



### BUZZ BUZZ BUZZ... MERRY CHRISTMAS

#### Dear Buzz Readers,

A packed Buzz Newsletter again including What's Going On in our Community leading up to Christmas.

A Big Thank You to Rose whose artwork has been the inspiration on the Buzz covers since the first Buzz was printed in 2008 making them look quite unique.

I wish to thank those businesses and members of the community who help to finance The Buzz each year. I am very grateful as printing does not come cheaply. If there are any readers who would like to start sponsoring this Community Newsletter please contact me.

Please remember if you have anything to put in the next Buzz please get it to me by 20th January 2020.

Sheila Cholwill Editor

Email: sheilacholwill@btinternet.com

Telephone: 01288 381350

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.





### Wine & Wisdom

BRIDGERULE VILLAGE HALL

SATURDAY 23RD NOVEMBER 7.30PM

TEAMS OF UP TO 6 - £5 each

Ideal Refreshments - Raffle

PLEASE ENTER YOUR TEAM TO SHEILA ON 01288 381350



### WHAT'S ON at BRIDGERULE VILLAGE HALL

MONDAY: BEAT BOUNCE 6/7 and 7/8pm Brooke 07715560912

**USE IT OR LOSE IT** 2.00pm Gill 01409 254642

TUESDAY: VILLAGE COFFEE CLUB 10.30am Sheila/Audrey 381350/402

**TABLE TENNIS** - 2.00pm Jill 01409 253349

DOG OBEDIENCE - from 6.30pm Christine 01288 381104

WEDNESDAY: ART & CRAFT - 2.00pm Joan 01288 381002 2 weekly

FRIDAY: SHORT MAT BOWLS 2,00pm Alan 01288 382988

# OUR WELL EQUIPPED HALL IS AVAILABLE FOR YOU TO HIRE FOR THAT SPECIAL EVENT!

\*\*E20 A Session plus Hire of Kitchen or hourly by arrangement Book it Now on 01288 381350

OGER

Keep an eye on the village website

www bridgerule.co.uk











#### **Bridgerule Village Hall**

#### Friday 6th December

Doors Open 7pm Eyes down 8pm

#### **FREE ENTRY!**

**Christmas Hamper Raffle** 

Refreshments available

Lots of prizes to be won!

#### FRIENDS OF BRIDGERULE SCHOOL



#### **BRIDGERULE VILLAGE HALL**

#### **CAN YOU HELP US PLEASE?**

We are fortunate at the **Village Hall** that a small group of lovely ladies voluntarily keep our hall looking at its best on a regular basis.

We try to organise it in pairs and it takes about 2 hours at one time.

At the moment volunteers give their time once every 6 weeks.

If you are able to help us, the committee would be very grateful.

Please contact Sheila 01288 381350 if available.

Thank you Jimmy and Roz for the time and effort you kindly gave to the hall.

Some residents have shown an interest in starting a Village Book Club.

If you would like to join them please let the

Editor of The Buzz know and she will pass your name on.

#### **WEEKEND WORK**

A kind and reliable person, needed by disabled lady and family for 1 hour between 6 and 7 pm each Sunday Evening, to wash up and load dishwasher etc.

Might suit person living in Bridgerule Village.

Would need at least one reference please. £20 per evening.

IF INTERESTED PLEASE RING 01288 381080

#### ST BRIDGET'S CHURCH SERVICES



November 3rd	Sung Eucharist	11.15 am
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November 10th Act of Remembrance & Morning Prayer 10.55 am

November 17th Sung Eucharist 11.15 am

November 24th Morning Worship 11.15 am

December 1stSung Eucharist11.15 amDecember 8thMorning Prayer11.15 amDecember 15thSung Eucharist11.15 am

December 22nd Joint Carol Service with Methodist Chapel 7.00 pm

December 24th Crib Service 3.00 pm
December 25th Christmas Sung Eucharist 10.30 am



#### **FOBS**



#### FRIENDS OF BRIDGERULE SCHOOL

#### **Need a pre-Christmas clear out?**

Please help raise funds for Bridgerule School and donate your items to Bag2School.

Please phone Polly on 01288 381286 if you would like items collected or pass them onto any member of the school.

#### Collection date Wednesday 11th December.

#### WHAT WE COLLECT

We accept the following 'good quality' items for RE-USE\*:

- Clothing
- Paired shoes (tied together or elastic band around)
- Handbags, Hats, Scarves, Ties, Belts
- Soft toys
- Household linen
- Household curtains
- Household towels

Household bedding (bed sheets, pillow cases and duvet covers

#### We DO NOT accept:

- Duvets, blankets, pillows and cushions
- Carpets, rugs and mats (including bath, shower and toilet mats)
- Soiled, painted, ripped or wet clothing
- School uniforms with and without logo
- Corporate clothing and workwear



#### **BRIDGERULES BUZZING COMMUNITY = facebook page**

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

Then 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



#### FOR THOSE WHO ENJOY A QUIZ

Just say what word/s you think each square is saying!

Answers page 26

1.

X I ST N

G

2.

P eppermint

3

Step pets pets

4.

**Xmascara** 

5.

**DDD West DDD** 

6.

Polmumice

7.

BLU E

8.

**ATfrankfrankRA** 

9.

Fairy, wolf & duckling

10.

GP doo

11. T M

A U

H S

W T

12.

revirdtaes

### BRIDGERULE METHODIST CHAPEL PREACHING APPOINTMENTS

November 3rd Mrs E. Squire 11.00am

November 10th P. Knight

November 17th Mrs. C. Forster

November 24th TRIPP Service

December 1st Mrs. M. Hodges

December 8th C. Drew December 15th A. Pitt

December 22nd B. Cleave United Service at 6.30pm at

St. Bridget's

December 29th B. Bryne

#### HARVEST FESTIVAL



The Rev. Howard Curnow returned to our chapel recently to preach at the annual Sunday Harvest Festival service. Rev Curnow and his wife, Mary, are now retired and living at Lifton. Over 30 years ago Rev Curnow was the appointed Minister for Bridgerule Chapel in the then Holsworthy Methodist Circuit. Proceeds for the Harvest amounted to £400. Thankyou to everyone who supported it.

#### Community Events at Launcells Parish Hall, Grimscott, Bude, EX23 9LS

Monday October 7<sup>th</sup> – Macmillan Coffee Morning and Community Café. 11am – 2pm Monday November 4<sup>th</sup> – Community Café. 12 – 2pm

Friday November 22<sup>nd</sup> – Christmas Bingo.

Doors open at 7PM Eyes down at 7.30pm

Saturday November 30<sup>th</sup> – Christmas Craft and Bric-a-Brac Table Top Sale. 11am – 2pm

For further information e-mail <a href="mailto:launcells.hall@gmail.com">launcells.hall@gmail.com</a>

#### **NEIGHBOURHOOD WATCH NOTES**

Are you still getting unwanted funny phone calls? Is there a way of finding out who is calling you?

Try "who\_called\_me". In this site I have seen many options for identifying your unknown caller. Also you can see how many others have reported being bothered by a phone number.

These calls are so annoying.

Now Christmas is coming, so make sure it's your Christmas and not someone else's who hasn't paid for it. Keep your shopping safe and out of sight. Keep your purse, wallet and cards out of reach of those who'd love to spend your money.

It's much the same with scams. Don't believe what they say. It's never free. I have known letters from an apparently judicial person offering most of an inheritance from someone you've never heard of. But the administration fee is all it would take. If you pay, they get, you have nothing.

And what about these money laundering scams. Offering you money from goodness knows where for your bank account, so that it looks like yours. Have a look at "moneymules.co.uk".

Nothing to do with donkeys - unless you are pulled in.

So do take care of you and yours, and look after the neighbours.

John McDougall
Bridgerule coordinator 01288 381237

#### **SHEILA'S MENTIONS:**

Whose Birthday is it:

Lyndsey Beadle for the 3rd November

Pauline Latham for the 14th November

Winnie Westlake for the 24th November

Ben Tole for the 29th November

Travis Cann for the 7th December

Barry Lucas for the 8th December

Colin Cholwill for the 10th December

Kelvin Davey for the 10th December

Mary Bryant for the 10th December

Ray Wallace for the 19th December

Sylvia McDougall for the 20th December

Katherine Davey for the 24th December

Chris Hitchings for the 24th December

Tanya Peschke for Christmas Day

Shaun Stenton for the 31st December

The Village Hall Committee are very grateful to an anonymous donator who has matched monies raised from The Coffee Club mornings and The Table Tops to the value of £1000.





Congratulations and belated Birthday Wishes to **Mrs Barbara Bowden** who celebrated her 90th Birthday on 9th October.

#### Cloud Computing

Over recent years cloud computing has become more widely used as a means of online storage, making data available to anyone in the world who has permission to access it, I was recently asked to explain the cloud and how to use it.

The cloud is a misnomer as there is no cloud, satellite or ether connection involved. It is a network of computers linked by under-water (submarine) fibre optic cables. There are over 400 inter-continental cable links, 8 connect the UK with the USA and more connect the UK to Europe and other countries. The most local landing point to Bridgerule is Widemouth Bay where Apollo, TAT-8, TAT-14 and Yellow (AC2) cables come ashore:



The cloud is best suited to business users, but cloud operators encourage private users and many can fall into the trap of "backing up" files into the cloud in the belief it is a secure environment, yet not all cloud operators have good security and others experience employee intrusions into private files where data is compromised or stolen.

The cloud is a network of massive land-based computers, Microsoft's are in Seattle and Google's in Texas, they lease sectors of their systems to users who allow others to view or download personal files stored in those sectors but this can become expensive when exceeding the free limits.

There are several free ways to share personal details such as "WhatsApp" or other social media, but all these operate in exactly the same way as the cloud. Most modern computers hold large Hard Drives with volumes of empty space, this can be partition into smaller sections and used for back-up and storage without the need to use the cloud and which is more secure.

Microsoft will cease to support Windows 7 from 14th January 2020, although some business accounts will continue to receive patches and fixes for a further period. Selected Windows 7 systems can still download & install Windows 10 for free - more information is available.

or... upgrade to a refurbished system with activated windows 10 plus a 90 Day warranty inclusive of free data transfer and possible trade in of your old computer.

For free telephone assistance and advice on computer issues Tel: Brian at Nofix-Nofee Computer Services 01288 381061



#### Leap Year Children's party - Saturday 29th February 2020

A man who was born in 1944 and lives near Bude will be celebrating his 19th birthday on Saturday 29th February 2020.

Christopher Darwin is arranging a Leap Year Children's party at midday in Bude and has already booked a room at a hotel on 29th February.

Christopher says "I am aiming for at least 25 Leap Year children from the local area and each can bring one 'nanny' – a friend, relation or spouse. I shall provide the buffet and some of the drinks. It seems a Good Idea to have such a party.

I have already found three other locals who will be celebrating their 15th, 9th and 6th birthdays.

I plan name tags with birthday numbers for everyone and guests can certainly dress as children.

I shall need some evidence – a driving license, for example, from the overfives."

Leap Year children should make contact on jcsdarwin@gmail.com or 01288 381265

#### MOBILE LIBRARY VISITS BRIDGERULE

Village Hall 2.00pm

**NOVEMBER 27TH** 

Uplands 2.50pm



#### THE TUBBY HUBBY

He bought a jazzy sweat band But could barely raise a sweat...
And agreed to pack up smoking Yes—he did it— as a bet.

Then he purchased a bright tracksuit

And a pair of fetching... 'daps'

Did a gentle jog around the lawn—

Spun round and then collapsed.

His chest expanders didn't stretch much

But removed a clump of hair

And the skipping rope was duly tried ...

But only as a dare.

The weights he had for Christmas ...

Did his back in—trying to lift

And when he tried to touch his toes ...

His jogging bottoms split.

He's not the shape he once was ...

And I'm not the 7 stone bride ...

But together– we've grown happy

Grown contented— and GROWN WIDE!

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

Mr and Mrs. McDougall - Uplands Robert & Julie Honey - Higher Beer St Bridget's Church Bridgerule Angela Brock—The Green Mr & Mrs Steel - 8 Southfields. Mr & Mrs Allison - Canna Park Mr & Mrs. F. Bond -The Green Mr and Mrs. J. Medland - Rosebank Mrs. Svbil Prouse - Rvdon Richard & Gill Heal - Holsworthy Steve and Jo South -Brensham House Carol & Ian Baker - Fastlake Lewdown Paul & Stacey Cholwill -1 Littlebridge Cross Mr Jim Bearham - Woodlands Ray & Audrey Bewes -The Green Michelle and Paul Sanders - Rimmersleigh Ron & Gwyneth Cameron - Southfields Roger Neep - Tamar House Mrs. Shirley Youldon - Bude Mervyn & Sylvia Lucas - Bude Malcolm Newton -Southfields Ron & Marion Abbott - 2 Bridge Park Alec & Pat Johnston - Southfields Mrs Karen Gliddon - Holsworthy Trevor & Sue Bowden -Churchtown Bill & Jill Knightley—Holsworthy Terry & Julie Reddicliffe - Holsworthy Kevin & Leslie Bowditch - Littllebridge Meadows Kevin & Susan Norton - The Village Ray & Jan Orchard - Sunnyfields Mrs Alison Tomlin—4 Bridge Park Pete & Angela North - Kents View Colin & Fiona O'Reilly - Southfields Christine Jackson -Littlebridge Meadows Barry & Joan Marshall - Littlebridge Meadows Victor & Janet Bickle - Stratton Mrs Kathy Elliott - Little Platt C & L Clocks — Glencarne Dave & Karen Thomas - The Forge

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Mr & Mrs Tim Honey - Grove Farm Mr & Mrs L Haydon - East Park John and Michelle Jardine -Miss P Glover - Lower Dux

Mr A Rowland Bude

Mrs Eunice Furmage - Holsworthy Arron & Georgina - The Green Steve and Dee—Southfields

Tony Wallis—Littlebridge Meadows Alan & Sally - Watersedge Mr & Mrs E. Tingley—Southfields

Mrs Sheila Gatland - 3 Southfields Jane Leven - Little Bridge Gardens Vic & Sue Cowan-Dickie -

Trevor & Linda Snowdon—The Green Ian & Jaqi Edwards—Canal Rise Scott & Kathy Whatmore - Brooklands

Graham & Claire Braund—Littlebridge Meadows

Friends of Bridgrule School

### SPOTLIGHT ON DARRYL RICKARD

I was born in 1975 in Camborne (Cornwall). This is were I spent my youth up until I reached the age of 16 and this is when my eventful career started; that of the Youth Training Scheme.



I joined the Royal Army Medical Core as a Junior Leader and spent the next 6 months at Gamecock Barracks, Bramcote, trying to get through basic training!

A typical day in the life of a junior recruit consisted of an early start with block jobs and making sure our kit was in perfect order ready for "Stand by your beds" inspection time by Sergeant Major! This would then be followed by a very fast pace run by the physical training instructor. (PTI) If we survived this, we would then proceed with many different types of lessons from Math's and English to survival skills. Off to the cookhouse for scoff/ lunch we would go, for some tasteless culinary delights. After scoff a quick stop off to the armory to collect our SA80 rifle, before we quick marched down to the range to participate in target shooting and assault courses. This was routine, day in day out for 6 months.

I then went to Keogh barracks in Aldershot in 1993 to complete my medical training and become a qualified medical soldier. This was when all the postings and operational tours started. Around the world I would go. This is what I thought but perhaps not!

I went to Norway on winter tours which included artic warfare training. On many occasions I would be the only medic present. So I would therefore have to treat broken limbs to frostbite and many more medical conditions and injuries.

On returning to the United Kingdom it wasn't long before I was heading to Turkey, Sardinia and back to Norway as part of a multi national task force, which involved military operations (exercise) with the soldiers of these countries. This would entail us training these personnel with our knowledge and for them to show us their equipment they would use.

On my return to Aldershot I was promoted to Lance Corporal. With this came a posting to the Army Training Regiment Pirbright working in the busy Medical Centre looking after the recruits who were completing their phase 1 training.

We often had quite a few recruits go down with heat exhaustion, which could be life threatening. The treatment for this would usually involve trying to reduce the temperature by administering fluids by IV whilst completing observation's on the patient, until an ambulance arrived.

It was at Aldershot where I met my wife, Shona. She was also currently serving as a medic. Shona was born in Stratton and joined the army in 1997.

We married in 2000 at Stratton and later had two sons Joshua and Bradley.





We then decided that Shona should then leave the Army so she could concentrate on being a full-time mum.

I then managed to pick up another promotion and got posted to Bulford in Wiltshire. It was Christmas 2001 and the unit was on standby for Afghanistan. We decided to bite the bullet and spend Christmas back in Stratton, or as I thought! A telephone call through on Christmas day to say I needed to return on boxing day as they needed a medic to support the unit which was leaving that evening for Afghanistan.

We flew to Oman for a few days before getting on the Hercules to fly into Afghanistan on New Years Eve.

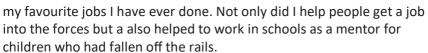
We had to fly into Afghan at night and in the dark so we were not conspicuous to the enemy. It was one of the heaviest landings in a plane I have ever had. The airport looked more like a scene from a Mad Max film.

I arrived at the camp in Kabul to find out I was the only medic for 3 weeks until the support of a doctor, to treat all the soldiers and the local

population. We would also hold health clinics as many of them had not had any health care for a number of years.

Whilst Daz was serving in Afghanistan the FA Premiership Cup was brought to boost moral at the time. Daz is shown holding this prestigious trophy and he said it came with its own security guards.

On my return from Afghan I was promoted to Sgt and then posted to work in an Army careers office in Portsmouth. This was one of



I then got promoted to Staff Sargent, which then changed my career path from medic to manager. This meant I had to complete an AMSPAR qualification which meant many weeks in college and as a result became a qualified practice manager.

With this I was then posted to Bicester, Bath, Bristol, Lichfield and then finally Winchester in the post of practice manager and finishing the Army after 27 years attaining the rank of Warrant Officer.





I have finally finished my career and retired to this lovely village life of Bridgerule. Everyone is so friendly and have made us feel welcome. Sons Bradley, now 19, is working as a trainee accountant in Bude and Joshua, now 18, has completed his A levels and looking to join the RAF.

Daz is now in a position where he would like to find a new job or career. He asks that If any readers know of any vacancies available or as he says if anyone would like a hand please let him know on 07515 377807.

As Editor of The Buzz I would like to thank Daz most sincerely for agreeing to be Spotlighted and giving us a little insight of his chosen and most respected career. 27 years in the Army and he is still only 43!! For readers who are not sure who Daz is. Well, you have probably seen him and Shona out and about with their black 10 year old Labrador, Barney.



### Move It or Lose It was featured recently on Women's Hour!

Jenni Murray (BBC) interviewed Professor Janet Lord from Birmingham University's Department for Healthy Ageing about the benefits of exercise to health as we age. Professor Lord explained that with age our muscles and bones become weaker but with suitable exercise we can build them up again and improve strength, balance and coordination. Attending a Move It or Lose It! class does not involve wearing lycra or getting up and down from a mat. We have routines to music and everyone is encouraged to work at their own pace with seated, supported or standing options all with the opportunity to progress as strength improves.

#### **Classes Mondays**

Bridgerule Village Hall 2.00 pm to 3.00 pm - £4.00 per class

Contact Gill Aston on 01409 254642 for more information

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Contact Lou on 01288 381813
or e-mail loucooper2010@hotmail.co.uk



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### NEATE FEET



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### Man Friday

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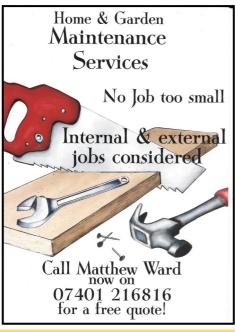


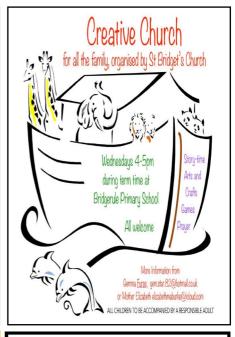


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## Police ....PCSO Emma Tomkies Mobile 07718575465,

#### Non-urgent phone calls 101

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Holsworthy Hospital	01409 253424		
Holsworthy Library	01409 253514		
Holsworthy NHS Dental Care	01409 255525		
Holsworthy Post office & Sorting Office 01409 253608/01409 253236			
Holsworthy Rural Community	y Transport team01409 259001		
Torridge District Council w	ww.torridge.gov.uk01237 4228700		
Bridgerule Parish Council Cle	rkRachel Perry07980 543209		
Stratton Medical Centre	01288 352133		
Stratton Hospital	01288 320100		
Post Office The Crescent Bude01288 352048			
Kilkhampton Post Office ( Outreach PO at our hall)01288 321223			
April Lodge Dental Practice			
Bude Library	0300 123 4111		
Bude Tourist Information Centre01288 354240			
Cornwall Council New County Hall Truro0300 123 4100			
North Devon District Hospital01271 322577			
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