

NOV/DEC 2013 - ISSUE 26



THE BUZZ

Dear Readers,

Putting our clocks back by one hour means Christmas is not far away and this issue of The Buzz makes everyone aware of the events going on in our village over the festive period.

Good News from Stagecoach who are going to provide a bus service to Holsworthy for our community on Wednesdays from November 6th. Leaving Bridgerule Village at 10:29am. Returning from Holsworthy at 13:55pm. I have also contacted Holsworthy Ring and Ride and you will find their interesting schedule of proposed journeys for November and December in this issue. Sadly no bus passes can be used but good value.

I would like to take this opportunity to thank the volunteers who make it possible for The Buzz to reach your door, especially our printer, Cliff Seymour-Smith.

Sheila Cholwill— Editor
sheilacholwill@btinternet.com
Telephone: 01288 381350.

Reminder: Cut off date for entries in next Buzz 20th Dec 2013.

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CHRISTMAS CONCERT

Bridgerule Village Hall

**THE MINSTRELS from Canworthy Water
and BUDE METRIC BRASS**

Chairman Rev. Keith Roberts

SATURDAY 7th DECEMBER - 7.30PM

Tickets £5 to include refreshments
from Chris Hitchings 381129 or Sheila Cholwill 381350

Proceeds for Village Hall Refurbishment

TABLE TOP/CRAFT SALE

BRIDGERULE VILLAGE HALL

**Saturday 16th November
and**

Saturday 30th November

2.00pm—4.30pm

Tea Coffee/Light refreshments available

£5 for a provided table

No need to book but it would help if interested
to Sheila on 01288 381350

WINE AND WISDOM

BRIDGERULE VILLAGE HALL

SATURDAY 23rd November - 7.30pm.

Teams of up to 6 - £4 per person

Book your table from Clarice - 01288 381329

Proceeds to St Bridget's Church



VILLAGE CAROL SINGING

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Our annual **village carol singing** will take place on **Friday 13th December and Friday 20th December.**

On **Friday 13th December** everyone is requested to meet outside **The Bridge Inn** at 6.30pm. *We are hoping the school children will join us.*

On **Friday 20th December** everyone to meet at **The Bus Shelter by Littlebridge Cross** at 6.30pm. Any children please be accompanied by an adult.

BRIDGERULE ART/CRAFT GROUP

Are there any people in Bridgerule who are interested in starting up an Art Group or perhaps an Art and Craft Group to be held in our village hall weekly?

The idea is that we just help each other rather than have a teacher - or perhaps there is someone out there that is willing to teach.

We require someone who will agree to take charge of the sessions, to decide what the subject will be each week and to be responsible to collect members subscriptions.

If and when enough money has accrued may be on occasions a teacher can be hired. Crafts such as Knitting, Sewing and various other Crafts can be included working towards a Sale of Work or Art Exhibition!

It is an idea at the moment but to get this group started contact **Rose on 01288 381129.**

Sheila's Mentions

Belated Birthday Greetings to **Mrs Barbara Hale** who was ⁵80 on the 26th October.

Happy Birthday to:

Kimberley Cann for the 10th November.

Pauline Latham for the 14th November.

Winnie Westlake for the 24th 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.

Sylvia McDougall for the 20th December.

A lovely man - **Mr Ben Ashton** will be 97 on December 21st.

Katherine Davey for the 24th December.

Chris Hitchings and his twin **Noel** also for the 24th December.

Tanya Peschke Happy Birthday for Christmas Day.

Isabelle Kathleen Jeannie Winn was born on 25th September weighing 6lbs. 11ozs. She is daughter of Tom Winn and Kayleigh Sennet. Isabelle is the first grandchild of Jeff and Fiona Winn and niece to Gemma Winn and Carl Timmins.



A warm Buzz welcome to **Ian and Liz Dickson** who have recently taken up residence at Pale Park, Tackbear and **Alan and Penny Clementson** of Southbank, not forgetting Monty the dog. We hope they each have a long and happy stay in our parish.

Congratulations to **John and Barbara Bowden** on the occasion of their Diamond Wedding Anniversary on Thursday 27th November.

Our thoughts go to **Philip, Alison and Tillie Cholwill** on the recent death of dad and granddad John Cholwill. John had lived at Tackbear from the age of 5 right up until the family relinquished the farm tenancy in 2004.

BRIDGERULE OPEN GARDENS 2014

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Would you like to put your garden in the **Open Gardens** event next year? The date is **Sunday 22nd June** and gardens are open from 11am to 5pm.

If you would, please contact Rosie Beat on 01288 381341 or Chris Hitchings on 01288 381129 for more information.

We are a friendly committee who work hard to raise money for **Devon and Cornwall Air Ambulance Trusts** and would love to hear from you."



PICTURE COMPETITION

Not much on the TV some nights -

**Why not have a go at trying to guess who the people are.
101 for you to guess.**

**They may be film stars, politicians, authors, pop stars,
royalty, sports personalities etc.**

**It will cost you a £1 to take part. Copies are available
from The Bridge Inn and The Post Office in Bridgerule but
they will be available elsewhere. 1st Prize £30.**

Another Village Hall Fundraiser — Please support.

A WARTIME CHILDHOOD BY Marie Fields

As a six year old I felt safe and sublime.
In the long hot summer of 1939.
That year we took our holiday by the sea.
Gathered fragile shells and strong smelling sea weed.
And splashed and laughed in the oncoming waves,
When tired of digging with our spades.
Then the puffing train back to our London home,
To hear the warning wail of the siren's moan.
And strange loud noises in the street,
With the ominous sound of running feet.
Men appeared wearing gasmasks, swinging rattles and cried,
"Take cover, take cover, get inside!
And Mother stern faced said "This is War",
Ushered us quickly inside and closed the door.

1940 brought fierce fires, the night skies aglow.
The city ablaze under the relentless foe.
For the Luftwaffe Bombers came night after night,
To wreak horrific devastation before daylight.
Hearts pounding, trembling, cramped and afraid.
Under the stairs we crouched to withstand raid upon raid.
And so to safe leafy Bucks we came,
To be taught by a headmaster with a swishy cane,
Who controlled with a strict and iron rule.
The naughty boys in the village school.

But carefree we roamed in the peaceful beech woods.
Climbed trees, built fires to enjoy burnt half cooked food.
Collected scrap metal, for War Effort, to do our bit,
To help build spitfires to shoot down Messerschmitt's.
As youngsters we did not fully realise.
The terrible sacrifice wrought in the skies.
Of the brave pilots who dived with death each day.
To keep the merciless enemy at bay.
And those young airmen, some little more than boys,
Gave their lives, so that we could enjoy.
Freedom, secure in our homes and to walk to the lanes,
Without fear of the dreaded Luftwaffe planes.
Our valiant Armed Forces so many of whom died,
Gave their all, in order others might survive.
And England once more feel safe and sublime,
As in that long summer of '39.

VILLAGE HALL GIFT DAY—*We cannot thank you enough!*

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The Chairman of our Village Hall, Cliff Seymour-Smith and members of the committee were truly delighted with the response of the recently held Hall Gift Day. It was not only financially very beneficial for our hall refurbishment but it was also very pleasing to see the number of people who came and were so interested with the bygone history material that was on display. **To date the donations we have received will benefit our fund raising by just over £3000.** Your generous support has meant we can now move on to the next phase much quicker than we first thought.

Thank you everyone

Keep an eye on the village website

www  **bridgerule.co.uk**

Read every issue of the Buzz online and information on Bridgerule - wherever you are!



Members of St Bridget's Church held an Harvest Lunch recently. It was well supported and the lunch raised £776.60 for church funds.

Holsworthy Golf Club Christmas Menu

Starters

Crayfish Stuffed Tomato with lemon mayo
 Goats Cheese and Balsamic Onion Tartlet
 Soup of the Day served with fresh crusty Bread
 Slow Roasted Belly Port with Hoisin Sauce & Sweet Pickled Cucumber

Main Course

Traditional Christmas Carvery with Roast Beef or Turkey
 Nut Roast

All served with roasted potatoes and seasonal vegetables

Dessert

Homemade Christmas pudding
 Trifle
 Yule Log
 Festive Crumble
 Accompanied with Ice Cream, Clotted Cream or Custard
 Coffee & Mince Pies

Two Courses for only £14.95 Three Courses for only £19.95
 To reserve a table please telephone: 01409 253177

Spotlight on Pat Johnston.

Pat was born in 1948 in Liskeard. Her big brother, Tom, aged 4 at the time couldn't quite make out what all the noise was about and she says 65 years later he's given up trying to work it out!! Pat's father owned and worked the local sawmill in Liskeard. Her mum, now aged 99, left school at 14 and went 'into service'. Life in London in 1940 was becoming pretty

precarious and so she returned home to Liskeard and later married her childhood sweetheart. In 1948 the NHS came into existence and this was something that was going to ultimately shape Pat's life for over 40 years. Pat left school in 1966 and began her training as a nurse at St. Bartholomew's Hospital in London or Barts as it is still very affectionately called. In 1970 she became a State Registered Nurse and worked as a Staff nurse for the next year. Although Pat did not want to become a midwife she thought it would be good to learn the basics and so returned to her home to train in midwifery. "Midder" as it was called then was undertaken in 2 parts – 6 months in the unit at Treliske, Truro and 6 months "on the district" when just like "Call the Midwife" many more women opted for a home birth.

Pat had always wanted to train as a Registered Sick Children's Nurse and 2 years after becoming a SRN she was offered a much prized place at the hospital for sick children at Great Ormond Street. It seemed the only drawback was to do night duty. Her midwife tutor, whom Pat talks about very affectionately, advised her to take it. For the next year Pat said she spent some sad times but mainly joyous time helping so many tiny babies at their most vulnerable stage of their young lives. She qualified as a Special Care nurse in 1973 but was then offered a job as a Junior Sister at St. Bartholomew's which she took up working alongside she said 2 of the most eminent medical oncologists of their time, looking after patients with



Leukaemia and Hodgkin's Lymphoma.

In January 1974 Pat became a Nursing¹¹Sister with the Queen Alexandra's Royal Naval Nursing Service Naval College beginning at RNH Stonehouse. The first two weeks were spent at Britannia Royal to give an insight into how the Navy train its real officers. Three years later Pat was commissioned as an officer and became Lt Pat Hooper and not just Senior Nursing Sister Hooper. Pat couldn't swim and this proved quite a challenge when sailing dinghies on the River Dart. Why would someone who couldn't swim and easily got sea sick join the Navy? Must have been all those men in uniform! Pat even did a stint of Fire Fighting at HMS Raleigh, scrabbling around on hands and knees in a Tear Gas Filled Chamber. Not an ideal situation especially when your instructor will use any means necessary to stop his officers from rubbing their eyes, on exiting.

For Pat the best day by far was spent with the Royal Marines at Lympstone tackling part of the Commando Course. At least she didn't have to carry full packs plus a rifle when she climbed up the tower to the "Death Slide" and the bonus was for a Royal Marine strategically placed to catch her at the bottom. Pat said that the girls were accidents waiting to happen. In fact not long after her visit an unfortunate sister overshot the 'drop zone' and fractured her ankle. Even the awaiting Royal Marine couldn't catch her! Hardly surprising this was the last time the Queen Alexandra's Royal Naval Nursing Service personnel were allowed to partake in the "Death Slide". One thing Pat refused to do at Lympstone was to test out the water tunnel and getting winched up into an helicopter turned her an interesting shade of green!

It was whilst Pat was in Malta working on the Children's Ward at Mtarfa Hospital and as a District Nurse that she met Alec. Alec was a Naval Officer with the Sultan of Oman. Later Pat returned to Stonehouse and was summoned to Matron's Office to be told that she was to represent the Queen Alexandra's Royal Naval Nursing Service at the following Remembrance Service at The Royal Albert Hall. Although this was a wonderful honour for Pat she was also petrified.

A week into training for this big day was spent on Whale Island where she and others marched round and round and up and down stairs so as “not to disgrace the Navy”. Pat said this training bore no resemblance to the Royal Albert Hall. On the Friday before Remembrance Sunday Pat travelled by coach from Portsmouth to London but rehearsals for the QARNNS sisters was not good which led to the frustrated instructor contacting the Matron in Chief, insisting that the 2 junior sisters lead off the parade. Pat said this soon knocked the smile off of her face and her partner, also called Pat because this meant they would lead off the QARNNS. The memory of the instructor banging his stick at the top of those stairs and the strains of Heart of Oak still remains with Pat today. Encouraged by those much loved Chelsea Pensioners we see at each Remembrance Service the two Pats’ marched across the floor in step and in time! Pat said she was very proud to have been given the opportunity to take part in one of our wonderful “institutions”.

Alec and Pat were married on 1st June 1978 in Plymouth and shortly after Pat left the Navy to start married life in Sussex.

Four years later Pat remembers how she watched in horror as the Falklands War erupted. She recalled that many of her ex

colleagues found themselves saving lives in field hospitals and on board the hospital ship, something Pat had been well trained for but thankfully never personally needed to put into practise.

Pat and Alec came to Southfields in 2007 and have two daughters, Emma and Emily and one step daughter Barbara. They have one grandchild, Megan aged 4. They both enjoy travelling and Pat says her favourite country being Australia which she has visited on 4 occasions. Pat and Alec support all events held in our village when they are able and are now the leaders of the Village Coffee Club. Pat loves walking and is also a foundation governor at the local school. I thank Pat for her time and wish her and Alec well.



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MICHAEL'S LATEST MECCANO MODELS



The Roundabout : The ROUNDABOUT was for the younger child and was widely seen at most fairgrounds. In the 1960's and 1970's it had rotating chairs and leaping horses.

The model was 38 inches (96.5 cms) long and 26 inches (66 cms) wide. It took 354 parts and 760 nuts and bolts.

The Carousel: The CAROUSEL was also a fair ride of the 1960's and 1970's and was quite a thrilling ride in its day. As the chairs rotated they just missed each other by inches and as the ride speeded up you got quite dizzy.

The model had a diameter of 60 inches (165 cms) and was 29 inches (73.5 cms) in height. It took 1810 parts and 3740 nuts and bolts.

The Big Wheel: The BIG WHEEL or sometimes called the Ferris Wheel was a real favourite for the people who liked a slower more relaxed ride.

The model I have built here had cars that rotated 360° per cycle of the wheel and stood 61 inches high (155 cms) and the wheel was 57 inches

(145 cms) across. It took 1092 parts and 2610 nuts and bolts.

CAN YOU IDENTIFY THIS? 16



John Hammond has recently become the owner of the above.
Can anyone identify what it might be? It comes in 2 pieces and
although plain on the top the underside is carved as shown.

If you can help John please ring him on 01288 381276

Good information to try.

I asked my Doctor - why do people need to urinate so much at night time?
Answer from my Cardiac Doctor - Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs etc.) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier.

I knew you need your minimum water to help flush the toxins out of your body, but this was news to me. Correct time to drink water...Very Important. From A Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body:
2 glasses of water after waking up - helps activate internal organs, 1 glass of water 30 minutes before a meal - helps digestion, 1 glass of water before taking a bath - helps lower blood pressure, 1 glass of water before going to bed - avoids stroke or heart attack

I can also add to this... My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

CONGRATULATIONS PAUL!

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Harpers Home Mix are very proud to announce that our Feed Specialist, **Paul Cholwill**, graduated from Harper Adams University on Friday 20th September 2013 and now holds a Diploma in Ruminant Nutrition.

Paul has been studying at the University part-time for the last two years. During this time he took part in

formal lectures, laboratory practical's, farm and feed mill visits. The topics covered included ration formulations, grazing and forage management, dry cow management, nutritional effects on milk quality fertility health, suckler cow and ewe nutrition.

Paul says that he really enjoyed his time at the University over the two years, even though he had to get his head around assignments and exams again! It will really help with my on farm knowledge with our current and prospective customers.





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THE BRIDGE INN

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THANK YOU!

Bridgerule Open Gardens 2013 seems²⁰ a long time ago now but I remembered to get some raffle tickets this year and much to my delight my numbers came up!! I won a box of chocolate biscuits and a treatment at CN Holistics. Someone said to me, "Oh Pat, I'd rather have won the cream tea!" but not me. Having enjoyed aromatherapy massages on our travels over the last few years, in some pretty far flung places, from Australia to Margarita, Raratonga to Cape Verde and the Maldives to Montenegro, I have to admit, Pyworthy isn't the most exotic but believe me, the hot stone massage that I enjoyed was second to none.

Thank you Cathy and thank you so much for your continued support of Bridgerule Open Gardens.

Pat Johnston

BRIDGERULE METHODIST CHAPEL

PREACHING APPOINTMENTS

NOVEMBER / DECEMBER 2013

November 3rd	Mr R Down	11.00am	
November 6th	Church Council Meeting	7.30pm	
10th	Rev. J. Henry	9.30am	(Sac)
17th	Mr M Reeves	11.00am	
24th	Mrs E Squire	11.00am	
December 1st	Mr C. Drew	11.00am	
8th	Mr P Craig	11.00am	
15th	Rev J Henry	9.30am	(Sac)
22nd	Mr J Guy	11.00am	
Joint Carol Service with St Bridget's		6.30pm	
29th	No Service		

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Monday

ZUMBA | Budehaven John Ward Hall | 7:30 – 8:30pm | £3.50 per session

Wednesday

ZUMBA | Bridgerule Village Hall | 6:30 – 7:30pm | £3.50 per session

Friday

ZUMBA | Poughill Village Hall | 9:30 – 10:30am | £3.50 per session

For more information contact Lisa Wood - 07920867735



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CHURCH SERVICES FOR ST BRIDGET'S BRIDGERULE

3rd November	11.00am	Eucharist
10th November	9.30am	Remembrance Sunday
17th November	6.30pm	Eucharist
24th November	11.00am	Eucharist
1st December	11.00am	Eucharist
8th December	11.00am	Family Service: Christingle
15th December	11.00am	Eucharist
22nd December	11.00am	Eucharist
	6.30pm	Ecumenical Carol service
24th December	11.00am	Crib Service
25th December	9.30am	Christmas Eucharist

NEIGHBOURHOOD WATCH

What's to write about?

Look after your stuff and keep a watch out for your neighbours' stuff. Keep yourself safe and try to keep your neighbours safe. Look after yourself and your neighbours. Report suspicious things to the police by "DIALLING" 101 on your phone, or call your local co-ordinator (or me).

Call 999 if something is happening now and if the wrong doer is on hand to be caught. Thankfully we are in a relatively crime free area here. Let's keep that way.

On phone calls—do not press buttons if asked to do so by the automated voice, they will go away if you just leave your phone "off the hook".

John McDougall - Telephone: 01288 381237

HARVEST FESTIVAL

Members of St. Bridget's joined the²³ Methodist Chapel recently to celebrate Harvest Festival. Mr John Uglow of Whiteleigh led the Sunday morning service which was well attended. During the service William and Phoebe Lucas read two pieces of harvest verse and gave out wrapped home made harvest fudge to those who came. The chapel had been decorated with flowers, food and produce for the occasion by ladies of the chapel and following a service on Monday evening led by Mr Courtney Drew and a harvest supper, Mr Colin Cholwill auctioned the given produce etc for trust funds. The amount of £388 was raised over the weekend. Grateful thanks to those who supported the event.



We take sacrament wine slightly differently in chapel Sybil!!

MASTERS MINIATURES

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The wife was counting all 1p's and
2p's on the kitchen table when she
suddenly got very angry shouting
and crying for no apparent reason.

*I thought to myself "she's going
through the change".*

An Asian has moved in next door. He
has travelled the world, swam with
sharks, wrestled with bears and
climbed the highest mountain.

It came as no surprise that he is called
"Bindair Dundat"

HOLSWORTHY GYMNASTIC CLUB

We are a local after-school gymnastic club training at the leisure centre.

We have over 120 gymnast training every Tuesday and Wednesday.

To keep our club growing and to give our local children the best access
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HOLSWORTHY RING AND RIDE



Below is a schedule of journeys²⁶ Holsworthy

Ring and Ride will be making during November and December and Bridgerule is a pick up on each one. If you are interested please ring 01409 259001 for full terms and details.

NOVEMBER

Friday 1st	Bodmin & Supermarket	£5.00
Monday 4th	Clarks Village, Street	£8.50
Wednesday 6th	Homeleigh Garden Centre	£4.00
Friday 8th	Bude and Supermarket	£4.00
Monday 11th	Lunch @ Riverside Inn, Bovey Tracey	£5.50
Wednesday 13th	Plymouth	£5.50
Friday 15th	Okehampton & Supermarket	£4.00
Tuesday 19th	Exeter	£5.50
Wednesday 20th	Lunch @ Dartmoor Lodge	£6.50
Friday 22nd	Launceston & Supermarket	£4.00
Wednesday 27th	Dart Farm, Exeter	£5.50
Friday 29th	Bude & Supermarket	£4.00

DECEMBER

Wednesday 4th	Lunch at Westward Ho!	£4.50
Friday 6th	Okehampton & Supermarket	£4.00
Monday 9th	Homeleigh Garden Centre	£4.00
Wednesday 11th	Kernow Mill, Saltash	£5.00
Friday 13th	Launceston & Supermarket	£4.00
Friday 20th	Bude & Supermarket	£4.00
Monday 23rd	Launceston & Supermarket	£4.00

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DATES FOR YOUR DIARY

16th November	TABLE TOP/CRAFT SALE - Village Hall 2.00 - 4.30pm
20th November	Parish Council Meeting - Village Hall—8.00pm
23rd November	WINE AND WISDOM—Village Hall—7.30pm
30th November	TABLE TOP/CRAFT SALE - Village Hall 2.00—4.30pm.
3rd December	COFFEE CLUB CHRISTMAS LUNCH - Brooks Garden Centre.
7th December	CHRISTMAS CONCERT - Village Hall 7.30pm
13th and 20th December	- VILLAGE CAROL SINGING—see advert
18th December	Parish Council Meeting - 8.00pm.

CHRISTMAS AT THE BRIDGE INN

22nd December	CHRISTMAS QUIZ - 8.30PM
	<i>DRESS A TABLE</i>
24th December	CHRISTMAS CAROLS with Pete North 9.00pm— 12.00pm
CHRISTMAS DAY	Opening Hours - 11.30am—1.30pm
BOXING DAY	Opening Hours - 12 Noon—3.00pm 7.00pm - 12.00pm
NEW YEARS EVE	DISCO 9.00pm - LATE



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