

The Area Magazine for Lewdown, Stowford, Thrushelton,  
Lewtrenchard, Chillaton, Coryton & Marystow

July 2025

# community newslink

for all that's going on in your area...

50p  
donation



Melbourne Flower & Garden Show which was on recently in Melbourne at the Royal Exhibition buildings which were built in the 1880's and used for the Federation of the Commonwealth of Australia in 1901.



**Published by the Lewdown Residents Association**

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**Funded by the Subscribers, Advertisers, Sponsors & Area Churches**

## **Fire/Police/Ambulance Emergency 999**

All other contact with Police 101

## **Police Contact/Crime Prevention** PCSO Seoniad Greenwood 101

## **Neighbourhood & Farm Watch**

Horse Watch Gina 01837 840716  
Floodline 0345 988 1188

## **Parish Clerks**

Lewdown Grouped  
Peter van Delft 01566 783023  
[lewdowngpc.clerk@gmail.com](mailto:lewdowngpc.clerk@gmail.com)  
[www.lewdowngroupedpc.org.uk](http://www.lewdowngroupedpc.org.uk)

Milton Abbot Grouped  
Jane Savage  
[clerk.magpc@outlook.com](mailto:clerk.magpc@outlook.com)  
[www.magpc.co.uk](http://www.magpc.co.uk)

Stowford  
Peter van Delft 01566 783023  
[stowfordclerk@gmail.com](mailto:stowfordclerk@gmail.com)  
[www.stowfordparishcouncil.org.uk](http://www.stowfordparishcouncil.org.uk)

## **West Devon MP**

Geoffrey Cox 01822 612925

## **County Councillor**

Lois Samuel 01837 851240

## **Borough Councillors**

Milton Ford Ward  
Neil Jory 01822 860342  
Bridestowe Ward  
Terry Southcott 01566 783079  
Caroline Mott 01837 861212  
Tamarside Ward  
Chris Edmonds 01566 784794

## **Schools**

Lewtrenchard 01566 783273  
Lifton 01566 784288  
Milton Abbott 01822 870273

## **Colleges**

Tavistock 01822 614231  
Okehampton 01837 650910  
Launceston 01566 772468

## **Ring & Ride**

Okehampton Area 01837 55000  
Tavistock Area 01822 618028

## **Community Groups**

Cricket Club 07847111330  
Chillaton Football Club 01822 860476  
Lamerton Pony Club 01822 860350  
Lewdown Past 01566 783396  
Lewdown Residents Assoc. 01566 783320  
Lewtrenchard WI 01566 783765  
Lifton Benefice Churches  
Revd Philip Conway 01566 784462  
[liftonpriest@yahoo.com](mailto:liftonpriest@yahoo.com)  
Lifton Surgery 01566 784788  
01566 784111  
Red Spider Company 01409 221376  
Recreation Field 01566 783367  
Stowford Hall 01566 783223  
Victory Hall 01566 783267  
Youth Cricket 07847111330  
Young Farmers 07443 461344

## **Advice Helplines**

Citizen's Advice Bureau 08444 111444  
West Devon Women's Aid 01837 55228  
Age Concern 01752 665424  
Health Information Line 0800 665544  
Homelessness Trust 01822 615259  
Parentline 0800 8002222  
Relate 01392 275681  
Samaritans 08457 909090  
Tavistock Area Support Svcs. 01822 616958  
Age UK 01822 616958  
Transport to Health 01822 617525  
Victim Support 01822 820455  
Youthwise Okehampton 01837 54004

## **Shop & Post Office**

Copper's PO & Stores 01566 783218  
Lifton PO & Stores 01566 784211

## **Front Cover Picture**

### **Description**

*Melbourne Flower & Garden Show (also see page 5)*

*Photo: Kathryn, Australia - Lewtrenchard WI Member*

### **newslink archive**

[www.rawrationsplus.co.uk/lraarchive.html](http://www.rawrationsplus.co.uk/lraarchive.html)

For us to be able to print and distribute the community newslink it costs approximately £500 a month.

**Please make an annual donation of £5+ for yours to:**

Account name:                **Lewdown Residents Assoc.**  
Sort code:                    **090154**  
Account number:            **97666081**

**Thank you for your support**

# community newslink

**Produced by Lewdown Residents Association**

**A magazine providing news, information & items of interest for the areas of Lewdown, Stowford, Thrushelton, Lewtrenchard, Chillaton, Coryton & Marystowe**

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Rita Squires, Bob Holland, Julie Chick, Coppers Stores, Keith Abayomi-Turner

**All news, photographs, reports, events, etcetera for NewsLink need to be sent to the Editor by the 15th of the preceding month.**

We welcome your articles / items / advertisements. Though we do our best, we cannot guarantee to publish all that is sent to us.

B&W advertising in newslink is free for Charity events in our local areas.

**Adverts for events outside of the area and for businesses are priced as follows:**

|                   | <b>Black &amp; White</b> | <b>Colour</b>          |
|-------------------|--------------------------|------------------------|
| <b>1/4 page</b>   | £4/month or £40/year     | £6/month or £60/year   |
| <b>1/2 page</b>   | £8/month or £80/year     | £12/month or £120/year |
| <b>Whole page</b> | £12/month or £120/year   | £16/month or £160/year |

**Please note that advertising prices are subject to VAT at 20%**

**Good evening to you all**, and welcome to this month's totally uninteresting pile of nonsense.

In the last month, the present Mrs Nash and myself have been on our travels. We have been and stayed in two totally different places at opposite ends of the south coast of this wonderful country. Firstly we spent a few days in Falmouth. Why Falmouth I hear you cry, because we nearly always go in the opposite direction as the outlaws live near Bristol, and possible the last time we went there, was as part of the youth club trip to Flambards. We visited many gardens, and also caught the ferry over to St Maws. A very beautiful village indeed, expensive if you are trying to buy a house there, but beautiful.

Then on the weekend of the 8th June, we went to the New Forrest, Lynhurst to be exact, for a family wedding. Never been to that end of the country before, but will definitely be going again. We went to Beaulieu, the home of the national motor museum. A very interesting place. Didn't realise that F1 cars were so big, nearly 20 feet long.

As part of the experience, there is a large display about SOE, the special operation executive. During the Second World War they were tasked with helping the local resistance groups throughout Europe, and Beaulieu is where they did a lot of their training.

It's also quite strange to be in a long queue of traffic to find that the reason for the delay was there were several horses aimlessly walking down the road.

Will close now as the chicken need shutting in, but it's too wet to go gardening.

Best wishes to you all from Tim Nash. Your hon chairperson.

*Sad news everyone. I have a friend who has developed a fear of riding in lifts!. He's now taking steps to avoid them.*

*Local news. The great ravioli, the human cannon ball is retiring today after 50 years. When asked about his replacement the circus master said ,he's finding it hard to get a replacement of the right calibre!.*

*I told my grandson go to bed, the cows are sleeping in the fields. He said what's that got to do with anything. I said it mean's it's pasture bed time.*

Melbourne Royal Exhibition  
Building



**Draw Results**

**June**

★ £50 Charles Hughes #36

★ £15 Emma Mudge #170

★ £5 Rachel, Clare & Jaime Ley #82

★ £5 Richard Hill #124

# Soupa Troopers

All welcome to this community event



**Wednesday July 9th**

From 12.30pm in Lewdown Victory Hall

Soup and a Bread Roll, Tea or Coffee - £4

Followed by conversation & games



# From the Editor

The **newslink** committee is very concerned about the forthcoming **permanent closure** of the **Lewdown Post Office** from Wednesday June 25. One cannot easily walk to Lifton or Bridestowe! See page 26 & 27 for more information.

If you share our concerns then please write to Matthew Walls, Area Change Manager, National Consultation Team, FREEPOST Your Comments or email: [comments@postoffice.co.uk](mailto:comments@postoffice.co.uk).

Thank you Ed.

RED SPIDER YOUTH THEATRE  
present a SUMMER SHOWCASE:



## KITTEN TAILS

Sun, 6<sup>th</sup> July  
at 3pm

### LEWDOWN VICTORY HALL

Red Spider Youth Theatre bring you their adaptations of some classic tales from Beatrix Potter ...

- Tabitha Twitchett's Kittens
- The Duchess comes to Tea
- Tom Kitten's Big Adventure

AND YT Seniors present:

- Puss in Boots

Tickets (includes cream tea & cake)  
Adult: £5 / Under 12: £3 / Family: £15 (2 adults, 2+ x12s)

Advance bookings: [www.Seatly.co.uk/YTKittenTails](http://www.Seatly.co.uk/YTKittenTails)  
Email: [rsyththeatre@gmail.com](mailto:rsyththeatre@gmail.com) to reserve - cash on the door  
OR: Cash on the door (subject to availability)

LEW TRENCHARD  
PRIMARY SCHOOL  
PRESENTS



# Annie

19TH JULY  
12.30PM & 5.30PM  
LEWDOWN  
VICTORY HALL  
£3 PER TICKET



## RESULTS:

17th May: South Devon 2nd XI 185 A/O,  
Lewdown 1st XI 172 A/O. LOST  
17th May: Lewdown 2nd XI 251/3, Ipplepen  
4th XI 224/7 WON  
24th May: Lewdown 1st XI 102/3, Brixham  
2nd XI 100 A/O. WON  
31st May: Lewdown 1st XI 192/5, Bovey  
Tracey 3rd XI 194/4. LOST  
31st May: Stoke Gabriel 3rd XI 122 A/O,  
Lewdown 2nd XI 123/5. WON  
7th June: Kingsbridge 2nd XI 152/9,  
Lewdown 1st XI 153/3. WON  
14th June: Lewdown 1st XI 48 A/O.

Ashburton 128/6. LOST

## HOME FIXTURES: (1.00pm start)

Saturday 28th June 2nd XI vs Dartington & Totnes  
Saturday 5th July 2nd XI vs Bovey Tracey  
Saturday 12th July 1st XI vs Stoke Gabriel  
Saturday 19th July 1st XI vs South Devon  
Saturday 26th July – No game (1st XI away to Brixham)  
Saturday 2nd August 2nd XI vs Stoke Gabriel

**Match Ball Sponsorship:** One relatively low-cost way of supporting us is through match ball sponsorship. Every Saturday we have to use a brand new ball for each innings and at £15 per match this is a great way to support our club. Your name or business will be displayed on A-board at the game and on social media over that weekend. Make contact on the number below if you interested.

**50/50 Draw:** Tickets are £5 each. 50% of the money goes in to the prize fund and the other 50% goes towards running the club and investing in facilities and equipment. Tickets will be available at the club and at the Blue Lion. Equally, If you think you can sell some books of 5 tickets please contact us on the numbers below.

## Club Contact:

Geraint Williams 07850 786310

## Junior Cricket Coordinator:

Mike Maynard 07974 756136



# The North Tamar Mission Community



St. Mary the Virgin,  
Kelly with Bradstone

St. Mary the Virgin,  
Lifton

St. Nicolas,  
Broadwoodwidge

St. John the Baptist,  
Stowford

St. George,  
Thrushelton

St. Peter,  
Lewtrenchard

## Ministers

**Lifton, Broadwoodwidge, Stowford, Lewtrenchard, Thrushelton & Kelly with Bradstone  
United Benefice**

The Revd. Philip Conway, 01566 784462 [liftonpriest@yahoo.com](mailto:liftonpriest@yahoo.com)  
The Rectory, Parsonage Court, Lifton PL16 0BJ

## Milton Abbot Benefice

The Revd. Andy Atkins, 01822 870298 [andya4jc@gmail.com](mailto:andya4jc@gmail.com)  
The Vicarage, The Parade, Milton Abbot PL19 0NZ

## Churchwardens

### Lifton - St Mary's

|             |              |                |
|-------------|--------------|----------------|
| Mrs E Brown | 01566 784386 | Sarah Chandler |
|-------------|--------------|----------------|

### Broadwood - St Nicholas

|             |              |  |
|-------------|--------------|--|
| Mr D Perkin | 01566 776758 |  |
|-------------|--------------|--|

### Stowford - St John the Baptist

|            |              |  |
|------------|--------------|--|
| Mr C Chick | 01566 783223 |  |
|------------|--------------|--|

### Lewtrenchard - St Peters

|                |              |             |              |
|----------------|--------------|-------------|--------------|
| Mrs A Westlake | 01566 783909 | Mrs R. Dawe | 01566 788838 |
|----------------|--------------|-------------|--------------|

### Thrushelton - St George

|             |              |           |              |
|-------------|--------------|-----------|--------------|
| Mr A J Nash | 01566 783274 | Mr T Nash | 01566 783320 |
|-------------|--------------|-----------|--------------|

### Kelly with Bradstone - St Mary's

|            |              |  |  |
|------------|--------------|--|--|
| Mr W Kelly | 01822 870393 |  |  |
|------------|--------------|--|--|

### Marystowe - St Mary the Virgin

|               |              |                |              |
|---------------|--------------|----------------|--------------|
| Amy Harrowell | 01822 860181 | Joy McSmythurs | 01822 860630 |
|---------------|--------------|----------------|--------------|

### Coryton - St Andrews

|             |              |                 |              |
|-------------|--------------|-----------------|--------------|
| Mr G. Vicat | 01822 820254 | Mrs J Whitfield | 07989 666427 |
|-------------|--------------|-----------------|--------------|

## From the Parish Priest

Dear friends,

I would like to begin my letter this month by thanking all those of you who have been so kind and supportive to me over the past three months.

Inevitably, my mother's illness and passing have had a disruptive effect on our church routines, and I thank you all for your patience.

As I write this, we are almost at Midsummer, and nearly half way through the calendar



year. The “busy times” in our church life are now behind us, and we enter the long period of Green, or “ordinary time”, when we are asked and encouraged to live out the story of Jesus in our daily, ordinary lives.

Ordinary is such a strange word, as in God’s love, all things are extraordinary, and I hope and pray that you will work daily to proclaim, in your words and actions the extraordinary grace of God that we have been celebrating in the life of Jesus over the past six months, and now celebrate in our own lives.

Our church life, particularly when we gather for worship should be joyful celebration of God’s love in our lives. We have been blessed recently with some wonderful celebrations of Weddings and baptisms where God’s love and joy has been utterly tangible and present.

This is not something that can be manufactured by the priest or leader, but something that happens when the worshipping community gathers with the intention of living in and celebrating the love of God in their lives.

Over the summer let us work to infuse all our worship and gathering with Christ’s hospitality and joy and encourage others to join us in this wonderful vocation.

With love and prayers

Philip

## Service times for July 2025

*Any updates will be posted on the Mission Community Website <https://north-tamar-churches.org>*

|           |         |   |
|-----------|---------|---|
| 6th July  | 6pm     | <b>on the eve Saturday 5th July Vigil Office at Kelly</b>                   |
|           |         | <b>Trinity 3</b>  |
|           | 9.30am  | <b>Mission Community Eucharist at Lifton</b>                                |
|           |         | <i>We are grateful to The Revd. Sue Tucker for stepping in this morning</i> |
| 13th July | 6pm     | <b>on the eve Saturday 12th July Vigil Office at Kelly</b>                  |
|           |         | <b>Trinity 4</b>  |
|           | 9.30am  | <b>Parish Eucharist at Broadwoodwidge</b>                                   |
|           |         | <b>Morning Prayer at Thrushelton</b>  |
|           | 11.15am | <b>Parish Eucharist at Lewtrenchard</b>                                     |
| 20th July | 6pm     | <b>on the eve Saturday 19th July Vigil Eucharist at Kelly</b>               |
|           |         | <b>Trinity 5</b>  |
|           | 9.30am  | <b>Parish Eucharist at Lifton</b>   |
|           | 11.15am | <b>GIFT service at Stowford</b>   |
|           |         | <i>A service for the very young and those who care for them.</i>            |
| 27th July | 6pm     | <b>on the eve Saturday 26th July Vigil Office at Kelly</b>                  |
|           |         | <b>Trinity 6</b>  |
|           | 9.30am  | <b>Parish Eucharist at Thrushelton</b>                                      |
|           |         | <b>Morning Prayer at Broadwoodwidge</b>                                     |
|           | 11.15am | <b>Parish Eucharist at Lewtrenchard</b>                                     |

**Wednesday Morning Eucharist: 10.30 at Lifton**

*There will be some occasions when the Wednesday Morning Service will be a service of Morning Prayer.*

# Bridestowe Methodist Church

## Preachers for July 2025

|      |                          |               |
|------|--------------------------|---------------|
| 6th  | Drop in the Ark          | 10:30 - 12:30 |
| 13th | Bridestowe Worship Group | 11:00         |
| 20th | R James <b>US</b>        | 11:00         |
| 27th | Rev C Jackson            | 11:00         |

## St. Mary the Virgin, Marystowe

Please see the church website [www.southtamar.church](http://www.southtamar.church) for details about services.

Services are also available online from 6pm on Sundays.

### Quakers

Meeting for Worship:

#### Tavistock

Every Sunday 10.00am.

4 Canal Road

Tavistock

Contact: Kay Nicholson  
01822 614596

#### Okehampton

Second Sunday 10.30am.

Fourth Sunday 10.30am

Second Sunday Children's Meeting

Ockment Centre

North Street

Okehampton

Contact: 01837 55805

### *Roman Catholic Services*

#### **Tavistock**

Sunday 9.15am

Holy Days 10am

Fr. Greatbatch 01822 612645

(P. Sparling 01822 860355)

#### **Okehampton**

Sunday 11.15am

Sunday 5.30pm

**Chagford** - Saturday 5.30pm

Fr. A. K. Gundabathina 01837 52229

[anil.gundabathina@pcdtr.org.uk](mailto:anil.gundabathina@pcdtr.org.uk)

#### **Launceston**

Sunday 10.30am

Holy Days 7.30pm

Canon John Deeny 01566 773166

# Gardening Jobs For July

Last month I said who knows what June would hold, and now the deluge of rain is passed perhaps we will have a proper summer!

## In the veg garden:

- If you haven't already, you should now stop picking rhubarb. While there might still be plenty of stems, leaving the plant now will help to keep the crown strong and ensure you get another good harvest next year
- Depending on the variety and when you planted your potatoes, you'll soon (if not already) be harvesting first or even second early potatoes. Like most vegetables, potatoes are best eaten as fresh as possible but when harvesting a big crop, store the unwashed tubers in a cool, dark place.
- Beetroot is a very versatile vegetable and it can be used in a number of ways. It's great cut into chunks and roasted in a tray bake, and when you have a glut of roots, why not pickle them for eating well into the autumn
- Your tomatoes should be coming along nicely, and I imagine you'll have plenty of fruit starting to form. Don't overwater plants as you'll risk fruit splitting, this can also happen if you leave ripe fruit on too long – so keep on picking!
- If you can reach, it's a good idea to thin out apples to leave fruit growing in pairs, this gives them a bit more space and helps improve airflow as they ripen



## In the flower border:

- Early summer is a good time to give wisteria a little bit of a prune, from old wood count up seven new buds and cut off the excess– this should help the plant flower better next year
- Taller plants like cosmos and dahlias will benefit from being supported, as they can easily get top heavy once they are covered in blooms. While metal plant supports are rather attractive they can be pricey, bamboo canes and string make a good alternative
- If you are growing vigorous climbing plants such as rambling roses up a wall, you need to keep on top of them, by tying them in regularly and pruning out any excess growth



## May the weather be with you!

Liam

## Childrens Book of the Month: Mayowa and the Sea of Words by Chibundu Onuzo

Ten-year-old Mayowa has always thought that her Grandpa Edward, who dyes his beard emerald green and jumps on books in private, is rather unusual too. Until one day she jumps on a book for herself, and uncovers a huge family secret ... Mayowa can book jump.

By jumping on a book, she can harness the emotions inside it and channel them directly into other people. And when the opportunity to use her power to save the lives of countless refugees presents itself, Mayowa wants to jump in with both feet.

But Mayowa and her grandpa aren't the only book jumpers in existence. And not everybody wants to use this power for good ...

*Publisher: Bloomsbury Publishing PLC*  
*ISBN: 9781526698100*



## Mini Garlic Focaccia:

Something different for your summer BBQ - hopefully - Makes 6 .

### Ingredients:

500g pasta flour or strong bread flour  
1½ tsp salt  
7g dried yeast  
320g water  
3 tbsp. olive oil

### Method:

In a bowl, mix flour, salt and yeast then add water and oil, knead to a smooth dough, cover and let it rise at room temperature for about 1 hour until doubled in size.

Preheat oven to 220 C (200 fan), on a lightly floured surface divide dough into 6 portions, roll to a ball and place on a tray covered in baking paper, lightly flatten the balls, making dimples all over them with your fingers.

Mix 4 twigs of rosemary, 2 tbsp. olive oil, 1 grated garlic, a little pepper and 1 tsp sea salt in a small bowl and brush all over them. Bake for about 20 minutes.

**By Monique**





# STOWFORD COMMUNITY COFFEE MORNING

Come and meet your neighbours for a coffee, cake and catch up!

We meet on the first Tuesday of every month at Stowford Parish Hall.

10am - 12noon. All friends and family welcome.

£3 per person (cash only) which includes a hot drink and homemade cake.

All profits are donated to a charity chosen by villagers.

If you need help with transport, please contact Tracy on 07973 327161



For the past 3 months no household or business in the Lewdown area has signed up to add to the 131 residents/businesses who have already pledged to support the **Lewdown Exchange Project**. We continue to need just another 13 households or businesses to pledge to use high speed Internet before we reach the target set by Openreach who will then commit to providing our community with **High Speed Gigabit Internet** access.

**Remember that the scheme is funded by UK Government - if we don't commit, soon we will lose this opportunity and it is doubtful it will be offered again.**

To sign-up visit: [www.openreach.com/connect-my-community](http://www.openreach.com/connect-my-community)

## From the Mountains of Japan

### No.13 - Spinning into Japan's silky past

English classes get cancelled for various reasons, but when I arrived at my Monday mountain school of around 20 students, to find out they were cancelled due to the silkworm arrival was a new one.

Up to a hundred years ago, silk was Japan's biggest export. In addition to major factories, the women on many farms would produce silkworms as a side hustle to supplement their main income. These days, there's still a cottage industry, but much of the silk is made as a school project by remote mountain schools like mine.

The kaiko (silkworms) used for silk production are entirely domesticated and can't survive in the wild. They eat only the leaves of the kuwa (mulberry) tree. Incidentally, one possible origin of the song "Here we Go Round the Mulberry Bush" came from the British attempt to copy the Chinese silk +industry circa 1800, which failed due to the mulberry's propensity to die in the chilly British winters. But I digress...

Each student at this school is responsible for about 100 silkworms. On the first day after the teacher picked up a couple of thousand from a factory in south Nagano, a local TV station showed up to watch the children picking leaves from a tree behind the school and feeding them to the inch-long worms. Over the next six weeks or so, they should grow to about the size of a forefinger, then make a cocoon of woven silk. At this point, they are usually boiled to kill the grubs—a point of contention for many animal rights groups—as the domesticated moths have wings but can't fly—and then the cocoons are dyed.

Each cocoon is made of a single strand of thread about 900m long, which the teacher in charge of the operation then uses a homemade contraption involving an electric drill to unwind. The children then wind the thread around wooden boards to make lampshades, which are sold in local shops.

With a mulberry bush in the garden, I took a handful home for my daughter, where they were met with excitement rather than the expected revulsion. She was, however, horrified at the thought of boiling the grubs, and when I pointed out that the moths were flightless, loudly proclaimed "I will teach them to fly!"



I look forward to seeing how that plays out...!

**Chris Ward**

# Cocktail of the Month 'Serpentine'

The Serpentine is a grown up cocktail that features rum, brandy and sweet vermouth, with lemon juice to marry them all together...

...While sweet vermouth definitely doesn't have everyone's blessing, this is one recipe that blends it into the whole nicely.

## YOU WILL NEED:

- 1 ounce light rum
- 1/2 ounce brandy
- 1/2 ounce sweet vermouth
- 1/2 ounce lemon juice
- 1/2 teaspoon superfine sugar

## METHOD:

.Fill a shaker halfway with ice cubes. Pour in all ingredients and shake until chilled. Strain the mixture into a cocktail glass and garnish with a twist of lemon.



# Health Tips

As the summer approaches, please ensure you hydrate properly and use sun protection. If you suffer from hay fever, check the pollen count on a daily basis, have a quick shower when you get back from work to wash out the pollen to give you hopefully a better night's sleep.

## **Water, drinks and hydration**

Water is a healthy and cheap choice to keep you hydrated, but other drinks can also count towards your fluid intake. We also get some fluids from the foods we eat.

Not getting enough fluids can lead to dehydration.

## **Daily fluid intake**

Most people should aim to drink enough during the day so their pee is a clear pale yellow colour.

The Eatwell Guide recommends that people should aim to drink 6 to 8 cups or glasses of fluid a day. Water, lower-fat milk and sugar-free drinks, including tea and coffee, all count.

You may need to drink more fluids if you're:

- pregnant or breastfeeding
- in a hot environment
- physically active for long periods
- ill or recovering from illness

## **Children**

The best drinks to give children are water and milk.

Children should avoid sugary fizzy drinks, squash and juice drinks completely.

## **Tips to help you stay hydrated with healthier drinks**

### **Do**

- drink regularly throughout the day
- swap sugary drinks for diet, sugar-free or no added sugar drinks
- adults can choose lower fat milk
- drink extra fluids if you've been sweating from physical activity, or if you're unwell – water is the best way to replace lost fluids
- dilute squash drinks or cordials well to reduce the sugar content
- drink caffeine in moderation

### **Don't**

- do not have drinks that are high in sugar too often - they're higher in calories and the sugar can damage your teeth
- do not have more than 200mg of caffeine a day if you're pregnant - this could increase the risk of miscarriage or low birth weight



# The Life of Model Railway Buff

**Part 5:** Part of the enjoyment of the layout is running the trains and there is a myriad of choice of engines and rolling stock. You can choose from steam, diesel or electric locomotives from all over the world and from many eras. The fun on your own layout is that the choice is yours so you can either be pedantic to the letter or, like me, you can pick and choose your favourites. Because I wanted the trains to be “all singing and dancing” they needed to be computer chipped. This meant having to convert my older locos wherever possible as well as buying new ones. The ones that couldn't be upgraded have honorary rolls as parked items in the sidings. I currently have sixteen, which my other half reckons is plenty but all enthusiasts know, there is no such thing as too many locos. In addition to the sound functions that the computer chip adds I have also installed lighting such as the firebox in the loco, external front and taillights and internal lighting in the carriages. The Simplon Orient Express carriages even have table lights in the dining cars. Some of the carriages are the original ones from the 1950's. There are goods wagons and passenger carriages, some of which are Bn and are plain and heavy but still treasured.



Dublo Boy

## Reflections of a Steam Fireman

In March 1966 we had a visitor to the loco, a small 2-6-0 standard class 3 tender engine 77014, this class had never strayed onto the southern and cause a lot of interest from train spotters and depot staff.

It had worked a pigeon special down from its home depot in Cheshire (Northwich). The engine was in a poor state, you opened the regulator and steam would escape from worn fittings and you had a job to see where you was going.

It was taken into the loco and rods were removed, now this is normal for an engine going for scrap, they would be placed in the tender and towed away, but the tender was still filled with coal, so being nosey I asked a fitter and I was told it was going to be allocated to our loco and the fitters were instructed to give it the full works. Boiler washout and examination, rods and big end bearings white metalled, pistons removed and new rings fitted, all leaks eliminated.



The fireman and Drivers all looked forward to trying this newcomer out. It was down on traction (drawbar pull) effort only 21,490 compared with a Q1 30,080 N 26,035 or A U “23,866 that it was replacing and it was put to ballast work. Standard class had an enclosed cab where, N and U were open cab if weather was rough you had to fit a storm sheet, from the cab top to the tender and I had the pleasure of working this locomotive on a number of occasion.

It seemed to manage with the work that it was rostered - no trouble, when you let the fire get low to keep the loco quiet in a built up area and no shunt movement were needed you could see two boiler stays were needing attention. I pointed this out to my driver and he said it was not a problem.

They would sizzle, just like putting water on a red hot plate, no driver put a fault card in, so they had a quiet word with the fitter who deemed it safe, otherwise it might have gone to scrap.



All staff in loco were quite fond of this newcomer, and it was immediately requested for rail tours double headed with a 2-6-0 standard class 4, so much so that the last Steam working on the Southern Region was on the 9th July 1967 the 2132 van train from Bournemouth to Weymouth and was hauled by 77014. It was the last of its class and was not preserved and was towed away from Weymouth for scrap.

Before straying to Northwich it worked on the Whitby line.

This class worked mostly in Scotland and the North Eastern and strayed to the London Midland.

Tom

**Young Farmers:** May has been a bit of a quieter month for the club with lots of members busy silaging with the fantastic weather we have had. However we held our charity big breakfast on the 14th June which was really well supported, serving 124 breakfasts', the cakes all sold out (and there was lots of them!) and we raised a fantastic amount just over



£1200 for Devon air ambulance, MIND & Chemotivation. Thank you to everyone who came it was lovely to see everyone and we hope you enjoyed it!



We have some farm walks and tours coming up over the next few months and summer activities including the hotly anticipated Tarka Rally at the end of July this year hosted by Buckland Brewer so members will be busy getting entries ready for this!



# News from Lew Trenchard CofE Primary School



Our school has been selected for an exciting opportunity to showcase our amazing learning journey! Devon's education professionals have chosen us to star in a special film that will inspire other schools across the county. They spent the day with us after half term and we were very proud to show them what we do best!

We had an afternoon where we invited our families in to have our first 'look back at learning'. It was great to have so many people in and to involve everyone in our learning achievements.

Exciting news from our amazing kitchen! Mrs Johns has knocked it out of the park again, earning a perfect 5-star Food Hygiene Rating! Our kitchen superhero continues to work her magic, serving up delicious meals while maintaining the highest standards of cleanliness and food safety. Not all heroes wear capes - some wear aprons! Thank you, Mrs Johns, for keeping our bellies happy and our kitchen spotless!

Great Links class had their residential last week and spent 3 days near Bath. They all had a fantastic time with lots of amazing activities; archery, the crystal maze, escape rooms and epic water battles! Ending it with a day in the Roman Baths and eating out at pizza express!

## Chillaton and Marystowe Fun Day

26 July - 2.30pm - late

**Marystowe School Room** (The Virgin Arms)  
Competitions, Games, Crafts and Fub!  
Evening BBQ with Live Music

All proceeds for St. Mary the Virgin Church, Churchyard and Virgin Arms Pop-Up Pub

# Open GARDENS

at Coombe Trenchard

Sunday 6th July 2025, 11am - 4pm

Wander through stunning **Edwardian gardens**,  
enjoy live music and theatrical performances

**JOIN US FOR THE  
GREAT CREAM TEA  
DEBATE!**

*Is it jam or cream first?*

History and hilarity collide with the  
**Packhorse Players** in this delightfully  
British showdown

Performances at 12.30 & 2.30pm

Entrance £6  
Dogs Welcome

Plants  
Refreshments  
Cream Teas  
Raffle

PROCEEDS  
SUPPORT

Devon Freekehatche  
- the award winning folk band

St Peter's Church, Lewtrenchard  
- the award winning choir

Coombe Trenchard, Lewtrenchard, EX20 4FA | 01766 783179 |

[www.coombetrenchard.co.uk](http://www.coombetrenchard.co.uk) | [sarah@coombetrenchard.co.uk](mailto:sarah@coombetrenchard.co.uk)

# Puzzle Page

## Strike:

Which pins do you have to knock over to get a total of 100 points?

## Riddles:

**Q:** Throw away the outside and cook the inside, then eat the outside and throw away the inside. What is it?

**Q:** What is always in front of you, but can't be seen?

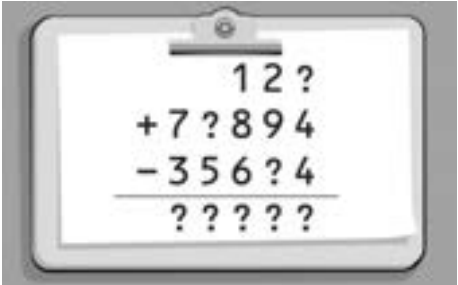


## July's Evil Sudoku

|   |   |   |   |   |   |   |  |   |
|---|---|---|---|---|---|---|--|---|
| 4 |   |   | 6 |   | 8 |   |  |   |
| 9 | 1 |   |   | 3 | 2 | 8 |  | 6 |
|   | 8 | 3 |   | 1 |   |   |  | 2 |
|   |   |   | 8 |   |   |   |  |   |
|   |   |   | 1 |   |   | 3 |  | 5 |
| 5 |   | 8 |   | 7 | 4 |   |  |   |
|   |   |   |   |   |   |   |  | 8 |
|   |   |   |   |   |   | 2 |  |   |
|   | 7 |   |   | 9 | 6 | 4 |  | 3 |

## Maximize:

Using only numbers 1 through 9 with no repeats, replace the three question marks to make the answer the largest number possible.



**Do the maths:**

For this one, fill in the numbers 1 through 9, using each only once, to make all of the vertical and horizontal equations correct.

**Riddle:**

**Q:** You'll find me in Mercury, Earth, Mars, Jupiter, Saturn and Uranus. But never Neptune, or Venus. What am I?

|   |   |   |   |    |   |    |
|---|---|---|---|----|---|----|
|   | × |   | ÷ |    | = | 2  |
| - |   | + |   | -  |   |    |
|   | + |   | - |    | = | 2  |
| × |   | ÷ |   | +  |   |    |
|   | × |   | + |    | = | 22 |
| = |   | = |   | =  |   |    |
| 7 |   | 2 |   | 13 |   |    |

**June Answers**

**Only Geniuses Can Solve This Viral Math Equation:**

Use BODMAS  $4 \times 4 - 4 \div 4 + 4 = 19$

**Brain Teasers:**

- 1. Forgive and forget.
- 2. Split level.

**Evil Sudoku**

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 4 | 1 | 7 | 6 | 8 | 2 | 9 | 5 | 3 |
| 8 | 5 | 3 | 7 | 4 | 9 | 1 | 6 | 2 |
| 2 | 6 | 9 | 3 | 5 | 1 | 4 | 7 | 8 |
| 5 | 9 | 8 | 2 | 3 | 7 | 6 | 4 | 1 |
| 1 | 3 | 2 | 5 | 6 | 4 | 7 | 8 | 9 |
| 6 | 7 | 4 | 9 | 1 | 8 | 3 | 2 | 5 |
| 9 | 8 | 5 | 4 | 7 | 3 | 2 | 1 | 6 |
| 3 | 4 | 6 | 1 | 2 | 5 | 8 | 9 | 7 |
| 7 | 2 | 1 | 8 | 9 | 6 | 5 | 3 | 4 |

# Lewtrenchard WI June Report

We met on Monday June 9. Barbara welcomed 20 members and one husband to our annual outing.

After a short business meeting we settled down to a delicious buffet lunch, hosted by Jean & John.

We were lucky with the weather. Then we set off to the Cinnamon Trust in Thrushelton, where we were warmly greeted by Shannon, Lily & Holly. The Cinnamon Trust provides hands-on assistance to pet owners across the country when any aspect of the day-to-day care of their pets poses a problem; as well as the provision of lifelong care for

pets who outlive their owners. We met horses, adorable alpacas and sheep before visiting the cat accommodation. Each cat had its own room all kitted out like a sitting room, with TV & access to visit other cats' rooms and a garden. Many members were very taken with the furry cuties and happily sat down to give some TLC. The trust also had hens & ducks.



We visited dogs that were being fostered before moving onto the dog accommodation. All open plan, laid out like a house with a sitting room, TV, kitchen with an AGA, and lots of toys with comfy places to chill. Quite a few members were very fond of 2 tortoises: Smash & Grab.

The staff are very caring and treat all the animals as if they were their own pets. The atmosphere was that of

peace and contentment for animals and humans alike. What a lovely place to work, can't think of a better place for our pets to go to if the need arises. We all sat down for a while, chatting to each other, petting the dogs while sipping a cup of tea, just like being at home. Kym gave a heartfelt vote of thanks. We met Katie the cat - come to our meetings to hear her story!

Want to know more about the Cinnamon Trust? Visit: [cinnamon.org.uk](http://cinnamon.org.uk)



**Date and venue for next meeting: Monday July 14 - Picnic Outing Time & Venue TBA**

**Dates for your diary:**

14th July Picnic Outing

17th July Thursday Coffee morning - Alder Vineyard, book your place with Mary E/Lynn

28th July Monday Walk, contact Mary E/Lynn

**Advance notice of Afternoon Tea Event on August 12th 3pm**

For more details check out the August edition of NewsLink



# **Lewdown Grouped Parish Council**

## **Coryton, Lewtrenchard, Marystowe and Thrushelton**

Abbreviated minutes Minute No 788 Monday 19th May 2025  
of Annual Grouped & Ordinary Meeting held at Lewdown Victory Hall

These minutes are provisional until they signed by the chair at the next meeting of the parish council

Present: Cllrs Andrews (Chair), Southcott (Vice Chair), Alexander, Metherell, Mincher, Wilkinson, P. van Delft (clerk).

### **Annual Grouped Meeting**

1. The outgoing chair welcomed all those present and reported that the council processed 21 planning application in the past 12 months and during the past 3 years this totaled 61 applications. In addition to many council enquiries and business items, a new jubilee seat was positioned in the recreation field and the defibrillator has been reinstated at the Blue Lion porch. A parish council community grant application process has been introduced. Some of the issues that still need resolving include: A temporary road sign disappeared at the Ramps asking for road users to provide room for access into Kings Way, a replacement temporary sign is required, sewage discharges still occurring, Lobhill quarry highway damage to private property. The chair also wished to thank the W.I. for the wonderful display of poppies at the war memorial and the Soupa Troopers for continuing to provide a service that helps bring together many residents in the local parishes. The chair thanked fellow councillors and the clerk for all their help and assistance during his period of chairmanship.
2. Apologies for absence: Cllr Mc Smythurs, Perkins, Yeo and Cllr Mott (W.D.B.C.)
3. Appointment of Officers were duly elected.
  - 3.1 Position of Chair - Cllr Yeo - proposed Cllr Metherell, seconded Cllr Wilkinson, all in favour
  - 3.2 Position of Vice Chair - Cllr Mincher - proposed Cllr Wilkinson, seconded Cllr Andrews, all in favour
  - 3.3 Position of Tree Warden - Cllr Wilkinson - proposed Cllr Metherell, seconded Cllr Mincher, all in favour
  - 3.4 Position of 'The Ramps' Caretaker - Cllr Wilkinson - proposed Cllr Southcott, seconded Cllr Andrews, all in favour.
  - 3.5 Position of Snow Warden - Cllr Alexander - proposed Cllr Andrews, seconded Cllr Southcott, all in favour
4. Declaration of acceptance forms were signed by all new officers present.

### **Ordinary Meeting**

The meeting was conducted by the vice chairman standing in place of the chairman.

1. Members of the public open forum - no members present.
2. The Parish's groups and associations open forum - questions, comments and summary of the previous year activities. No representatives present.
3. Minutes of previous meetings 786 & 787 being a true reflection of those meetings were approved and signed by the chairman of the meeting, proposed Cllr Southcott, seconded Cllr Andrews, all in favour.
4. Finance - Approval of Annual Governance & Accountability Returns 2024-25
  - 4.1 Confirmation of Asset register, Certificate of Exemption, Audit - Annual Governance Statement, Accounting Statement, Internal Audit Report, Confirmation of the dates for the period for the exercise of public rights. The above item 4.1 was approved. Proposed by Cllr Alexander, seconded Cllr Andrews motion carried.
  - 4.2 Outstanding invoices for approval to include: Dean Elliot - Grass cutting £60.00, P. van Delft - clerk salary (April - May) £549.80, HMRC - PAYE £130.78, Community First Insurance - annual premium £522.56. Proposed Cllr Andrews, seconded Cllr Alexander, all in favour.
  - 4.3 R.F.O Reported a combined credit balance after payments ££23,529.44
5. Reports from councillors - Cllr Metherell informed that the issues relating to Lobhill quarry have not yet been resolved, Cllr Southcott proposed to write to the present highways officer to look into the matter. Cllr Southcott suggested that the highways officer is invited to attend the pc meetings. Cllr Southcott reminded council of the impending Lewdown Post Office closure, it was resolved that he and the clerk formally respond to the official consultation, the chair suggested as many people as possible respond/contact the Post Office and express their concerns over the closure, the chair suggested that this item is on the agenda for the next meeting. Cllr Southcott reported that a parishioner had contacted him regarding the re-introduction of "Keep clear" signage in Stoney Lane in the vicinity of Kings Way, it was resolved that Cllr Wilkinson would look into the matter, a budget of £30.00 for materials to provide new signs, proposed by Cllr Andrews, seconded Cllr Metherell all were in favour. Cllr Mincher reported that he had now planted the tree.
6. Councillor vacancies for Coryton and Marystow - no new enquiries received.
7. Play area - Planning application, lease update, play equipment, the clerk informed that WDBC had been in touch to remind the p.c that the deadline for claiming the S106 money is 11th May 2026.
8. Correspondence - The clerk informed that the chair of Mabrake has written informing of a meeting that will be held on 27th June, interested Cllrs are invited to attend, Cllr Andrews reminded members that it was the decision of the PC on 30th January 2017 that the then PC was not in favour of a A.O.N.B Variation order and that this position had not changed, Cllr Alexander suggested that a council member should attend the meeting. The chair suggested that for the purpose of full transparency more detail is required prior to the meeting, proposed plans and documentation supporting the proposal would be most helpful. The chair thanked Cllr Andrews for chairing the council the past 3 years and for all the work he has done on behalf of the community.

Date, place and time of next meeting - 30th June at Lewdown Victory Hall, 7.30pm

Dear Customer

**Changes to Gunnislake Mobile Service  
Affecting Lewdown Partner Service, Qenthiock and St Ive Outreach Services**

We are writing to inform you that, regrettably, the Postmaster has resigned from operating Lewdown Partner Service, Qenthiock and St Ive Outreach Services. Therefore, these services will be closing on Wednesday 25 June 2025 at 13:00.

When a Post Office branch closes, as in this instance through the postmaster resignation or, unexpectedly, Post Office undertake a comprehensive review of the network to ensure that it continues to meet evolving customer needs in a very challenging economic climate. This review examined the network at a very detailed, local level, analysing customer demand and accessibility of Post Office services. Consequently, we are not looking to replace Lewdown Partner Service, Qenthiock and St Ive Outreach Services at this time.

If you have any questions you would like to raise about this matter, please write to me via the National Consultation Team at the address shown at the end of the letter. Please note that your comments will not be kept confidential unless you expressly ask us to do so by clearly marking them "In Confidence".

Any future changes to service provision would be handled in line with our Principles of Community Engagement. An extract relating to Notification is available at the end of this letter.

We will display posters in the local area to inform customers.

If you are a local representative, it would be helpful if you could share this information through your social media channels and with any local groups or organisations that you know within the community, for example on noticeboards, local charities and in GP surgeries, to help our customers and your constituents understand what is happening to the Post Office in the local community. If you would like a supply of posters, please let us know.

We apologise for the inconvenience the closure may cause. We hope that our customers will continue to use Post Office services and details of alternative Post Office branches in the area are shown at the end of this letter. The latest available branch information can be found on our website, [www.postoffice.co.uk/branch-finder](http://www.postoffice.co.uk/branch-finder)

If you are a local representative, we will write to you again if we have any news about plans for future service provision in the local area.

Yours faithfully

*Matthew Walls*

**Matthew Walls  
Area Change Manager**

How to contact us:

[comments@postoffice.co.uk](mailto:comments@postoffice.co.uk)  
[postofficeviews.co.uk](http://postofficeviews.co.uk)

There are times our branches may need to make changes to their opening hours. The latest available branch information, including any additional alternative Post Office branches in the area, can be found on our website [www.postoffice.co.uk/branch-finder](http://www.postoffice.co.uk/branch-finder)

For additional information about product availability call 03457 223344.  
For details of maximum value of transactions, please speak to the branch postmaster.

We sell Royal Mail and Parcelforce Worldwide services.  
Postage services from other companies are also available in selected branches.

### **Alternative branches for Lewdown Partner Service, Village Stores, Lewdown, Okehampton, EX20 4DQ**

| Lifton Post Office                         |               | Services  |
|--|---------------|---|
| Fore Street<br>Lifton<br>Devon<br>PL16 0AA |               | Offers the same services, with the addition of Vehicle Tax and Euro Travel Money. |
| Opening times                              |               | Access  |
| Mon - Fri                                  | 09:00 – 17:30 | There is a step at the entrance to the premises.                                  |
| Sat  | 09:00 – 12:30 |   |
| Sun  | Closed        |   |
| Getting there                              |               |   |

Approximately 4.2 miles from Lewdown Partner Service, along varied terrain. Roadside parking is available nearby. Public transport is available to and from the surrounding area

| Bridestowe Post Office                                       |               | Services  |
|--|---------------|---|
| Fore Street<br>Bridestowe<br>Okehampton<br>Devon<br>EX20 4EG |               | Offers the same services, with the addition of Euro Travel Money. |
| Opening times  |               | Access  |
| Mon - Sat  | 09:00 – 17:00 | Access is level at the entrance to the premises.                  |
| Sun  | Closed        |   |
| Getting there  |               |   |

Approximately 4.5 miles from Lewdown Partner Service Post Office branch, along varied terrain. Roadside parking is available nearby. Public transport is available to and from the surrounding area.

## **St John's Church, Stowford**

On Sunday 8th June we held an Open Gardens event. The garden hosts were Richard & Karen Alexander, Peter & Esther van Delft, Catherine & Linda Dennis, John & Judy Law, Malcolm & Sharon Adams and Andy & Rachael Hicks. A heartfelt thank you to all of you for opening your gardens and showing everyone all the hard work that had taken place to bring your gardens to such a high standard for everyone to enjoy.

Charles Chick welcomed everyone who came to visit. He provided the programme detailing all the gardens. For the first time, tea, coffee and light lunch refreshments were available from 11am to 5pm. This was welcomed by all those who enjoyed the fresh scones, cakes, soups and other appetising goodies. Special thanks to Julie, Sharon, Allana, Josie and Linda who served and prepared/cooked all the tasty nibbles. Also thank you to those who had contributed cakes, etc to tempt everyone.

The plant stall was well stocked with a wide variety of plants ranging from perennials, shrubs, bedding and vegetable plants, plants were donated from members of the parish and friends.

Finally, a big thank you to everyone who came to visit the gardens. Many favourable comments of appreciation were received. Not one garden was the same and so many walked away with inspiration and ideas for how their own garden could be developed. Over 100 visitors came to our event. We were visited by people not only from the parish but some from further afield including Okehampton, Lewdown, Lifton and Launceston. An amazing £1,165.50 was raised on the day. We are truly grateful and much appreciated sum of money raised for our church.

Thank you.  
Stowford P.C.C

# Stowford Parish Council



## **Abbreviated minutes of Annual & Ordinary meetings held on 13th May 2025** **These minutes are provisional until they are signed by the chair at the next meeting of the parish council.** **Meeting No 734**

Present: Cllrs Leroy St Louis (Chair), Law (Vice chair), Alexander, Chick, Lorna St Louis, Terry,  
Cllr Chris Edmonds (WDBC), Peter van Delft (clerk).

### **Annual Parish Meeting**

1. Apologies - Cllr Govett
2. Appointment of Officers- the following officers were appointed:
  - 2.1 Elected Chair - Cllr Leroy St Louis - proposed Cllr Alexander, seconded Cllr Law, all in favour
  - 2.2 Elected Vice Chair - Cllr Law - proposed Cllr Leroy St Louis, seconded Cllr Lorna St Louis all in favour.
  - 2.3 Elected Tree warden - Mr Brian Wilkinson - proposed Cllr Lorna St Louis, seconded Cllr Leroy St Louis, all in favour
  - 2.4 Elected Snow warden - Cllr Alexander - proposed Cllr Leroy St Louis, seconded Cllr Law, all in favour.
3. Declaration of acceptance forms were signed.

### **Ordinary Meeting**

4. Members of the public open forum - no members present.
5. Dispensations & declarations of interest - none
6. Minutes of previous meeting 732 were signed as a true and accurate records of that meeting. Proposed Cllr Alexander, seconded Cllr Lorna St Louis, motion carried.
7. Finance - Approval for the following
  - 7.1 AGAR 2024-25 - Confirmation of the Asset register as per 31st March 2025, Certificate of exemption, Annual Governance Statement, Accounting Statements, Confirmation of the dates of the period for the exercise of public rights. Motion to approve proposed by Cllr Law, seconded Cllr Lorna St Louis, all in favour.
  - 7.2 Payments were approved for the following - Caroline Harris Bookkeeping - Payroll service £177.00, DALC - annual Subscription £127.66, Peter van Delft - clerk salary (Mar - April) £314.40, HMRC - PAYE for clerk, £44.60, Community First Insurance - annual premium £152.33, Lewdown Grouped P.C. - Projector hire £5.00, P. van Delft - refund for table tennis equipment £43.98. Motion to approve proposed by Cllr Alexander, seconded Cllr Law, all in favour.
  - 7.3 R.F.O. reported a credit balance after payments of £5,052.50, proposed Cllr Terry, seconded Cllr Leroy St Louis, all in favour
8. Cllr Edmonds of WDBC reported that the D.C.C. elections had elected our new representative councillor for West Devon - Cllr James Granger (Reform Party). The Liberal Democrat Party is the largest party for D.C.C. but has no overall control.
9. Reports from Councillors - Items were raised under items 10 and 13.
10. Table Tennis - promotion and organisation. The chair thanked Cllr Edmonds for his help with a grant to provide a second table. The chair had spoken with several parishioners who expressed an interest running a T.T. group, the chair will follow up with interested parties. The chair will provide an advert to go in the Stowford Newsletter, Newslink and Facebook.
11. Repair/replace of wooden bench located at Stowford Cross Bus stop. Cllr Edmonds kindly offered £150 localities grant to help with the purchase of a replacement bench, the chair thanked him for helping out again, the whole council also thanked Cllr Edmonds. It was resolved that a bench made from recycled materials should be purchased from 'NBB Outdoors' for the sum of £250, motion proposed Cllr Lorna St Louis, seconded Cllr Chick, all in favour.
12. Parish Questionnaire - draft questions and reply box - held over for next meeting.
13. Highways - road sign damage/repair. Cllr Edmonds suggested that issues should be directed to the new D.C.C. Cllr James Granger, also the use of the Devon Highways website is also very useful. Cllr Chick suggested that better signage of width restrictions would be helpful on the highway between the lane just off the A30 to Stowford Village, repairs to the bridge on the same lane are now completed. Cllr Alexander suggested that Google maps and Apple maps should be notified of the width restrictions so that any future incidents can be avoided. The clerk informed that a pothole on the Hayne Farm to Stowford Cross had been reported.
14. Dog fouling, nuisance dog(s), dog(s) of leads - Cllr Edmonds reported that patrols are continuing.
15. Correspondence - The clerk reported that Bere Ferrers Parish Council had asked for comments from parish councils relating to concerns with the W.D.B.C. planning dept. Issues relating to local knowledge, a decline in site visits, Neighbourhood plans not being appropriately considered in planning decisions. Cllr Alexander informed that he supported comments raised by B.F.P.C. Cllr Edmonds suggested that the issues raised were not his experience of the dept. The chair remarked that the W.D.B.C. website including the planning pothole was now better than previously. The chair informed that Stowford PC does not have a Neighbourhood plan so that issue was not applicable. Cllr Lorna St Louis commented that Cllr training on issues relating to planning is always greatly beneficial. The clerk to draft a response to BFPC.

Date time & place of next meeting - Ordinary Meeting on 8th July 2025 - 7.30pm at Stowford Parish Hall

This the ninth in this series of excerpts of **Stowford's School Book of Punishments**, on this page the children seem to be a little too happy at times!

Peter van Delft



**School Photograph 1938**

Left: Miss Allen (headmistress)      Right: Miss Boyle (teacher)  
 Front Row (Left to right): Bill Wickett; John Wickett; Norman Wickett; Brian Cobbledick;  
 Donald Woodridge; Bill Woodridge; Eric Frise

| Date                                 | Name of Child                                | Age         | Offence   | Amount of Punishment   |
|--------------------------------------|--|-------------|---|--|
| 1946<br>March<br>3 <sup>rd</sup>     | Francis Earle<br>Roger Wickett               | 10<br>13    | Bad behaviour in lavatories                           | Four strokes each cane +<br>across legs                      |
| 1946<br>May<br>29 <sup>th</sup>      | Peter Dyer<br>Peter Cross<br>Phyllis Wickett | 8<br>8<br>9 | Repeated carelessness after<br>warning                | Seven strokes cane<br>Ten strokes cane<br>Three strokes cane |
| 1946<br>October<br>16 <sup>th</sup>  | Clarence Batten                              | 9           | Talking immediately after<br>warning                  | Three strokes on each hand                                   |
| 1946<br>October<br>17 <sup>th</sup>  | G.R. Parsons                                 | 12          | Laughing at correction                                | Three strokes on each hand                                   |
| 1946<br>November<br>8th              | Francis Earl<br>Roger Wickett                | 11<br>13    | Unruly behaviour in play-<br>ground and then laughing | Four strokes on each hand<br>Four strokes on each hand       |
| 1946<br>November<br>29 <sup>th</sup> | Derek Weeks<br>Clarence Batten               | 10<br>9     | Throwing about pieces of<br>blotting paper            | Four strokes on each hand<br>Four strokes on each hand       |

## Rules for female teachers

- You will not marry during the term of your contract.
- You are not to keep company with men.
- You must be home between 8pm and 6am unless attending a school function.
- You may not loiter in public.
- You may not travel beyond the city limits without the permission of the Chairman of the Board.
- You may not ride in a carriage or automobile with any man (unless he be your father/brother.)
- You may not smoke cigarettes
- You may not dress in bright colours. You must wear at least 2 petticoats and your dresses must be no shorter than 2 inches above the ankles.
- To keep the schoolroom clean, you must sweep daily, clean the blackboard daily and light the fire at 7am.

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# Farming Report

At home we had a busy start to June bringing in the 1st cut grass, and were very lucky with the weather as some places only 10-15 miles away had heavy showers whilst we had only a few spots and it passed over which was a blessing. It was another heavy crop bringing in 180 acres and has filled the silage shed up again, we will do around 35 acres second cut just to top it up and then it will be ready for another winters feed. Just after we done the silage the rain came and washed in the muck and fertiliser again to bring the growth on for



grazing so we couldn't of asked for much better really- its a never ending cycle! The show season is upon us again with one of the highlights of the year Royal Cornwall Show being held in June, were myself and my dad went down on the Friday (which turned out to be the best day weather wise)! It's always good to get away from the farm and catch up with like minded people at the show whether that be around the cattle lines or in amongst the vast array of

tractors and machinery that is there. The one-day shows will soon come around so i need to start looking at my stock and see what animals I will be taking to the shows this year and start halter breaking them, luckily with South Devons they have a great temperament so only take a few weeks to break in. At the start of June we had the last 2 cows calve with 2 bull calves to finish off the calving for the year bringing the total to 4 heifer calves and 6 bull calves, there all growing away well and look forward to see how they develop over the next few months!

**Becky Dennis**

