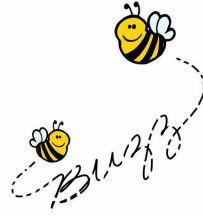


SEPTEMBER/OCTOBER 2024

R.H.



Dear Buzz Readers,

We celebrated Revel Week a few weeks ago and I wish to thank you everyone who helped to organise the events held during that week and to everyone for supporting the events, making it possible for us to continue celebrating our village tradition once again in 2024.

Please remember if you have something you would like to see in the next edition of the Buzz please forward it to me by 20th October. Many thanks.

Sheila Cholwill Editor of Buzz
email: sheilacholwill@btinternet.com

Telephone: 01288 381350



Editorial Disclaimer:

Those providing comments are theirs alone, and do not necessarily reflect the views, opinions, positions or strategies of The Buzz or anyone involved in the publication thereof. The Buzz makes no representations as to accuracy, completeness, correctness, suitability, or validity of any information in this publication and will not be liable for any errors, omissions, or delays in this information or any losses, injuries, or damages arising. The Buzz reserves the right to edit or alter in any manner it sees fit comments that it, in its sole discretion, deems to be obscene, offensive, defamatory, threatening, in violation of trademark, copyright or other laws.

BRIDGERULE METHODIST CHAPEL



CREAM TEA

SATURDAY SEPTEMBER 14TH

FROM 3.00PM

£3.00

COME AND SEE OUR
NEW CHAPEL CARPET!

CAKE STALL

BRIDGERULE METHODIST CHAPEL



PRELIMINARY NOTICE

FESTIVAL OF TREES

14th/15th DECEMBER 2024



*It's love that gets us
through*

At Last OFCOM is doing its job!

A new directive by Ofcom, published: 29th July has given phone companies 6 months to come up with plans to stop spoof calls.

These must include

- Block more calls from abroad which imitate UK landline numbers.
- More effort must be employed to reduce suspicious calls and texts.
- Prove the disruption of spoofing from abroad and mobile messaging scams.

People will be better protected against scammers who call from abroad and imitate UK landline numbers, under strengthened industry guidance.

This guidance will come into effect from 29 January 2025.

Hopefully this will now help reduce the number of scam calls hitting every home.

I've spoken at length on my reservations regarding AI and I know it will eventually benefit mankind in many ways. However, the short-term use is misguided and wrong! This is borne out by Microsoft who have suspended the publication of their AI voice simulator as being too dangerous for general use. This software which can not only clone an exact voice pattern and convert a text document into real time audio, although text to speech has been used for many years using simulated voices, the accuracy is now such that any voice when cloned and published with totally fake dialogue and imagery will have devastating consequence! However other software companies continue to promote similar systems and this will only lead to many future scams.



The incarceration of Stop Oil protestors made me think of a recent study by Oxford University on the annual Green House Gas emissions of a computer. The study shows the carbon footprints of some typical working Personal Computers:

- Desktop + screen emits 621kg CO₂e
- Laptop + screen emits 691kg CO₂e (up 11%)
- Desktop + 2 screens emit 903kg CO₂e (up 45%)
- Laptop + screen at office + screen at home emits 928kg CO₂e (up 49%)
- Desktop + screen + laptop emits 1,030kg CO₂e (up 66%)

Over 95% of all computer components are made in China and most electronic systems are made with over 90% plastic components, the burning of fossil fuels is not the only contributor to global warming and the more we use computers and mobile phones the more CO₂ is pushed into the atmosphere, then there is the mining of cobalt to make the batteries using child labour in Africa and the highly toxic burning of components in India to retrieve small amounts of gold from old motherboards, I could go on!

**For more information and free telephone advice Tel Brian Meadows
NOFIX-NOFEE Computer Repair service 01288 381061**

OUR BYGONE VILLAGE



Struggling with bills? Get help now!

The Household Support Fund helps
Torridge residents with:



Food



Energy



Appliances



Housing



Essentials

Apply now
torridge.gov.uk/householdfund
01271 371 499



Do you need help with food?

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

1

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

2

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

3

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



POTTERS FISH n THINGS

SCHEDULE FOR VISITING BRIDGERULE



The Editor has just been notified that Potters wont be visiting us until October due to staffing issues. We will do our best to let you know the date this will be.

BRIDGERULE METHODIST CHAPEL

SERVICES 11.00 am



September 1st

Rev. Stephen Skinner

September 15th

Local Arrangement

September 29th

Harvest Festival—Parish Church

October 6th

Rev. Meg Slingo - Harvest Festival

October 7th

7-15pm Service, to be taken by Mark Shears

Harvest supper and Sale of Produce

Musical items by The Tamarside Singers

October 20th

Cath Paddon

BRIDGERULE VILLAGE HALL

HIRE the HALL from just £25

Small Kitchen £10

Large kitchen £15

BOOKING CLERK Telephone: 01288 381350

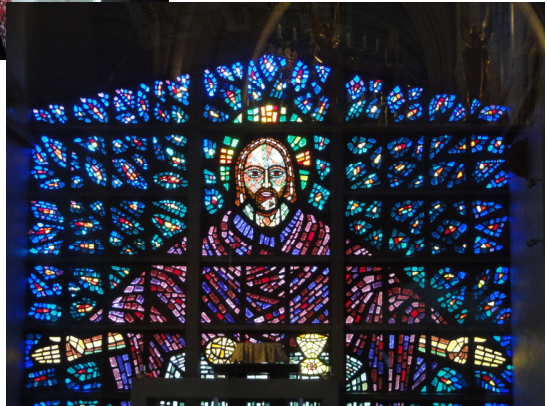
sheilacholwill@btinternet.com

Special Price for Local Clubs



34 Friends of Bridgerule Coffee Club recently enjoyed a coach trip to the beautiful building and grounds of Buckfast Abbey, Near Totnes.

One of the magnificent stained glass windows of the Abbey is known as the window of The Last Supper. It was designed and built by Dom Charles Norris.



ST. BRIDGET'S PARISH CHURCH
SUNDAY SERVICES 11.00am



September 1st Sung Eucharist
September 8th Morning Prayer
September 15th Joint Service at Methodist Church
September 29th Harvest Eucharist

October 6th Joint Service at Methodist Church Harvest Festival

Chris Hitchings overall winner of our Revel celebrations 2024

Flower, Vegetable and Art and Craft Show



Florence Harris overall winner of the Children's Section of the show.



June Rogers was the overall winner of the Craft Section of the show.



Some vegetable entries before being judged



Taken on Ramble Route!



Floral art class came in the form of a decorated shoe. Audrey Bewes received the 1st rosette.

Winners of the Car Treasure Hunt was Georgina Hemmings and friends.

The Show entry fees and Cream Teas raised £178.

The Family Quiz made a profit of £178

The Football Club Bingo raised £300 profit

The Skittle Tournament raised £238 profit

The Ramble made a profit of £628 for Friends of Bridgerule School



13 teams recently took part in the Annual Revel Skittle Competition. The eventual winners were The Heroes, Liz James, Chris Heywood, Sheila Cholwill and Pete North. The Runners-up were Pin Pals.

ZUMBA GOLD – Low Impact

Monday Morning 09.45 – 10.45 am
11.00- 12.00 am

Licensed Instructor Sharon Martin

Tel: 07805026364 /or email
shazforty@hotmail.com

**TABLE TENNIS**

Tuesday from 2.00pm

Contact Alan on

01288 382988 or

email quilts@hotmail.com

PILATES - Tuesdays 5.45 - 6.45
7.00—8.00

EMILY SKERRETT

Email: ems1982a@gmail.com

Tel: 07828947545

**ART AND CRAFT CLUB**

Wednesday afternoon

Contact Kath on

01288 381459 / or

Kathwhatmore@gmail.com

**DOG OBEDIENCE CLASSES**

Telephone Christine on

01288 381104 or

Mutley Crew Dog Club

Facebook

SHORT MAT BOWLS

Friday from 2.00pm

Contact Scott on 01288 381459

or email sdwhatmore@gmail.com



Derril Water Solar Park Update



Following the completion of road works and site entrances, onsite work has started, including constructing access tracks. These tracks are being built at a rate of approximately 100 meters per day. The northwestern section of the site has been completed, and the southwestern section is expected to be finished by the third week of August. National Grid has also finished cabling works and backfilled their joint stations.

Temporary 'trackway' mats are being installed in fenced compound areas. String inverters are scheduled for delivery by the third week of August. The first batch of solar panels has already arrived on-site and is undergoing inspection and proper storage.



The mounting racks for the panels are due to start arriving in the coming weeks and mechanical and electrical work will start at the end of August.

It's going to be a busy couple of months with completing the track construction works, installing fencing, assembling panel racks, laying CCTV cables through trenches, delivering transformers and switchgears, and constructing the substation foundation. Additionally, panel deliveries to the site will continue.

Remember, Derril Water Solar Park is Ripple Energy's first exciting shared solar project in the UK. Members not only benefit from clean energy but actually own this project.

If you have any concerns or need to report special events in the area that might affect works, please reach out to DerrilWater@RippleEnergy.com.

Learn more about the project here: <https://rippleenergy.com/our-projects/derril-water-solar-park>.

RESULTS OF REVEL SHOW:

Vegetables

Peas - 1st Chris Hitchings.

Carrots - 1st Freda Lacey. 2nd David Hale. 3rd Rose Hitchings.

French Bean - 1st Chris Hitchings. 2nd Rob Honey. 3rd Mel Bailey.

Runner Bean - 1st Rob Honey. 2nd June Rogers.

Tomatoes - 1st Joyce Shadbolt. 2nd Chris Hitchings. 3rd. Rob Honey.

Beetroot - 1st Rob Honey. 2nd Mel Bailey.

Potatoes - 1st Chris Hitchings. 2nd Daz Rickards. Joyce Shadbolt.

Onion—1st Chris Hitchings. 2nd Rob Honey.

3 Other Vegetables - 1st June Rogers. 2nd Chris Hitchings. 3rd. David H

Whopper - 1st Rose Hitchings. 2nd Rob Honey. 3rd Joyce Shadbolt

Misshape Vegetable - 1st June Rogers. 2nd David Hale. 3rd. J. Shadbolt.

Cookery:

Mince Pies - 1st Freda Lacey. 2nd Clarice Harris. 3rd. Joan Marshall.

Savoury Flan - 1st Julie Honey. 2nd. Linda Goodman. 3rd Clarice Harris.

Chocolate Sponge - 1st Christine Gee. 2nd Freda Lacey. 3rd Clarice Harris.

Craft:

Floral Art - 1st Audrey Bewes. 2nd. June Rogers. 3rd. Julie Honey.

Pot Plant - 1st Trevor Snowdon. 2nd Joyce Shadbolt. 3rd. Rob Honey.

Crochet - 1st Rose Hitchings. 2nd Joan Glessing. 3rd. June Rogers.

Needlework - 1st. Christine Gee.

Embroidery - 1st Clarice Harris. 2nd Joan Glessing. 3rd June Rogers.

Knitting - 1st Sally Allison. 2nd June Rogers. 3rd Audrey Bewes.

Decorated Pebble - 1st Gemma Furse. 2nd June Rogers. 3rd. S. Steel.

Adult Painting - 1st Julia Honey. 2nd June Rogers. 3rd. Christine Steel.

Photo— Make you smile - 1st Stephen Steel. 2nd Julie Honey. 3rd Jaidon.

Photo - View 1st Gautum Daz. 2nd Stephen Steel. 3rd. Susan Daz.

Children's Classes:

Floral Art - 1st. Florence Harris. 2nd. Delilah Harris. 3rd. Elsie Stephens

Decorated Pebble - 9-11 1st. Florence Harris

7- 8 1st. Bella Stephens 2nd Elsie Stephens

3rd Delilah Harris

Cookery: Jam Tarts 1st. Delilah Harris

Sausage Roll 1st. Elsie Stephens. 2nd .Bella Stephens

3rd. Florence Harris

THESE ARE ACTUAL COMPLAINTS RECEIVED BY "THOMAS COOK VACATIONS" FROM DISSATISFIED CUSTOMERS:

1. "They should not allow topless sunbathing on the beach. It was very distracting for my husband who just wanted to relax."
2. "On my holiday to Goa in India, I was disgusted to find that almost every restaurant served curry. I don't like spicy food."
3. "We went on holiday to Spain and had a problem with the taxi drivers as they were all Spanish."
4. "We booked an excursion to a water park but no-one told us we had to bring our own swimsuits and towels. We assumed it would be included in the price."
5. "The beach was too sandy. We had to clean everything when we returned to our room."

40 years ago

August 4, 1984

Mentioned in last weeks local press - Looking Back!

Mrs M Edwards, president of Bridgerule Revel Week, crowned the Revel Queen, Katherine James, in the village hall on Monday. Her attendants are Simon James and Paul Cholwill.



Neighbourhood Watch Notes



If you believe you should be eligible for the Winter Fuel Payment - now only for those on Pension Credit and other benefits, you are best consulting Citizens Advice Bureau. Or phone the pension credit claim line, if as a couple your weekly income is less than £332•95 (£218•15 if single). Other factors are brought in to the claim if you have savings or responsibilities for others. The claim phone number is 0800 99 1234. Pension credit can be backdated for up to three months.

There are several numbers for Citizens Advice Bureau. You can try 0808 223 1133, or 0808 278 7999, or 0800 144 8848, or 0344 411 1444.

Scams continue to be at the forefront of a lot of crime, be it the phone call saying your card has been used, or your Amazon subscription is due a refund, or anything else that asks you to press "one" to refute the statement. DON'T press anything - just put the phone down. It's lies.

Emails or text messages coming out of the blue putting pressure on you to deal with now. DON'T, just think, is this really what it says? Let action fraud know if you get one of these "www.actionfraud.police.uk" or phone 0300 123 2040. You can report suspicious text messages on 7726, and phishing emails on "report@phishing.gov.uk".

A popular scam is the fake TV licensing one. No one wants to be without their TV licence - especially as it is no longer free to most. Always check before replying to anything like that.

If you get a call from the Fraud Department, STOP, is it really? Unlikely. Again - put the phone down and use the number you know is correct. 159 for most banks will get you to their fraud department.

Meanwhile enjoy the latter end of the year, hoping for continuing good weather and enough rain for the gardens etc. But still keep your goods to yourself. Lock doors, windows and vehicles. Don't leave keys lying about or your GPS items on easy view.

Be aware of the Countryside Code and be careful with animals that are unlikely to want to be herded to your way of thinking.

Don't ring 999 because of the peculiar smell or loud noise. It is an Emergency number, not the local helpful neighbour. That neighbour may be able to solve your dilemma, that's part of Neighbourhood Watch.

I haven't said for a while "Keep 'em peeled" and "Don't have nightmares"

John McDougall Co-ordinator Tel: 01288 381327

SHEILA'S MENTIONS

BIRTHDAY WISHES TO:

Marilyn Pickett 11th September
Susan Cogdell 20th September
Rachel Smith 21st September
Trevor Snowdon 22nd September
Julie King 24th September
Gill Hedley 26th September
Alan Weekes 29th September
Barbara Bowden 9th October
Ken James 19th October



Our Congratulations and Best Wishes go to David and Natalie Tippet of Pale Park, Tackbear who have just celebrated their Golden Wedding Anniversary.



We learnt recently of the passing away of Mrs. Marie Field, formerly of Southfields. Our thoughts are with her daughter, Melissa and her family.



Congratulations to Alan and Rosie Beat who have recently celebrated their Golden Wedding.

The Editor has requested and Alan and Rosie have agreed that they will tell us some of their life experiences in our next Buzz.



**70 YEARS AFTER SEWING HIS
BRIDE IN HALF ON WEDDING DAY
CELEBRATE
PLATINUM ANNIVERSARY**



Ray and Joan Palmer, who settled in Bridgerule last year, look forward to celebrating their 70th wedding anniversary on 11th September .

They both grew up in Wisbech, Cambridgeshire. Joan was a dancer in a local troupe, and Ray, with his lucrative conjuring hobby, was known by his middle name, as 'Ray DaSilva, the Fenland Magician' They first met, not on a stage, but in the laboratory of a food factory where they both started work on the same day. Ray and Joan fell in love and were married in 1954 at the church of St Peter & St Paul, Wisbech. They had concocted a double act of magic which included the sawing-in-half illusion (sorry no photo) and decided to spend their honeymoon at a magicians' convention! The national press took up the story – see details in the news cuttings attached.

Ray says: "It's just as well I wasn't charged with murder!" and "Don't believe everything you read in newspapers." Ray and Joan became fulltime puppeteers in 1962 after returning from a few years in Canada. They set up a company in 1969 based at Godmanchester then, in the late 70's were responsible for the conversion of a redundant medieval church in Norwich to a 200-seat puppet theatre – which is still in operation .

They have moved house several times, gradually migrating westwards via Bicester and Gillingham, and now live at Tamar Cottage next door to their son Nik and Sarah at Tamar House Farm. At one of the Bridgerule Coffee Club outings Ray expressed how deeply they appreciated the nice welcome they had been given by the local community.

Fire bowls performed by the double act.



Can't you forget it, dear . . . just for one day ?”

How privileged are we to have Ray and Joan living in our village. September 11th, a very special day for a special couple. xx

The Daily Mail
Carmelite House, Carmelite Street, E.C.4.
Cutting from issue dated..... 14 SEP 1954

BETTER HALVES
Mr. Ray DaSilva, a Wisbech, Cambridgeshire, magician, who is spending his honeymoon this week at a Magicians' Convention in Brighton, will demonstrate the illusion of sawing his bride in half.

Sunday Dispatch
Northcliffe House, Carmelite Street, E.C.4.
Cutting from issue dated..... 12 SEP 1954

'SAWN IN HALF' ON HONEYMOON
FEW bridegrooms treat their brides as Mr. Ray Dasilva proposes to do with his on their honeymoon at Brighton this week. Mr. Dasilva, of Wisbech, Cambridgeshire, will saw his bride in half. He is a magician; his wife is his assistant. They will be one of three couples spending their honeymoons at the convention of the International Brotherhood of Magicians.

I am lonely

When we think this, our response is often to feel fear, embarrassment or discomfort and I ask myself why, especially given that nearly everyone feels lonely at some point in their lives.

I think in our society the word 'lonely' carries a stigma, a mark of disgrace or shame, which is ridiculous when you think about it. We appear to be able to show emotions such as anger, confusion, or stress, without getting the same response. So, why do we respond to the word 'lonely' in this peculiar fashion?

In part it's due to the language used around the emotion. We describe people as 'suffering' from loneliness instead of 'experiencing' it, or we say people are 'admitting' to loneliness rather than just 'telling' someone about it. Even the term 'I am lonely' is unhelpful – we may 'feel' lonely but it shouldn't define us, nor is it always a constant state of mind. I believe that controlling a situation is crucial to successfully handling it, so getting the language around loneliness correct should hopefully help us feel more in control. If not, why mention loneliness at all? Instead, we could say something like, 'I think I could do with a bit more going on in my life'.

Being alone is the physical state of being by yourself, whereas loneliness is an emotional state about the way we feel within ourselves. Accepting these facts can also help us feel more in control – remember, being physically alone can feel lovely and being in a group can feel lonely.

There are many reasons why we can sometimes 'feel' lonely. Maybe our circumstances change, like leaving school, work or home, our health changes or disability and age impact us. We may experience bereavement, discrimination, or have to deal with a family history. All these factors and more can affect our feelings. Given that the reasons are so broad and nearly all of us have probably experienced loneliness at some point in our lives, isn't it time we start to think about loneliness differently? Let's not see it as a feeling that separates us but as one that allows us to connect, an opportunity to unite in a shared experience and a trigger to start positive conversations about well-being.

Beyond language, we also need some practical solutions to **help ourselves** or **help others** manage loneliness

Here are some suggestions to help us or others connect: join something, message someone, read, write down your thoughts, volunteer, adopt a pet, go online (see positive sites at the end), learn new things (computer skills is always a good option for those not confident with IT), **talk** and listen, or visit our village shop (you can do this anyway, whether you feel lonely or not!). Actively connect with others and you will find people who you feel good around. If nothing else, flip through this Buzz magazine and look at the opportunities that this community offers for connecting; we are lucky to live here.

I am not saying you can replace a lost person or instantly change the circumstances that got you here, but you can change how you feel about it or how others feel about it. Try to take one step or help someone else take one step in the right direction. If initially that step doesn't work – be brave, take another. What works will be different for everyone. Good days and bad days are just part of life, but my thoughts would be to give yourself the skills, tools, and knowledge to increase the good ones.

The final question:

Am I lonely? No

Have I ever felt lonely? Yes, of course I have

Some resources which might help

<https://www.nhs.uk – feeling-lonely> – This site is very good, especially the Every Mind Matters section.

<https://www.lonelinessawarenessweek.org> - This site is one of my favourite sites, it even features some of our own Bridgerule village members. It is written by the Marmalade Trust.

<https://www.ageuk.org- loneliness> – This site is set up for those who are in their golden years.

<https://www.youngminds.org.uk- loneliness> – This site as its name suggests, would probably be more suitable for the younger members.

<https://www.cornwall.gov.uk/adultlearning> - or ring - 03001231 117 - This site will offer you a wide range of courses you could go on (any age group) e.g. including computer skills for beginners. **Other options:**

There are some really good resources in both Holsworthy and Bude libraries, as well as people there who can help you access them.

Samaritans: Just ring - 0330 094 5717 – Not just there for emergencies.

Red umbrella: Just ring - 0300 002-0061 – Loneliness support group.

BRIDGERULE VILLAGE SHOP NEWS



The Shop Committee would like to say a big “Thank You “ to all our local customers and volunteers who have very kindly given their support to the shop and donated time and goods to be sold & also to Andrew for allowing the sign on his house.

In just over three months the shop has established itself with a very good selection of fresh produce and essential everyday items running to over 700 different products.

We have served over 5,000 customers. Sold over 2,000 eggs, 550 steak pasties, 180 Saturday Mails, 138 Cappuccinos, 44 Bridgerule Bags and 1 Guardian.

**Orders are welcomed for all types of newspapers & magazines.
Also any items you want to see sold in the shop.**



Shop Opening hours

**Monday – Saturday
08:30 – 17:30**

**Sunday & Bank Holidays
09:00 – 12:00**

POTTERS FISH n THINGS

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VILLAGE HALL CAR PARK
SEPTEMBER/OCTOBER**



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Email: KatesCompleteFeet1@gmail.com

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for more information



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Antony Jarvis

Mobile: 07990016467

Email:

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Tracyann Hutchins

Stoneleigh, Week St Mary, Cornwall, EX22 6XA

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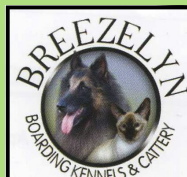
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