

FREE

Issue 21 February 2021

MONACHORUM MATTERS

The newsletter for Zeal Monachorum and St Peter's Parish



The Fishing Lake in January, photo by Mike Bostock

EDITORIAL

Well, here we are again, in Lockdown. One thing to be grateful for is the weather which, though cold, has been reasonably dry. The frosty mornings have made for some beautiful pictures around our village. I'm really pleased that I recently overcame my 'anti-Facebook' prejudice and joined, because it has given me access to these lovely scenes which, otherwise, I might have missed.

Still on the weather, at the time of writing in early January, we have so far escaped 'the Beast from the East', so we have seen no snow to speak of here in the village. The last time this phenomenon visited was in March 2018, and in this issue I have included pictures of what people got up to at that time - many thanks to Erica Eden.

My thanks too for other photos featured this month and for the stories and articles you, our readers, have sent in. We take a look at early efforts to get us to change our habits in respect of our rubbish - see the article on pages 20/21. We also start a new personal history on page 13: last month Stephen Watkins wrote about how the NAAFI was established and in this issue we have the first instalment relating his life and adventures as a member of that organisation.

This month we also have the story behind Jacqui Bourne's 'Shed load of Goodness' which is located on the road to Bow. 'Shed' seems to me an inadequate word to describe the structure and all that it contains; read the story on page 22.

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COMMUNITY NEWS

A PLEA

I have been asked to include this by the residents of Western Road: there has been a considerable amount of dog fouling in the driveways of houses in Western Road, particularly the Four Star houses at the bottom of Gissage Hill. This is not a recent problem and is prevalent throughout the village; it is most unpleasant for those who find this outside their houses. PLEASE CLEAR UP AFTER YOUR DOG.

MOBILE LIBRARY

There are no visits at the time of writing. For up-to-date information visit the website: www.devonlibraries.org.uk/web/arena/mobilelibraries.

RAINFALL

Rainfall for December was 200mm - 8 inches. Total Rainfall for 2020 1226mm - 49 inches, the wettest year since 2012 when we had 55 inches.

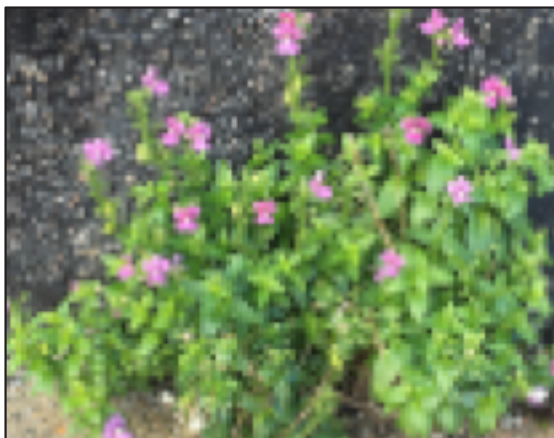
CHRISTMAS CAKES

This message comes from Margaret Harris . . .

Many thanks to everyone who purchased christmas cakes in aid of funds for Zeal Church; £280 was raised, hope everyone enjoyed them!

FLORAL SURPRISE

Jan Brealy of North Star House sent in this picture, taken on New Year's Eve. Jan says 'the flower is a perennial nemesia and the little devils self-set everywhere. During the season I have them popping up all over the yard in places where, if I tried to grow them, they wouldn't survive. This one is coming out at the junction of the house wall and the path'. What a lovely sight to see, especially on a frosty morning.



Zeal Monachorum Community Support

Anne & Tony Hubery 01363 82683

Jan Summers 01363 82571

Sally Rowden 01363 82531

Jackie Watson 01363 82263

Mandy Smith 07855 830668



ST PETER'S CHURCH

As I write this item in early January, we have just moved into our third lock down. The Covid 19 vaccines are being rolled out with urgency across the UK; we have to take our turn but hopefully it will happen soon. Every effort is being made to keep our churches open. The church is still here and we will continue to worship within the safety guidelines. Masks must be worn and social distancing applies. As the newsletter goes to print in early January and changes happen frequently, please look out for any updates either having been sent to you by email or posted on the church gates.

Our church will be open on Wednesday mornings for private prayer from 9.30am to 12.00pm, beginning in February. We just ask that you use hand sanitizer on entering and leaving the church. If you wish to use a prayer book please bring your own. If you require any further information my contact no is **82204**.

February 14th at 6.30pm

Old Testament
New Testament
Gospel

Sunday before Lent CWE Transfiguration Sunday

2 Kings 2: 1-12	Mr Robert Peck
2 Corinthians 4: 3-6	Miss Lynn Warren
Mark 9: 2-9	Rev. D. Rowbottom
Sidesman	Mr Colin Crothers
Altar Flowers	Mrs Marian Quick
Cleaner	Miss Margaret Harris

February 28th at 6.30pm

Old Testament
New Testament

Lent 2
Genesis 17: 1-7,15-16
Mark 8: 31-38
Sidesman

Evening prayer
Mrs Becky Harvey
Miss Lynn Warren
Mrs Marian Quick

Cross Country magazine - payment of £6.00 is now due.

Zeal Monachorum has lost two of its long-term residents:

Reginald Trevor Rounsley who died suddenly and unexpectedly on 11th December aged 69 years. Trevor had lived his whole life in Zeal and always greeted you with a happy smile often while walking someone's dog/dogs. Animals were his real passion. A private family cremation is being held

Mrs Marian Rowland. Marian came to live at Seymour House with her husband Gordon, father Bertram and son and daughter Geoff and Janet from Newbury, Berkshire in October 1984. With their large plot of land they ran a market garden growing both vegetables and flowers. Shortly before Gordon died they celebrated their 70th wedding anniversary. She was laid to rest next to her husband on 15th January. We pray for both families at this difficult and sad time.

Margaret

THE VILLAGE WORKSHOP

David Bowyer, East Foldhay, Zeal Monachorum, Crediton,
Devon, EX17 6DH

Tel: 01363 82782 Mob: 07802 759284

Email: info@davidbowyer.co.uk

*Always happy to give advice
on all things made in wood*

I have made this bookcase to fit on top of a chest of drawers using wide yellow pine, with mouldings top and bottom, giving three shelves for books and a top shelf for ornaments. Have finished it in Danish Oil, but could also be stained or painted to suit.





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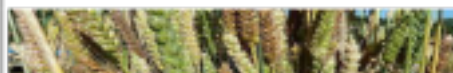


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EARLY SPRING GARDEN PREPARATION

with Bow Garden Centre

Although still cold, February can be considered a bit of a turning point in the garden with signs showing that spring is just around the corner. Slowly days are getting longer, and soon we will start to see bulbs emerging from the ground. Now is a great time to get ahead in the garden in time for spring's arrival. Take a look at these tips on what needs doing, courtesy of Bow Garden Centre:

1. If it's not too wet, you can plant out summer bulbs with gravel and bulb fibre underneath to stop them rotting when it's wet or pot them up and put them in the greenhouse to give them a head start.
2. Prepare vegetable seed beds by removing weeds and forking in plenty of compost. Once finished, cover prepared soil with sheets of recyclable black plastic to keep it drier and warmer ready for spring planting.
3. In raised beds, the soil warms up faster and water drains quickly, so they are ideal if you want to make an early start in the garden. Build some now so that you can start planting as soon as possible! Bow have new 'Vegepods' and raised bed kits, ideal for raised gardening.
4. Tidy-up in your vegetable plot by removing plant debris from last year.
5. Pot up containers, hanging baskets and pots with lovely spring bedding plants, an easy way to cheer up areas with no colour.
6. Once they've finished flowering, prune winter-blooming shrubs like Viburnum, Skimmia, Daphne and heathers.
7. Keep roses and other flowering shrubs healthy by sprinkling slow-release fertiliser around the bases.
8. Net fruit and vegetable plants to keep the birds off.
9. Continue to leave out plenty of food and water for the wild birds in your area, particularly in severe weather conditions; it's a good idea to check twice a day that there's plenty of food.

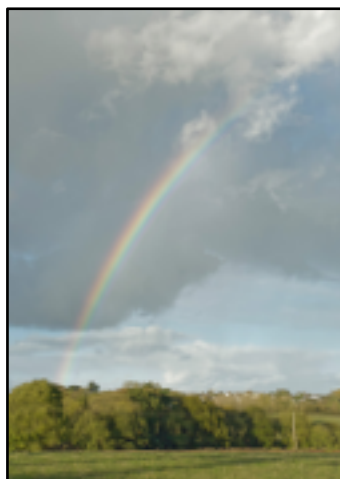
Bow Garden Centre is a great place for all your garden essentials, including an expanded range of plants, plus tools, propagation equipment, pots, greenhouses, plants, seeds and so much more. They remain open during lockdown for all essentials, including pet supplies and Post Office services.

Bow Garden & Aquatic Centre is just 10 minutes from Zeal Monachorum. EX17 6LA.
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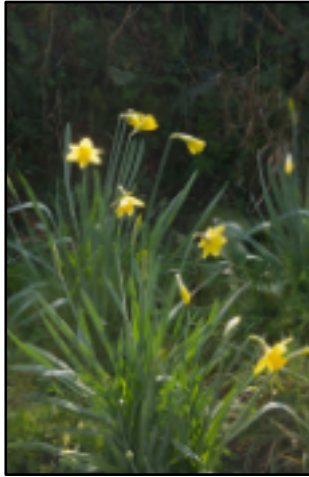
ROUND THE BEND—IN PICTURES

There wasn't enough space last time to tell you that these pictures are not art. They are no grand production, being mere signposts to memories of times past: usually when the dog had found an object of despicable interest, proceeding then to do something horrid with glee. Not that he appreciated what happened with a packet of Daz afterwards; consequences always eluded him. Anyway, there is another important thing about cameras: they must be able to spit out data straight from the sensor chip. All digitals will be able to analyse that data and turn it into a format called 'Jpeg'. The acronym means Joint Photographic Experts Group, a committee who mathematically determine how to mash up good data and produce average results. I never use it for critical work if 'RAW' [the original data] is available instead. Most makers have a free converter, but a programme by DxO, Photolab, is used where possible here. So the journey continues . . .



Top: the same oak, on the Yeo flood plain by Hayne Bridge, spring 2020 and autumn 2011. The sun's direction has changed noticeably. Bottom, woods in Hayne Quarry, 2013 and a rainbow over Zeal, 2019.

A little herbaceous interlude. Primroses flower in hedges throughout the route. Daffodils are in various locations, wild ones being in the road down to Foldhay Cross; these are beside the seat, half way round. Hard frost coated the ivy in 2007.



My favourite oak. Deliberately left by a farmworker laying hedges for Gerald Friend. He saw the stick and thought that would make a fine tree: yellowhammers practise their song in it every year. Next time, the end of the bend—Mike Russell.



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FISHING CLUB CHAT

Hi All,

It has been a strange year in more ways than one. We start this month with some words about the sad loss of one of the nicest men in the village, Trevor Rounsley, who will be much missed by all. We have contacted the family about the idea of installing a commemorative bench at the fishing lake, with a plaque in remembrance of Trevor. I have spoken to David Bowyer of the Village Workshop, who has agreed to make a bench.



The Fishing Club will start a fund with a donation of £50. If anyone would like to contribute, cheques can be made payable to Zeal Monachorum Fishing Club. After covering the cost of the bench any remaining monies will be passed to the family. Because of the difficulties over funeral arrangements with the COVID restrictions in place we thought this would be a good way to remember Trevor and what he did for our community.

Some other news: we have just received 500 small tench from the Environment Agency, which have now gone into the lake. I'm afraid it will be some time before they are of any size but, meanwhile they, will help to keep the lake clear because they are bottom feeders.

Please continue to contact us if you intend to fish, as we still need to self-isolate within the lake area, and please use the hand gel provided in the portaloo.

Tight lines, stay safe.

Ken and Jane



Here's a joke for you . . .

Why don't ants get ill?

Because they have Anty bodies.



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THE BODY SHOP AT HOME

MY LIFE IN THE NAAFI by Stephen Watkins

Part 1 – How it all started.

It was August 1989 and my A level results had been a huge disappointment. I had already secured a job in the local supermarket but wanted to get out and see the world. Friends had gone on to University, but others were taking a gap year and travelling. That was when I decided that what I needed was a job that paid me to travel. That was the start of my journey.

Crediton is a small market town in Devon. It's a beautiful area to live in but in 1989, the job market offered a very narrow choice. There was no internet at that time and so my job search was limited to newspaper adverts. It was my parents who excitedly shoved a newspaper clipping under my nose one evening and that was the first time I had ever heard of NAAFI.

The advert sounded like a dream. See the world! I wanted that job so bad! I sat down and handwrote my CV as neatly as I could and posted off my application to Imperial Court. It was several months before I received a reply and I was convinced it was a rejection. It wasn't. It was a medical form! I had to see my GP for him to complete the medical before my interview in London; I was so excited.

Now, going to London was not an everyday occurrence for me back then. It felt surreal that I was heading there for a job interview. My mum drove me up and my sister came too. We got lost trying to find Imperial Court and decided to park up and get a taxi. They dropped me off and headed for Oxford Street for some much needed retail therapy.

I can remember standing outside and staring at this wonderful old building. I was late and I was nervous. I walked in and straight away was made to feel at ease and offered a cup of tea. At the age of 18, I hadn't travelled outside of the South West very much and certainly not without my parents. Looking back, I was quite immature for my age but here I was, in this massive building in what felt like very formal surroundings being offered tea and biscuits!

The interview began with several written tests both in English and Mathematics. There followed a formal interview panel and then I was asked to wait in a side room. After what felt like an age, I had several informal discussions with various people. One was outlining career opportunities at Imperial Court; another was a fast-track management training program for shop/club management, and one was about EFI/NCS (Expeditionary Forces Institute / Naval Canteen Service). I was hooked, I wanted to go to sea!

Afterwards, I was told someone would be in touch and was reimbursed my taxi fare. As mobile phones didn't exist, I had no way of contacting my mum, so I headed to the nearby pub and had a couple of pints. Being used to Devon prices, I was astounded when the barman asked me for £1.36 for a pint of Fosters.

On the way home I couldn't stop thinking about what life at sea would be like. I was both nervous and excited at the same time. It was several months until I heard anything; I came home from work one day and there was a letter waiting for me. I was to report to Imperial Court on 12th November 1990.

I handed in my notice at the supermarket the following day. My manager was ex-army and was proud for me. Others were excited for me that I was getting to do something I really wanted to do. I took a week off to sort myself out with everything I might need though, to be fair, I didn't really have a clue what I needed.

On arrival at Imperial Court, I was told to join HMS Fearless in Portsmouth that afternoon. I was issued with my ID card and my parents drove me down. We said our goodbyes at the gates and my Naval Canteen Service journey began. I was collected by Charles 'Charlie' Hill who was to become a good friend; he explained, to my disappointment, that there had been a mix up and that I should have joined HMS Fearless in Portland on the following Monday. So, instead, I joined HMS Intrepid for a few days with two more new friends: Andy Kirk and Dave Kirman. Within a few hours, I had the somewhat dubious pleasure of seeing cockroaches crawling over dinner before going out for a few beers. Andy and I were also much amused by the look on Dave's face when he drank a coffee and discovered a cockroach in the bottom.

After a couple of days, I was sent home on long weekend leave before joining HMS Fearless in Portland. I knew Portland reasonably well as I was born in Dorchester and I had an aunt living in the town. Once again, my parents dropped me off and I made my way to the club. HMS Fearless was at sea and was due alongside that afternoon; when she berthed, I was taken over to the ship.

HMS Fearless was in the middle of sea trials following a major refit and the decks were covered in firefighting kit, with the air reeking of smoke after an exercise. My first thoughts were "what have I done?" but I was made really welcome by everyone. After meeting my new colleagues, I was taken to my living quarters by Paul Wilkinson who had joined just a week before me from NAAFI HMS Culdrose, the Royal Naval Air Station near Helston in Cornwall. Paul and I would go on to form a friendship spanning 3 decades (so far) and, almost 25 years later, he became my best man.

Next month — I go to sea

'When you change the way you look at things,
the things you look at change'

Dr Wayne Dyer

'February is the border between winter and spring'

Terri Guillemets



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PARISH COUNCIL NEWS

The council had a Zoom meeting on the 22nd December. The meeting was held to consider four planning applications and any urgent matters raised by councillors.

Villagers are welcome to join these meetings although, currently, we can only do this by Zoom. Provision is made at the beginning of all meetings for members of the public to make a statement about anything on the agenda or indeed, any other matter. No-one other than councillors joined this meeting.

The four planning applications related to a new detached house at South Park Farm, erection of a timber store at Serstone Farm and two matters at Manns Newton Farm regarding a new barn and ancillary works. In all cases the Parish Council either agreed to support the application or make no comment.

The final discussion at the meeting was about recent Facebook activity on the Zeal Monachorum Group Forum about speeding in the village. This is a matter that has been rumbling on for years and has absorbed much of my time and my predecessor's. It has also been a regular feature in my news updates.

The council has agreed, in principle, to fund the cost of "green advisory" 20 mph signs in the village. These have been put up in other villages where the County Council has steadfastly refused to take any action, despite villages being far more vulnerable than urban areas where such restrictions have been implemented. The cost of the signs will be considered at the next meeting, and if approved, should be put up soon after. The signs are advisory only and have no legal standing but the PC will continue to press for a 20 mph statutory limit. When the next elections to the county take place, villagers may wish to ascertain the views of candidates on this subject.

Meanwhile we must, as villagers, set an example in promoting road safety and I would ask you all to keep your speeds down. Please check your speed; it is all too easy to exceed 20mph, which is the maximum speed I would ask you to observe, although this is probably too fast for much of the village. Be especially aware of children playing, pedestrians, dogs etc. and allow plenty of room for horses.

For your own safety, if you are walking, especially at dusk, wear bright or hi-vis clothing. If you have a dog, please ensure that you are in full control of it and that it is on a lead. I don't believe riders of bicycles or horses can be in full control of a dog that is not on a lead. Motorists, please check your speed and use your lights in poor visibility.

The next meeting, on 18th January, will have taken place when this issue is published. Notes will be published on the notice board or on the PC website www.zeal-monachorum.co.uk. The Clerk can be contacted on zmpcouncil@gmail.com and myself on acchandler@btinternet.com

Andrew Chandler
Chairman (07831 167728)

FEBRUARY'S QUIZ

1. What is the capital of Thailand?
2. This month, 50 years ago, the country changed the system for something we use everyday? What was it?
3. Where in Devon is Sir Redvers Henry Buller VC buried?
4. In the UK, Diesel is called DERV. What does this actually stand for?
5. In 1906, Edith Nesbit wrote her most famous book. What was it called?
6. Which English word contains 3 sets of double letters next to each other?
7. The Great Fire of London began in Pudding Lane but where is it said to have finished?
8. In which decade was Madonna born?
9. What is Meghan Markle's first Christian name?
10. In which US state was Barack Obama born?
11. Who or what is Pumpernickel?
12. What number shirt did Sir Bobby Moore wear for both club and country?
13. What is the alternative name for the River Thames when it runs through the city of Oxford?
14. Which is the odd one out? Sherry, Whisky, Brandy or Port?
15. By which name do we currently know Jodie Whittaker?

Minute Quiz

There are more than ten countries in Europe that lie landlocked, with no coastline.
How many can you name?

Answers for January

- | | |
|----------------------------------|---------------------------|
| 1. The colours of the rainbow | 9. Red |
| 2. Brown and white | 10. Yellow River |
| 3. Scarlet red | 11. The Scarlet Pimpernel |
| 4. 9 | 12. Chris de Burgh |
| 5. Portugal | 13. The Pink Panther |
| 6. Red stars with white surround | 14. Pot Black |
| 7. Green | 15. Red Yellow Blue |
| 8. Pink | |

Minute Quiz answers

Tag Ink Bin Err Out

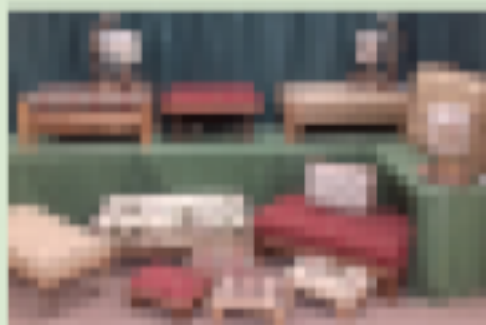


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CLIMATE EMERGENCY SAVE THE PLANET – REDUCE RE-USE RECYCLE

Our Zeal community has always tended to be ahead of the curve and so it was in setting up the Zeal Monachorum Recycling Group [ZMRG] in 1990. The catalyst was a speaker on recycling at WI. Mid Devon District Council's waste collection did not include any recycling, all waste went to landfill, and the county was running out of holes in the ground to put it in. At the time, each of the one million people living in Devon was estimated to produce a ton of rubbish a year.

ZMRG's aim was to reduce the amount of waste going to landfill and to try and raise money by doing so. It was entirely run by local volunteers. We provided households with green plastic boxes for recyclables. Once a month, on Saturdays, we would collect: newspaper; aluminium foil; textiles and cans. It was hard work and it could be difficult to persuade people to leave their recyclables so they were easy to collect and not contaminated with



Inaugural Meeting, November 1990

items which we weren't able to recycle. But the volunteers persevered. We made bottle banks out of oil cans and eventually encouraged the Waie Inn to allow Devon County Council to install proper bottle banks. We transported the collected items to Crediton or Exeter to sell to commercial waste and recycling merchants. After a few years Devon County Council also paid us tax credits for each ton of recycled material we saved from going to landfill.

In 1992 ZMRG won the Devon Village Ventures Competition Recycling Prize and put the money towards a shed in the village hall playground to store the recycling. ZMRG would try to make its annual general meetings fun and interesting and these were well attended, perhaps because of the local history exhibitions; or could have been was the wine, cheese and nibbles. We raised enough money to make a difference locally. For example, in 1996 the ZMRG account contained £516 in and in 1999 £750. Each year ZMRG would give money to good causes, usually within the Parish of Zeal. Examples of grants included: the Village Hall; individuals for training; financial support to put on films, plays, comedians, music in the Village Hall mainly through Villages in Action; planting daffodils in the verges, which 20 years later are still coming up every spring.

The efforts we have all made since then to reduce our waste have resulted in significant improvements. In 2018 figures showed that household waste is now less than ½ tonne per person per year and Devon is no longer sending any rubbish from kerbside collections to landfill. Recycling in Devon is high compared with rest of the country. However, as you might expect, we shouldn't rest on our laurels. We are still creating too much rubbish and 44% of recyclable material is still going into dustbins. You all know what to do, but here are some reminders:

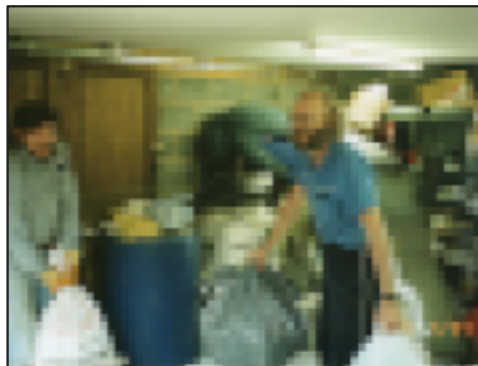
- Reduce your consumption - save money; maybe save inches on the hips
- Avoid purchasing things which are in single use plastic
- Don't put in the recycling bin plastic film, coffee packets and anything else that may be lined with plastic and/or, when screwed up doesn't stay screwed up.
- Reduce food waste: compost if you can, or put into the blue bin - never the dustbin.

I remember how hard it was collecting for the recycling group and try to make the waste collectors' job easier by sorting properly. By 1999 we were pleased to find that we were beginning to be put out of a job, as the District Council began to collect recyclables so that ZMRG could be dissolved. Right from the start, we knew that the three Rs really mattered especially the first REDUCE your waste, RE-USE whatever you could, and only then ... RECYCLE.

I have finally got it fixed in my head that metal food and drink cans and aluminium foil can be put in the same black box as recyclable plastics; while cardboard food and drink cartons go in with the cardboard - doh!

Erica Eden

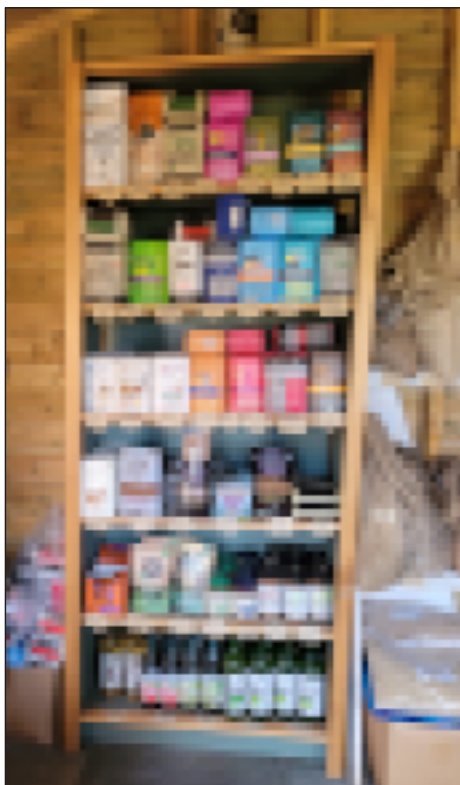
Pictured below: ZMRG volunteers Roy Eden and Bob Hannan, May 1994



What's in the Shed Load of Goodness?

Situated approximately half way to Bow and a comfortable walk from Zeal Monachorum, you will find Blueberry Hill Market Garden. Those of you who pass it on a regular or occasional basis will have seen it gradually develop during the fourteen years that the land has been cultivated.

It's been a labour of love (and sometimes anguish) for Jacqui Bourne, who decided in December 2019 to have a very special shed erected at the garden. It contains a treasure trove of mainly organic dried foods such as nuts, seeds, grains, cereals and fruits, rustically displayed in hessian sacks on the shelves. As well as the loose products, there is a selection of pre-packed foods including a wide range of quality flour, yeast, pasta, juices and beverages. You will also find packs of dried Cornish seaweed and local dried oyster mushrooms from Ashbrook farm.



Jacqui is a concerned citizen with regards to issues of the planet and the climate crisis. She gardens organically, and chooses organic products unless there is only a non-organic item available. She believes that, not only is the carbon footprint much lower for organic crop production and the impact on wildlife lower, but that there are likely to be fewer, or no harmful residues, and possibly higher nutritional value in organic foods.


The reason for starting the rural shop was to provide a local source of these wonderful foods, and to generate just enough income to pay for the hire of a few gardeners. This has been achieved and the garden has undergone quite a transformation during 2020.

Jacqui will be pleased to prepare orders ready for collection for those who don't wish to spend too much time in the shop, or are short on time. For a full stock list, please e-mail blueberryjacqui@hotmail.co.uk

A SHED LOAD OF GOODNESS



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Jacqueline Bourne

Credentialed Nutritional
Therapist

DIETITIAN (UK) 1998

CLINICAL NUTRITION

CLINICAL NUTRITION

CLINICAL NUTRITION

CLINICAL NUTRITION

CREDITON FOODBANK

As you may have read in the January newsletter we were able to provide much needed food and other essentials for the Foodbank: over 40 bags of goods plus £375 in cash, but it didn't stop there. Right up to Christmas and even into the New Year many more donations were given including another £65, taking our overall total to £445. **Thank you.**

The number of people needing our help continues to escalate, so may I continue to appeal to your already incredible generosity. If and when you are able to give, no matter how big or small your donations, they are always received with much thanksgiving.

They can be left at our house (Kentmere, 2nd on the right with the Waie Inn ahead of you), where there is a plastic box outside our front door. Alternatively, Jan Brealy at North Star House opposite the church, is always willing to take in donations. If you are sheltering and unable to deliver but would like to donate, ring me, Lois, on 82982, and I will happily pick up. I will come suitably masked and armed with hand sanitiser. As in the last lockdown I will put up notices around the village with urgent needs.

Here are some figures you may be interested in: in 2020 4,962 people were fed, 2.8 times more than in 2019.

186 individuals/families received a total of 1,731 food parcels which fed 2,448 adults and 2,514 children. YOU are making a difference. **Thank you.**

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contact: KEN HOGG 07749 329832

Here are some of the photos sent in to the newsletter in the last few weeks, the first is from Hadewij Sint showing dawn breaking over the churchyard. The second picture is by Sally Rowden, showing a rainbow viewed from Western Road. The others are taken in 2018 when we last had snow in Zeal, taken by Erica Eden.

