

Issue 6, November 2019

MONACHORUM MATTERS

The newsletter for Zeal Monachorum and St Peter's Parish



Bonfire night

CONTACTS

Local Parish Council: Chairman Andrew Chandler. Tel. 07831 167 728
Village Hall: Chairman Ken Down. Tel. 01363 82204
Secretary & bookings Jan Summers. Tel. 01363 82571
Mid Devon councillor: John Daw. Tel. 01363 877238,
email: jdaw@middevon.gov.uk
County Councillor: Margaret Squires. Tel. 01363 84337,
email: margaret.squires@devon.gov.uk
Parliament: Mel Stride MP. Tel. 01392 823306
e-mail mel.stride.mp@parliament.uk
Newsletter: Editor: Jan Summers: e-mail zmon.news@gmail.com

Details of some nearest services

Post Office: Bow Aquatic Centre, Bow, Crediton, Devon EX17 6LA
Tel: 01363 82438 e-mail: info@bowgardencentre.co.uk
Library: Belle Parade, Crediton EX17 2AA Tel. [01363] 772578
closed Weds.
Primary Schools: Bow: Station Road, Bow, Crediton EX17 6HU.
Tel. [01363] 82319
Lapford: Eastington Road, Lapford, Crediton
EX17 6QE. Tel. [01363] 83292
Secondary School: Queen Elizabeth's School, Western Road,
Crediton EX17 3LU. Tel. [01363] 773401
District Council: Mid Devon DC, Phoenix House,
Phoenix Lane, Tiverton. EX17 6PP
www.middevon.gov.uk Tel 01884 255255
e-mail: customerfirst@middevon.gov.uk
Waste and recycling:
www.middevon.gov.uk/residents/recycling-rubbish
County Council: Devon CC, County Hall, Topsham Road,
Exeter EX2 4QD; www.devon.gov.uk
Tel. 0345 155 1015 [general enquiries]
e-mail: customer@devon.gov.uk
Care Direct: Tel. 0345 115 100
Highways: Tel. 0345 155 1004
Devon Voluntary Action: www.devonva.org Tel. 01404 544 045

EDITORIAL

This month, as a result of requests, we have repeated the pages of local contacts that were included in our early issues. They have been printed on the inside of the front and back covers, so that they can be detached and saved for reference.

The Editorial Committee is very grateful for all the articles and items that have been submitted for publication in the newsletter. So many people have told us how much they look forward to sitting down with each issue and having a good read, so please keep your articles, news items and pictures coming; they are what makes our newsletter different from all the rest.

Now that we have got into a routine of producing the newsletter the Editorial Committee has agreed that we can allow a bit more time for items to reach us. So from the next issue the deadline will be the 8th of the month prior to the issue. But this comes with a caveat; **items received after the deadline will not be included** in that issue, but may be held over to the following one. **Also, please note, we will no longer be accepting separate flyers to be delivered with the newsletter.**

DEADLINE FOR DECEMBER ISSUE: NOVEMBER 8

Our newsletter is printed by Burridge Printers of North Tawton

NOTE: A key with a yellow tag was found at the junction of Churchill Gardens on the last market day, 12 October. Contact Jan Summers 82571.

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VILLAGE EVENTS – NOVEMBER

Every Weds	Coffee morning in Village Hall, 10.30am – 12 noon
Weds 30 Oct	Bingo in Village Hall, doors open 7.00pm, eyes down 7.30pm
Fri 1 Nov	Mobile Library, see details below
Sat 2 Nov	Hallowe'en party at Village Hall, 7pm; tickets Jan Brealy 82563
Tue 5 Nov	Bonfire night at Waie Inn, bonfire lit 7.00pm, fireworks 7.30pm
Weds 6 Nov	WI: talk on Crime and Punishment, 7.15pm for 7.30pm
Sat 9 Nov	Market, 10.00 am – 11.30 am
Mon 11 Nov	Zeal Explorers Village Walk, 2pm at bus stop
Weds 13 Nov	Bingo at Village Hall, doors open 7.00pm, eyes down 7.30pm
Mon 18 Nov	Village Hall AGM, 7.30pm – all welcome for cheese and wine
Weds 20 Nov	Film Night: 'Rocketman' the story of Elton John's rise to stardom, doors open 7pm, film 7.30pm
Weds 27 Nov	PCC mtg, 7.30pm
Thu 28 Nov	Parish Council, in Village Hall, 7.30pm
Sat 30 Nov	Advent Fayre, 12.30pm

POLITE REQUEST: Heather Hillman asks if anyone planning domestic fireworks would kindly let her know the date and time so she can ensure her horses are safely secured to prevent possible injury. Call Heather on 82300.

Bow & District Historical Society Annual Dinner and Speaker

Monday 25th November,
7.30 AGM, 7.45 Dinner

Bow Village Hall
Open to All - £13 per head

Please book by 18th November:

nigeltbrowne27@gmail.com or 01363 881137 or Gill 01363 82468

MOBILE LIBRARY

Friday 1 November, NOTE No visit in December.

Stopping at: the LAYBY NEAR OLD SHOP 1.05 pm - 1.25 pm
and WAIE CROSS 1.30 pm - 1.50 pm.

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More info from Devon Libraries www.devonlibraries.org.uk
Or Erica Eden

Waie Inn Activities

SPORTS HALL Mondays:

Walking Netball, 6.00 - 7.00 pm

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FISHING CLUB CHAT

Hi All

Firstly, I would like to thank Mike Russell and Colin Crothers for giving us a very grateful helping hand with work carried out down at the lake. We have refurbished some of the fishing swims and completely cleared the bed of Southdown brook that runs adjacent to our water. This brook has been dry for over 4 months and we are pleased to say that it is now running freely again. We have opened the inlet side of the brook, replenishing the water in the lake. This will improve the oxygen levels within the water. We still have more extensive work to do throughout the winter months and anyone who can give us some time and labour will be much appreciated.

The calendar has proved very popular once again and the copies are moving very quickly with only a few of them left. If you require one please do not hesitate to contact us on 01363 82400. All profits are split between Cancer Research and the Fishing Club. They make excellent Christmas presents.

Tight lines

Ken and Jane

This beautiful picture of the fishing lake was taken by Tina Bowyer



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New patients welcome

COMING HOME (4)

This month continues the food theme which I began last month with happenings in the bakery. Food and drink were a major part of my holiday stays in Devon, and where I first appreciated real fresh produce. As well as being self-sufficient in vegetables, my aunt and uncle kept chickens, geese, ducks and even a pig, which was shared with a neighbour and the local butcher. Swapping any food glut with neighbours ensured little waste, and all tastes were catered for. They had never even heard of food miles.

I told you last time about the home-made clotted cream which I enjoyed with Auntie Rae's jam on Sid's buns. The cream came from Mrs Hewitt's Jersey cow; Mrs Hewitt had a smallholding at Upexe just a few miles from Thorverton, and my aunt and uncle had a share in this cow. I well remember watching her gently warming the milk on the hob and skimming off the pale yellow cream, which tasted like nothing else in my experience.

I'd also like to tell you a story about the perfect pork sausage: Aunt Rachel always bought her sausages from Courtney's, a superb butcher based in Exeter. I loved them and carry the taste with me to this day; no other sausage has come even near that perfect banger.

When Jan and I moved to Devon my first quest was to track down Courtney's the Butchers in Cowley Street. Off we went on what I can only describe as a pilgrimage. Into the shop we strode, anticipating the discovery of what was, to me, the holy grail of sausages. A po-faced youth approached from the rear of the shop. I thought he needed cheering up so I said "We have travelled 300 miles from darkest Kent to live in Devon, and to rediscover Courtney's sausages". He sighed and pointed to a small notice on the back wall of the shop. It read: "Please note that this establishment has no connection with Courtney's of Exeter, which is no longer trading". I felt so sorry for 'po-face' and for myself that I bought some of his sausages; they were awful!

The search for the holy grail continues to this day. So desperate am I to re-discover that unique taste, that we now make our own sausages. As Jan reminds me, I look upon my time with my aunt and uncle as just perfect. Maybe my memory is playing tricks, but it's good to have a dream.

For now this is the last of the stories of my youth, but I can't finish without telling you about the following incident which happened recently. The reach of this newsletter is certainly wider than our village. It turns out that Rose Barker, who lived for many years in Zeal, knows someone in Thorverton, where I spent so much time during my childhood. I well remember playing with Graham and we became quite close, though once I grew up we lost touch. Through Rose's connections one of our recent coffee mornings had an unexpected visitor – it was Graham. It was a lovely surprise, not least because he brought photos taken at that time, and we had a good old natter recalling our childhood memories. To finish, on the next page is a picture, taken in 1965, of me aged 22 with Sid and Rachel, enjoying a picnic in the sun on Sidmouth beach.

Alan Summers



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GARDENING NOTES

It's easy to retreat to the fireplace in November and leave the garden to its own devices until the spring arrives, but this is a fabulous time to get new hedging and trees planted, and at a much-reduced cost if you buy bare rooted material. You can also move any deciduous shrubs, whilst they are dormant. It pays, during the Summer, to note shrubs which just don't look right where they are so you can move them to a suitable site in November. If you aren't sure just where to plant the offender a good way to help you decide is to plant it into a cheap pot and keep it somewhere sheltered over winter. In spring you can then place the plant where you think it will be best placed and admire it at your leisure.

If you are going to take advantage of the dormant period to plant bare root trees then ensure you use a good stake to anchor it to. What you want is for the tree to start throwing out the small 'thready' growth of root which will of course become its collecting tubes for moisture and nutrients as well as tying the tree into the soil. If the tree is allowed to rock in the wind these little roots will become constantly broken and the tree won't be ready to support the new top growth when the weather improves.

When planting the tree, dig a hole about three times the size of the root-ball but just deep enough to cover the roots. If you have chosen a fruit or ornamental tree which has been grafted onto a different root-stock, ensure that you don't bury the graft. If you do, the main tree stem may re-root above the graft and you will lose the natural characteristics you would expect. Hammer in the stake before the tree to minimise possible root damage and then position the tree with the stake on the windward side so that, in windy conditions, the tree will pull away from the stake and not bash against it. Fasten the tree to the stake using a rubber tie or anything that won't cut into the tree bark as it grows.

Just a word about the use of root-stock grafts, particularly in relation to fruit trees. A tree, like any plant, wants to grow to its absolute maximum, to flower, fruit and reproduce. This, of course, can take an extraordinary amount of time and the tree needs copious amounts of water and nutrients, not to mention lots of space. Think of the trunk of a tree as a bundle of straws through which the tree draws its water and nutrients (in actual fact the vascular part of the trunk which does this is just under the bark, the rest of the trunk is to keep the tree upright). If these straws had a diameter of 30mm each then a considerable amount of fluids would be able to pass through them and, consequently, the tree above would be able to grow to its full height. If you were to cut these straws at the bottom and attach them to the same number of straws, but ones that were narrower for instance 15mm, then you would restrict the amount of fluids that could be transported up the straws and so also restrict the potential growth of the tree. In this way the vigour of a tree can be altered which can lead to a usually very large tree producing fruit very rapidly on a much smaller framework.

Steve at Homeleigh



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VILLAGE HALL NEWS

Our Harvest Supper, held on Sat 5 October, was enjoyed by over 40 village people and friends. On the menu was ham, turkey and quiche all served with salad and accompaniments. Delicious home-made desserts provided by members of the hall committee and others received high praise from many satisfied diners. We finished with cheese and biscuits, coffee or tea and mints. Marian Quick organised a short quiz of anagrams of Devon towns and villages. The raffle, run by Sue and Martyn Down, had over 30 prizes. The chairman thanked the organisers, Margaret Harris and Marian Quick, for co-ordinating the supper, and all who came and contributed to a most enjoyable evening.

The picture below was taken by David Bowyer



VILLAGE MARKET

Our next market takes place on **9 November** and all the usual stalls will be in attendance. Also at the November market, Isabel Harris traditionally has a stall selling cakes and other goodies in aid of Children in Need. This year is no exception and Isabel will be grateful for any donations towards the raffle and for cakes to sell; call her on 82343.

VILLAGE HALL COMMITTEE AGM

Our AGM this year will be held on **Monday 18 November at 7.30pm**. Anyone can attend and all are welcome. It is at this meeting that we elect the committee for the next year and we are always looking for people who are willing to join us in taking care of the hall for the community and in putting on events for our residents to enjoy. If you are interested in becoming a committee member, come along on 18 November; after the formal part of the meeting we will enjoy a light supper of cheese and wine. We look forward to seeing you.



SERVICES AT ST PETER'S

3 November All Saints	10.00am O/T reading N/T reading	Morning Prayer Daniel 7: 1-3; 15-18	Worship Group Lynn Warren Tony Brealy
		Sidesmen Welcome Offertory	Marian Quick
10 November	10.45am	Remembrance Sunday Bow	
17 November		No service	
24 November Christ the King	6.30pm O/T reading N/T reading	BCP Evensong Jeremiah 23: 1-6 Luke 23: 33-43	Worship Group Graham Rounsley Becky Harvey
		Sidesmen Welcome Offertory	Tony Brealy
1 December Advent 1	10.00am O/T reading N/T reading	Morning Prayer Isaiah 2: 1-5 Matthew: 36-44	Worship Group Lynn Warren Tony Brealy
		Sidesmen Welcome Offertory	Marian Quick

FLOWER ROTA

27 October Marian Quick
 3 and 10 November Margaret Down
 17 and 24 November Susan Bostock
 1- 24 December No flowers in Advent

Rainfall for September 11mm



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ZEAL ARCHIVE

The following story has been serialised from original newspaper articles in the North Devon Journal 2 December 1841 and Western Times 4 December 1841. The idea came from Tony Brealy's recent Walk and Talk. Further episodes will be included in the next two issues.

SHOCKING CATASTROPHE - HAYNE FORD ZEAL MONACHORUM Monday 29 November 1841

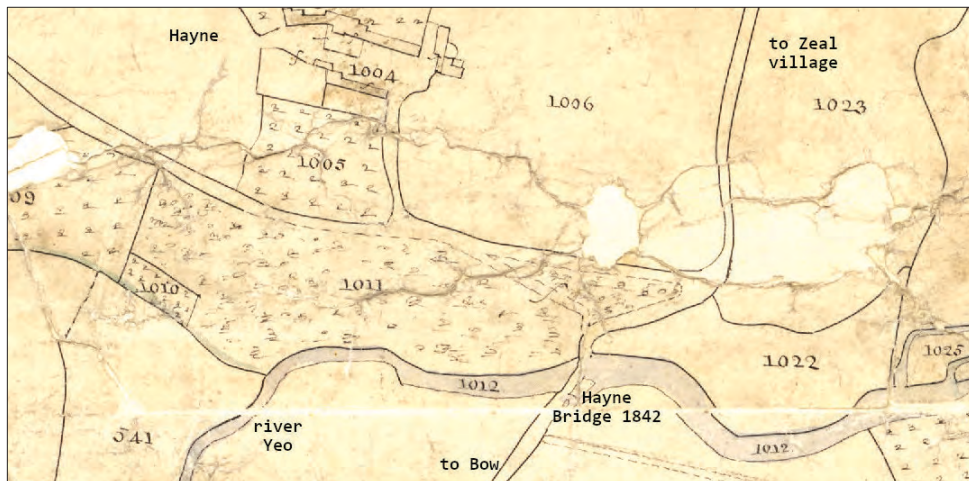
On Monday last, the Rev. Henry Allbright Hughes, a magistrate of the county, residing at Clannaborough, and his family went to Bondleigh to visit Rev. George Garrow and to meet a party of friends at a christening at that gentleman's house. At about half past six o'clock the Rev. Hughes, his wife, son George, and a lad [a servant] set off to return to Clannaborough, the son being on horseback, and the others in a four-wheel phaeton.

The weather had been tempestuous, and the extraordinary heavy rain that fell about 4 o'clock the same afternoon had caused a violent swell of the brooks and rivers. They passed through one or two brooks without danger, though with difficulty, until they reached Hayne Bridge, which crosses the river Yeo below the village of Zeal Monachorum, on the road to Bow. Here the waters were both extensively spread over the meadows, and the stream rapid. Two labourers were there.

One of them James Bolt later said "I saw young Mr George Hughes, who was on a pony, and I said to him, "You are water-bound, ain't you, sir?" Mr Hughes replied that he was waiting for a carriage. He said he had rode over the bridge, and he thought the carriage could pass very well. William Beavis and myself, seeing we could not pass over the bridge on our usual road home, went up Hayne lane, where we met the carriage, containing Mr and Mrs Hughes and a servant. I told them they could not go across the water, as it was too high, and would be sure to be washed over. It was moonlight and I could see Mr Hughes and the rest distinctly. Mr Hughes asked who was talking to him, and we told him we were thrashing at Gill House. They drove on. Mrs Hughes looked out the carriage and begged us to come down and see her safe over the bridge. We went down to the bridge and when we came there Mr Hughes junior rode on the bridge, and on coming back the horse appeared to stumble about a good deal and we expected that the horse would have been washed away then. Mrs Hughes began to scream but the son came safe over, and he said, "Papa, I think you can go over." Mr Hughes, who was driving himself, urged the horse forward with the carriage preceded by his son. When the carriage got into the middle of the water at the deepest part, the carriage began to float, and to be swayed to and fro, and Mr Hughes looked back and said, "Papa where are you?" The carriage then upset and they were thrown out. The carriage and horse were then forced by the stream over the river. The boy was in the carriage with Mrs Hughes. Young Mr Hughes's horse then stumbled and he fell into the water, the horse walked out of the stream and galloped off. Presently after I heard Mr Hughes moaning and Mrs Hughes exclaimed "My God, My God". She was then in the middle of the river. I lost sight of her for a moment, when she rose again, and faintly uttered "My God". She then sank and I saw her no more. Then all was silent as the grave.

Note: Tony Brealy says that Hayne bridge was not in its present position, it was approached from opposite the road from Hayne. This is shown on an extract from the 1842 Tithe Map, below. The following link can be used to see the Tithe map in more detail: <https://www.devon.gov.uk/historicenvironment/tithe-map/zeal-monachorum/>

Erica Eden



Zeal Monachorum Tithe Map 1842

From the Zeal Monachorum Archive



*The Campfire, late 1960s, left to right: Muriel Greenslade, Mary Vicary, Rev Godeck, Mrs Elston, Mrs Dell (?), Mrs Moreton Smith, Jim Elston, Elsie Steer
[Photo number 119 from Muriel Greenslade]*

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QUIZ

1. Which singer has a tattoo of the Two Ronnies' glasses on his neck?
2. At which tournament would you compete for the Webb Ellis Cup?
3. The great gardener 'Capability' Brown was known by his nickname. What was his real first name?
4. What is the most printed book in the world each year?
5. What is the longest word you can make using letters and vowels in alphabetical order?
6. In the current government, who holds the title of Chancellor of the Duchy of Lancaster?
7. Who wrote the original Poldark novels?
8. What is a pickled cucumber known as?
9. How is 2019 written in Roman Numerals?
10. How many books in the Bible are titled with Ladies' names?
11. How much of the human brain is made up of fat? 20%, 40% or 60%?
12. Which number key, plus shift, do you press to write an ampersand?
13. What is the name for a drink taken BEFORE a meal?
14. What is the largest island in the Inner Hebrides?
15. What is the value of the black snooker ball?

Minute Quiz

Which colours are associated with the following?

admiral quick submarine marmalade ribbons royal sky Christmas

Answers from October

- | | |
|-----------------------------------|---|
| 1. 2000 | 10. 3 |
| 2. Copper coins | 11. A pleasant smell when rain comes after a hot, dry spell |
| 3. Trowbridge | 12. Boris Johnson |
| 4. Quaker John Greenleaf Whittier | 13. Video assistant referees |
| 5. 61p | 14. New Angouleme 1524, New Amsterdam |
| 6. Coco | 15. Mary Queen of Scots |
| 7. Dr. Zhivago | |
| 8. The Sweet Pea | |
| 9. Alan Turing | |

Dahlia, orchid, lupin, daffodil, begonia

An Introduction to the Craft of Cross Stitching



This cross stitch kit plus Christmas designs will be available to purchase at the WI stall Zeal Monachorum Christmas village hall market on the 14th December.

Any suggestions on what you would like to see featured on the craft page would be very welcome.

For more information please contact Karen

Email: karenhunt1962@outlook.com

LET'S GET CRAFTY!

Equipment:

Embroidery threads
open weave Aida fabric
Needle
scissors
cross chart and instructions

Step 1: thread your needle

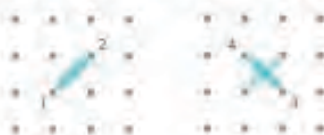
Step 2: Find the centre

Find the centre of your fabric as well as the centre of your pattern. You can fold the fabric in half and place a small dot in the centre of your fabric. Following the chart, whole squares represent complete cross stitches.



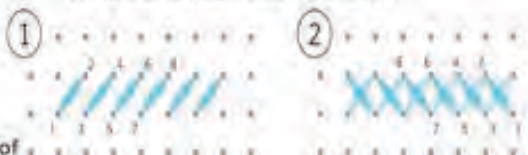
Step 3: Start stitching

Begin by creating a half stitch on the front of your work and hold the thread tail on the underside (step 1-2). Cross stitch diagonally



Flip your fabric over and pull the tail through the loop. This secures your first stitch.

The main goal of neat cross stitching is to have your stitches all face the same direction, so if you have to make a row or more rows of the same colour, you have first to complete a new row of half stitches in one line and then complete on the return journey.



To finish stitching, take your threaded needle and on the back of your work carefully weave through two or three stitches and clip your thread.





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PARISH COUNCIL

The council met on the 3rd October. Following the resignation of Mike Bostock as Chairman the meeting elected me as the new Chairman and Rob Peck as Vice Chairman. The council also welcomed Sally Rowden as a co-opted member. A further vacancy remained and after offering himself up as a councillor it was agreed that David Bowyer should also be co-opted.

During the open forum the matter of speeding in the village was raised again. Making any progress on this has proved difficult and frustrating for the parish as Devon County Council is simply not responding to our pleas for action. I will be in contact with our county councillor, Margaret Squires, to try and move things on. A 20mph speed limit throughout the village is our objective. Meanwhile can all residents please set a good example by driving at no more than 20mph. And as winter sets in, a reminder to those on foot, please wear reflective clothing so you can be seen.

The parish representatives on the Den Brook Community Fund were agreed as Rob Peck and Sally Rowden. The parish has a grant allocation of nearly £4k pa and projects to utilise these funds are needed. (www.den-brook.co.uk). Monachorum Matters (newsletter) has been successful in raising nearly £1200 towards new equipment so if you have a project or idea please speak to Rob, Sally or myself.

The council is considering taking over the village telephone box situated outside the church. It would be available for a community use and ideas are sought. But it would mean that the telephone would be removed. We are not sure if it is ever used and, if its removal would cause hardship, please let me or any councillor know.

All meetings are published on the notice board by the bus shelter or on the PC website www.zeal-monachorum.co.uk. The next meeting will be held on the 28th November at 7.30pm.

Andrew Chandler
acchandler@btinternet.com

Here's food for thought . . .

'The greatest threat to our planet is the belief that someone else will save it'.

Robert Swan OBE, polar explorer

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50 YEARS LONG SERVICE

On 11th August 2019, I celebrated working for 50 years in the Dairy Industry based in the Quality department (or lab, or Quality Control, or Quality Assurance or Technical). I started working at Ambrosia at Lapford on the 11th August 1969, the same year as man landed and walked on the moon, British Leyland launched the Austin Maxi, Ford the Capri and the maiden flight of Concorde took place.

Milk at that time was collected in churns, most in aluminium but some still in the heavy metal churns. Churns were put on a milk stand at the end of the farm lane, waiting for collection (the milk stand at Nymphayes is still visible by Nymphayes bridge). Each churn was labelled with the farmers name and number of churns, the driver would leave as many clean churns as he collected. The churns were manually offloaded from the lorry onto a roller conveyor, lids were loosened then removed by the operator who smelt and inspected the milk. In the summer, milk could be standing in full sun and if not properly cooled, could quickly go sour. Any suspect churns, this could be sour smell, blood in the milk etc, would be pushed aside and then sampled and tested by the lab. Churns that failed the test would be rejected and returned to the farmer the next day with a red rejection label.

Farmers were paid, and still are, on the quality of their milk, the milk from each farmer would be tipped into a weigh-bowl which would hold 10 churns (100 gallons), the milk would be mixed manually with a large plunger and sampled. If a farmer had more than 10 churns he would have a double tip, he was a "Big" milk producer! Milk collection was gradually going from churns to bulk collection in the early 1970's, and churn collection finally ended in August 1979.

Milk delivered to Ambrosia was used to produce the famous Milk Puddings and Custards. Milk Puddings and Custards are still produced, now at the Lifton site owned by Premier Foods. There was also a roller drier and facilities to pack NDM – National Dried Milk.

As the site was near the railway, milk was loaded into rail tankers for distribution to Express at Cricklewood for bottling. Rail tankers were moved to the sidings where they were CIP'd (Cleaning In Place) prior to loading. Ambrosia Lapford was taken over by Express Dairies and closed in 1974. A new purpose built 40 acre site cheese production site was built at South Weeke, North Tawton, named Taw Valley. All milk delivered to Taw Valley was delivered in Bulk Tankers, though there were still farmers selling their milk in churns, and this milk was delivered to Express in Crediton. At its peak, Lapford handled 40,000 gallons of milk (182,000 litres) a day from approx. 750 local producers. Currently at Taw Valley, over 1,000,000 litres are processed every day, producing over 100 tonnes of cheese daily – 7 days a week, 365 days a year. At one time in the Parish of Zeal, there were 14 farmers producing milk, now there are just 2 - how times change.

To be continued!

Margaret Harris

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Can you help Sally and Gavin, at Heron Court? They would like to identify the people or the occasion in this picture which was taken in their garden, most likely when it was the Rectory. Contact them on 82531.



With a page to fill this month we thought you would like to see some of the beautiful photos submitted by our readers - please keep them coming.



This is the bridge near Foldhay and the Fishing Lake after recent heavy rains.
Picture by Tina Bowyer

The picture below shows Ken Hogg's spindle tree, which he says is absolutely magnificent this year. Perhaps it heralds a hard winter.



Curious cattle by Claire Lewis

SERVICES AND SUPPORT

Emergency only telephone services

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Electricity	0800 404 090
Water	0800 169 1144
Roads	0345 155 1055
Telephone	0800 123 3023
Police	0845 277 744
RSPCA	0300 1234 999

NHS

Bow Medical: Iter Cross, Bow Tel. [01363] 82333, Prescriptions [01363] 82749
DOCTOR: Mon, Wed, Fri 8.30 - 10.00 am;
By appointment Tue & Thurs, 3.30 - 6.30pm
NURSE: Mon: 8.15am - 12 noon, 3.00 - 6.00pm
Tues: 8.15am - 12 noon, 2.00 - 6.30pm
Wed/Thur: 8.15am - 12 noon, 4.00 - 6.30pm
Fri: 8.15am - 12 noon, 3 - 6.30pm
DISPENSARY: Mon - Fri, 8.00am - 1.00pm, 3.00 - 6.30pm

NHS Clinical Commissioning Group:

Newcourt House, Old Rydon Lane, Exeter, EX2 7JU
Tel. 01392 205 205 / 0845 140 5005
Email: D-CCG.corporateservices@nhs.net

SUPPORT AND ADVICE

Citizens' Advice Bureau: Exeter - Dix's Field, Exeter, EX1 1QA
www.citizensadviceexeter.org.uk/contact

Rural Devon - 1 - 3 Bridge Buildings
The Strand, Barnstaple. EX32 8IW
www.ruraldevoncab.org.uk
Tel. 03444 111 444 (both of the above)

Farming Community Network: Manor Farm, West Haddon, Northampton
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