

THE BUZZ



IT IS ADVISED ... THAT CLOTHES SHOULD
BE TAKEN OUT OF WARDROBES –
TO AIR THEM OCCASIONALLY.

RECENT STUDIES HAVE SHOWN THAT
CLOTHES KEPT IN WARDROBES
DURING LOCK-DOWN
WILL SHRINK !

SEPTEMBER/OCTOBER 2021



Dear Buzz Readers,

I am pleased to be able to report that our Outreach Post Office Service, with Chris Hutt in charge is working well. Once we can show that the service is being consistently supported it is likely that the hours of opening will be extended.

Please remember that if you visit www.bridgerule.co.uk you will find interesting facts about our village. Everything listed under a specific heading.

If you have anything you wish to have published in the next Buzz please let the editor know by the 20th October. She is always ready to accept anything other people might find interesting to read. Don't forget if you wish to publicise an event in our village or a sale of something just let Stacey know on 01288 381843. She will then upload it on to Bridgerule's Buzzing Community facebook page. It has proved a popular and successful way of publishing many local events and items.

Sheila Cholwill Editor

Telephone: 01288 391350

Email : sheilacholwill@btinternet.com





FRIDAY 29TH OCTOBER

BRIDGERULE VILLAGE HALL

DOORS OPEN 7.30 PM

EYES DOWN 8.00PM

Proceeds for Bridgerule Football Club

BRIDGERULE

Open Mondays 09.30am—11.30am

VILLAGE HALL



- | | |
|--------------------|-------------------------|
| ▪ Cash Withdrawals | ▪ Home Shopping Returns |
| ▪ Cash Deposits | ▪ Car Tax |
| ▪ Cheque Deposits | ▪ Drop & Go |
| ▪ Postage | ▪ Stamps |
| ▪ Parcels | ▪ DVLA & Licences |

.....and so much more!

The chain of survival

In the event of a cardiac arrest, defibrillation can help save lives, but to be effective, it should be delivered as part of the ***chain of survival***.

There are four stages to the chain of survival, and these should happen in order. When carried out quickly, they can drastically increase the likelihood of a person surviving a cardiac arrest. They are:

1. Early recognition and call for help. Dial 999 to alert the emergency services. The emergency services operator can stay on the line and advise on giving CPR and using an AED.
2. Early CPR – to create an artificial circulation. Chest compressions push blood around the heart and to vital organs like the brain. If a person is unwilling or unable to perform mouth-to-mouth resuscitation, he or she may still perform compression-only CPR.
3. Early defibrillation – to attempt to restore a normal heart rhythm and hence blood and oxygen circulation around the body. Some people experiencing a cardiac arrest will have a 'non-shockable rhythm'. In this case, continuing CPR until the emergency services arrive is paramount.
4. 4.Early post-resuscitation care – to stabilise the patient.

As you are all probably aware Bridgerule are the proud owners of a defibrillator and this is located outside the Village Hall.

Unfortunately, this piece of life saving equipment has been receiving the wrong attention and on more than one occasion its been interfered with and the cabinet door has been left open.

Can I stress that this piece of equipment saves lives and must be ready to use at any such time. Please could you take the time to talk to your children and explain the importance of this piece of life saving equipment.

If this problem carries on then there maybe a possibility that a keypad will be fitted to the cabinet which could add vital minutes to saving someone's life.

Thanks for you time

Ric Hallett





**REFRESHER BASIC LIFE
SUPPORT**

WITH USE OF DEFIBILATOR



BRIDGERULE VILLAGE HALL

MONDAY 27TH SEPTEMBER 7.30PM

**TAKEN BY DARREN CORNISH Qualified Instructor of Basic Life Support-
CPR—use of AED/Qualified and State Registered Paramedic**

Teas and Coffee will be available during the evening



Torrington Mobile Library visiting Bridgerule

1st September 2021

27th October 2021

Bridgerule Village Hall 14:00—14:30

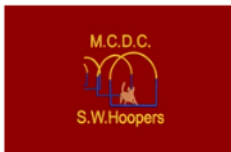
Bridgerule Uplands 14:40—15:20

Customers will be able to come on board the library van, individually or in their household bubbles, to choose books and other items. To make sure that there are enough books to go around we will be limiting borrowing to 5 items per person for the time being.

Face masks to be worn, everyone to use the hand sanitiser and observe social distancing rules when using the mobile library. Returned books will be quarantined for 72 hours.

MUTLEY CREW DOG CLUB (K.C. Listed) AND SOUTH WEST HOOPERS

Obedience Classes at Bridgerule Village Hall



Training for all breeds of dogs from puppies to veterans.

Kennel Club Good Citizen Dog Scheme

**Wednesday Mornings from 10.30-11.15 – Puppies and Beginners £3
11.30-12.30 Improvers and Advanced £3**

**Wednesday Evenings 6.30-7.15 p.m. Puppies and Beginners £3
7.30- 8.30 p.m. Improvers £3
8.45- 9.45 p.m. Advanced £3**

Friday 10.30-12.30 Rally Obedience/Play for all levels £3

Hoopers for all levels (dogs must be a year old) at Bridgerule (in a field)

For Hoopers information Tel: 07905 359011 (Margaret)

***For Obedience on a Wednesday/Friday—information or to book
Tel: 01288 381104 (Chris)***

Or see us and message us on Facebook –Mutley Crew Dog Club

*Please note that by supplying material for publication in **The Buzz** you are also giving permission for the same material to be published on The Bridgerule website at www.bridgerule.co.uk. The Buzz is not necessarily in agreement with the opinions expressed in this magazine and accepts no responsibility for transactions with private or trade advertisers. All information thought correct at time of going to press.*



ZUMBA GOLD – Low Impact

Monday Mornings 10.00 – 11.00am

Monday Afternoons 2.00pm

With Licenced Instructor Sharon Martin

ZUMBA – Medium Intensity

Tuesdays 6.30 – 7.30pm

Tel: 07805026364 /shazforty@hotmail.com

TABLE TENNIS

Tuesday Afternoons from 2.00pm

Telephone Jill on 01409 254349

SHORT MAT BOWLS

Friday Afternoons from 2.00pm

Telephone Alan on 01288 382988

DOG OBEDIENCE

For details see separate advert in this issue

ART AND CRAFT CLUB

WEDNESDAY SEPTEMBER 8TH—2 Weekly

Telephone Joan on 01288 381002

GARDEN BONFIRES

The Editor received an email recently asking residents of our village if they would be mindful when lighting a garden bonfire during the day.

We ladies are far too busy to put our washing out in the fresh air for it to have to be brought in again tainted with the smell of burning garden refuse!

GLEBE BEER FESTIVAL

AND A GOOD TIME WAS HAD BY ALL!!

THE SAMPLERS



THE ENTERTAINERS



THE SELLERS



YOUR VILLAGE!



8 YEARS AGO, DO YOU RECOGNISE THEM?

**2013 Revel
Week.**



LLOYDS PHARMACY

Maybe you cannot get to picking up your prescription medicines sometimes!

Lloyds pharmacy has a service available that can help you.

The Chemist has a delivery service available on a Monday, Wednesday and Friday Mornings.

A delivery charge of £5 for a single delivery but you can sign up for 6 months unlimited deliveries for the sum of £30 per person.

Possible more options available; best to telephone Lloyds Pharmacy Holsworthy on 01409 253461 for more details.

SHEILA'S MENTIONS:

Birthday Wishes to:

Sheila Gatland for 11th September
Marilyn Pickett for 15th September
Rachel Smith for 21st September
Trevor Snowdon for 22nd September
Brian Beadle for 22nd September
Gill Hedley for 26th September
Alan Weekes for 29th September
Barbara Bowden for 9th October
Ken James for 19th October



Congratulations:

Congratulations to Aron and Georgina Braund on the birth of their second son Charlie Redvers. A baby brother for Archie.

We Remember:

Our thoughts and prayers are with Colin, Margaret, Audrey, Marilyn, Arthur and their families on the recent death of mum, nan and friend Alma Short.

Mrs Short was 91 when she passed away and had lived in her home at 6 Bridge Park for many years.

Our Thoughts:

Our thoughts are also with Sue Cowan-Dickie and her family on the loss of mum, gran and great gran, Margaret Wickett.

Neighbourhood Watch Notes

Scams only seem to get worse, or better, depending on your point of view and sense of humour.

We have just had the Devon Air Ambulance magazine, "Helipad", delivered, as we support them and Cornwall Air Ambulance's weekly lottery.

David Fitzgerald from Radio Devon writes of several scams he has listened to on his mobile. Almost the main thing he says is never press whatever number the caller asks you to do. Albeit he did once with amazing results. Normally if you do press their chosen number your phone bill gets an inordinate sum attached.

If you have Saga Insurance they offer a phone helpline to identify scams. 0800 656 9921 open 24/7.

I have already told you how to report scam emails on 'report@phishing.gov.uk' or to Action Fraud on 0300 123 2040.

If it's a text message forward it to 7726.

Anyhow, now we come to the time of "Mists and mellow fruitfulness" or towards winter if the poet John Keats doesn't answer. Some phrases just stick in the mind.

So be careful who you let in to your home. Are they who they say they are ? Do check but not with the door open.

Keep your property locked up especially garden sheds and offsite garages etc.

Remember that banks and other agencies will never ask for your card details or PIN. It's not the police or HMRC (offering refunds - don't be daft !) just put the phone down.

If I say don't get caught out, I am not addressing the criminals. Their time will come.

PS Do not believe that you are getting an email NHS vaccine passport. These emails are fake, not true. Only the NHS offers free vaccine. Anyone asking for money is a conman. Delete the email or pass it on to 'report@phishing.gov.uk'

Stay safe amongst the tourists with the virus.

Be responsible even if they aren't.

John McDougall

Bridgerule coordinator Tel: 01288 381237



Holsworthy Walk and Talk

In addition to our programme of walks this month, our Group was invited to visit an organic Pick Your Own sweet corn enterprise on Sunday 15th August. The enterprise has been set up by John and Pat on their farm at Chasty Prior, Chasty Lane, Holsworthy in addition to Pat's wedding carriage business. Twenty-three of our members were able to attend and enjoyed an interesting and informative visit together with lovely views of Holsworthy Town and out towards Chilsworthy. During the visit we admired Pat's beautiful horse-drawn carriage and followed various paths through the sweet corn crop, easily accessing the sweet corn cobs which were then taken home for a tasty finale. Many thanks go to John and Pat for their kind hospitality and we wish them every success with their ventures.

Our invitation by John and Pat highlights the many benefits of being involved with a 'social' group such as Holsworthy Walk and Talk. Meeting with others on a regular basis opens up more opportunities for being introduced to new experiences and discovering more about our local area. The restrictions which Covid has placed upon us have highlighted just how important it is to be able to get out and about in the fresh air, to exercise our bodies and stimulate our 'little grey cells'.

We walk on Mondays and Fridays. All walks start at 10.30 am and are FREE. Membership forms will be available from our Volunteer Walk Leaders prior to the start of the walk.

Walk programmes and further information are available from:
holsworthywalkandtalk@gmail.com

WHEEL CHAIR

**If anyone has a family member or friend coming to stay
 and may be in need of a wheel chair for a short period.**

The hall has one that can be made available.

The wedding of Michael Harris and Hayley Thompson of Rockbank Bridgerule took place at St Bridget's Church on Saturday 31st July at 12 noon.

Hayley was chauffeured to the church in a White Classic London Taxi by The Little White Taxi of Bude.

The bridesmaids were the couples children, Florence and Delilah alongside niece Iris and Page, nephew Travis.

The ushers were son, Finn and sister, Valerie. The reception was held at Milton Barn, Marhamchurch.

The honeymoon is to follow.

As the bride and groom left the church to the sound of the church bells, being rung for the first time in fifteen months, all the guests formed a guard of honour at the church path and greeted the couple with confetti of dried petals.



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***

BRIDGERULE COFFEE CLUB

Have resumed meeting on a Tuesday Morning



Sheila and Audrey welcome anyone who would like to come along.

Price £2.50 which includes cheese scones, cake, a couple of cups of coffee and of course you can meet up with friends or neighbours for a natter!

Occasionally we have speakers and hold events for charities

Next Coffee Club is Tuesday 14th September —10.30am



BRIDGERULE METHODIST CHURCH

Welcome you to their

SERVICES FOR SEPTEMBER/OCTOBER

September 5th 11.00am Mrs. M. Hodges

September 12th 11.00am Rev. Neal Street and

Christening of Matilda Suzanne Ridley

October 3rd HARVEST FESTIVAL - Mr. Courtney Drew 11.00am

Friends of St Bridget's will be joining us

October 4th HARVEST FESTIVAL- 7.15pm with Mr. Mark Shears

Followed by Light Refreshments and Auction of gifts in the chapel

October 17th Mrs Jan Orchard 11.00am

October 31st Mr. J. Guy 11.00am



ST. BRIDGET'S PARISH CHURCH
SERVICES SEPTEMBER/OCTOBER

12th September 11.00am Eucharist

19th September 11.00am Morning Prayer

26th September 11.00am All Age Eucharist

3rd October 11.00am Harvest at Methodist Church

10th October 11.00am Harvest Eucharist to be joined by Methodist Chapel

24th October 11.00am All Age Eucharist

BRIDGERULE PARISH COUNCIL

Chairman Councillor John Medland - Telephone: 01288 381503

Clerk to the Council - Mrs. Mandy Harvey

Email: bridgerulecouncil@outlook.com

PARISH COUNCILLORS:

Mr. K. James

Mr. C. Seymour-Smith

Mr. J. McDougall

Mr. B. Beadle

Mr. D. Hale

Mrs. S. Hillier Cholwill

Mrs. S. Cholwill

Mrs. C. Houghton

Mrs. J. Philpott

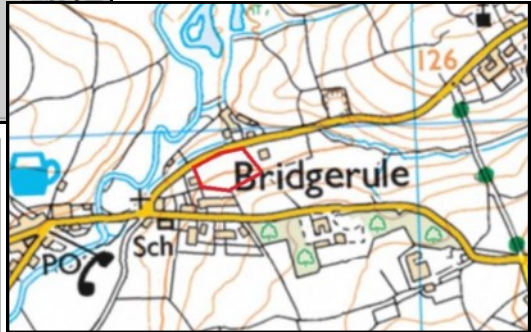
**Parishioners please note that the Council now meet on the 3rd
MONDAY of each month in the Village Hall at 7.30pm prompt.**

***If you have something you would like to report on, a short dedicated
time will be given to you at the beginning of each meeting***



TDC GRANT OUTLINE PLANNING PERMISSION

Outline Planning Permission to build 5 dwellings on Mill Road Bridgerule has been granted on behalf of Mr and Mrs. M. Lucas of Elm Park.



ROAD CLOSURE

It was reported at the last Parish Council Meeting that the road from:

**BOROUGH CROSS TO LITTLEBRIDGE CROSS will be closed from
15th—23rd November**



Holsworthy Amateur Theatrical Society

HATS have made the decision of not to perform their usual pantomime in 2022.

Microsoft, a follow-on...

Six years ago, Microsoft released Windows 10 and made a promise it would be the last of the Windows Upgrades. That promise has been broken and we are expected to welcome Windows 11 due on release around this time.



I wrote a few weeks ago Windows 10 X is being designed to display a central menu link on the task bar with several flexible screen displays; well, they have and hey presto its Windows 11, (interestingly, it wouldn't work before as Windows 10, but will now it's called Windows 11) their

issues revolve around security, Microsoft want to increase encryption in their software and have brought into play a Trusted Platform Module (TPM) this is a security chip embedded in the motherboard of modern systems that provides a hardware-based tamper resistant environment.

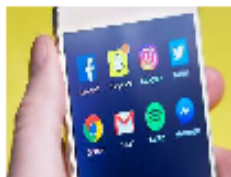
This is great if you have a system built after 2017, sadly systems built before this time don't have it, so Windows 11 will not work on these computers. Now that isn't too much of a problem as Windows 10 will still run on your old computer, or should I say until October 2025, when Microsoft will cease supporting Windows 10 and like Windows 7 it will become increasingly vulnerable to hackers! This deadline may be extended, but don't hold your breath!



Also, some technical boffins have already identified, Windows 11 cannot be installed on some more recent systems and with others the BIOS has to be re-configured and the TPM activated, Microsoft have written "we are working on it!"

So, as will be the case for millions of owners of older systems, a new computer may need to go on your Christmas list in the near future. That is unless you change the operating system to Chromium, Linux or similar, which will allow you to keep your old computer running and still access the internet, write letters and print documents.

It's a frightening thought, a mountain of computers being disposed of and a hackers dream of all the discarded hard drives that has personal & private information stored on them. At the time writing no decision has been made as to whether Windows 11 will be a free upgrade or a purchase, time will tell!



Mobile phones are no longer a plaything of the wealthy, they have become a necessary tool for everyone, young, old, rich or poor and if you haven't fallen victim to the need, you soon will! All banks are moving into double security tags, which means if you don't have a smart phone, you may not be able to access your money!

**For help and FREE telephone advice contact
Brian Meadows, Nofix-Nofee Computer Repair Services
Tel: 01288 381061 or email: mail@nofix-nofee.net**

Kelvin and Katherine Davey celebrate their Silver Wedding Anniversary on 7th September .

Katherine continues:

We met in the summer of 1992 at the Widemouth Manor. I was 16, living with my mum, dad and my brother Simon at Merrifield and Kelvin was 18 and living in Stratton. I was just finishing my GCSEs and Kelvin was working in the building trade. After completing my GCSE's, I began attending North Devon College to study for my A levels. When I was 18 we got engaged and I started working in the Civil Service. We looked at houses, but couldn't afford much at all, so my dad had the idea that we could build our own home at Merrifield on an old vegetable patch next to them on the farm. On the 7th September 1996 we got married at St Bridget's Church. Kelvin's school friend, Martin Townsend, was best man. Our bridesmaids were my cousin, Rachel Winfield and Kelvin's step nieces Kelly Pepperall, Sam and Katy Kearley. Our wedding reception was held at the Bullers Arms in Marhamchurch and our honeymoon was spent in Jamaica.

When we returned from honeymoon we moved into our bungalow, Primrose Bank, which Kelvin had built and is still our family home. We are so proud of our boys, James now 17 and doing A levels at Budehaven and planning to go to University next year and Jack, now 5 who is so happy and settled at Bridgerule Primary School.

Life hasn't always been easy; we went through a lot to have Jack but our family is complete with him. Kelvin is a teaching assistant at Holsworthy Community College and also works at Waitrose and I, at the Department of Work and Pensions.

We will both be working on our anniversary too but hopefully we will get time to celebrate.





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- Improves concentration and memory loss
- Improves metabolism
- Helps with depression and anxiety
- Helps boost immune system
- Increases energy level
- Improve fatigue
- Helps with anaemia
- Helps with the digestive system

At Bridgerule Village Hall

Every Thursday-10:00AM - 06:00PM

You can book a time to suit or just turn up
please contact:

07535793036 or 07592030888

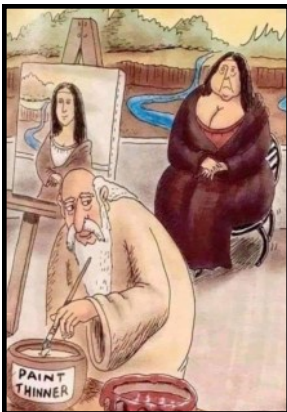


Come and join us over a cup of coffee/tea and cake to discuss our community village shop project. There will be ample opportunity to provide us with your feedback as well as, us providing you with a progress update and our proposed next steps. Children are most welcome and we will provide an area / entertainment for them.

It will take place on Friday 8th October starting at 7pm. and will be an informal event, however with the objective of providing us with a clear path as to how the village want us to move forward.

We really look forward to seeing as many of you as possible so that we can provide a community shop that meets your needs.

Alan Quilter
Chairman



Our Village Table Tennis Club have sent flowers to Brenda and Ben Tole who were regular players of the club, to wish them well in their new home and to thank Brenda for the refreshments she provided .

The Club have also donated £600 to Devon Air Ambulance in memory of club members, Jimmy, Paula and Roger Turner of Holsworthy.



For prices please contact Gemma on
Faithinprayer2021@outlook.com or on
 07984755510

At all times, Eco and vegan products will be used to help towards healing our planet.
 Home help services such as shopping, cooking and ironing available also.



Dear Bridgerule - many thanks for the warm welcome we've received since we began to visit BACK IN SPRING 2020!

We are very grateful for your support, and we look forward to continuing to bake for you. YOU'LL find us in the village hall car park on the **fourth friday of every month.**

FIND OUR REGULAR MENU AND OUR MONTHLY SPECIALS ON FACEBOOK, INSTAGRAM, AND OUR WEBSITE - OR POP DOWN AND PICK UP A FLYER! text us your orders on 07967 000396 - OR COME DOWN AND LET US KNOW WHEN YOU'D LIKE TO COLLECT.

**ELECTRONIC PAYMENT PREFERRED (BACS/PAYPAL) -
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T&C apply

Bridgerule Parish Council Clerk ..Rachel Perry	07980 543209
Holsworthy Medical Centre	01409 263 692
Stratton Medical Centre	01288 352133
Stratton Hospital	01288 320100
Torridge District Council... www.torridge.gov.uk	01237 4228700
Holsworthy Rural Community Transport team	01409 259001

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Slimming World

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Holsworthy

The Memorial Hall
5.30pm & 7.30pm
Essie 07816 686121

WEDNESDAY

Bude

Budehaven School
5.30pm & 7.30pm
Essie 07816 686121

THURSDAY

Holsworthy

The Memorial Hall
9.30am Essie 07816 686121
5.30pm Dawn 07764 484188



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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

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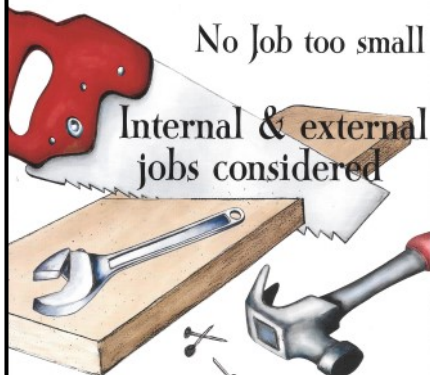
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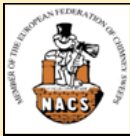
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