

**FREE**

Issue 16 September 2020

# MONACHORUM MATTERS

The newsletter for Zeal Monachorum and St Peter's Parish



*Stooks near Bow by Sally Rowden*

## EDITORIAL

I am sure that we all take pride in the appearance of our village and want it to look at its best as much as possible. To that end a Bulletin Board has been established on the green just below the Church, next to Heron Court. This is intended only for community notices and not for advertising products. If you wish to promote any product please use the notice board on the wall of the Village Hall. Event posters can be placed on the Bulletin Board rather than on telegraph poles and lamp posts, but please remove them as soon as possible after the event.

As well as being more disciplined about village notices we take this opportunity to remind all dog owners to clear up after their dogs. Coming across dog poo in the lanes is most unpleasant for anyone walking around the village, particularly those with young children. Though most dog owners are considerate this has long been a problem in our village; we would like to see the new community spirit that surfaced during lockdown lead to more disciplined behaviour from those who do not pick up after their dogs. Dog poo bins are sited on all the roads that lead out of the village or please take used poo bags home for disposal.

Finally, I find that I am running out of articles for the newsletter. We have had a huge range of interesting pieces sent in and many people have said how much they enjoy them, so do let me have your stories and pictures.

**DEADLINE FOR OCTOBER ISSUE – 8 SEPTEMBER**

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# FISHING CLUB CHAT

Hi All

The lake is fishing well but we still have to take bookings to enable safe social distancing. Anyone wishing to fish on a day ticket will have to call before fishing, as members will have booked on certain days. There has been another incident with people fishing the lake illegally at night: not paying, not safe socially distancing and leaving rubbish about the lake, in fact breaking every rule in the book. We have reported to Dave Waring, the village Police Officer, who is working with the Environment Agency to see what steps can be taken with the offenders. We have had to install cameras at the lake. This is quite upsetting as the lake is for the villagers to enjoy, not just anglers. We have appointed Mr Pete Henshaw as one of our Water Bailiffs and our Security Officer. He will be checking up on fishing licences and day tickets, and also observing general correct usage of the area.

This is quite a sad note for all of us who use the lake correctly and it must be upsetting for Rupert Dodge, our other Water Bailiff who, with his boys, carried out all the good work during lockdown. We would ask villagers who attend the lake regularly to please keep us informed if they see anything suspicious. (Call 07749 329832). We would also like to thank Tina Bowyer for her vigilance in the evenings.

But the good news is that in the last month we had two youngsters in to give fishing a try. Zac Pincombe is pictured below left with his first catch; he looks as pleased as punch, as well he might. My grandson, Teddy Baldwin, is pictured on the right with Jane and his first ever catch. Well done to both of them.



Finally, our calendar for next year is ready again, same price as last year at £7. The calendar will be in memory of my lifelong friend Phil Steane who lost his battle with cancer last month. We will divide the profits between Cancer Research and the Fishing Club.

Tight lines

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## **Boost your immune system with Aloe Vera the Medicine Plant**

Aloe Vera has been used for thousands of years, in several different cultures, as both a medicinal and beauty treatment for a variety of different conditions. Perhaps it is because the gel contains over 75 nutrients essential for overall well-being, including antioxidants, antibacterials, vitamins, minerals, and 19 of the 20 amino-acids needed by the human body.

Ten years ago my knee started squeaking like a rusty hinge on a door and I was referred to the physiotherapist. I arrived for the appointment with my knee wrapped in bandages and thoughts that I would soon be using a Zimmer frame to get around. The physio said the bandages were useless and diagnosed me with osteoarthritis in my knees. I was told to attend a NHS course on arthritis.

The course was very informative advising me to stretch the knees every day and keep active. The physio said some people think drinking Aloe Vera helps regenerate the cartilage, and although this is not as yet recognised as evidence-based by the NHS, this is because no significant research has been done on it. However, it is worth a try.

Ironically, my son had become a distributor for Forever Living, the largest grower, producer, and distributor of Aloe Vera products in the world. He went off to university and left a full box of products at home. So, I read the information and decided to start drinking the Forever Freedom drink which also contains glucosamine, chondroitin, and MSM, which are the main constituents of cartilage.

That was over ten years ago and, today, I no longer suffer any pain in my knees and have the added benefit (especially reassuring in light of the current times), of feeling good and knowing my immune system is in tip-top condition for an active 68 year old.

Forever Living products are a natural, healthy option for us all, including our pets. The company also offers the opportunity for anybody to start a home-based business, with flexible hours and unlimited potential for growth, promoting over 100 Aloe Vera products for an initial outlay of just under £200.

If you wish to try the products and/or start a business yourself, please contact me directly; I will be happy to talk about this or send you a link via email:

Michael Szabo,  
01363-775255  
[mikeszabo60@gmail.com](mailto:mikeszabo60@gmail.com)



## CREDITON FOODBANK

Firstly from the Foodbank and Sally, a big thank you to those of you who donated money so generously for the flowers displayed outside Heron Court during June and July. In all £100, so very much appreciated. This will help to buy fresh food.

The number of people needing to use the Foodbank in July dropped which is wonderful to hear; it is however still double what it was in July 2019. There is hope and that is always a good thing. Again we have been able to make a delivery to the Foodbank every week and that is truly amazing. Thank you. There have been some very happy dogs this last few months so every member of our families have been well fed.

Ongoing needs are:- sugar, UHT long life milk, tinned fruit, rice, custard, children's cereal, washing tablets for clothes, shower gel, shampoo. Tinned meals, pies and vegetables, pasta sauces etc are always welcome and biscuits, of course, always help a cuppa go down well.

Thank you Zeal Monachorum you are amazing.

## COMMUNITY NEWS

**Mobile library:** A reminder that the Mobile Library has a new COVID secure system in place which requires you to order the books you would like at least one week in advance; **email:** [tiverton.library@librariesunlimited.org.uk](mailto:tiverton.library@librariesunlimited.org.uk), or telephone **01884 244644**.

**The next visit is Friday 18 September, stopping at Waie Cross 1.15 - 1.40 pm.**

**Village Hall:** At last I can report that the Village Hall re-opens on 1 September, and the first events are:

Weds 2 September – WI, 7.15 for 7.30pm

Weds 9 September – Coffee morning, 10.30 – 12.00

Sat 12 September – Market, 10am to 11.30 am

There will be some noticeable changes in the way things are managed; the Hall Management Committee has devised systems that comply with COVID regulations and will keep all visitors as safe as possible. For all events we recommend that a maximum of 15 people are in the hall at any one time; this will ensure that everyone can adhere to the 2 metre social distancing rule. Additionally, for the market, there will be a one-way system in place with entry only through the rear door and exit only through the front door. There will be signs in place to indicate this. We look forward to seeing you.

**Martyn Down:** A polite request from Martyn to all who bought plants from him this summer - would they please return to him any pots they don't need so that he can prepare plants for next year.

**Rainfall:** The rainfall for July was 46mm.

## ST PETER'S CHURCH NEWS



As you are all aware our Church has now been closed since March and I know that some of you are asking when it is going to be open again both for private worship and for services. The short answer is, I'm afraid, not for the foreseeable future. The restrictions that are in place with COVID-19 have made it impossible for us to safely open and adhere to all the rules on cleaning. Services are taking place in the larger Churches, and I will post here and on the notice boards any updates to the rota.

It goes without saying, if anyone needs the services of a Priest this can be arranged via the Rural Dean's office. Please do contact the Church Wardens or any member of the PCC for help in this matter.

This month's Eucharist service is at Morchard Bishop on August 16th at 10.30. A regular Eucharist is held at Colebrook the first Sunday of every month at 09.30 with Rev Anthony Geering.

I am pleased to report that regular donations are being received via the Parish Giving Scheme. This enables me to ensure that all the regular bills and outgoings can, at least partly, be met. As you can appreciate, our income this year has been severely affected but, as with all of us, the bills have to be paid, so thank you to those who contribute.

There has been an incident in the Churchyard where a gravestone has collapsed. As there are no known members of family in the vicinity the stone will be laid on top of the grave. For those of you with family members in our beautiful cemetery, please do check the memorials regularly and it would be a great help if graves could be tidied. Alan and Geoff do a sterling job looking after the area but every little helps. As my old Dad used to say "See a weed, pick it up, all that day you'll have good luck" And please, the bin by the Church porch is not for dog waste. There are plenty of bins in this village without using God's dustbin. Keep safe everyone.

Susie

### QUOTES

'It doesn't matter which road you take as long as you are happy with it'.  
*Ventum*

The best six Doctors are; Sunshine, Water, Rest, Air, Diet and Exercise.

'The hum of bees is the voice of the garden'  
*Elizabeth Lawrence*

# THE TROUBLE WITH WORDS

Thanks very much to Tina Bowyer for this piece ; lovers of the English language might enjoy it. It's yet another example of why people learning our native tongue find it so difficult.

There is a two-letter word in English that perhaps has more meanings than any other two-letter word, and that word is UP. It is listed in the dictionary as being used as an adverb, adjective and preposition, among others.

It is easy to understand UP, meaning towards the sky or at the top of the list, but when we wake in the morning why do we wake UP?

At a meeting, why does a topic come UP? Why do we speak UP? Why are the officers UP for election? Why is it UP to the secretary to write UP a report?

We call UP our friends and we use jokes to brighten UP a routine.

We polish UP the silver, we warm UP the leftovers and we clean UP the kitchen.

We lock UP the house and we fix UP the car.

When it threatens rain we say it is clouding UP, but when the sun comes out we say it is clearing UP. When it rains, it wets UP the earth, when it doesn't rain for a while the earth dries UP.

People on occasions stir UP trouble, line UP for tickets, work UP an appetite and think UP excuses.

We open UP a store in the morning but we close it UP at night.

At other times this little word has a really special meaning: to be dressed is one thing, but to be dressed UP is special.

And this is confusing: a drain must be opened UP because it is blocked UP.

We seem to be pretty mixed UP about UP.

To learn about the proper uses of UP, look it UP in a dictionary. In my Chambers dictionary it takes UP almost three pages and has hundreds of different uses.

If you are UP to it you might try building UP a list of the many ways UP is used. It will take UP a lot of your time but if you don't give UP you'll be surprised at how many you end UP with.

I could go on but I'll wrap it UP for now, my time is UP so it's time to shut UP.



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THE BODY SHOP AT HOME

## ACTIVITIES AT THE WAIE INN

We are open for business as usual. Takeaways are still available with full bar menu and daily specials.

For indoor eating, table bookings are preferred. There is an additional daily brunch menu available from 9.30am - midday.

The swimming pool is open for pre-booked hourly slots.

The Sports Hall and Squash courts are also available but for family/bubble members only.



## PARISH COUNCIL NEWS

The Parish Council achieved a first on 3<sup>rd</sup> August when a Zoom meeting was held. Remarkably it went quite smoothly, although clearly face to face meetings are preferred.

The meeting was held primarily to approve some payments and consider three planning applications. The first related to a replacement thatched roof to a property in the conservation area. The Council had no comments to make. Secondly, consideration was given to an application for a 2 storey extension known as 1-2 The Elms. A letter was read out from a member of the public and considered by the Council. It was agreed to support the application but asked that access along the adjoining footpath should be maintained at all times during the works. It was also felt UPVC windows were inappropriate in a conservation area. Finally it was agreed to support an extension to an Agricultural workshop at Lower Reeve.

Concern has been expressed to Councillors as to whether the footpath near Hayne Bridge has been incorrectly moved. The County has inspected and believes it runs in accordance with the path shown on the definitive map. The Council has asked for a meeting to help clarify this.

A site meeting has just been held to consider an application for the erection of 5 dwellings on the site of the chicken houses at Butts Farm. The Council will have a Zoom meeting on the 17<sup>th</sup> August to consider the application. We will have dealt with the matter by the time you read this, but if we do continue to use Zoom, members of the public can join the meeting via Zoom as well.

All meetings are published on the Bulletin Board near the church, or on the PC website [www.zeal-monachorum.co.uk](http://www.zeal-monachorum.co.uk). The Clerk can be contacted on [zmpcouncil@gmail.com](mailto:zmpcouncil@gmail.com) and myself [acchandler@btinternet.com](mailto:acchandler@btinternet.com)

**Andrew Chandler**, Chairman

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# OIL CLUB

Our Oil Club was set up about 7 years ago and since then a number of residents have come and gone from the village. As I haven't promoted it for quite a while it's probably time to let people know that it is running and explain how it works.

In simple terms we buy heating oil as a group; roughly every two months (monthly during the winter) I co-ordinate members' oil needs and then contact suppliers to find the best price I can. We always use local suppliers and by making bulk purchases we are able to secure lower prices than those who buy as an individual. For example, most tanks will usually hold about 1200 litres but the price per litre drops for 2000 litres or more.

Typical savings in recent months have been between 3p and 6p per litre, which doesn't sound very much until you calculate that on 500 litres the saving would be £15 - £30. Over the course of a year that adds up to a considerable sum.

The advantages of joining the club are:

- You pay less for your heating oil than if you buy as an individual.
- The minimum order is 500 litres but everyone gets the same low price regardless of how much you order.
- Buying regularly through the club means you can spread the cost of your oil throughout the year.
- You buy exactly what you need when you need it.
- There is no membership fee.
- By grouping purchases together the number of oil tanker visits to the village is reduced which is better for our environment.

Joining couldn't be easier – just let me have the following details and you will be added to the database in time for the next order. I need your name, address including postcode, telephone number, email address, and the size and location of your oil tank. My contact details are: [jansummerszm@gmail.com](mailto:jansummerszm@gmail.com) / 01363 82571

**Jan Summers**

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STRENGTH

Many of us know that Margaret Harris is, among her other interests, a keen gardener. She regularly exhibits in the Annual Flower and Produce show and last year was no exception. She grew sunflowers, as did many other people, but I wonder how many have had Margaret's experience this year.

The picture on the right, taken a few weeks ago, shows Margaret with a sunflower which grew from seeds produced by last year's plants. This little beauty (I'm talking about the plant) is 6ft 9in tall.

Margaret has done a bit of research and she tells me that the UK record for the tallest sunflower is 26ft, and the World record is 30ft.

Better luck next year Margaret!



## THE VILLAGE WORKSHOP

**David Bowyer, East Foldhay, Zeal Monachorum,  
Credition, EX17 6DH**

**Tel: 01363 82782 Mob: 07802 759284**

**Email: [info@davidbowyer.co.uk](mailto:info@davidbowyer.co.uk)**

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

During the last few months, I have been busy in the workshop designing and making all manner of things made of wood, from storage boxes, first aid boxes, Foldhay Apple boxes in two sizes, Squirrel feeding boxes, patio herb gardens made from pallets, gates, rustic benches, cold frames, Village notice board, potting tables and refuse/recycling cabinets, house signs in oak, as well as repairing furniture.



Flowers add that special bit of colour to any landscape. This flower word search contains the common names for 39 of these colourful blossoms. Search for the hidden flowers by looking vertically, horizontally, and diagonally.



### Flower Word Search

M	C	A	R	N	A	T	I	O	N	N	T	S	T	L	W	E	S
B	U	L	A	A	E	B	N	S	A	I	S	E	E	R	F	U	A
O	A	R	F	S	B	L	L	W	H	I	R	R	L	E	T	I	J
W	B	U	T	T	E	R	C	U	P	O	R	D	W	O	N	S	O
O	A	C	L	U	E	N	O	M	E	N	A	E	L	U	I	S	N
R	A	M	A	R	Y	L	L	I	S	B	L	A	T	I	R	V	Q
R	E	W	V	T	Z	E	U	O	G	E	E	E	O	S	H	J	U
A	T	L	E	I	O	O	M	S	C	E	P	L	S	A	I	A	I
Y	N	L	N	U	C	S	B	P	E	Q	R	I	L	S	B	W	L
S	N	N	D	M	O	L	I	D	O	F	F	A	D	O	I	A	O
N	I	J	E	C	H	I	N	A	C	E	A	I	N	A	S	R	T
A	A	A	R	V	S	N	E	I	T	A	P	M	I	I	C	I	I
P	I	S	S	I	O	U	H	Y	A	C	I	N	T	H	U	A	E
E	L	M	L	C	N	L	C	D	I	I	E	N	I	U	S	M	R
S	L	I	M	A	R	I	G	O	L	D	L	D	O	T	L	O	R
S	L	N	N	A	R	O	B	X	R	U	I	H	E	G	I	I	I
Y	I	E	B	L	I	T	S	A	O	C	A	R	A	A	E	E	P
U	E	C	E	E	L	L	G	E	I	F	R	N	G	D	T	B	N



Amaryllis	Echinacea	Lotus
Anemone	Foxglove	Marigold
Aster	Freesia	Nasturtium
Astilbe	Gardenia	Orchid
Begonia	Geranium	Pansy
Bluebell	Hibiscus	Petunia
Buttercup	Hyacinth	Rose
Carnation	Impatiens	Snowdrop
Columbine	Iris	Tulip
Cosmos	Jasmine	Violet
Crocus	Jonquil	Wisteria
Daffodil	Lavender	Yarrow
Dahlia	Lily	Zinnia



## QUIZ

1. Born in Torquay, whose first novel was published 100 years ago next month?
2. Which of these animals is soon to be introduced into Kent Woodland? Bison, Wildebeest or Buffalo?
3. Which is the only capital city in the world to begin with the letter 'Z'?
4. Which 1969 instrumental was the only UK number 1 single for Fleetwood Mac?
5. What was the name of Malawi until 1964?
6. Stilton cheese can only be made in Nottinghamshire, Derbyshire and Leicestershire, but in which county is the village of Stilton?
7. What is Hippophobia a fear of?
8. What is the OFT?
9. What is the scut on an animal?
10. What does the Hay Festival celebrate each year?
11. What does POTUS stand for?
12. How many counties adjoin Devon?
13. What is the nut inside a Ferrero Rocher chocolate?
14. What are Melissa and Doug well known for?
15. Which food is said to be the most stolen item from UK supermarkets?

### Minute Quiz

Can you identify these sayings?

52 C in a P    1 W on a U    5 R on the O F  
13 in a BD    12 K of the RT

### Answers for August

- |   |  |
|---|--|
| 1. Using only 9 darts to score 501 points                         | 9. AFC Bournemouth                           |
| 2. Received Pronunciation   | 10. 8  |
| 3. The cooking pot on the label is called 'une marmite' in French | 11. Naples                                   |
| 4. Newcastle  | 12. Snap, crackle and pop                    |
| 5. The Lord Mayor of London                                       | 13. Leo                                      |
| 6. Ely Cathedral  | 14. Deciduous                                |
| 7. The fox  | 15. A melon, squash, pumpkin, cucumber, etc. |
| 8. The King of Hearts   |  |

### Answers to the Minute Quiz

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# CLIMATE CATASTROPHE

## SAVING THE PLANET - DRIVING

Many people used their cars less during lockdown and probably noticed the savings in fuel, maintenance and maybe even in insurance. I noticed fewer cars on the road when I did occasionally venture out which meant less reversing, a big bonus! Air felt cleaner, the bird song clearer, wild flowers more profuse.

Transport coughs out about a quarter of the UK's greenhouse gas emissions. It's also a major source of air pollution – linked to 36,000 early deaths a year in the UK. Cars and driving make up about a sixth of the total carbon footprint of the average UK person, according to Mike Berners-Lee. About half of that comes out of the exhaust pipe; roughly a fifth comes from digging up the oil and getting it to the petrol pump; and about a third from making the car in the first place.

A large car emits on average 85% more greenhouse gases per km than a small vehicle, according to figures from the UK Government. A decade ago SUVs made up 17% of global yearly car sales, but now account for 39%. According to the International Energy Agency, this demand for larger cars was the second largest contributor to the increase in global CO2 emissions between 2010 and 2018.

**Could our personal actions help reduce that?** Maybe one person will make little difference, but lots of us following their good example create a critical mass and can lead to a positive tipping point. Many people enjoy driving and are proud of their skills. Check out which of the following tips you're already doing and add the others to your repertoire.

- Driving at 50 mph uses 25% less fuel than 70 mph, all cars operate most efficiently at a speed between 50 and 60mph
- Accelerating and braking gently reduces both fuel use and pollution from tyre residues
- Use high gears, such as fifth and sixth gears, sooner than later
- Drop the revs - It's more efficient to move up a gear at 2,500 revs (petrol) and 2,000 revs (diesel)
- Look after your tyres - well maintained tyres are essential for safe and economical driving
- Check tyre pressures - the correct pressure will improve fuel consumption by up to 2% [might not sound much but over time it's a financial saving as well as an environmental one]
- Don't leave the engine idling - according to the UK Government, every minute a car engine idles produces enough exhaust emissions to fill 150 balloons with harmful chemicals, including cyanide, NOx and PM2. And it's not just people outside the car but those inside are affected too. Apparently many drivers who leave the engine idling do so out of habit.



**Changing cars?** Investigate the efficiency of different models, consider:

- A smaller vehicle
- An electric car. You can get a discount on the price of brand new low-emission vehicles through a grant the government gives to vehicle dealerships and manufacturers. You do not need to do anything if you want to buy one of these vehicles - the dealer will include the value of the grant in the vehicle's price. The maximum grant for cars is £3,000.

**Finally use the car less:**

- Plan ahead and combine trips
- Ask others to buy things for you rather than making a special journey
- Share the car, offer/accept lifts

Bear in mind short trips and cold starts double air pollution. Modern vehicles can emit twice as much pollution in the first five minutes of running. Frequent short trips increase wear and tear in an engine (whether petrol or diesel). It also increases the fuel consumption of your vehicle, as it does take the engine some time to reach optimum temperature.

**Erica Eden**

**EDITOR'S NOTE:**

Apologies for omitting Erica's name from the piece on Lucy Hopkins last month.

## **ZEAL EXPLORERS**

For our July walk six of us set off with two dogs - Teal and Lily - all keen to have a good walk, and chat of course. After a few very hot days and despite the threat of rain we were relieved that the weather was cooler.

We went down to Tucking Mill, over the bridge and turned right along the lane towards the house. Then, up the bridle path beside the house, over the fields until we reached the top road. We turned left towards Serstone and left into the next gate and took the footpath across the fields towards Oak Tree Farm. From there we took the next footpath on the left back to Tucking Mill, by which time the sun had appeared, it was starting to heat up so we were glad to be heading home after a very enjoyable walk.

If you would like to join us next time, we meet on the second Monday in the month at the church car park – our next walk is on **Monday 14 September**.

*Pictured at the end of the July walk are (left to right): Jane with Teal, Judi, Karen, Eleanor with Lily, Sally and Jackie.*

*Picture by Moira Deacon*





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