



THE BUZZ

JULY/AUGUST 2026



Hi Everyone,

As you will see from the following posters the special week for our village which we celebrate each year has come around again.

Not quite like some years ago when we all got involved one way or another but Bridgerule Revel Week can still be celebrated.

Johnny Cowling kicks the proceedings off. Our hall when he came the first time, before the refurbishment of the hall, he called it an upturned boat!! But he has been very complimentary each time he has returned since and of course now we have our shop.

So please support the events happening when you can.

Email: sheilacholwill@btinternet.com

Telephone: 01288 381350

THINGS HAPPENING THROUGHOUT THE SPECIAL WEEK

24th July:	An Evening with Johnny Cowling
28th July:	Annual Show - See Schedule page 6
29th July:	Ramble
30th July:	Skittle Tournament
31st July:	Bingo Evening
01st August:	Coffee Morning



★ JOHNNY ★
Cowling ★

24TH JULY
★ ★ ★

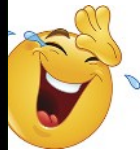
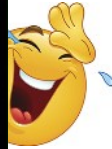
£15
TO INCLUDE
PASTY
SUPPER.

FROM 8.00PM

★ LICENSED BAR ★ RAFFLE. ★

★ **AT BRIDGERULE VILLAGE HALL** ★

TICKETS AVAILABLE FROM **SHEILA 01288 381350**



SKITTLE TOURNAMENT

BRIDGERULE VILLAGE HALL

THURSDAY 30th JULY FROM 7PM



TEAMS OF 4

To include 2 ladies or children

Enter your team to
Audrey 381402 or George 381089

Admission £2 per adult.





ROCK AND ROLL
CLUB



Saturday 25th July

Resident DJ Rocking Zephyr

7:30pm-11:30pm

£5 entry on the door

NO BAR BUT BYO DRINKS WELCOME

Free tea/coffee

Bridgerule village hall EX22 7DZ

More info text Jackie on 07533353388

Find us on Facebook @Tamar rock and roll




ROCK AND ROLL
CLUB



BINGO EVENING

BRIDGERULE VILLAGE HALL

FRIDAY 31ST JULY

£1 ENTRY INCLUDES HALF TIME REFRESHMENTS

DOORS OPEN AT 7.0PPM

EYES DOWN AT 7.30PM



St Bridget's Church, Bridgerule



Saturday 1st August 2026

Bridgerule Village Hall

10.30am – 12.30pm

Raffle and various stalls

Please come along and help us raise much needed funds for the church.

BRIDGERULE ANNUAL FLOWER, VEGETABLE AND CRAFT SHOW

TUESDAY 28TH JULY

All entries to be at Village Hall from 10.00am—1.00pm

Vegetables to be placed on a WHITE paper plate.

ONLY ONE ENTRY PER CLASS

Adults 50p per entry. Children Free

VIEWING FROM 3.00PM

REFRESHMENTS ON SALE

Overall Winners to Receive Perpetual Cup

Rosettes will be awarded for 1st-2nd-3rd in each class

Child with most points to receive a trophy to retain

SCHEDULE : Adult Classes

Home grown Vegetables

3 Potatoes on a plate

3 Onions on a plate

3 Carrots on a plate

3 pods of Peas on a plate

3 French Beans on a plate

3 Runner Beans on a plate

3 Beetroot on a plate

3 Main Crop Tomatoes on a plate

3 Vegetables of same variety not on schedule on a plate

A Whopper—large vegetable grown by the entrant

A Vegetable MISSHAPE from your garden

ADULTS COOKERY:

Victoria Sandwich - Jam Filled

Savoury—Best crimped home made Cornish Pasty.

Shortcrust pastry can be bought if preferred but if entrant

Makes own pastry please state.

Fruit Teabread - To the recipe printed over page.

FLORAL ART -- Floral arrangement in an unusual container

(Arrangement no longer than 18")

Pot Plant - A house plant not necessarily flowering but one that entrant has nurtured for some months.

ART - Drawing or painting unframed/framed up to A3 size.

CRAFT SECTION - Knitted item made by entrant

Crochet item made by entrant.

Embroidery/Sewing made by entrant.

Craft not mentioned in schedule—Surprise the judge!

Item made by entrant that was made when attending **Art & Craft Club**

Photograph - 1. It Happened in Bridgerule

2. Photo of One of the Seasons (Spring, Summer, Autumn or Winter.

CHILDREN:

Cookery 3 made and decorated as you wish Fairy Cakes 8-16 years
Decorated bought biscuit 4 - 6 years.

Art Painting/Drawing - Any Subject
Up to 6, 7-8 years, 9-11 yrs, 12-16 yrs.

Decorated Hard Boiled Egg 5-8, 7-8, 9-11 and 12-16.

Bridgerule School - *All following items will be made by students who attend local school but those that do not attend can enter age appropriate from home.*

Pre School and Year 1 Under the Sea theme

Class 2 Decorating their name

Class 3 A History Theme

RECIPE: FRUIT TEABREAD**Ingredients: 350g (12oz) Mixed Fruit****225g (8oz) Light Muscovado sugar****300 ml (1/2 pint Hot Tea) Made using 2 tea bags****275g (10oz) Self Raising Flour****Zest of 1 lemon****1 large egg beaten****Method: *Put mixed dried fruit and sugar into a bowl. Mix.******Pour over hot tea. Cover bowl and leave in cool place over night.******Preheat oven to 150 degrees fan. Lightly grease or Use a liner.******Add the flour, lemon zest and beaten egg to mixture.******Stir with wooden spoon until well mixed.******Turn mixture into a 2lb loaf tin. 17 x 9 x 9cms.******Level the surface.******Bake for 11/4—11/2 hours until teabread well risen.******Turn out to cool. Remove liner if used before judged.*****Good Luck****BRIDGERULE COFFEE CLUB CELEBRATIONS!**

Our Village Coffee Club has been meeting for a number of years on a regular basis.

2026 sees 8 of its present members celebrating their 80th birthday.

In recognition of this the Club will be having an Afternoon Tea.

Photos will follow in the next Buzz.

A coffee break brain teaser.

By Susan Das

1. 7 D in a W
2. 1 W on a U
3. 12 S of the Z
4. 8 N in an O
5. 64 S on a C B
6. 52 W in a Y
7. 4 W in a M
8. 28 Days in F, except 29 E L Y
9. 76 T of the H P
10. 20 S in a P
11. The G.O.D. of Y, he had 10,000 M
12. 60 M in an H

BRIDGERULES BUZZING COMMUNITY = facebook page

*'If you wish to promote an event in our village...
want something ...or maybe have something for sale'*



*Just let Stacey Hillier Cholwill know and she will upload it on to our
face book page'.*

Stacey is on 01288 381843 or email her on shillier357@yahoo.co.uk

ZUMBA GOLD – Low Impact

Monday Morning 09.30 - 10.30 am
11.00- 12.00 am

Licenced Instructor Sharon Martin

Tel: 07805026364 /or email
shazforty@hotmail.com

**TABLE TENNIS**

Tuesday from 2.00pm
Contact Alan on 07393305655
Email: quilts@hotmail.com

PILATES - Tuesdays 5.45 - 6.45
7.00—8.00

EMILY SKERRETT

Email: ems1982a@gmail.com

Tel: 07828947545

**ART AND CRAFT CLUB**

Wednesday afternoon

Contact Kath on

01288 381459 / or

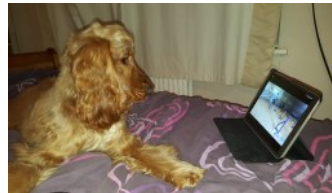
Kathwhatmore@gmail.com

**BRIDGERULE DOG CLUB**

Wednesday AM and Friday AM

Jane: 01288 381085/07500708650

Maggie: 07979853547

**SHORT MAT BOWLS**

Friday from 2.00pm

Contact Scott on 01288 381459





Dartmoor
Multi Academy
Trust

Bridgerule Church of England Primary
School is part of the
Dartmoor Multi Academy Trust family



At Bridgerule Primary School we are proud to be part of the NHS
Big brush club with children in Nursery and Reception taking part in
teeth cleaning everyday.

The scheme is simple and effective, with the
benefits both far-reaching and long-lasting.



Tooth decay is the most common reason for hospital admission in young
children with 1 in 5 children aged 3-5 in England experiencing tooth
decay.

Our Goals:

- Improve oral wellbeing in children
- Build a foundation for lifelong oral health
- Reduce pain and disruption due to tooth
decay
- Support the NHS

Working together to improve
children's lives through reducing pain
and disruption due to tooth decay

Heard of Fake News – Now it's Deep Fake

We can no longer trust what we hear or see on our Computers, Tablets or phones. Why? Deep fake activity has become the norm – AI has improved in such leaps and bounds over the past 2 years nothing on the internet should be trusted. It's a sad statement but very, very true!

Images created, voices cloned and novels written, society as a whole is facing serious dilemmas as it will soon be impossible to tell what is factual and what is false.

Thankfully there are still a few ways to spot a fake, but it's difficult, check the following;

- Who is sharing it? Is it a strange account or senders address?
- What is their purpose? Are they asking for likes or cash?
- Check the "Head Tilt": Some AI videos still show distortions.

And if a "deepfake" person is calling you, ask for them to wave their hand in front of their face – it could break the filter.

To prove a point, I created a Christmas song called Little Bells, using only AI tools, which took less than an hour to produce and it is all fake. This can be seen and heard by linking to <https://youtu.be/HOhzUVcF75A>



Don't think for one second only Techy Nerds can produce AI fakes. Anyone with a computer and an internet link can do it, and it doesn't take long to learn. Much of it is also free to try with a few credits thrown in just for signing up and where previously expensive machinery or software had to be used, that is no longer the case everything you would want to change or create imagery is done in minutes by selecting the correct action or style – it's never been easier!

It's now almost a "CHEATS CHARTER" were the "Con-man or Con-woman" has a new range of tools in the scammer's arsenal. Passports, driving licences and ID cards can all be re-produced quickly, easily and with high degree of accuracy and you or anyone else would not know the difference.

The government should by now have legislation in place to control this type of fakery but as ever they will think about it for so long, without action, that every politician could be cloned and find themselves voting for changes in legislation without them knowing it!

Impossible you might say, anything is possible with computerisation these days!

But regulation is severely lacking, which means more sophisticated scams will be heading our way!

For help and free advice, telephone Brian Meadows 01288381061
Nofix-Nofee Computer Repairs Services

NEIGHBOURHOOD WATCH NOTES

Here it is, July and August - holiday months. So not only you going away for an enjoyable experience, but the criminals are coming down here for their holidays to see what they can pinch or con for their livelihood. Hence keep an eye open with your neighbours for strange persons around. Do not let them get into your property. Keep things closed and locked up including your vehicles. You must call 101 if things look suspicious, or 999 in cases of emergency.

Every day I get to know about another scam. The scammers are now telling us that we need to call 159 to check with the bank, in their introduction. They stay on the line waiting for you to do so. The point is that you have to say the name of your bank on 159 whilst they are listening. Clever, but not if you phone someone else first for clarification. Never press the button to talk to the security team, or whatever, it's not them at all.

True callers don't need you to do that. And the police, Microsoft, Amazon or broadband providers don't contact you this way. The scammers are phoning multiple numbers and only if you respond do they have someone to work on.

Similarly with emails or text messages. Never click on a link even if it says it is urgent. Only scammers want you to panic. "Don't Panic, Don't Panic". If you shop online be extra careful. The police suggest you don't save your card details with the retailer, and have different passwords for each shop.

You might have heard the term 'What three words' in reference to a patch of ground. The police say that use three words for a secure passphrase - not "What Three Words" though please.

Have a pleasant holiday and may the weather be with you (courtesy of GQT).

John McDougall
Coordinator

Telephone 01288 381381237



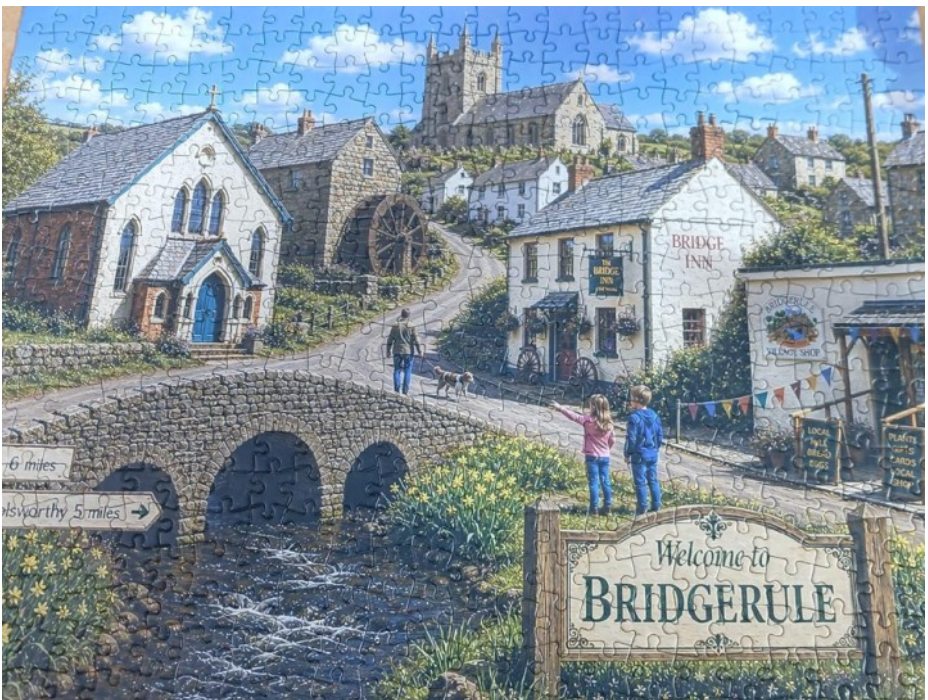
BRIDGERULE COMMUNITY SHOP

Shop Annual Members Meeting Wednesday 15th July at 7.30 pm

All welcome to hear results for our first full trading year and plans for the future. A chance for you to have your say.

Light refreshments will be served

Our jigsaw has arrived and are selling well. They are excellent quality and made here in Devon.



So far this month the shop has sold 500 cans and bottles of drink!

HAPPY BIRTHDAY EVERYONE:

Audrey Bewes for 1st August
 Linda Weekes for 5th August
 David Hale for 14th August
 Raymond Bewes for 15th August
 Ellie Mitchen for 26th August
 Linda Goodman for 29th August

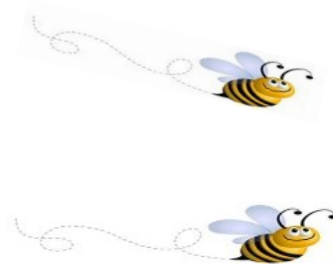
Gill Hedley for 26th September
 Alan Weekes for 29th September

**SHEILA'S
 MENTIONS**


The Buzz would like to remember Ray Viney who passed away suddenly on May 25th.

His funeral will take place on July 6th at the Crematorium and family and friends will return to our Village Hall to remember him and for refreshments.

For several years Mr Varney gave permission for the Revel Committee to make use of his field for turning the carnival floats.



**No dog
fouling**

It clearly states that no dogs are allowed in our Children's Play Park.

Please abide by this rule!!

Those who have kindly agreed to sponsor The Buzz are:-

John & Sylvia McDougall - Uplands	P.J. Bobcat Hire— Colin Cholwill
Robert & Julie Honey - South View	Chris & Rose Hitchings - The Hitching Post
St Bridget's Church Bridgerule	Alan & Rosie Beat —The Mill
Angela Brock—The Green	Miss. M. Field - 10 Southfields
Mr & Mrs Steel - 8 Southfields.	Bob and Ellie Mitchell - Littlebridge Meadows
Mr & Mrs Allison - Canna Park	John & Sonia Gardener - Buttsbeer Farm
Fred Bond -The Green	Grenville & Margaret Cleave - Garden Ridge
Linda Goodman—1 Bridge Park	Mrs. Sybil Prouse - Rydon
Christine Gee - Southfields	Richard & Gill Heal - Holsworthy
Bill & Margaret Eastcott- Littlebridge Farm	Steve and Jo South -Brensham House
Neville & Wendy Rimmer - Silverstone	Michael & Jeannette Yeo - Holsworthy
Paul & Stacey Cholwill -1 Littlebridge Cross	Marilyn & Victor Pickett— Southfields.
Joan Thornton- Atlanta	Ray & Audrey Bewes -The Green
Michelle and Paul Sanders - Rimmersleigh	David & Vivienne Hale -Lodgeworthy
Gwynneth Cameron - Southfields	Mrs. J Bowden - St. Catherines
Mervyn & Sylvia Lucas - Bude	Malcolm Newton —Southfields
Marion Abbott - 2 Bridge Park	
Trevor & Sue Bowden -Churchtown	Roger & Diane Green —Moorside
John & Carol Palmer - Holsworthy	Julie Reddcliffe - Holsworthy
Michael & Linda Moore—Okehampton	Kevin & Leslie Bowditch - Littlebridge Meadows
Les & Betty Slade - The Green	Darren & Tasha Stephens - Sanctuary Lodge
Ray & Jan Orchard - Sunnyfields	Bill & Lynn Keeley - Canada
Heather Fraser - The Green	Pete & Angela North - Kents View
Tim and Carol Honey - Grove Farm	Barry & Joan Marshall - Littlebridge Meadow
Alan & Linda Weekes - Littlebridge Meadow	Don & Georgina Hemmings Littlebridge Meadows
John and Michelle - Jardine	Miss P Glover - Lower Dux
C & L Clocks— Glencarne	Dave & Karen Thomas - The Forge
Shaun and Sonia - Elm Cottage	Mr & Mrs D J Best - Old Mill View
Mrs J. Vinnicombe - Holsworthy	Steve and Dee—Southfields
Rick & Sarah Hallett—Littlebridge Meadows	June Roger—Springbank
Mr & Mrs James—Borough View	Tony Wallis—Littlebridge Meadows
Mrs Christine Routley—Holsworthy	Peter & Clarice Harris -Highlands
Malcolm & Joyce Shadbolt—Kildare	Sue Cowan-Dickie -
Trevor & Linda Snowden—The Green	Hilary Taylor—Southfields
Freda Lacey - 8 Bridge Park	Scott & Kathy Whatmore - Brooklands
Graham & Claire Braund—Littlebridge Meadows	Nigel and Crystal - Tackbear
Barry & Lisa Lucas - Elmpark	Phil & Doreen Elswood Cair Paraval
Sarah—Javad	Alex and Emily—The Old Paddock
Winnie Westlake—Arthmead	Rob & Carol Cox - Willow Crest
Richard & Leila Camp - 1 Meadow View	Colin & Helen - Bridgerule
Fred and Suzanne Cogdell—Green Pastures	Paul & Pauline Latham - The Green
Richard and Michelle Chinn	David & Sharon Leach Macarthur Close
Phil and Sue Sanders—26 Southfields	Ian and Tracy—Larapinta
Rex and Helen Eccott—Crosspark	Joan Whatmore—Southfields
Ken & Liz James - Merrifield	Gautam & Susan, Camellia, Canal Rise
Christopher & Heather Darwin	Palmer Family— Tamar House
H Taylor - Southfields	Ray & Shirley Delaforce
Tom & Lucy Murray	Bob & Donna Cooper—Southfields
Ron & Sheila White—Littlebridge Meadows	Jane Charlesworth—Littlebridge Meadows
Steven & Annie Youldon—Knowle	Richard & Michelle Chinn
Colin and Sue Sylvester 29 Southfields	

ST. BRIDGET'S CHURCH

SUNDAY MORNING SERVICES



5th July 11.00am Eucharist with Rev. Alison Hardy
12th July 11.00am Morning Prayer with Mary Aicheler
19th July 11.00am Joint Service at Methodist Church
26th July 11.00am All Age Eucharist with Rev. Alison Hardy

2nd August 11.00am Eucharist with Rev. Alison Hardy
09th August 11.00am Morning Prayer with Mary Aicheler
16th August 11.00am Joint Service at Methodist Church
23rd August 11.00am All Age Eucharist with Rev. Hardy
30th August 10.00am Benefice Eucharist at Hollacombe

BRIDGERULE METHODIST CHURCH

Services at 11.00am unless marked

5th July Cath Paddon Café' Church
12th July No Service
19th July Chris Forster
26th July Service at St. Bridget's

02nd August Clive Smale
09th August No Service
16th August Rev Meg Slings - Holy Communion
23rd August Service at St. Bridget's
30th August Local Arrangement

POTTERS FISH N THINGS**SCHEDULE FOR VISITING BRIDGERULE****VILLAGE HALL CAR PARK****4.30pm—7.00pm****NEXT VISIT****30th April 2026****Thereafter every 2 weeks.****No Transport?****RING AND RIDE**

- Door-to-door minibus service for all ages, wheelchair & scooter accessible

CARS FOR CARE

- Door-to-door service for medical appointments, 45p/50p per mile

HERE FOR HIRE

- Mini Bus Hire for Community Groups & Charities
- £100/day - £65/evening , self drive (experience of driving a larger vehicle required)

Call

01409 259001

office@holsworthy ruraltransport.co.uk

The Carroll Suite, Holsworthy Memorial Hall, Holsworthy EX22 6DJ

BRIDGERULE VILLAGE HALL**HIRE HALL: £40 to include small kitchen****BOOKING CLERK: Telephone: 01288 381350****sheilacholwill@btinternet.com****Special Price for Local Clubs**



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QUIZ ANSWERS

Solution.

1. 7 Days in a Week

2. 1 Wheel on a Unicycle

3. 12 Signs of the Zodiac

4. 8 Notes in an Octave

5. 64 Squares on a Chess Board

6. 52 Weeks in a Year

7. 4 Weeks in a Month

8. 28 Days in February, except 29 Every Leap Year

9. 76 Trombones of the Hit Parade

10. 20 S in a P



Broken Window? Misted
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DS MICROSUCTION EAR WAX REMOVAL

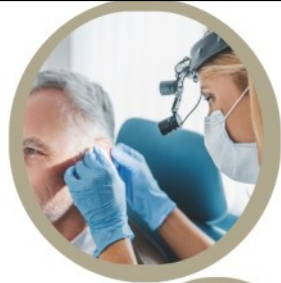
At DS MICROSUCTION, we provide safe, gentle, and effective ear wax removal. Specialising in Microsuction & Water Irrigation techniques. All within the comfort of your own home.

Why Choose Us?

- ✓ Expert Care
- ✓ Trained Specialist
- ✓ Childrens service available
- ✓ Immediate Relief
- ✓ Out of hours service
- ✓ Clinic & Mobile Appointments

Location

Covering Bude, Launceston, Holsworthy
& Surrounding areas



Contact Us

☎ 07539663189

🌐 www.dsmicrosuction.com

✉ dsmicrosuctionbude@gmail.com

A few useful telephone numbers perhaps:

Holsworthy Medical Centre	01409 253692
Stratton Medical Centre	01288 352133
Holsworthy Hospital	01409253424
Stratton Hospital	01288 287700
Stratton Minor Injuries	01288 287701

**J&P PLUMBING HEATING
&
Home Maintenance**
Telephone Paul:
01288 381085
07500876642
07500708650

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- Thickened Nails
- Fungal infections/Athletes Foot
- Nail Pain
- Diabetic Feet Management
- Dressings and padding to aid healing and comfort.

Reflexology session can be booked separately.

Kate Lord Dip: MFHP IIHHT
 Medical Foot Health Practitioner
 & International Institute of Health
 & Holistic Therapies.

Fully insured, DBS checked,
 Governing Body CPS Certificates
 available if you require.



I am a local lady who cares passionately about foot health care. Our feet are the most unappreciated and often most neglected parts of our body and yet they carry us through the whole of our lives!

**Kates Complete Feet
Mobile Foot Practitioner**

Contact: 07557379099

Email: KatesCompleteFeet1@gmail.com

WHEELCHAIR AVAILABLE

If anyone has a family member or friend coming to stay who may be in need of a wheelchair for a short period.

The hall has one that can be made available.

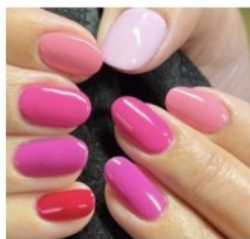
Contact Sheila 01288 381350 or a member of the hall committee.



Fencing, Landscaping
& Groundworks

07534 428556

williamtozer10@gmail.com



I am a Nail Technician specialising in natural nails. I work from a tranquil home salon in Week St Mary. I am passionate about looking after the health of your natural nails so exclusively use CND Shellac – a gel polish that causes no damage to the nails. Flexible working hours to suit your needs.

- CND Shellac Manicures and Pedicures
- CND Vinylux nail polish
- Callus Peel, a safe gentle treatment for hard skin removal on the feet
- Nail Art
- Healthy Nails Programme (for nail biters)

Contact me [today](#)

0775 1094209

Tracyann Hutchins

Stoneleigh, Week St Mary, Cornwall, EX22 6XA

email: info@izzyb.co.uk

Website: www.izzyb.co.uk

Facebook: www.facebook.com/izzybnails

Instagram: www.instagram.com/izzybnails



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Jammin Nights
Mondays & Wednesdays
From 8.00pm

THE BRIDGE INN

Telephone
 Pam

01409 828119

(please note change of number)

General Knowledge Quiz

Every Sunday Evening - 7.30pm

Maximum of 6 per Team

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Tel: 07731961653

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shortandabbott@outlook.com

Do you need help with food?

Torridge is working with the Northern Devon Foodbank, Bideford to provide essential help to those who need it the most this winter. Please see the application process below.

1

Contact Torridge District Council
01237 428700 - Option 9
customer.services@torridge.gov.uk

2

You will be issued with a voucher number to
take to your nearest Trussell Foodbank
(Bideford or Holsworthy in Torridge).

3

Foodbank contact details and locations
01237 422243 or 07422 651252
Bideford - Supreme House, Pitt Lane, EX39 3JA
Holsworthy - Manor Suite, Memorial Hall, EX22 6DJ
Visit northerndevon.foodbank.org.uk for more locations



ARTHUR W. BRYANT FUNERAL SERVICE

BUDE
01288 352282

HOLSWORTHY
01409 253000

CAMELFORD
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