands
- Chop up a little ginger into small pieces
- Put the elderberries and chopped ginger into a pan and cover them with water
- Bring to the boil and let simmer for 10 minutes. Remove from the heat and allow to cool slightly
- Pour the mixture through a jelly bag or muslin (fine cloth) and allow the juice to drip through. Extract as much liquid as possible
- Pour the elderberry liquid into a measuring jug, and measure how much you have. Now add equal parts sugar to the liquid mixture - so if you measured 500ml of juice, add 500g of sugar, or if you have 1 litre of liquid, add 1 kilo of sugar
- Add the sugar and a little ground cinnamon or cinnamon stick to the strained liquid. Simmer for five minutes and then cool and pour into sterilised bottles

[www.woodlandtrust.org.uk/blog/2022/09/elderberry-recipes](http://www.woodlandtrust.org.uk/blog/2022/09/elderberry-recipes)

## Helen Porter & Karen Wimbust

### JAZZ DUO

*"An evening of absolute joy. I loved every demisemiquaver."*



**Saturday 12th October, 7.30pm**

Jubilee Hall, Chagford, TQ13 8DP

Tickets £12

SINGING WORKSHOP 4.30- 6pm

Tickets £11

Book a place at [www.wegotickets.com](http://www.wegotickets.com)



TERM TIME

**£2**  
PER FAMILY

## Baby, Toddler & Family Group

Our Baby & Toddler session is warm and welcoming, led by Jackie, a passionate and experienced practitioner and Building Baby Brains Champion

Different themed activities weekly, suitable for different ages. Each session is very relaxed and allows you and your children to experience different things, topics and arts and crafts!

**Thursday mornings**

**9.30am - 11.30am**

**Bridestowe Village Hall**



**Play, Snack, Craft**

*Stories and Singing*





## ST THOMAS À BECKET CHURCH

### From the Registers

Charlie Baker and Rose-Marie Griffiths were married on 16th August.

We send our congratulations and wish them all the very best.

### CREAM TEAS

**September 1st**

**In the Parish Hall from 1.30 – 5.30 p.m.**

We will be serving Cream Teas, Savouries and Cakes in aid of Sourton Church.

We would like to thank all the kind people who have helped with the preparations, baking and serving teas and washing up and clearing up as well as generously donating all the food. The Cream Teas have been a great success and very well supported, making it possible for the church to continue to maintain the building as well as pay their expenses, despite falling numbers.

### SERVICES FOR SEPTEMBER

September 1st	Holy Communion at 9.30 a.m.
September 8th	Service at Bridestowe
September 15th	Service at Bridestowe
September 22nd	Morning Prayer at 9.30 a.m.
September 29th	Service at Lydford at 11 a.m.

**Jenny Batten**

**Blythswood Shoe Box Appeal - Bringing hope this Christmas**

**Would you like to donate a precious gift to someone in need? If so, by filling a small shoebox with simple things you can bring a smile to children this Christmas.**

You will need to wrap your box in Gift paper (please wrap the lid separately so that the lid can be removed without tearing the paper) and secure the lid with rubber bands.

Choose a boy or girl from the following age

ranges – Teen, 8-12 or 3-7.

Items required Toothbrush and toothpaste, soap, underwear, socks/tights, brush/comb, notepads/colouring books, pens/pencils/sharpeners, a small gift and sweets (no chocolate or loose sweets)

We are very grateful that the Dartmoor Stitchers have knitted hats, scarves and gloves already to add to your box. That said, we are in need of a few more scarves and mittens so please let us know if you are able to knit one!

If you would like to support this appeal by completing a whole box or donating any items please contact **Jenny Batten**

**07879253903 widgery23@gmail.com or**

**Alison Ewen 07990981826**

**ewen.alison@gmail.com**

**Donations will need to be delivered to Alison or Jenny by October 7th**

### **Dates for your diary**

**Friday 25th October**

**Wine and Wisdom**

£30 per table, 6 people per team.

Each table includes a bottle of wine (red or white), a jug of lemonade and nibbles. There will be a bar where you can purchase drinks and snacks.

**DON'T MISS OUT – BOOK A TABLE**

Text or call Lisa to reserve:

**07401 444746**

**In aid of Bridestowe Primary School**

**Saturday 19th October**

**Barn Dance** in Bridestowe Village Hall with *Walter Shortage and the Hosepipe Banned*

Back by popular demand.

**AND**

**Treetops Christmas Market**

**Saturday 23rd November**

More details of all 3 events in next month's BaSE.



## Movie Watch August 2024

While the 'Coming Soon' page on the New Carlton website is hardly awash with attractive titles, there are finally a few greenish shoots peeping through the Okehampton undergrowth. There's no guarantee any of these will actually reach West Devon, but the Merlin Group feel sufficiently confident to notify us of their presence in the schedules. In each case the film sounds OK, while the cast is unquestionably strong,

**The Critic** (Ian McKellen, Gemma Arterton, Mark Strong) released 13th September.

Jimmy Erskine is the most feared theatre critic of the age. His newspaper's new owner, David Brooke, stands for patriotism and family values. It's not long before Brooke fires Erskine for his outrageous behaviour and opinions, in particular a savage review of actress Nina Land. Erskine picks up on this cue and exploits the opportunity to get his job back. He writes a glowing review for Nina, promises her a glittering career, but nothing is ever quite that simple. **The Critic** is based on the 2015 novel, *Curtain Call*, by Anthony Quinn.

**Lee** (Kate Winslet, Andy Samberg) also goes on General Release on 13th September.

Kate Winslet stars in the story of Lee Miller, an American fashion model who became an acclaimed War Correspondent for Vogue magazine. Determined to document the truth of the Nazi regime, in spite of the odds stacked against female correspondents, Lee captured some of the most important images of the conflict, for which she paid a significant personal price. Well received by the critics, this one sounds decent.

**The Outrun** (Saoirse Ronan, Paapa Essiedu, Stephen Dillane), released 27th September.

After a decade away in London, 29-year-old Rona returns home to the Orkney Islands. Sober but lonely, she tries to suppress her memory of the events which set her on this

journey of recovery. Gradually the beauty and history of the land takes hold and Rona finds hope and strength among the heavy gales and the bracingly cold sea. Not sure, but I'd always give Saoirse Ronan the benefit of the doubt.

**It Ends With Us** (Blake Lively, Justin Baldoni, Brandon Sklenar), now showing.

This is the first Colleen Hoover novel to be adapted for the screen. It tells the story of Lily Bloom, a woman who overcomes a traumatic childhood to embark on a new life in Boston and chase a lifelong dream of opening her own business. A chance meeting with neurosurgeon Ryle Kincaid sparks a strong connection, but as the two fall in love, Lily begins to see sides of Ryle that remind her of her parents' stormy relationship. The novel has sold well over a million copies, while the film has received strong reviews.

**Deadpool & Wolverine** is another Marvel Studios title with a predictably strong cast (Ryan Reynolds, Hugh Jackman, Emma Corrin). This one opened at the New Carlton on 23rd August and will undoubtedly be popular, although surprisingly it's only been granted screenings in the smaller, upstairs Screen 3. Very comfy seats though, so confidently recommended, even on that basis alone!

It's no longer showing at the New Carlton but a couple of local cinema-goers mentioned **Twisters**, the climate thriller in which multiple dynamic weather systems converge in spectacular fashion over the plains of Oklahoma. 'Good knockabout fun' seemed to be the general consensus. I shouldn't worry about missing that one. I'm sure it'll turn up on one of the streaming services before long.

One such film, which rapidly transitioned to Netflix, was the gloriously foul-mouthed **Wicked Little Letters**, mentioned here in March as a cinema title, starring Olivia Colman, Jessie Buckley and

Timothy Spall. We loved it but I'm aware opinion was very much split on this one. What is beyond question, however, is the quality of the cast. Check it out and see what you think. Feel free to blame me if you're offended!

TV output in August, certainly in terms of transmission hours, was completely dominated by coverage of the **2024 Summer Olympics**, predominantly staged in and around Paris.

Broadcast rights to the Games were held by Warner Bros Discovery, meaning that the BBC were left to transmit whatever was made available to them by Warners. Broadcast scraps from an extremely wealthy man's table. At one stage I found myself watching the 67kg Taekwondo heats on BBC with no idea that Discovery were simultaneously showing the Mens 5,000m Athletics Final from the Stade de France!

However I thought the BBC coverage was generally excellent. Those I took to be their lead presenters - Clare Balding, Gabby Logan, Mark Chapman and Hazel Irvine - were superb. Less convincing was the analysis provided in support of some lesser-known events for which expert observers were clearly in short supply. I was watching some Synchronised Diving, with absolutely no understanding of what I was looking at. The commentary was no help whatsoever.

"Wow. Just wow" was the less-than-insightful voice-over from the Aquatic Centre as two Chinese competitors entered the pool in tandem, with barely a ripple between them.

I gather a total of 30m individuals watched the Games on BBC through their linear channels, as well as 49m viewing requests made through the iPlayer. The Opening Ceremony peaked at a level of 8.1m viewers.

Otherwise, a few recent programmes at least one of us has enjoyed. Who knows? You may find something of interest here on one of the catch-up services?

**Titanic in Colour** (C4), **Michael Palin in Nigeria** (C5), **My Tiger Family** (BBC2), **Woodstock** (BBC4), **Champions: Full Gallop** (ITV), **McDonald & Dobbs** (ITV), **Classic Movies** (Sky Arts), **Dame Judi and Jay** (C4), **Corridors of Power: Should America Police the World?** (BBC), **Obituary** (Netflix)

**David Harrison,**

### **Sourton Village Hall - a venue for all occasions**



Sourton Village Hall is a popular venue for special events such as wedding receptions, birthday parties, concerts, family parties and wakes following funerals. It is also an ideal function venue for conferences, meetings, training seminars and exercise classes. The hall has good facilities; it offers a large hall that can seat 120 and 220 standing comfortably; a well appointed kitchen and a small meeting room. There is a male, female and disabled toilet off the main hall. Outside there is a patio to the right hand side of the hall and this is often used to have a covered bar. The hall has disabled /wheelchair access with ramped entrances. There is a small area to the front of the village hall for parking but often extra parking can be made available for a large function on request.

For prices and to book, contact

Paul Alford 07799 778 779

Sally Gibson 07305 112586

Visit the website to see prices and view the calendar for availability

**[www.sourtonvillagehall.org.uk](http://www.sourtonvillagehall.org.uk)**

## At Okehampton Library

Okehampton Library offers so much more than books. It's a warm, welcoming space with free WiFi and computer access, people to chat to, groups and activities. Enjoy a natter with other customers or have a go at our community puzzle. Refreshments are available.

Our 'Reading Well' titles are a range of books covering physical and mental health, and include titles aimed at children and teens. And don't forget if you're housebound or struggling to get to the library, our Home Library Service can deliver not just books but a friendly chat too!

### **EVENTS: SEPTEMBER**

**Recycling for Good Causes** - Okehampton Library have taken some inspiration from other Devon Libraries who are doing their bit assisting in tackling the climate crisis and we are proud to say that we have also teamed up with Recycling For Good Causes to offer a recycling point in our library! You can now drop off certain electronics, stamps, currency or jewellery at the recycling point in front of the customer service desk and these items will get sorted and recycled, whilst also raising money for our charity Libraries Unlimited.

### **Friends of Okehampton Library: Monday 2 September, 14:00-15:00**

Are you interested in becoming a friend of your library? Anyone is welcome to get involved and support the library, organising or helping with events, encouraging use of the library, and supporting fundraising activities.

### **Bounce & Rhyme: Tuesday 10 September, 10:00 & 11:00**

Suitable for under 5s. FREE, no booking necessary.

This week we will have Katie from Action for Children joining us.

### **BT Community Engagement: Thursday 12 September, 10:00-16:00**

Speak with a BT expert to better understand the change-over of the landlines from analogue to digital that's happening in the next few years.

### **Summer Reading Challenge: ends 14 September**

There is still time to finish the Summer Reading Challenge. Pick up your medal, certificate, free swim voucher and enter the prize draw!

### **Banned Books Week: 22-28 September**

Come and borrow a book from our 'Banned

Books' display, featuring books that had previously been banned throughout history.

### **There are regular events for adults and children - not all are included here but are listed on the website:**

[www.devonlibraries.org.uk/web/arena/okehamptonlibrary](http://www.devonlibraries.org.uk/web/arena/okehamptonlibrary)

Follow us on Facebook and Instagram.

#### **ADULTS:**

#### **Cuppa & A Chat: Tuesdays 13:30-15:30**

Enjoy a natter with other customers.

Refreshments are available. Just drop in.

#### **Read Easy: First Tuesday of every month 10:00-12:00**

Come and chat with Richard from Read Easy, the charity that helps adults learn to read.

Richard would love to talk to you, particularly if you are interested to know more about what Read Easy do and/or if you would like to introduce someone to their free 1:1 and confidential service.

#### **CHILDREN:**

#### **Stay & Play: Mondays 10:00-11:00** (term-time only)

A fun, free play session for under 5s. Come to play and socialise. Just drop in.

#### **Read to a Dog: Tuesdays 15:45 -16:45**

To help and encourage children and teenagers to read, book on to a 'Read to a Dog' session with 'Rafa' who has been assessed by and is registered with Pets as Therapy (PAT). All children can benefit from this activity and are welcome, however, it is particularly beneficial to those children who find reading challenging, are worried about reading aloud in front of others or lack self-confidence and self-esteem. Each reading session lasts up to 15 minutes. Booking is essential.

#### **Bounce & Rhyme: Tuesdays 10:00-10:20 & 11:00-11:20**

Suitable for under 5s. FREE, no booking necessary.

#### **Baby Weigh: Tuesdays 09:30-11:30**

FREE self-weigh facilities for parents to weigh their babies, are available in a screened area within the library. This is in partnership with Devon Public Health Nursing. No booking necessary. **Duplo Builders & Storytime:**

#### **Wednesdays 09:30-10:15**

Suitable for under 5s. FREE, no



booking necessary.

### **Lego Builders: Saturdays 10:30–11:30**

Suitable for ages 5+. FREE, just drop in.

### **Libro's Friends**

Our all-new FREE reading adventure for 0-4 year olds has arrived! Collect a FREE sticker book from the library, receive a sticker featuring one of Libro's animal friends for each visit to the library. Collect all 8 stickers to receive a certificate.

### **The Secret Book Quest**

A completely FREE year-round reading challenge for 5–12-year-olds across Devon. To take part, children sign up in the library, read 50 library books at their own pace, and collect stickers to solve the secret code. Finishers will receive a certificate and a small prize.

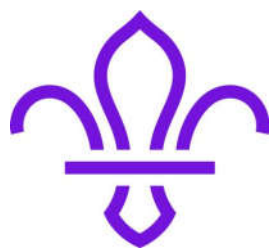
### **Children must be accompanied to all events by a responsible adult**

Please see our library website or Facebook page for any additional events and library services [www.devonlibraries.org.uk](http://www.devonlibraries.org.uk)

### **Opening Hours**

Monday	09:00-17:00
Tuesday	09:00-18:00
Wednesday	09:00-13:00
Thursday	09:00-17:00
Friday	09:00-18:00
Saturday	09:00-13:00

### **Bridestowe Scout Group news**



We hope you have all had a great summer, our leaders have had a reset and are ready with new programmes for the new scouting year. But first we will be holding our annual quiz night at the White Hart on Wednesday 11th September come along support the group and test your general and Scout knowledge.

Our new Beaver section starts this September, beavers will be meeting on a Tuesday evening in Bridestowe. Cubs and Scouts meet on a Wednesday evening. If you would like to enrol your young people in any section please contact us at: [membership@bridestowescouts.org.uk](mailto:membership@bridestowescouts.org.uk)

### **Explorers (14 – 18)**

The district Explorers have been busy over the summer. Two teams have been out on their Silver DofE practice expedition ready for their assessed expeditions in October. Our Gold DofE team has been to the Lake district to complete their Assessed expedition. A team of Explorers joined a 10 day activity trip to France and finally another group attended Scoutmoor the County camp held in Exeter.

Scouts exists to actively engage and support young people in their personal development, empowering them to make a positive contribution to society. But above all it is great fun, Young people get to take part in activities and camps creating memories and developing skills.

If you would like more information on the Scout Group activities, discuss how we could get involved in community events or would like to discuss a volunteer role with us please contact: [gsl@bridestowescouts.org.uk](mailto:gsl@bridestowescouts.org.uk)

Yours in Scouting

Bridestowe Scout Leaders.



**BEAVERS**

# TIME FOR FUN

Join the Bridestowe Beavers for fun and adventure.  
6 - 8 year olds

[www.bridestowescouts.org.uk](http://www.bridestowescouts.org.uk)

[membership@bridestowescouts.org.uk](mailto:membership@bridestowescouts.org.uk)

f /ScoutAssociation  
@UKScouting

The poster features a group of cartoon beaver characters in blue and yellow uniforms, one holding a paper airplane. The background is white with blue text.

## **Dartmoor dig uncovers 'stunning' Early Bronze Age burial cist**

Archaeologists have made 'stunning' discoveries after excavating an Early Bronze Age burial cist at Cut Hill, one of Dartmoor's most isolated hills.

Led by Dartmoor National Park Authority painstaking work revealed an exceptional cist – a stone-built box used to bury the dead in prehistoric times – containing well-preserved wood and a host of other material yet to be identified.

The Authority is now seeking funding for micro-excavations of the cist and the future conservation of any artefacts, and is encouraging people to support this exciting project by choosing to Donate for Dartmoor.

The discovery has parallels to the cist unearthed at Whitehorse Hill in 2011. The finds changed our understanding of Early Bronze Age life on Dartmoor.

Cut Hill stands at 603-metres high – one of five peaks on Dartmoor that's over 600m – and lies within the military firing ranges.

Cist excavations were prompted when local historian Paul Rendell reported to the Authority that the feature was eroding out of the peat.

Site surveys and analysis, including radiocarbon dating of charcoal from inside the cist, gave a date of around 1,800BC – or 3,800 years old.

In May, Dartmoor National Park Authority unanimously supported a full archaeological intervention.



## **The Okehampton Wool Gathering 2024**

**Saturday 28th September**  
**Lakeside at Roadford Lake, PL16 0RL**  
**Open 10.30am to 4pm**



**Championing British Wool,  
Local Producers & Artisan Makers**

**Fibre Supplies for Spinning, Knitting,  
Crochet, Wet Felting, Needle Felting  
and more....**



**Raw fleece, hand dyed locks,  
carded batts and tops.**

**Yarn and supplies for all your  
fibrecraft projects.**



**Educational areas with demonstrations.**

**Free entry ~ Onsite cafe**

**Lots of parking just moments from the A30.**

## **Roadford Lake**

It's hard to believe that the enormous Roadford Lake once housed a number of buildings and farms before it was selected as a site for a reservoir in July 1975. Today, it's the biggest inland waterway in the South West, but it was once a bitter battleground between farmers and Dartmoor conservationists.

The lake is 130ft deep and covers 730 acres of land (8,140 million gallons of water). It has now become a beautiful watersports centre and nature lovers paradise, surrounded by countryside, and nestled in the Wolf Valley with the dramatic tors of Dartmoor as its backdrop.

The reservoir now supplies North Devon and water is also released into the River Tamar system which is treated and then supplied to Plymouth and parts of South West Devon.





### Tavistock Memory Cafe

provides locally based support and information to those living with dementia, their family, carers and friends. Memory Cafe runs two bookable meetings on the 2nd & 4th Saturday of each month.

AM session 11.00-12.30

PM session 14.00-15.30

Trained volunteers greet members old & new, after an initial chance to chat over tea & biscuits/cake, carers can join a peer support group in a separate room, to share experiences, exchange information or hear from a guest professional, always in strict confidence. Meanwhile those living with dementia get involved in a variety of stimulating activities supported by our volunteers, quizzes, art & craft, live music, singing & celebratory events are often in the programme.

Care & Share sessions are on the 3rd Thursday of each month providing carers & family a spell of time for themselves for 1-4 hours from 10.30-14.30. Those living with dementia & attending will be involved in a variety of stimulating activities.

Cognitive Stimulation Therapy (CST) is a course of structured therapeutic sessions that are based around a topic with talking, music & pictures, all leading to a stimulating, fun & beneficial experience. Run by trained facilitators. The sessions are for an hour, once a week over 12 weeks.

For more information visit our website:-

[tavistockmemorycafe.co.uk](http://tavistockmemorycafe.co.uk)

or our Facebook page

or contact Heather on

**07436 008 281** or email

[info@tavistockmemorycafe.co.uk](mailto:info@tavistockmemorycafe.co.uk).

### No Bacon Baps in September

The village hall is being used every weekend in September as a venue for wedding receptions.

August's session was a cracker with a large attendance and, including money donated for books, the total raised was £185. Many thanks to those who lent a hand to clear away - such a help.

With no September session, there's only one thing for it, we'll have to decamp to Lydford and check out the competition!



### NICHOLLS HALL LYDFORD BACON BUTTY, CAKE AND COFFEE MORNING

Last Saturday of each month  
10am -12.30pm

Well behaved dogs welcome  
Card payments accepted

Bridestowe Churches Partnership

# Family Harvest Barn Dance

With Walter Shortage and The Hosepipe Band

**SATURDAY 19th OCTOBER 7.00pm**

Bridestowe Village Hall

Food and soft drinks available  
Bring you own drinks

Admission by ticket only

Tickets are free and are available from  
Riverside Stores



## BRIDESTOWE READING GROUP

Our next meeting will be on  
**Thursday 5th September** at  
7.30pm at 15 Trescote Way.

Thanks go to Sheila and Len for hosting.  
We will be discussing Lemn Sissay's *My Name  
is Why?*

*This is Lemn's story; a story of neglect and  
determination, misfortune and hope, cruelty and  
triumph. Sissay reflects on a childhood in care,  
self-expression and Britishness, and in doing so  
explores the institutional care system, race,  
family and the meaning of home.*

*Written with all the lyricism and power you would  
expect from one of the nation's best-loved poets,  
this moving, frank and timely memoir is the  
result of a life spent asking questions, and a  
celebration of the redemptive power of creativity.*

[www.waterstones.com](http://www.waterstones.com)

New members are always welcome

**01566 783529**

email: [neil@neiledgson.com](mailto:neil@neiledgson.com)



## Live music at The Wharf, Tavistock ...

### Suthering

**Sunday 29th September at 7:30pm**



Folk duo Suthering will showcase their new album *Leave A Light On* at music and arts venues across the UK this autumn. Set for release on 4th October 2024, this 11-track collection of songs builds on the success of their well-received 2022 debut album, *If We Turn Away*.

Evocative and distinctive, Suthering (Julu Irvine & Heg Brignall) transport audiences with exquisite vocal harmonies and their message of hope during hard times. They bring chemistry and humour to the stage, championing female characters, creating new narratives for women and unearthing the female heroines of folk. *Leave a light on* is Suthering's second studio album. Produced by Sean Lakeman (Levellers, Seth Lakeman), the album is a bold new direction in sound for the duo. It's a poignant and powerful exploration of themes affecting the social and political landscape. The album is a collection of personal reflections, captivating stories and modern day songs of protest and unity.

"These songs have a rawness and an honesty about them. It's more personal than our first album and Sean's influence has helped push our sound in a new and exciting direction. We can't wait to tour it." – Heg Brignall, Suthering  
"Excellent musicians, beautiful harmonies and a fresh approach to traditional music" – Tony Birch, FATEA Magazine

### Prices

All tickets £17.00 Concessions £15.00

## The Glebe Park

**laundrette** is in  
operation.

Wash £6

Dry £1.50 (for 20  
mins)

Open 8am - 8pm

You will need tokens for both machines  
which you can buy from Reception.



## Okehampton Recycling Centre

0345 155 1010

### Opening times

### April to September

Monday - Friday 9am - 5pm

Saturday & Sunday 10am - 6pm





# Treetops Preschool and Extended Schools CIC



*"Nurturing children, giving them the best start"*

Providing early years funded and unfunded places for 2,3 and 4 year olds.  
Wrap around care for 2-12 years

Preschool for 2 - 5 years

Monday - Friday  
9.30am - 3.30pm

Breakfast Club 2 -12 years

Monday - Friday  
7.45am until school or preschool starts

Afterschool Club 2 - 12 years

Monday - Friday  
from school or Preschool end until 6pm

Baby and Toddler Group

Thursday mornings term time  
9.30am - 11.30am



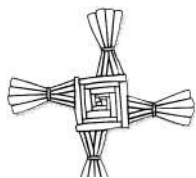
Treetops, Pool Hill,  
Bridestowe, Devon  
EX20 4EW

[www.treetopschildcare.co.uk](http://www.treetopschildcare.co.uk)  
[treetopschildcare@btconnect.com](mailto:treetopschildcare@btconnect.com)  
Tel: 01837861761  
Ofsted registered: EY545515

de with PosterMyWall.com



# Bridestowe Churches Partnership



## Sunday Worship for

### September

#### **Sunday 1st**

9.30am See Sourton BaSE entry for details

10.30am to 12.30pm Cafe Church in The Ark (Worship, Coffee, Tea, Chat, Children's activities)

#### **Sunday 8th**

9.30am Morning Prayer at St Bridgets

11.00am Morning service at Methodist Chapel with Angela Banfield

#### **Sunday 15th**

9.30am Harvest Festival Service at St Bridgets. Joint service with the Methodist.

#### **Sunday 22nd**

9.30am Family Service at St Bridget's. Songs, a bible story and refreshments.

**11.00am Morning service at the Methodist Church** led by Vicky Penfound

#### **Sunday 29th**

9.30am Holy Communion at St Bridgets

11.00am Morning service at the Methodist Church led by Gary Yates



The Coffee Morning in August raised £155 for Okehampton Community Kitchen.

Many thanks to all who supported us. The Coffee Morning in September will be held on Saturday 14th. Open from 10am to 12 noon with coffee / tea / biscuits / and cakes on offer as usual.

We are raising money for Fairtrade as it is Fairtrade Fortnight in September. Do come along.

#### **Opening times**

Tuesdays 10 - 12 with coffee, cake and a friendly chat, and 2 - 4, when you can play whist.

Thursday 10 - 12. Laugh and Craft or just pop in for a chat.

Remember that booking the ARK has changed. Jennifer Thorne is handling bookings.

Phone **01837 861592**

Email: [j.thorne2013@btinternet.com](mailto:j.thorne2013@btinternet.com)

### **Wildflower of the month - Yarrow *Achillea millefolium***

Yarrow can be found in many grasslands, from lawns to meadows, flowering from June to November. Yarrow is a tough plant, a strong-smelling perennial. It has dark green, finely divided, feathery leaves and clusters of white, flat-topped flower heads. Yarrow has been used to help restore arable land to grassland by sowing it along with other natives.

The wildlife value of Yarrow is high. It features on the RHS Plants for Pollinators' list and supporting over 100 species of insect. The larvae of many moths feed on the plant. Some bird species, such as starlings, use Yarrow to line their nests. It is thought they do so because yarrow may have parasite-killing abilities.

Common yarrow is toxic to dogs, cats, and horses. Consumption can cause vomiting and diarrhoea as well as depression (?) anorexia, and hypersalivation. The plant is named after Greek's hero Achilles, who used yarrow to treat the battle wounds of his soldiers. Yarrow is also known as Carpenter's Weed because carpenters often use it to stop the bleeding from the wounds and cuts that are inevitable part of their work.





Riverside Stores & Post Office  
Bridestowe, Okehampton,  
Devon, EX20 4EG  
01837 861321  
riversidestores@hotmail.com

Riverside Stores  
& Post Office

At the heart of Bridestowe

### **Local Venison - New Season, new stock**

Harvested by ourselves in our 5 Star FSA accredited facilities  
we have available the following:

500g Mince, 1 x 4 Venison burgers, 500g diced Venison, Roasting  
joints and hocks. Haunch, loin and fillet steaks.

### **Venison Box @ £45.00 includes;**

1 x 4 venison burgers, 1 x 2 steaks, 1 x 500g mince,  
1 x 500g diced, 1 x roasting joint

### **Summer BBQ Packs @ £15.00 includes;**

3 x Chinese chicken thighs, 4 x 4oz Beef burgers,  
4 x Pork sausages, 4 x BBQ pork ribs

Add 6 brioche buns for an additional £3.25

### **Meat Boxes @ £27.50 includes;**

1.5kg whole chicken, 500g minced beef, 4 x 4oz traditional beef  
burgers, 1 x 2 chicken breasts, 6 pack pork sausages, 6 pack smoked or green back  
bacon.

All weights are approximate

**Many thanks for your continued custom and loyalty.**

**Michaela, Colin and our valued team of drivers.**

Open 9am-6pm Mon to Fri. 9am - 12noon Sat. Closed Sun

# Art Class

*All abilities welcome*

**JOIN US FOR A SIX-WEEK COURSE**

Available on a Monday evening or a Friday morning

ADVANCE BOOKING: £100 FOR THE ENTIRE COURSE  
PAY-AS-YOU-GO: £20 PER SESSION

**Mondays: 7pm -9pm**

Sept: 16th, 23rd, 30th,  
Oct: 7th, 14th, 21st

Boasley Chapel  
Thorndon cross  
Okehampton  
EX204NJ

W3W: [jugs.managed.composers](http://jugs.managed.composers)

**Fridays: 10am-12pm**

Sept: 20th, 27th,  
Oct: 4th, 11th, 18th, 25th

**Contact Kathryn**

phone: 07971260966

email: [kathrynltimms@icloud.com](mailto:kathrynltimms@icloud.com)



On **Tuesday 17 September** we will be having an illustrated talk by Alan Taylor, Trustee and former chairman of the South Devon Railway Trust. He will be talking about the Life and Times of the South Devon Railway (SDR), the story of the former Great Western Railway (GWR) branch line and its rebirth as one of the nation's premier heritage railways including a light-hearted look at some of the notable events and celebrity visits that have occurred during its existence.

Alan has been a volunteer on the SDR for over 50 years. In addition to being a trustee of the charity his practical involvement covers many operational roles including guard, booking clerk, buffet steward. He also works jointly with other tourism businesses in helping promote Devon as a holiday destination at various events including major exhibitions around the country. Since retiring from a senior role with a large international organisation he has become the SDR historian appearing on several TV documentaries about Britain's railways and co-authoring the guide book about the railway.



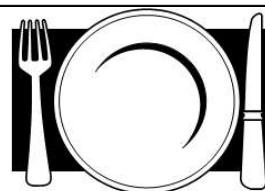
*Alan Taylor with Tim Dunn, TV presenter and British railway historian*

This meeting will be held at Fairplace Church, 3 Fairplace Terrace, Okehampton, EX20 1DT starting at 2.30pm. There will be an opportunity to ask Alan questions at the end of the session.

To help towards the cost of hiring the venue, paying speakers and, not least, refreshments, we charge a small admission charge of £1.00

For further information please contact Dee McVey 01837 658590

**The Over 60's Lunch Club** will meet on **Tuesday 10th September.**



Gather at 12.15 for lunch at 12.30. Apologies to Jennifer on 861592 if you cannot attend. Thank you.

## LEWDOWN VICTORY HALL

SATURDAY 14th SEPTEMBER

7-00pm

**LAUNCESTON MALE VOICE CHOIR**  
and

**SIDE-BY-SIDE LADIES CHOIR**

IN AID OF

THE  
PRIMROSE & CHESTNUT UNIT  
APPEAL

FREE ENTRY  
BUCKET COLLECTION

DONATIONS WELCOME TO --  
LAUNCESTON MALE VOICE CHOIR BY BACS  
SORT CODE: 30-94-91  
A/C 00385309



## News from Lydford Gorge

### National Trust

**Rose Cooke, Visitor Experience Officer**

Well for once the long-range forecast for August was pretty accurate. It was changeable with some lovely hot days, and some wetter days too. As we go through September I'll be enjoying any sunny days and keeping my fingers crossed for a colourful autumn.

We welcomed a new Area Ranger for West Dartmoor in August. Demelza has moved on to work with the National Trust on the North Cornwall coast, and we have taken on Crystal who comes to us from Devon Wildlife Trust. Feel free to say hello if you see her. She will be getting to grips with the gorge and the other areas we look after on Dartmoor, Crystal will continue the work to survey more of the flora and fauna in the gorge to help inform how we will continue to look after it into the future.

You may have noticed a lack of insects around this summer. Especially butterflies, bees and hoverflies. Some of this is probably down to the cool and wet spring we had across much of the country. But there has been a much longer-term decline. Surveys going back 20 years show that the number of flying insects sampled on vehicle number plates has fallen by 78%. The data was collected by citizen scientists who recorded the number of insects splattered on their number plates after driving. The survey will continue annually to generate crucial data on flying insect populations across the UK. You can get involved through the Bugs Matter app from Buglife.

### Free entry for all with Heritage Open Days in September 2024

Cotehele – Saturday 7 to Friday 13, 10am-5pm  
Castle Drogo – Wednesday 11, 10am-5pm  
Lydford Gorge – Friday 13 and Saturday 14, 10am-4.30pm

Buckland Abbey – Saturday 14 and Sunday 15, 10am-5pm  
Castle Drogo's Hydro Turbine – Sunday 15, 11am-3pm  
Finch Foundry – Sunday 15, tours at 11am, 12 noon, 1pm, 2pm and 3pm. Please book to guarantee entry  
[www.nationaltrust.org.uk/finch-foundry](http://www.nationaltrust.org.uk/finch-foundry)

### Apple day Saturday 28 September, 11am - 2pm.

Help us press the apples from the orchard, have a go on the apple shy, and warm up with a hot apple juice from the fire. Plus pick some apples to cook at home.  
Booking not required

### Opening Times until 3 November 2024

Devil's Cauldron trail, Waterfall trail, and second-hand bookshop open every day, 10am-4.30pm. Check on site for when Lyd link and Tucker's Pool are open. Devil's Cauldron tea-room open 10.30am-4.30pm and waterfall tea-room open 10am-4pm. \*Walking trails and tea-rooms shut at 3.30pm from 1 October\*  
Please check the website for updates before travelling - [nationaltrust.org.uk/lydford-gorge](http://nationaltrust.org.uk/lydford-gorge)

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*Autumn is a second spring when every leaf is a flower.*

*Albert Camus  
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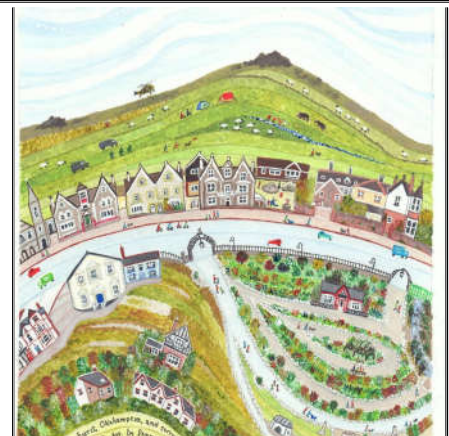
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## Forthcoming Events in September

Sunday 1st	1.30pm - 5.30pm, Sourton Village Hall, Cream teas 2.30pm - 4.40pm, Boasley Chapel, Cream tea
Thursday 5th	7.30pm, 15 Trescote Way, Reading Group
Tuesday 10th	12.15 for 12.30pm, The Ark, Over 60's lunch 7.30pm, Stowford Parish Hall, Lewdown Past, talk
Wednesday 11th	8pm, The White Hart, Quiz in aid of the Scout Group
Saturday 14th	10 - 12noon, The Ark, Coffee morning in aid of Fairtrade 7.30pm Lewdown Victory Hall, Concert
Tuesday 17th	2.30pm, Fairplace Church, Oke u3a talk
Thursday 19th	10am departure for Roadford Lake, Thursday Morning Group 12pm - 2pm, Boasley Chapel, Soup and Sweet
Sunday 22nd,	1.30pm - 5.30pm, Sourton Village Hall, Cream tea
Saturday 28th	9.30am, Cemetery gates, Volunteer Group session 10am - 12.30pm, Nicholls Hall, Lydford, Bacon Butty + 10.30am - 4pm, Roadford Lake, Wool Gathering 11am - 2pm, Lydford Gorge, Apple Day 6.30pm , LEAWOODSTOCK
Sunday 29th	7.30pm, The Wharf , Tavistock, live music - <i>Suthering</i>

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Contact details for BaSE:- Alison Young, Glebe Park, Pig's Leg Lane, Bridestowe, Okehampton, Devon EX20 4ER Tel: (01837)861157 or ali.young53@btinternet.com (please put BaSE in the subjectline)

Deadline around 25th of the month but can be flexible. It's always worth getting in contact after the date. The newsletter can be read online via the Bridestowe website, just follow the link for BaSE.