

# THE BUZZ



**MARCH/APRIL 2014**

**Dear Buzz Readers,**

Its great to see that there are lots of group activities happening in our village hall now with maybe indoor bowls on the horizon if funding permits.

The Village Hall Charity are very much hoping that work will begin on the 2nd phase of our hall refurbishment soon.

Table Top Sales are now being held regularly on the 1st Saturday of each month please show your support to the sellers.

Three ladies are now running a stall each month for the benefit of the village hall. They are providing the sale items also but I am sure they would be grateful for any item you might like to donate. No items of clothing though.

Please remember to pass anything you would like placed in the next Edition of The Buzz to me by 20th April.

*Yours gratefully,*

*Sheila Cholwill*

*Editor.*

*Telephone: 01288 381350*

*Email:*

*sheilacholwill@btinternet.com*

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## POLITE NOTICE

**BRIDGERULE  
TABLE TOP  
1st March  
CANCELLED**

## **INVITATION TO THE DANCE**

### **BRIDGERULE INTERNATIONAL FOLK DANCE GROUP**

meet at

**BRIDGERULE VILLAGE HALL**

every

**THURSDAY BETWEEN 2.00 AND 4.30 P.M.**

**£3.00 (including refreshments)**

International Folk Dances are gentle(low impact) dances with a wide variety of tempos and styles. Previous dance experience is not necessary.

You do not need a partner. You will need soft shoes, preferably with a low heel. (e.g. Trainers,etc.)

If you would like to join us for an afternoon of dance and fun, please come along, you will be very welcome.

More information please contact Mike Allison 01288 381764

Proceeds for Village Hall Refurbishment.

## **THE BRIDGERULE ART & CRAFT CLUB**



With a few ladies in conversation an idea was born. Wednesday January 8<sup>th</sup> saw the birth of the “Bridgerule Art & Craft Club. Who knew then that the club would prove popular and now, like minded ladies meet once a fortnight at Bridgerule Village Hall to share their knowledge and offer help where needed with crafts such as Knitting, Crochet, Cross-stitch etc. along with conversation and refreshments

It is the clubs’ aim to invite demonstrators from the “Art & Craft” movement to enlighten and stimulate their members. On the proposed agenda is Flower Arranging, Quilting and Sugar Craft to name but a few.

Why not come and join us, new members always welcome, just bring your craft equipment and enthusiasm.

**Next meeting 5<sup>th</sup> March,** for further information telephone:

**Lyndsey Beadle 01288 381117 or Rose Hitchings 01288 381129**

### **Sheila's Mentions:-**

Birthday Wishes to Sarah Tomlin 17 on the 10th March  
 Janine Short for the 12th March  
 Freda Lacey for the 18th March  
 John McDougall for the 5th April  
 Rose Hitchings for the 7th April  
 Liz James for the 21st April  
 Georgina Tomlin for the 20th April  
 James Davey on the 22nd April  
 Jedd Peschke on the 22nd April  
 Hazel Cann on the 22nd April

**Congratulations to Michael and Linda Moore** who will be celebrating their Silver Wedding Anniversary on the 8th April.

I have been asked to mention that County Councillor Parsons donated £400 from his locality grant towards the new bus shelter and that Bridgerule Parish Council gave permission for the project to go ahead.

### **Collections for the Poppy Appeal 2013 in the Holsworthy Area amounted to £9000.**

As part of this sum **Bridgerule raised £501.01.**

Mrs A. Bewes - Coordinator £185.05, Mrs J. Honey - £152.68,  
 Mrs R Hitchings £93.59, Mrs A. Linney - £35.35, Post Office  
 £17.99 and The Bridge Inn - £16.35.



Congratulations to Paul and Stacey Cholwill on the birth of their baby son on 24th February. A welcome brother for Harvey and Ella.

Our thoughts are with Robert, Julie and Rosalind Honey on the recent sudden death of mum and grandmother Joyce Honey. I had hoped that Joyce would have been Spotlighted in The Buzz. Sadly for me we didn't quite make it. She was a wonderful supporter of the village and will be sadly missed.

Vera Hibbins very sadly died at Holsworthy Hospital on 31<sup>st</sup> January after a short illness, she was aged 96. She moved to Littlebridge Meadows with her daughter Sandra and her husband Gordon 10 years ago. She loved village life and had been a constant part of the Coffee Club where she had made many new friends; she and her winning smile will be greatly missed by all who knew her. Sandra and Gordon have been overwhelmed by the support and kindness from all their friends and would like to express their thanks to everyone who has been in touch.



### **PLOUGH SUNDAY**

On Sunday January 19th, a joint Benefice Service, led by Rev. Chris Hardwick, took place at St. Pancras Church, Pancrasweek. Members from St Bridget's Church Bridgerule and St. Swithins's Church Pyworthy joined with members from St Pancras Church in the annual service of Blessing of the Ploughs. Traditionally, the congregation gather around the font for the Renewal of Baptismal vows prior to processing out of the Church for the Blessing of the Plough, which was provided by Mr Roger Vanstone.

### **THE GARDENERS' HYMN**

All things bright and beautiful, All creatures great and small  
All things wise and wonderful, The Lord God made them all.

But what we forgot to mention, Though gardeners know its true,  
Is when he made the goodies, He made the baddies too.

All things spray and swattable, Disasters great and small,  
All things paraquatable, The Lord God made them all.

The greenfly on the roses, The maggots in the peas,  
Manure that fills our noses, He also gave us these.

The fungus on the goosegogs, The clubroot on the greens  
The slugs that eat your lettuce, And chew the aubergines.

The drought that kills the fuchsia, The frost that nips the buds  
The rain that drowns the seedlings, The blight that hits the spuds.

The midges and mosquitos, The nettles and the weeds,  
The pigeons in the green stuff, The sparrows on the seeds.

The fly that gets the carrots, The wasp that eats the plums,  
How black is the gardeners outlook, Though green may be his thumbs.

But still we gardeners labour, Midst vegetables and flowers  
And pray what hits our neighbours, May somehow bypass ours.

## MICHAEL AND LINDA CELEBRATE THEIR SILVER WEDDING

Michael is the eldest son of the late Mr and Mrs Moore of Launcells and Linda the only daughter of the late Mr and Mrs Owen Petherick of Bridgerule.

Linda lived in the village all of her childhood and only moved away after getting married and returned to Bridgerule in 2009 after losing both of her parents.

Michael and Linda met two years before getting married on Grand National day on the **8th April 1989** at Holsworthy Registry Office which was then in Peter Peter and Wright's solicitors office.

The wedding photographs of Michael and Linda were taken at Badock Gardens Holsworthy among the spring flowers by Mike Miller of Bude.

They were joined by family for a midday reception at the Woodacott Arms Thornbury and an evening reception with family and friends at Bridgerule Hall. The couple travelled to Tenerife for two weeks for their honeymoon and returned to their home at Holsworthy Beacon where Michael worked as farm manager for Mr D.J. Watkins.

Just a month later on the 27th May their daughter was born weighing just 11lb 15oz! Kaylie Louise was 3 months premature and spent 3 months at Barnstaple Special Care Baby Unit and Bristol Children's Hospital where she had life saving surgery. Kaylee is now 24 and well.

Michael retired at the age of 60 and now is a househusband and has a hobby of making wonderful structures out of meccano. Michael is a member of the Village Hall Charity and was one of the volunteers who helped to decorate the hall after its recent refurbishment.

Linda continues to work at Trelana Nursing Home and loves home baking which she said her mum taught her.



**On behalf of The Buzz may I congratulate Michael and Linda on their Silver Wedding Anniversary on the 8th April.**

## **TABLE TOP/CRAFT SALE**

**BRIDGERULE VILLAGE HALL**

**1st SATURDAY in each MONTH (MARCH CANCELLED)**

**Next one will be 5TH APRIL**

**£5.00 a provided table**

**2.00 - 4.00pm**

**Doors open 12 Noon for Sellers**

**Light Refreshment Available**



### **‘RAMP UP THE RED’ AND BENEFIT BRITISH HEART FOUNDATION**

Barry and Sarah Williams of Owlies recently requested their invited guests to wear red. Everyone then indulged in lovely prepared food.



The British Heart Foundation will benefit by £341.





### BRIDGERULE IN THE 1930's?

The above postcard of our village has recently been purchased from e-bay. Rose Hitchings is compiling a history folder and regularly watches the site for items such as this. The children on the postcard are in front of a Vivian's delivery van! Can anyone recognise the gentleman in the forefront? Sheila and Rose are interested in ALL old Bridgerule postcards/photos and would like to borrow any to make copies for our History files - especially old postcards that have not been circulated/seen for a few years. Some of them we would possibly like to reproduce for the walls of the village hall. Please pass to Rose of Meadows Barn with your details included on the envelope so that we can return any material to you.



This is the  
reverse of  
same postcard.

Does anyone  
know who  
Marion and  
Cyril maybe?





**Abbie Cottier** 2nd from the right was Bridgerule Carnival Queen in 2011. She has recently been taking part in the very successful Holsworthy Pantomime - Ali Baba.

The pantomime was on stage for 2 weeks and Abbie took part in 14 performances. Congratulations Abbie.



## BRIDGERULE TABLE TENNIS CLUB

Bridgerule Table Tennis Club has been running since November 2013. We are a small group of mixed abilities and ages 10 – 80 years.

**Why don't you come and try it, complete beginners will be welcome** and coaching is available.

Our object is to give everybody the opportunity to have a bit of fun and exercise. All you need is a pair of trainers or soft flat shoes and enthusiasm.

We meet on Tuesday afternoons from 3:00 - 5:00 in the village hall and shortly will be playing one evening in the week or Saturday to accommodate folk who work also youngsters from the age of 10 years onwards.

Just turn up or give Audrey Bewes [381402] or Brian Beadle[381117] a call if you would like to know more details.

## NEIGHBOURHOOD WATCH NOTES BY JOHN MCDUGALL



FREE, FREE, FREE! How many times has that drawn your attention? This time it was from a hard talking sales person (just because ours was a woman, doesn't mean yours will be) trying like billy-oh to sell smoke alarms that will be directly connected to the fire station. She was offering five of these complete systems, if you won the draw. What a surprise! Both Bude and Holsworthy Fire Stations are crewed by retained men (or firepersons). She also tried the same trick with burglar alarms also connected to the police station. (which of our police stations has the nearest response team?)

Don't buy these things from a cold call!

Smoke alarms may be fitted free if you qualify, for either the elderly or the Vulnerable - Telephone 0800 7311 822 to check.

It was no wonder she didn't introduce herself or the company she represented. No telephone number was available. If you want a burglar alarm fitted, safely and securely, either ask a neighbour who has one or contact the consumer helpline (used to be called trading standards) on 0845 4040506. On the internet try "Trading Standards Devon" and surf the "Buy with confidence" list of 'approved traders'.

Please also be aware of cold callers knocking your door who become abusive if you do not buy. They are about. Call 999 having first shut the door in their face.

DON'T HAVE NIGHTMARES—KEEP 'EM PEELED.

John McDougall 01288 381237

**Johnny Cowling, Cornwall's favourite entertainer, is coming to Bridgerule again**

**Friday 9th May 2014 -8.00pm**

**Tickets £10 to include food**

**Licenced Bar applied for**



***Proceeds for Village Hall Refurbishment***

***75% of tickets gone already!***

## **MICHAEL'S LATEST CONSTRUCTION**

### **Scammell Heavy Artillery Tractor Tank Transporter**

These vehicles were used extensively by the British Army during World War 2 for the transport of tanks weighing up to 30 tons. It comprised of a 6 wheeled motive unit and an inclined 8 wheeled semi trailer with loading ramps.

The motive unit had a rocking front axle with a single transverse spring. Its rear wheel journals were carried on a pair of massive centrally pivoted equalizing beams along which the drive was conveyed by sets of spur gearing from a single central differential.

The semi-trailer was connected by a universal joint vehicle and had fully equalized road wheels. The complete vehicle was able to negotiate rough terrain. A powerful vehicle shaft winch was provided on the motive unit.

The model is 6 foot in length and 10 inches wide. The main gear box provides 3 forward ratios and 1 reverse. It took 1431 parts, 2685 nuts and bolts and 35 hours to build the tractor and the transporter. The crusader tank was not built to scale Michael just made it up to fit the transporter.



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## **Our Journey!**

(as told by Amanda)

**Daddy, Mummy,  
Sam and Jaydon Linney.  
Memorable day in 2012.**



Darren and I met in a nightclub in our home town of Watford in April 1995 and married in August 1998. For the next couple of years we enjoyed life by going out with friends, holidays, meals out and spending lots of time with family. I always knew that I wanted children with Daz happy to go through life without them but after some discussion we decided that we would like to try for a family and so two years after getting married our journey begins.

A year down the line we found ourselves paying a visit to the medical centre to see if we needed help but after undergoing tests nothing untoward was found. The only treatment involved me taking tablets but alas to no avail. We were then put forward for Intrauterine Insemination (IUI) treatment. For this we had to pay £800 a treatment and after three treatments again no luck. It was about this time that we thought about moving to try and give ourselves, and if we were lucky to have children, a better life. We found Hollybank and never looked back!

After 12 years of not being able to conceive we realised that if we were ever going to have a chance of a family then we needed to think of other ways. We applied to Families for Children, an adoption agency, to see if we would be eligible to adopt and very fortunately for us, Donna, who later became our social worker agreed that we would. The rocky road of adoption began!

The process itself was not as bad as we first thought. It was however quite an emotional journey and we really had to look right into ourselves and bare our souls! Donna had to be sure that we were doing this for all the right reasons and that we would be able to love, cherish and emotionally support any children that came to us. We both agreed that we wanted a sibling group, preferably boys. This was because I wanted them to have a blood tie to someone, a history, someone that they knew when they woke up that first morning in our strange, alien house. We also knew that we wouldn't want to go through the process again. We then looked at quite a few profiles of different children in magazines. All of them needing a 'Forever Family' - but we couldn't take them all!



Donna was very good at this stage (she was actually fab through it all) because she kept us grounded. We had a 'list' of things that we knew we wanted from the children such as siblings, young as possible, had as little trauma as possible, loved the outdoors, loved animals, outgoing and gorgeous!! Donna helped us narrow our search and finally along came Sam and Jaydon!

We spotted their profile just before Christmas 2011 with Donna looking in more detail to check that we would all be suitable for each other and fortunately we were. Sam and Jaydon's social worker was then informed of our interest. Apparently there was another couple who had expressed an interest too and so an anxious few weeks for us followed, waiting for them to decide which of us would be chosen. At last in...we had the call we were waiting for and the agencies involved were to come and meet us to confirm what Donna saw, that we were all compatible for each other. We had still only seen photos of the boys and would only get to meet them when all was signed and sealed.

That night Darren, Steve and I went down to the Bridge Inn to have a bite to eat and to celebrate but unfortunately Darren had a TIA – a mini stroke. My first thought was....what about the boys!! My second thought was....my god, I can't live with him looking like that. Darren had treatment for this and was put on medication to prevent another one happening. Luckily, when we spoke to Donna she reassured us that she would talk to Sam and Jaydon's social workers. God was on our side and it was agreed to wait three months for the medication to do its job on Daz, before coming down to see us. They didn't ever suggest that we were out of the running.

The day finally came when Sam and Jaydon's social worker, their foster mum and dad, Hayley and Francis, and Donna came to meet us. It was very nerve wracking but they were all lovely and put Daz and me at ease and it was agreed that we were the right people to become Sam and Jaydon's 'Forever Mum and Dad'. Yay! But their decision was not final; it had to go to a higher level - still more waiting!

A plan was then put in place where we would go and meet Sam and Jaydon, who up to now knew nothing about us. This introduction would be slow and they would only be told when the decision from up high had been given. We were due to leave on 21<sup>st</sup> June 2012 to go and meet them but still hadn't had the final decision. Donna assured us that it would be given and we were to set off. It took us 5 hours to get to our hotel...still no decision but finally at 4.00pm we got the signal that we needed and the introductions began – how nervous we were!

The first time we met the boys was at their foster home. There were pictures of Darren and me on all the doors in the house!

We met Jaydon first...Sam was on the loo! He just stared at us, mouth open and then Sam came down and again stood with mouth open. Hayley asked, "who's this?" "MUMMY and DADDY" they both shouted! It was lovely to hear.

We had a lovely week with them seeing them both a bit more each day until we were able to get them up in the morning and bath and put them to bed in the evening. After seven days it was time to come home. Hayley and Francis brought the boys and their own family down to us staying at Hedley wood for the weekend so that ties between Sam, Jaydon and them could be severed slowly. It was a really emotional goodbye for all of us on the Monday when they left!

***Then there were four!*** We've all had a massive roller coaster ride of emotions this last 18 months and I won't pretend it's been easy for any of us because it hasn't. We started off as two sets of strangers, Darren and me and Sam and Jaydon. The boys knew so much about each other and yet we knew nothing. We knew what things each other liked and places that we liked to go to but nothing about how we ticked, or how we were feeling. Thankfully with time we've grown as a loving family and love Sam and Jaydon as if they were our own. The boys too now see us as their mum and dad and constantly tell us they love us too. Don't get me wrong, we still have battles! But as my friends continue to tell me, that is what being a family is all about. We have the two most gorgeous boys. They're confident, loud, know their own minds and full of fun. I just wish we had as much energy as they have to keep up with them. They have brought so much more to our lives than we could have imagined with fun, laughter, tears, worry, love and so much more. We would walk over hot coals for them, and we think of them as our family through and through.

September 11<sup>th</sup> 2013 was the day we went to court and the day they became ours for good. Now and forever....Team Linney!!! X x



***I thank Darren and Amanda most sincerely for sharing their journey with us. Many of us will remember that stork for ever – even when it is finally taken away! Editor.***

## `SPIRALS`

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daughter-in-law  
last night when I  
asked if I could  
borrow a newspaper



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## **Want to save money on the cost of your heating oil? *So do we!***

### **Article for Bridgerule Buzz... Happy 2<sup>nd</sup> Birthday Devon Oil Collective!**

The Devon Oil Collective is a not-for profit organisation run by the Community Council of Devon with the aim of enabling people in the communities of Devon to Bulk order oil together and save.



The project started up in February 2012 and is celebrating a highly successful first two years with over 400 people joining the scheme, ordering a collective 850 000 litres of oil and saving £37,000 compared to the average market prices for oil. It was featured on BBC Television News programme 'Spotlight' broadcast across the South West on 30<sup>th</sup> January 2014 which caps off a brilliant first 2 years for the county wide community oil buying collective.

BBC Consumer Affairs Expert Peter Shears gave his opinion: "I think it's brilliant, people getting together, people saving money".

The scheme is supported by a team of over 20 local volunteer coordinators spread across Devon who help to gather in the monthly order for their village or Parish area. These orders are sent back to the central office and one bulk order is submitted for negotiations. Month on month the scheme is managing to get prices lower than the market averages for people in Devon. There is currently no coordinator for Bridgerule and Nemo Shaw, project officer for the Devon Oil Collective, said – "we are constantly looking for more coordinators and would be delighted to welcome someone from Bridgerule on to the scheme". Volunteer Coordinators receive free membership on the scheme.

It is open to anyone in Devon and there is an annual membership fee of £24 for individuals (businesses and community organisations have higher rates) and these help to cover the costs of running the scheme. **They are so sure that you will make this saving up over the course of the year that they pledge to refund the difference if you don't.**

For more information and membership forms visit the website:

<http://www.devonrcc.org.uk/c/63/devon-oil-collective>

## BRIDGERULE POST OFFICE SERVICES

Following the closure of the village Post Office 3 directors of the Village Hall Charity met Post Office representative, Mr Colin Pound, Field Change Adviser to discuss the possibilities of the hall providing a venue to enable a post office counter service to continue at Bridgerule.

After discussion Mr Pound confirmed to the directors that the post office will continue in some capacity in the village with customers able to access the same service as before.

We will endeavour to keep the community informed.



### CHANGES TO MOBILE LIBRARY SERVICES

Please be aware that on **April 9th**  
The Mobile Library will be at

**BRIDGERULE VILLAGE HALL:** 2.00 - 2.45pm  
**UPLANDS:** 2.50 - 3.20pm

*It will revisit every four weeks*

### PLEASE DOG OWNERS BE RESPONSIBLE!

Most dog owners clean up after their pet but it is quite evident that some in our village are not, especially by the newly built bus shelter.

It is the responsibility of the dog owner or the person in charge of the dog to clear up any dog foul left by their dog. If you fail to clean up after your dog you can be issued with a Fixed Penalty Notice, or if the case goes to court a fine of up to £1,000.





## **WINE AND WISDOM**

**SATURDAY 5TH APRIL - 7.30pm**

**BRIDGERULE VILLAGE HALL**

**£30 for team of 6**

**to include 1 bottle of red wine, 1 bottle of white wine, cheese and nibbles**

**Please enter your team to Julia on 01288 381680**

**Additional wine and soft drinks are available**

*We respectfully request that you do not bring your own food and drink*

**Proceeds: Friends of Bridgerule School**

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**Call Cathy on 01288 381201 or 07810 645941**

**[www.cnholistics.com](http://www.cnholistics.com)**

**ENERGY SAVING TIPS:** Householders could benefit from savings of up to £320 from energy efficiency measures, an average of £100 by paying by direct debit and those who had never switched before could save up to £200 by shopping around.

A survey found that people in the South West are trying to cut their energy costs by turning down the heating (59 per cent of people) or using less electricity (56 per cent of people). Seventeen per cent are using fewer rooms in their home.

To help people take control of their bills Citizens Advice has released ten top tips to help you check, switch and insulate.

1. **Check your bills carefully** and read your meter regularly. This will allow you to check how much energy you use and make sure you're paying the right amount.
2. **Talk to your supplier** if you think your bill is wrong or if you have problems paying. They'll be able to give you advice about available support or talk you through repayment options.
3. **If money is tight, contact your local CAB.** They can check to see if you are getting the benefits you are entitled to, or if you can get help paying your bills.
4. **Make sure** with your supplier and use an accredited switching website to see who's offering the best deal. Tariffs are changing in 2014 so it is important that you are aware of your current deal and any changes your supplier is planning.
5. **Most energy suppliers offer fixed price tariffs**, where the price of a unit of energy will stay the same for the length of the deal. These can work out cheaper in the long term and make it easier to budget – although you might need to pay by direct debit and your bills will still go up if you use more energy.
6. **If you use a pre-payment meter, remember that standing charges will be added daily** - even when you aren't using energy. Check how much they are and keep your meter topped up even during warm weather to avoid unexpected charges
7. **If you use heating oil as your main fuel**, buy before winter and see if there are any local oil buying clubs you can join. If not, you might want to start your own.
8. **Make your home energy efficient** – insulate lofts and walls, double glaze or use thick curtains to keep the heat in, and get your boiler serviced or replaced to ensure it is energy efficient. There are schemes to help with this.

9. **Save money and energy** – don't leave appliances on standby or leave laptops and mobile phones on charge unnecessarily. Fix leaking taps and always turn off the light when you leave a room.
10. **Do a home energy check** to find out about savings of up to £250 a year on household energy bills. Visit the Energy Saving Trust home energy check at [hec.est.org.uk](http://hec.est.org.uk). Use this check to get a full report with details of your home's energy use and the savings you could make.

**Kindly sent by Buzz Reader Mr Ken Chilton.**

## **BRIDGERULE METHODIST CHAPEL PREACHING APPOINTMENTS**

### **MARCH/APRIL 2013**

<b>March 2nd</b>	<b>Mr C. Smale</b>	<b>11.00am</b>	
<b>9th</b>	<b>Mr C Nosworthy</b>	<b>11.00am</b>	
<b>16th</b>	<b>Mrs M. Aicheler</b>	<b>11.00am</b>	
<b>23rd</b>	<b>Mr B Cleave</b>	<b>11.00am</b>	
<b>30th</b>	<b>Mr J Guy</b>	<b>11.00am</b>	
<b>April 6th</b>	<b>Mr J Turner</b>	<b>11.00am</b>	
<b>13th</b>	<b>Mr J Hawkins</b>	<b>11.00am</b>	
<b>20th</b>	<b>Mr M Reeves</b>	<b>11.00am</b>	<b>Sacrament</b>
<b>27th</b>	<b>No Preacher Appointed 11.00am</b>		



**Head of Care at Little Harbour Hospice, St Austell, Tamsyn,** receives a cheque for **£750** from Sheila. This was on behalf of her husband Colin, who had made 'Reindeers' over the Christmas period with all profits going to the Children's Hospice. The money will be used for a much needed piece of furniture in the family entrance.

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Friday 9.30 - 10.30am - £3.50

**A mechanic was removing a cylinder head from the motor** of a Harley motorcycle when he spotted a well-known heart surgeon in his bosses shop. The mechanic shouted across the garage, "Hey, Doc, can I ask you a question?"

The surgeon a bit surprised then walked over to the mechanic working on the motorcycle. The mechanic wiped his hands on a rag and said, "So Doc, look at this engine. I open its heart, take valves out, fix 'em, put 'em back in and when I finish, it works just like new. So how come I get such a small salary and you get the really big one, when basically we do the same work?" The surgeon paused, smiled and leaned over and whispered to the mechanic..... ***"Try doing it with the engine running."!!!***



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### Bude Memory Café

Talking, Remembering, Smiling

Are you a carer of someone with memory problems or know someone who does? Have you both ever been to a Memory Café?

Staffed entirely by volunteers the café is free to carers and the person they care for. Why not come along to one of the sessions and meet with others in a similar situation. You can come along as often or as little as you choose.

The Memory Café promotes the well-being of people with memory impairment and their carers by providing social, enjoyable and stimulating activities in a safe environment. Supported by Bude and Stratton Town Council, Cornwall Rural Community Council and private donations.

Room2 at the Parkhouse Centre from 2:00pm to 4:00pm on the FIRST and THIRD FRIDAY of every month.

Why not give it a try? If you would like to chat to someone about it please phone Kim on 01288 356060 or Nina on 01288 381093.

### Age UK – (M.C.S.T.) Memory Therapy

*Age UK Cornwall* have been delivering MCST throughout Cornwall since June 2010 and it has been found to be effective for people **with early stage dementia to enhance and maintain an individual's** memory for longer.

The rolling 14 week programme delivers activities which trigger the memory. There are usually word, number and memory activities incorporated into the weekly 2 hour sessions held at Neetside Bude.

For more information contact the MCST Co-ordinator at Age UK on 01872 266388, or ring Nina Jones on 01288 381093.



<b>2nd March</b> <b>Sunday next b/f Lent</b>	9.30 am 11.00 am	Pyworthy Bridgerule	Family Service Eucharist
<b>5th March</b> <b>Ash Wednesday</b>	7.30 pm	Pyworthy	Benefice Eucharist/ Imposition of Ashes
<b>9th March</b> <b>Lent 1</b>	9.30 am 11.00 am	Pyworthy Bridgerule	Eucharist Family Service
<b>16th March</b> <b>Lent 2</b>	9.30 am 11.00 am	Pyworthy Bridgerule	Morning Prayer Eucharist
<b>23rd March</b> <b>Lent 3</b>	9.30 am 11.00 am	Pyworthy Bridgerule	Eucharist Eucharist
<b>30<sup>th</sup> March</b> <b>Mothering Sunday</b>	10.30	Pyworthy	Benefice Family Eucha- rist for Mothering Sunday

### SERVICES FOR ST. BRIDGET'S MARCH/APRIL

<b>6th April</b> <b>Lent 5</b>	9.30 am 11.00 am	Pyworthy Bridgerule	Morning Prayer Communion by Extension
<b>13th April</b> <b>Palm Sunday</b>	10.30 am	Bridgerule	Palm Sunday Eucharist -Meet at Churchtown Farm at 10.15 am for procession
<b>14th April</b> <b>Monday</b>	7.00 pm	Pyworthy	Eucharist with Meditation on the Stations of the Cross
<b>15th April</b> <b>Tuesday</b>	7.00 pm	Pyworthy	Eucharist with Meditation on the Stations of the Cross
<b>16<sup>th</sup> April</b> <b>Wednesday</b>	7.00 pm	Pyworthy	Eucharist with Meditation on the Stations of the Cross
<b>17<sup>th</sup> April</b> <b>Maundy Thursday</b>	7.30 pm	Bridgerule	Benefice Eucharist
<b>18<sup>th</sup> April</b> <b>Good Friday</b>	2.00 pm	Pyworthy	Meditation on last words from the Cross with Hymns
<b>19<sup>th</sup> April</b> <b>Easter Eve</b>	7.00 pm	Pancrasweek	Service of Light
<b>20<sup>th</sup> April</b> <b>Easter Day</b>	9.30 am 11.00 am	Pyworthy Bridgerule	Eucharist Eucharist
<b>27th April</b>	11.00 am	Bridgerule	No Service

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

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***Also those who did not wish to be named***



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Table Tennis	Tuesdays 3.00 - 5.00pm
Spirals - Yoga	Wednesdays 9.30 - 10.30am.
Art and Craft	Wednesday 2 - 4pm (two weekly) (next one 5th March)
Zumba	Wednesdays 6.30 - 7.30pm.
International Dance	Thursdays 2 - 4.30pm.

**VILLAGE COFFEE CLUB** - Tuesday 11th March 10.30am  
 Tuesday 25th March  
 Tuesday 8th April  
 Tuesday 22nd April

### PARISH COUNCIL MEETINGS -

Wednesday 19th March 8.00pm  
 Wednesday 16th April 8.00pm  
 Saturday 5th April **TABLE TOP/CRAFT SALE 2.00—4.00pm**  
**WINE AND WISDOM 7.30pm**

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