



July 2023



Have a jolly July!

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EDITOR'S NOTE



Hello and welcome to this July edition of the CVN. I'm afraid I didn't receive any photos from readers this month for the cover so I'm taking the liberty of using one of my wife's recent efforts. It was taken the other day while she was dog walking in Ellerhayes, near Killerton. Thanks, Trupti.

A short editorial this month as we're bursting at the seams with great content. So thanks to all contributors. I'm beginning to get responses from readers to my request for more feature articles and you'll see a few in this issue, which is great! Please keep them coming. A special mention for Caitlin Chapman, a student from Clyst St Mary, who's volunteered to write articles for the CVN and you can read her first interesting one on page 17.

I'm still looking for regular columnists for the magazine so if you've got an absorbing hobby or interest, and you'd like to share it with our readers every month, do please get in touch with me at clystvalleynews@gmail.com. I'm thinking of topics like gardening, food/cookery, sport, travel, local history, photography, charity work, the environment, book/cinema reviews but there will be plenty of others. Don't be shy! Writing can be a lot of fun.

Don't forget that we're also looking for people who could offer a bit of time to assist with the production of the CVN. If you're interested, I'd love to hear from you. Incidentally, things are moving forward with our plans to establish charitable status for the CVN -- more on that in the August issue. Watch this space!

Enjoy the magazine – and the sunshine! Best wishes. Peter Skelton

Contributions, photos and letters to the editor for the August 2023 issue of the Clyst Valley News should be sent by email, to the editor, Peter Skelton, at clystvalleynews@gmail.com by Saturday 15th July 2023 at the latest, please. Please note that contributions may be edited.

If you experience any difficulty in receiving your copy of the CVN, please contact your local distributor, as follows:

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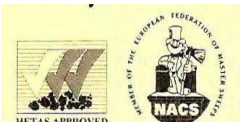
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If you'd like to advertise your business or organisation in the Clyst Valley News this year, you'll see that we have slots available NOW! Please get in touch - with no obligation - our rates are very competitive! Contact the Editor, Peter Skelton, at clystvalleynews@gmail.com.

YOUR PHOTOS ALWAYS NEEDED FOR THE COVER OF THE CVN!



There must be a lot of photographers out there snapping away around our villages. After all, our neck of the woods is rather photogenic. Why not share your results with our readers? Most months we aim to put one nice pic on the magazine cover and we need yours! So please do send in your efforts to the editor, Peter Skelton, who'll choose one each month. Try to use relatively high-definition settings but that's not a must. Just email them to clystvalleynews@gmail.com and we'll do the rest. Simple!

CLYST ST MARY



Village Hall

Open Morning. We are having an Open Morning at the Village Hall on Saturday 1st July from 10 am to 12 noon. Come and join us for coffee and cake. Have you got ideas about events, clubs or activities you would like to see at the Hall? Do you want to know what groups you can already join? Come along and talk to committee members and regular hirers about your ideas, or just to find out more. We have plans to extend the facilities at the Hall so this is your chance to give us your views.

Committee Meeting. If you aren't around on the 1st, you are welcome to come along to the committee meeting on Monday 3rd July at 7.30 pm in the Hall. There will be an open session for any points people would like to raise. With the emphasis today on issues of loneliness and social isolation, we are keen for the Hall to help to meet community needs.

Defibrillator. The Village Hall now has a defibrillator which is fitted near to the entrance in a fully accessible cabinet. There are RevivR posters and flyers in the kitchen at the Hall. If you are in the Hall, feel free to take one away. If you scan the QR code on these resources with your 'phone, you will be taken directly to RevivR training. You can also use this link for a short instructional video [Learn CPR in 15 minutes with RevivR™ CPR Training](#).

Many of us will witness a cardiac arrest in our lifetime. Be ready for that day. The BHF's digital training tool – RevivR, teaches you vital CPR skills and how to use a defibrillator, in just 15 minutes on your mobile phone or tablet. Created by BHF's medical experts, the tool will take you through a real-life scenario, so you feel prepared for an emergency. You never know when you'll need to give someone CPR, so learn today. Our thanks go to British Heart Foundation and Bishops Clyst Parish Council for grants towards providing this equipment.

Our website <https://www.clyststmaryvillagehall.co.uk/> gives details of hiring availability and prices but if there's anything else you'd like to know, please drop Ali West an email on: bookings@clyststmaryvillagehall.co.uk. We look forward to seeing you soon



.Bishops Clyst Parish Council



Parish Councillors Urgently Needed. There are three vacancies for Parish Councillors which we need to fill urgently. If you would like to be involved, you can

be co-opted on to the Council at our next Parish Council meeting. Just email your details to the Clerk (bishopsclyst@gmail.com) or drop a letter in to the Village Hall.

Get to Know Your Parish Council. The role of the Parish Council is to represent the views and needs of its community. It is funded by you and works for you, with integrity and transparency at the heart of everything it does. The Parish Council website contains information on governance and transparency, finance, meetings, projects and news (www.bishopsclyst.org.uk).

Parish Council meetings are open to the public so do come along and get to know how the Council operates. Agendas and minutes are posted on the website and parish noticeboards, and if you feel strongly about an issue there is an opportunity in the open session for members of the public to speak.

Your Councillors. Councillors get involved in community projects, they take part in debates and make informed decisions in the best interest of the community and, collectively, are responsible for ensuring the Council finances are managed appropriately and transparently. When carrying out Council activities, Councillors have a legal duty to adhere to the Council's Code of Conduct which is based on the 'seven principles of public life': selflessness, integrity, objectivity, accountability, openness, honesty, leadership. Training and support are available for all Councillors.

Diversity. The Council needs people from all backgrounds and experiences who reflect the community to put themselves forward for election.

Community Grants. Community grants of up to £500 are available to groups, clubs and voluntary organisations based in the parish for non-commercial activities which benefit residents of the parish. Please see further details on our website (www.bishopsclyst.org.uk/community-grants/).

Parish Council Meetings. Council meetings take place each month and dates, agendas and minutes are posted on our website (www.bishopsclyst.org.uk) and on noticeboards in Clyst St Mary, Cat and Fiddle Park and Sowton Village.

Contact the Parish Council. Karan Bennett, PC Clerk, working from the PC office in Clyst St Mary Village Hall on Monday to Wednesday, 9 am to 12.30 pm. Call 01392 874405 or email bishopsclyst@gmail.com. *You are very welcome to drop in, but we recommend making an appointment to ensure someone is available to see you.*

Clyst St Mary Primary School



In the middle of June, our Class 3 joined forces with our federated school Stoke Canon to spend a wonderful day on Dartmoor. Using compasses and maps, they brushed up on their navigation skills to complete a walk around Bellever Forest. As you can see, they were lucky with the weather too.



The weather held out for Devon County Show this year too, which was enjoyed by our Class 6 as a post-SATs treat!



Classes 3 and 4 enjoyed 'Walking Alpacas', exploring a labyrinth and making emoji bracelets and 'grass heads'



at the annual Wellbeing Festival at Buckfast Abbey. A lovely day out, as always.

Our calendar is certainly filling up now, until the end of the term, with a few trips to the Forest School in Exmouth (always a good day out for the children); a Beach Festival in Exmouth; a trip to the Plymouth Aquarium; a mapping trip to the Village Hall and grounds and a soccer friendly at Stoke Canon! More on all of these activities in next month's newsletter.

Finally, our PTFA Summer Fête is being held on Saturday 24th June this year: please set aside the date as we'd love as many people to attend as possible. There will even be a 'Clyst St Mary's Got Talent' show, which promises to be fun!

Walking Group



The July village walk will be based around Budleigh Salterton and will take in the Otter valley and the environmental works that have taken place in that area. We will meet as usual at 10 am in the Village Hall car park on Tuesday 18th July. The walk will be approx 4/5 miles long and will be followed by a picnic lunch on the beach, so bring your picnic and swims if you fancy a dip. We walk at our own risk but all new walkers are very welcome. For any further information contact Peter or Pat Cusa on 01392 877907.

Macmillan Garden Party 1st July

Fundraising for

**MACMILLAN
CANCER SUPPORT**

Ann and Robin Bristow are hosting a Macmillan Garden Party at 6 Winslade Park Avenue on Saturday 1st July from 11 am to 4 pm. There will be tea, coffee and cakes on sale; books and plants; a raffle with amazing prizes!; a nearly new clothes sale; and a bric-a-brac stall.

This is for a really great cause and we are asking for donations of cakes, books, plants, nearly new clothes and bric-a-brac. These can be delivered to 6 Winslade Park Avenue.

This is a cash-only sale - come and catch up with friends and neighbours over a cuppa and get some real bargains! Looking forward to seeing you.

Clyst Valley Preschool



The spring and summer terms have brought lots of excitement, fun and celebrations! The King's Coronation being the pinnacle and celebrated at preschool with a garden party, royal fancy dress and a sponsored Coronation challenge week in which all the children took part completing marching circuits, 'show-jumping', hobby-horse racing, crown making and much more!

As the end of the school year rapidly approaches, our 'big' children will be enjoying visits to their new schools and teachers and are busy learning songs and rhymes for their preschool graduation. At the very end of term both our leavers group and the children returning to us in September will be enjoying their own special Fun Days.

	Badminton Club Clyst St Mary Village Hall	
The club, which plays on Tuesday evenings in the Village Hall will re-start after the summer break on: Tuesday 5th September 2023 at 8 pm. ALL are welcome (young and not so young!!) so come and join us. It is good exercise and a sociable evening. For more information please contact either: Hilary 0139 2874722 or Anne (annecurryer@gmail.com) Thank you.		

If you are looking for a nurturing and fun early years setting for your child with dedicated, experienced and highly qualified staff please check out our Instagram account and our website www.clystvalleypreschool.org. Alternatively, call us to arrange a visit on 01392 876615. We have spaces available for September and beyond, but these are filling fast!



Table Tennis Club



Please come and join us! New members always welcome. We play at the Village Hall every Thursday, 4 - 6 pm. The minimal fee of £20 for a 10-week session includes use of all equipment and refreshments. Alternatively, fees may be paid on a weekly basis if preferred. For further details please contact Pam Gardner on 07714 097220 or by email to pamelamgardner@gmail.com.

CLYST ST GEORGE AND EBFORD



Clyst St George Parish Council Chairman's Notes: July 2023

June's meeting was the Annual Parish Meeting; these meetings predate parish councils and we heard reports from various organisations. It was very pleasing to hear that our Cricket Club is now in the second tier of the Devon Cricket League. Mighty Clyst St George indeed – well done to all

who give their time to run the Club.

Our routine monthly meeting followed on and we are now closer to purchasing part of the field behind the Parish Hall. This will be used for community events and the Council will be asking what you, and the school, would like it used for.

Planning. Following the local elections East Devon has a backlog of applications, so still no news on the Ebford planning applications.

The next coffee morning will be on Wednesday 5th July, 10.30 am to 12 noon. Best wishes.

John Manser

john@jmanser.co.uk

01392 874861

Clyst St George Parish Hall

Coffee Morning. July's coffee morning will be held on Wednesday 5th from 10.30 am until 12 noon. Do pop in for tea/coffee and a chat.

Upcoming Events. The Big Breakfast will be back in September and another quiz is planned for October/November, where the reigning champions 'The Model Citizens' are the team to beat. More details on these events will be available after the summer break.

Community Fit Club. If you are looking to get fit for the summer, come along to the free community fit club. The club meets on Tuesdays at 10 am by the Cricket Club and on Thursdays at 6 pm at the Parish Hall. All ages and abilities are welcome. If you would like to get involved in our community events, please contact Isobel Stubbs (Chair) on 07826 806919



Clyst St George Pimms Party



Come and enjoy a pleasant community summer evening at the annual Pimms Party, which will be held in the Nature Garden (if wet in the Parish Hall) on Saturday 15th July in aid of the church clock repair fund. Tickets £5, to include canapés and a raffle, are available from Jacquie Manser 01392 874861, Paul Bragg 01392 874599, Claire Marks 01392 879875; primary school children free. [continued on page 9]

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[Clyst St George & Ebford – continued from page 7]

Norman's Weather Report



The first 11 days of May continued the rather wetter than average spring of 2023; 56 mm of rain being recorded here at Ebford. On the afternoon of Tuesday 9th, 15 mm fell in a very short time, including some hailstones, producing some locally serious flooding. From the 12th summer began, with three dry weekends, warmer temperatures and fine conditions generally in a consistent easterly airstream. So the total rainfall for May of 58 mm (2.3 inches) was a little more than the average over 23 years of 51.4 mm (2.0 inches). However, the distribution was a little unusual. Noman Cann

Nature Garden

Clyst St George has a delightful nature garden by the side of the parish church. The aim of the garden is to grow local Devon indigenous plants and trees and to encourage a Devon meadow with local wild flowers. Should you wish to help develop this 'green' facility, you can come along on the first Saturday of every month from 9.30 to 11 am.

Little Dragons Pre-School



We are based in Lady Seaward's School and open four days a week, from Monday to Thursday, 8.45 am – 3.15 pm during school term times. For more information please telephone Elly on 07939 995486 (in school hours), email littledragons@live.com or visit our website www.littledragonsclyststgeorge.com. Here's a picture of World Book Day! All the children and staff had great fun. Thank you to all who

took part.

WOODBURY SALTERTON



A Valuable Public Service

Once again the village is indebted to Barrie Bolt and Ngaio Southard who spent a Saturday morning at the beginning of June cutting back the undergrowth which spreads from alongside



the Grindle Brook and through and over the fence, obstructing the path along the Plantation. They do this without being asked and voluntarily and many people walking along the path may not know who to thank for making the path so usable -- no brambles catching round your ankles, no weeds starting to root over the path reducing its width ... THANK YOU BOTH.

Woodbury Salterton C of E Primary School



We have been enjoying watching our Class 1 caterpillars grow into very hungry caterpillars, which has created lots of brilliant learning opportunities and links in brilliantly with our Science topic on animals, including humans. The children have been busy applying their measuring skills to their science sessions and investigating if children with bigger feet would require bigger gloves!

In Art, the children have enjoyed learning about cubism and Picasso and have a wonderful knowledge of what abstract art is and can form opinions on their favourite piece of art. This week they have been creating their own Picasso-style portraits and will be using their colour mixing skills to match different emotions.

The children have been working really hard in Class 2 on developing their understanding of fractions. They have enjoyed drawing bar models to help them work out fractions of amounts and we are really pleased with how confident they have become. We are very proud of how hard the children have worked to improve their counting skills and this has been of great help to them when they have been recalling multiplication and division facts within their fraction work.

Class 3 have enjoyed Literacy where we have taken some time to enjoy writing poems. We looked at different structures from limericks to cinquains, even attempting to write extended metaphor poems. Everyone managed to create some fantastic poems, enjoying the chance to choose their favourite form. We had some beautiful and colourful calligrams, some humorous limericks and a lot of football-themed kenning poems. Having now completed our poems, we are moving on to look at Michael Morpurgo's *Mimi and the Mountain Dragon*. We have already taken the chance to create stories about a monster who has lost a treasured object. Over the coming weeks, we will work hard on creating some high-quality descriptions of settings, characters and even atmosphere to bring our stories to life.

This term, within Collective Worship, we will be focussing in school on the value of Responsibility. We hope our families will find these ideas helpful as we explore the value and have fun together. If the children bring back something that they have done at home linked to the Collective Worship activity, or can talk about a discussion they've had at home linked to it, then Mrs Gray will award them with a new special sticker.

Dagworthy Cottage



Before

Soon after the devastating fire just before Christmas 2022 this cottage was hidden from view behind white polythene covering the scaffolding – a large oblong box. How lovely now to see it uncovered and admire the recently completed new thatch.



After

Layers Of History

Downham's Cottage (opposite the Digger's Rest) in Woodbury Salterton is being renovated. The middle section of the roof needs new timbers. When the thatchers removed a section of thatch it could be seen how the timbers have buckled under the weight of many years of thatch. It is usual for a thatcher to remove and replace the top layer of thatch but as the photo shows there are many layers of thatch here, estimated as being between seven and eight feet thick and calculating the different layers could go back as many as 250 years.



Cream Tea



A cream tea and family walking quiz will be held in the Glebe Field, Woodbury Salterton on Saturday 8th July from 2.30 to 4.30 pm. It will move to the Village Hall if wet. Our objective is to start fundraising to upgrade the Village Hall kitchen and relocate it into the unused 'Green Room'. The old kitchen location will then be used for storage.

Cream tea will be £4; the quiz £1. There will also be a raffle. There is no requirement to book tickets but an email to woodsaltvillagehall@outlook.com to register interest would be helpful. There will be a Curry Night and a Bangers & Mash Supper in the months to come.

Monthly Craft Afternoons



These take place in the Village Hall on the last Wednesday of each month, from 1 till 4 pm. They are proving a popular social event when anyone can bring their craft work and sit and chat to friends and enjoy tea, coffee and cake. If you would just like the company but don't do a craft you are still welcome to join us for a chat. The July event will be on Wednesday 26th.

Village Lunches at the Digger's Rest



With the reopening of the Digger's under the new managers, Simon and Nikki, we have been able to resume our monthly village lunches. The date is always the second Wednesday in the month and we meet at 12 noon. The July meal will be on the 12th. A chance to meet up with friends in the village.

SOWTON VILLAGE



Church Services

Church services are held at St Michael's and All Angels, Sowton on the first and third Sunday of every month at 6.30 pm in the evening. The first service of the month is a Holy Communion service held by Rev'd Gudrun Thomas; the second service of the month is for Evening Prayer. The church is open every day between 9 am and dusk and visitors are very welcome.

Church Plant Sale

A very successful church plant sale was held on the afternoon of Sunday 4th June on the verges of the church. A wide range of vegetable, fruit and flower seedlings and plants were donated and sold, raising £92.50 for the church. Thank you to everyone who brought and bought plants!

LETTER TO THE EDITOR

Dear Peter



Latest Edition of OurLocalExpert to be Distributed in Your Area

If your readers need a good quality tradesperson, and you can't find one elsewhere in the Clyst Valley News – trust OurLocalExpert! This is a free printed and online guide of tradespeople who have been recommended by local people like YOU! For your free printed copy call Nick on 01392 340304, or email nick@OurLocalExpert.co.uk.

Regards, Nick Hall

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WHITE CROSS MISSION COMMUNITY



A dedicated section of the magazine for news and information from the WCMC and our village churches. The list of services for May is, as always, on page 23.

Clyst St Mary



Church Services. The Family Service will be held on 2nd July, starting at 9.30 am and will be led by our Archdeacon so we are very pleased to be able to welcome Andrew back to St Mary's. Everyone is of course welcome and it doesn't matter what your age is...we all have the child within us. There will be a

Family Communion Service on 16th July, at 9.30 am as usual. Tea and coffee will be served after the service, and we encourage people to stay and enjoy some fellowship. We welcome new families who would like to bring their children to join us in these services. If you are wandering down Church Lane please pop in to see the churchyard and its pretty wild flowers.

Devon Historic Churches' Trust Annual Fun Day. This will take place on Saturday 10th September. It is a fun day out and a good way of helping the church. Get as many sponsors as you can and see how many churches you can visit on the day; or hold another event. Money raised goes to help the Trust and your local church. Sponsor forms available in the church.

Summer Fest. We had a very successful and happy Easter Fest and many of you asked for more so on Saturday 15th July at 2 pm we are planning our Summer Fest so hopefully you can come along and join in. Refreshment will be around and we look forward to welcoming you all along. Can the lovely people who helped us last time get in touch with me if I haven't knocked on your door already!! If anybody out there has a talent for arts and crafts and playtime activities, please get in touch with me as above and we can chat it through. Thank you and look forward to a happy July before the summer holidays really get going. Pat Cusa, Church Warden

Clyst St George



Cards for Sale in the Church. Recycled cards are again available in the church. They can be used for any occasion, eg notelets, birthday, get well, sympathy, anniversary, new home, new baby, etc. You are welcome to visit the church at any time and spend time looking through the



boxes of cards. The church is open every day between 9 am and dusk. I'd also welcome any cards you may wish to recycle, except for Christmas cards. These can be left in the church for collection. Many thanks. Linda Wilkerson (01392 873699)

[continued on page 15]

Woodbury Salterton



Weekly Summer Coffee Mornings. From the beginning of June and right through till September there will be a coffee morning every Saturday at church from 9.30 till 10.30 am. When the weather is fine we will sit outside in the churchyard. If wet it will be inside the church.

May Family Service. After breakfast had been enjoyed, Phil Dent led the service. Katharine Wheeler gave a talk on saying thank you. People were invited to fill in a quiz naming what languages the list of thank yous were. The Wonnacott family excelled, getting most of the answers right. Jo Parsons read the story of the one man with leprosy who came back to thank Jesus for healing him. Prayers were read by Ian Keery, Clare Rooke, Terrie Newman and James Wonnacott. [continued on page 15]

Kids' Corner

What's happening this month?

National Marine Week

Between 22nd July and 6th August, National Marine Week will be celebrated where we focus on the amazing wildlife that can be found in the seas around the UK and our relationship with their habitat.

In the UK, the sea is home to more than half of our wildlife (more than 30 thousand species) and no matter where you are within the country; you are never more than 70 miles from the sea!

One of the greatest issues affecting our marine life is plastic pollution. This is a global issue where the plastic accumulates within the sea and negatively affects the wildlife and their habitat.

(accumulates: builds up)

To support National Marine week, you could help reduce plastic pollution. You could:

- do a litter pick at a local beach or in your local area
- use a refillable water bottle when you go out
- learn more about supporting National Marine week by visiting the website (scan the QR code)



Get involved...

Have a go at solving the riddle below. Send your answers in via email to clystvalleynews@gmail.com and you could be featured in the next issue.

Riddle: What can you break, even if you never pick it up or touch it?

We would love to have some children writing for the Clyst Valley News. If you would like to get involved, please email clystvalleynews@gmail.com

Last month's answer: What has many rings but no fingers? A telephone!

[Woodbury Salterton Church News – continued from page 13]

Church Quiz. Fourth scarecrow quiz on ‘sweets’. 41 entries were submitted and of these, three people had all the correct answers – Mrs A Riley from Lymptstone, Kate Beer and Jane Howard-Williams. Rev’d Peter Nickols-Rawle drew the winning entry out of the bag at the end of our Sunday service and the £10 went to Kate Beer. Kate kindly handed back the prize to the church. The quiz has raised over £427 for our church funds. I have received some welcome comments from participants on how much they enjoyed having a go including one lady who may be our oldest quizzier at age 93. Thanks again to Liz Whittaker and Lin Ashby who helped by selling copies in their own churches and to Carol Rowe who sells to friends in the Exmouth in Bloom Society. Katharine Wheeler

New Visitors’ Book in Church. A new visitors’ book has been purchased and placed on the table by the door. Someone, presumably a child, has written on the inside cover, ‘Hi, I love u God’ with a smiley face.

POETRY CORNER

We are experimenting with a new feature. This is an occasional series of published poetry by famous poets of the past, with a short introductory background. Do let Peter Skelton, our editor, know if you like the idea at clystvalleynews@gmail.com. Thank you. John Smith

This month, an appreciation of a well-known poem by Robert Frost, an American poet who wrote mainly in the first half of the last century. Much of his work has a background set in the natural world but has a deeper understanding of human motivation. Perhaps reading the poem will explain that better than my introduction! I do recommend that you read the poem out loud in order that you get the full beauty of the rhythm of the lines. The poem also has a very clever rhyming form with the first, third and fourth lines of each verse rhyming and then the second and fifth. Read, enjoy and think.

The Road Not Taken

By Robert Frost



Two roads diverged in a yellow wood,
And sorry that I could not travel both
And be one traveller, long I stood
And looked down one as far as I could
To where it bent in the undergrowth.

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads onto way,
I doubted if I should ever come back.

Then took the other, as just as fair,
And having perhaps the better claim
Because it was grassy and wanting wear,
Though as for that the passing there
Had worn them both about the same.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I-
I took the road less travelled by,
And that has made all the difference.

© The estate of Robert Frost

MONTHLY GIGGLE



I want to buy a truckload of goose feathers, but I can't afford the down payment.

What award might you win if you reduce your weight by 40 lbs? The Nobelly Prize.

A pair of Martians landed on a country road on Earth in the middle of the night. ‘Where are we?’ one asked. ‘I think we’re in a graveyard,’ replied the other. ‘Look at the gravestone over there – that man lived to be 108.’ ‘What’s his name?’ ‘Miles from London.’



The sergeant-major growled at the young soldier: ‘Williams, I didn’t see you at camouflage training this morning!’ Williams replied: ‘Thank you very much, sir.’

AND FINALLY...

The Sky Tonight



Did you try sunspot spotting last month? The sun was quite active throughout the whole month – and it can only get better over the next two years! This month we’re returning to the night sky to enjoy the stars of summer. Let’s start with a look at the southern sky at about 10 pm mid-July (but, of course, the view won’t be that different at other times). To find our first constellation you need a

clear southern horizon. Look for a bright, very red star due South close to the horizon. This is the brightest star in the constellation of Scorpius. If you compare its colour with the planet Mars which is low down in the west just above the very bright planet Venus, you will probably agree with the ancient astronomers who named it Antares, the ‘Rival of Mars’. It is one of the many double stars. Binoculars will show it has a green companion. To the right of Antares is a vertical line of stars (the head of the scorpion). From both the top and bottom stars, lines of fainter stars (the claws) extend further right to the next of our summer constellations. Look for a vertical triangle of reasonably bright stars. These form Libra, the Scales, the only non-animate member of the Zodiac. (If you find it difficult to find the constellations from my written descriptions I do recommend downloading the phone App ‘Sky Safari’. It will show you a graphic of the night sky which can be set to the time you are observing which makes finding star patterns easier.)

To the left of Scorpius, even lower down is another Zodiacal constellation, Sagittarius, the Centaur. Look for a group of nine quite bright stars forming a teapot shape, handle to the left, spout to the right! The ancient Arabs, not knowing much about teapots, saw the stars as a group of ostriches going to drink from the Milky Way – and this constellation is set within the broadest and brightest part of our Galaxy as seen from the Earth. Sweep the area with binoculars as it contains many bright star clusters and nebulae.

So much for the bright constellations of summer; now let’s search for the fainter ones. Find Arcturus in the SW (use the curve of the plough handle). To the left and slightly higher is the Northern Crown we have seen before and at about the same distance again is a rough square with lines of stars coming from each corner forming a rather weedy stick man-like version of the Greek hero Hercules. For a god he is not very impressive – except if you look halfway between the two stars forming the right-hand side of the square where you will find what is considered to be the most dramatic star cluster in the sky!

Below Hercules are the entwined constellations of Orphiucus, the Serpent Bearer and his serpent, Serpens. The Greek myth behind these star groups is fascinating and worth looking up.

Turning now to special events for the month, the first is a supermoon on the 3rd. Our Moon, like all members of the solar system, follows an elliptical orbit which means there are times when it is closer to Earth. When it is at its closest at full moon it is about 30% brighter, hence a supermoon. Ironically on the 6th the Earth is at its furthest from the Sun! On the 19th a thin crescent Moon can be seen to the right of Venus low in the West after sunset. With binoculars (**take care with the sun!**) search for Mercury below the Moon and Mars above Venus. On the 20th Venus will be below the Moon with Regulus between them, Mars to the left and Mercury to the right.

If you see a slow yellow fireball crossing the sky it could be a meteor from the Alpha Capricornid shower - or it might be the International Space Station passing over. If you want to be alerted to passes, the 'phone App 'Heavens Above' will give you dates and times. It is perhaps worth contemplating that, for the first time in the history of *Homo Sapiens*, not all its living members are standing on their home planet at any one time.

The planet of the month has to be Venus. It has been blazing in the evening sky for most of the year and this month is at its most brilliant on the 9th. Look at the planet through binoculars held steady. You may be surprised to see it looking like a miniature crescent moon. The reason for this is that Venus orbits closer to the Sun than the Earth so we can only ever see its disk partly illuminated - at the moment only 25%. So you may ask why is it so bright? A crescent shape indicates that Venus is moving into that part of its orbit which brings it closer to the Earth so the apparent size of the planetary disk more than compensates. Until next month I wish you clear night skies! Clyde Bish

Jodie Will Keep You Fit! (by Caitlin Chapman)



The importance of feeling a part of the community you live in is a feeling that is cherished by many here. This feeling is emphasised with the help of Jodie. Jodie's love for her community is illustrated through her work in fitness. Jodie runs community-based fitness programmes free of charge in Lympstone. People of all ages are welcome, and it allows everyone to make a connection with the community. These programmes happen every Tuesday at 10 am and every Thursday at 6 pm at Candy's Field - children are also welcome (and are the parents' responsibility). The value of going at your own pace with no judgement is highlighted at these programmes, to be happier and healthier together is the goal. Jodie has also opened the Wellness Shed in June where she offers free wellness profiles which include hydration levels, muscle mass percentage and fat level percentage. Through these profiles she then offers to help you develop personal goals that you work through together. Through getting the community inspired through fitness, Jodie is a community role model. Bring your friends, family and children to connect with one another and live a fitter life together.

Love Topsham's July Jamboree



Hello and welcome to Love Topsham's packed July diary of events in town! Kate Mosse Lunch. First off we're very excited to announce that Love Topsham Cardholders have the opportunity to attend a Light Literary Lunch with one of the country's best known authors, Kate Mosse. The Topsham Bookshop (in association [continued page 19])



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[*Love Topsham's July Jamboree – continued from page 17*]

with The Bookery, the award-winning not-for-profit bookshop in Crediton) is holding the event on Sunday 9th July at the Topsham Masonic Hall on Victoria Road, starting at 1 pm.

Kate will be reading from, and discussing, her new novel *The Ghost Ship*. She will be accompanied by her husband Greg, a playwright, whose debut novel *The Coming Darkness* was published last year. The cost for entry is £25 and includes a delicious buffet lunch from local supplier (and Love Topsham business supporter) Envie Catering – better known to many as Lizzie and Ralph. Both Kate and Greg will be speaking on the day and entry includes a discount on signed copies of books purchased at the event. The Masonic Hall has a relatively small capacity so tickets are available on a first-come, first-served basis, for £25 and upon presentation of a 2023 Love Topsham Card. Contact The Topsham Bookshop in person, or via email on lily@topshambookshop.co.uk or by telephoning 01392 877895.



Next we're hitting the streets with more in-town entertainment. On Saturday 15th July we're hosting *the Exmouth Shanty Men* (they call themselves the original Buoy Band!). Please check our website's town calendar for details of where they will be performing and the start time.

And two further dates for your diary.

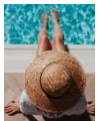
Alive & Kicking are performing at Topsham Quay on Saturday 12th August (time to be confirmed – please check our calendar). This group of Exeter women perform music and dance from the Appalachian Mountains region – get your dancing clogs on!

And *Exmouth A Cappella Ladies Choir* pay a return visit. They've performed twice before for Love Topsham events and they're back by popular demand! Performing on Saturday 9th September (location and time to be confirmed, please check the calendar).

And finally, if you haven't already noticed, our 90-plus *hanging baskets* are now in place along Fore Street and High Street. Special thanks to our volunteers for checking the brackets, organising the baskets and putting them up...and thanks, too, to those businesses getting additional baskets and undertaking some volunteer watering, too.

That's it for now. You can find full details of how to obtain a Love Topsham Card and how to subscribe to our newsletter on lovetopsham.co.uk. In the meantime enjoy the July heat and see you next month! All the very best from the Love Topsham Team.

Lasers, Summer and Safety!



Summertime is upon us, and we generally feel the need to look our best! Nails painted, eyelashes dyed and tinted, smooth skin, let the tanning begin...However, as much as we adore relaxing and soaking up the sun, we need to remember beauty comes with a cost; I'm not talking just about money, but the cost of keeping ourselves safe when having certain beauty treatments. In summer, body hair can be a real pain for some of us, and we show the most of our skin during this vibrant season. In order to gain that smooth silky skin, laser hair removal is an option. A high-end treatment, that offers a quick and safe way, with longer lasting results to those of other traditional choices in hair removal.

But why am I talking Lasers, Summer and Safety? First, we need to understand how laser hair removal works. The pigment in our hair is called melanin. It is what gives it the colour. The lighter our hair, the less melanin it has; red, blonde, grey, and white, have very little. In order to permanently reduce hair growth, the hair follicle must be damaged, and for this to happen, a grade four medical laser is required. The laser produces light energy, this energy is

absorbed by the melanin in the hair follicle (the darker the hair, the better), which heats up and is destroyed without affecting or damaging the surrounding skin.

Now the interesting part! Most of us sunbathe to achieve that lovely golden skin colour, known as a 'tan'. The reason we produce a tan is because the melanocytes are activated in the skin as a defence against the sun's harmful UVA /UVB rays. Having a tan causes the laser to pick up on the melanin on the surface of the skin, and this can lead to unwanted adverse reactions: burns, hyperpigmentation and scars.

Laser treatment can be done in the summer, if done safely. If you are thinking about having laser treatment, avoid sun exposure on the area one month prior to the treatment, and continue to do so throughout. Of course, this is easier said than done. Some of our skin, such as our hands and face, are always on display and are inevitably going to be exposed to the sun; in this case, it is important to slather on a good-quality SPF 50+ sun block. After having a laser treatment, it is advised to wait at least two weeks before sunbathing, with SPF 50+, as the skin will still be sensitive to the sun UVA/UVB rays.

Whether you are using laser for hair removal, skin rejuvenation, removal of skin pigmented lesions or veins, the same concerns still apply in order to avoid burns, hyperpigmentation and scars. When booking in with a clinic, be honest about your tan, inform them if you are going away to a hot climate, and if you intend to sunbathe. A good practitioner will work around you and inform you when treatment is safe to do! **Protecting your skin is key!**

Natasha Potashnik, Professional Laser Practitioner

Researching Family History: A Short Guide. Part 1 of 3



Introduction. This is based on what I have learned from researching online the histories of about ten families, mainly those who lived in England but also in Wales and Ireland. There are several genealogy websites (providers) which enable you to research family histories. Most are not free but may have discounted or free introductory offers. The various websites have their advantages and disadvantages, so it is worth trying several to see how easy they are to navigate and the type of information they provide. Do not rely on one site alone.

Getting started. It may seem obvious but the first thing to do is ask parents and grandparents what they know – names, dates, places. Do your family's photo albums record places or dates of events?

Using the websites. Once you know certain things about your ancestors, put this information into the websites. Typically, the providers enable you to input variations of names and dates so that your initial search will give you the widest range of results; then, depending on what you find, you refine your search.

The census. This will often be one of the first sources where you discover information. Although the first census was conducted in 1801 the first one accessible online is that for 1841; then the census was undertaken every ten years. If you think the ancestor you are researching was alive in 1939 then access the register conducted in that September. The early available censuses sometimes used abbreviations to record occupations; again, use Google to find what those abbreviations are short for. Except for that in 1841, the census was taken in late March or early April so when you find that a person was aged 46 in 1851 their birth year was more likely to be 1804 rather than 1805.

Birth, marriages and deaths. Since July 1837 all these had to be registered in a registration district. Some of these districts were redrawn or renamed over the years so don't be surprised

if the registration district is not the same as a current name. Some districts were specific towns or cities but others were wider areas. Recognising this arrangement is important because if a birth or death, for example, is registered in 'A' that does not mean the event occurred in that specific location; it could have been in village 'B' several miles away from A. Records of births, marriages and deaths were compiled quarterly so, for example, you might find a death recorded in quarter 1 of 1888 which means the death was recorded in January, February or March of 1888; note that the death may have occurred in late 1887.

Parish records. Prior to 1837 baptisms/christenings, marriages and burials were typically conducted in Church of England parish churches although some were held in churches of other Christian denominations. (For Ireland you will find the records of Roman Catholic parishes.) After 1837 some people still had their children christened or were married in church. So there are families with events listed in the parish records as well as in the post-1837 compulsory registration. The quality and detail in parish records varies. In general the quality and detail diminishes as one goes back in time. Some records of christenings also give birth dates and some records of burials give death dates. Christenings were usually within a few days after birth but could be weeks or even months. Don't expect all births or christenings to record both parents' names; mothers' names may be vital to find the marriage of the parents. Malcolm Macmillen

The Exeter Forum Talks Programme: July 2023



The Wednesday weekly talks take place at the Mint Methodist Church in Fore Street, Exeter, EX4 3AT. Coffee and socialising from 10.15 am; the talk starts usually at around 10.45 am. All welcome to attend these meetings. There is a small admission charge for non-members. More information at www.exeterforum.org/talks.

Date	Speaker	Title
5 July	Angela White	<i>Chinese Festivals</i> Angela will draw on her experience of living in Hong Kong for 14 years to provide an insight into a 12-month run through of festivals in the Chinese Zodiac. She will explain some of the symbolism and customs of celebrating, showing many of the colourful banners and ornaments used.
12 July	Julie Owen	<i>Devon Loves Dogs</i> Devon Loves Dogs is a local organisation for those who own dogs or go on walks with friends and family who have dogs. It sets out to inform dog owners and walkers about how they may impact on wildlife. It also provides a way to represent the needs of dog owners to landowners and managers. Julie is the co-ordinator for Devon Loves Dogs. She is often seen at work with her cocker spaniel x labrador Maisie and on Waggy Walks locally.
19 July	David Brandreth	<i>Jane Austen's Purse - History in Coins from the Restoration to the Great Recoinage of 1817</i> What coins would have been in your purse in the time of Jane Austen? Why were coins needed? Why was a recoinage necessary after the Napoleonic wars? David's talk will give a general overview of aspects of our coins, with some interesting anecdotes from this historical period.
26 July	Graham Forshaw	<i>The Work and Challenges of the Exeter Port Authority</i> Exeter Port Authority Harbour Master Graham Forshaw will look at his day-to-day work that covers Exeter, the canal and the estuary, and describe some of its many challenges.

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WCMC SERVICES JULY 2023

Sunday 2nd July

09:30 WST Holy Communion
 09:30 CSG Family Service
 11:15 AYL Holy Communion
 11:15 WBY Holy Communion
 18:00 EXT Evening Worship

Sunday 9th July

09:30 EXT Holy Communion
 09:30 CSG Family Service
 11:15 FAR Holy Communion & Baptism
 11:15 WBY Holy Communion

Sunday 16th July

09:30 CSG Holy Communion
 09:30 WST Breakfast Family Service
 11:15 AYL Family Service
 18:30 WBY St Swithun's Day
 09:30 EXT Morning Worship

Sunday 23rd July

09:30 FAR Morning Worship
 11:15 CSG Holy Communion
 10:30 WBY Café Church

Sunday 30th July

11:15 AYL Pilgrimage Service - Whole Archdeacon
 Mission Community Service

Week 1

Rev'd Sid
 Archdeacon
 Rev'd Karen
 Rev'd Sid
 Rev'd Roz Harrison

Week 2

Rev'd Karen
 TBA
 Rev'd Nigel Mason
 Rev'd Chris Cant

Week 3

Rev'd Peter Nikols-Rawle
 TBA
 Rev'd Tony Raven
 Archdeacon
 Lay led

Week 4

Carolyn Keep
 Rev'd Sid
 Lay led

Week 5

Archdeacon

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