

REFLECTING SHEBBEAR



This is another Covid - 19 Special Edition, which is only available on line, as we struggle to maintain some sense of normality, in these darkest of times.

We are carrying our full quota of advertisements, free of charge, but please note that a number of them are unable to work due to lockdown regulations, or have restricted access arrangements.

Please make sure that your initial contact is by phone or email. Above all Stay Safe.



VOLUME 24, ISSUE 1. FEBRUARY / MARCH 2021

From the Chair

In my lifetime I have never known a new year to begin as 2021 has. There were no big celebrations or large family gatherings and many people were not able to be with their families throughout the Christmas period. Before we knew it we were in another lockdown and so we have had to make a decision not to print "Reflecting Shebbear."

There are two main reasons for this, one is because there is very little local content as most organisations are not meeting and the other is that we rely on volunteers to deliver our magazine around the parish. We felt that we did not want to put any individual at risk and so we are just putting something on line so that we can keep in touch with people. Not everyone is able to access the internet so if you have a neighbour who is in this situation please would you be able to let them see a copy. We do not know what will happen in April as we have no idea, at the moment, what the situation will be by then.

In the meantime we would like to send our best wishes to you and hope that it will not be too long before things return to normal.

Margaret Quance

I have received a letter from Richard Brown to say that his mother has sadly passed away. Some people in the village will remember David and Kathleen Brown when David was headmaster at the primary school and Kathleen was a teacher. There are some families in the parish who will have memories of being taught by them.

Cover picture:

A photograph of Dunsland Cross Station, found on the Internet. The station sign says 'Alight here for Shebbear College'. The Station building is still there, but now disguised as a bungalow. It sits behind the Railway Cottages, on the Halwill Junction Road



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Poutine

Any flag waving Canadian will know what this is, but have a slightly different way of saying it depending on the region they are from.

If you are an English-speaking Canadian, you'll almost certainly pronounce it "poo-teen" (emphasis on the last syllable). French Canadians [Quebecois (fem.: Quebecoise)] might suggest that it should be pronounced as "poo-tin" (again, with the emphasis on the last syllable).

Whatever - it is a dish that I have long wanted to try to cook myself, which consists of chips, gravy and curd cheese (curd cheese is not easy to find, so I used the recommended substitute, Mozzarella). It is usually served on its own, the chips being sprinkled with Curd Cheese, and then covered with a thick gravy, what's not to like?

I'm going to give you my version, but if you want to read more about the "authentic" version go to <https://www.seasonsandsuppers.ca/authentic-canadian-poutine-recipe/>.

Some of you may feel that this is a non-recipe, as who needs a recipe for chips and gravy?

In my defence, I don't offer advice on chips, whether you make them fresh, cook from frozen, or buy from the Chip Van, is not really the point. Also, this gravy has a bit of a twist in combining chicken and beef stock, and is also thickened until it sticks to the chips and doesn't just run off.

Generally, this recipe went down well with my testers, one saying that the gravy tasted just like KFC [I think that was a compliment?], and another thought that the cheese was rather cold, which on reflection was probably because the lumps were too large. The recipe serves 4 - at least the gravy and cheese does:

Poutine Gravy

3 tbsp Cornflour
2 tbsp water
85g unsalted butter
1 Knorr Chicken Stockpot
2 OXO reduced salt Cubes
500ml water
30g plain flour
Pepper to taste

Chunky Chips

For four

Mozzarella

I used Waitrose Essential 2 Italian Mozzarella drained 250g @£1.40 [other brands are available!]

Method:

Prepare the gravy: In a small bowl dissolve the 3 tbsp of Cornflour in the 2 tbsp of water and set aside.

Boil 500ml of water and add the Stockpot and crumbled OXO cubes, and stir thoroughly until completely dissolved.

In a large saucepan, melt the butter. Add the 30g of plain flour and cook, stirring regularly, for about five

minutes, until the mixture turns golden brown. Add the hot stock to the mixture, stirring with a whisk. Stir in about half of the Cornflour mixture and simmer for a minute or so. If you like your gravy thicker [I thought it was just right] add more of the Cornflour mixture, in small increments, as needed, to thicken. Season with pepper, taste, and you will probably find that additional salt is not needed.

Keep warm until your chips are ready – I brought my gravy back to the boil, whilst constantly stirring to prevent sticking, just before adding it to the chips.



Break up the Mozzarella by tearing or cutting into small pieces [to avoid cold cheese!]

Add the chips to individual heated bowls, sprinkle cheese equally over each bowl, and quickly add some gravy. Mix together, with a couple of forks, and then add more gravy to make sure the chips are well coated.

Serve immediately.



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Kathleen Brown RIP

When we arrived in 1971 with our two young children, we were delighted to hear so many good reports of the local village school. Both my sons were in her class, and I was employed as 'dinner lady' from 1974 to 1978, and also helped out with outings, swimming lessons and on a school camp. I have kept in touch with her and her husband for many years, and recently, by telephone at the care home. As the nurse at her care home said to me, "she was a lovely lady".

Valerie Pocock

Many memories of the Primary School, Mr and Mrs Brown and Shebbear life in general. She must have been a good age by now. Hats off to her. **Alex Tod**

That's very sad news, lots of happy memories of growing up in Shebbear village and being able to attend an amazing primary school.

Amanda Wood- Ruston

I remember Mrs. Brown as having such warm, smiling eyes. I loved our swimming classes at the pool because she was always so encouraging (and I was a little scared of the water back then - glad I got over it!) **Beverley Ware**

Very sad news. She was a good friend to Mum during her many years as caretaker. A sad loss.

Mark Jones

So sad to hear this: **Nigel G Kenneally.**

Thinking of the family at this sad time. **Nicky Jeffrey**

I've fond memories of my time at Shebbear primary school. Condolences to all the family.

Sarah Speakman- Jenkinson

Kathleen Brown was exactly the kind of teacher I needed: dependable, dedicated to education but most of all encouraging everyone to open their eyes to the world around us. In school I remember she explained the mysteries of joined up writing and showed us how important it is to appreciate nature - the RSPB has always been important to her. There must have been some maths in her lessons somewhere too! Both her and David led the school in playing a major role in the twinning with Balleroy and giving the children a chance to travel abroad. I'll remember her as the teacher at the very centre of Shebbear.

Trevor Pocock

I was in Mrs Brown's class in 1975 and 1976. She was a kindly teacher with a little glint of humour in her eye. She was rarely strict with you individually, instead applying the firmness, with a chuckle, to everyone collectively, which meant that nobody was singled out. I remember her saying that all us boys didn't wash properly behind the ears. She would say, "Middle Class,

your handwriting is atrocious" (I learnt that word from her). Referring to our laziness she once joked, "You know that song, 'Did you ever see a dream walking'? They're all in my class." She was a lover of nature. Every week we used to crowd around the window and have a lesson observing the bird table outside. One day she went into paroxysms of delight when a goldfinch, a rarity, alighted on the table. Another time, one of the class tadpoles had the misfortune to disappear down the plug hole of the sink. Mrs Brown sent one of the girls outside to try and catch it from the bottom of the guttering, to save it from dropping into the drains, but to no avail. Days in her classroom, the long hut on the left of the playground, were carefree. Every morning someone would record the outside temperature on the class thermometer (I was amazed, during the drought of 1976, that over 30°C was possible) or note on a chart whether the clouds in the sky were cumulus, stratus or cirrus. That, the bird table, the 15 minute class nap, Music Time on the TV, her reading to us – I remember The Iron Man – were part of the routine, but the variety also stays in the memory. We performed little plays using different genres – mime, radio play, puppet show. We buried a time capsule. Once, we painted pictures to be entered into a competition to design an advertising poster about driving carefully around cyclists. Most paintings were rejected when Mrs Brown realised that we had all drawn the cars driving on the wrong side of the road. One week, we made a class "computer". This involved each of us answering a written list of 10 questions yes or no, on a piece of card, the same 10 questions for each child. Alongside each question a hole was punched on your card. If your answer was no, a half centimetre wide cut was made from the hole to the edge of the card. If your answer was yes, the hole remained closed. Everyone's cards were then stacked together, and a drinking straw inserted through the holes alongside each question. The "no" cards fell away from the straw, because of the cut, with the "yes" cards remaining in place, thus determining those in the class who had answered "yes" to each question. I answered "Yes" to "Can you swim?" having just learnt to do so at Torrington Baths. Mrs Brown didn't believe me, so I had to prove her wrong during that week's session in the school's freezing outdoor pool.

Happy times. Thanks Mrs Brown. **David Slade**



Mrs Brown [with hamper] at her retirement presentation

Shebbear College

Spreads Christmas Cheer!

Christmas seems a long time ago, so this is old news really. However, this was released after the last edition [it was a secret!], and it is a heart warming story worthy of sharing, at any time. **Mike**

The Maintenance team at Shebbear College have been spending every weekend in October and November at school, working in their own time on a secret plan to build a magical Christmas feature for pupils at the end of a term where blended learning, wearing masks, social distancing and hand gel have become the norm.

The fantastic team, Mark Skinner, Matt Hopkins, Mike Douglas and Steve Booker, built a secret Christmas Grotto at the school last year, transforming the old changing rooms which were being used as a storage area. They decided to go one step further for 2020, creating a version of Harry Potter's Diagon Alley, complete with magical shops with hand carved signs leading into a fairy tale snow scene and a festive Father Christmas' grotto. Mark, who led the project, said 'We wanted to raise everyone's spirits this Christmas and decided to up our game and create 'Prospect Lane' – Shebbear's equivalent of Diagon Alley. We built all the shop window frames and made the signs mostly from things we had lying around in our shed, I can't reveal all of our secrets but I will tell you that the snow scene was carved out of old polystyrene! We worked hard to make sure it was all covid-safe, with

a one-way system throughout, airflow and no contact.'

Mark continued, '2020 has been a difficult year and we wanted to make the end of term something the pupils (and staff) will remember – we've been working from early till late every weekend since October but have really enjoyed it – I think the others did get a bit annoyed with me when I kept changing my mind about things!'

The shops in 'Prospect Lane' include 'Lovett's Sweets' after the Pastoral Deputy Head Mrs Lovett, 'Drakes' potion shop after Chemistry teacher Mr Drake and 'Kirby & Jenkins' dressmakers after Head, Mrs Kirby and Senior Deputy Head, Mr Jenkins. Pupils at Shebbear College have been given timeslots to visit in their bubbles and the school is also welcoming pupils from Shebbear Primary School the week after the end of term (Shebbear College breaks up a week earlier than some other schools).

Head, Mrs Kirby said 'I just can't thank Mark, Matt, Mike and Steve enough for spending so much of their free time, evenings and weekends, working on this out of the goodness of their hearts. It really is a magical experience right down to the background music and the smell of Christmas as you walk in (I have no idea how they achieved this and they won't give anything away!). This is a perfect example of our close-knit community at Shebbear, it is such a special school and when our wonderful staff do things like this, it really is extremely heart-warming!'

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Gentlemanly Foxhunting

An extract from an interesting letter written by Rev John Russell [c 1827] from Iddesleigh, which sheds a different light on Foxhunting. He would later become Rector of Black Torrington where he died in 1883, and who is more famously remembered for developing the Jack Russell terrier. **Mike**

"During the winter of the first year I was at Iddesleigh, the snow at the time lying deep on the ground, a native - Bartholomew, alias Bat, Anstey - came to me and said, 'Hatherleigh bell is a-ringing, sir.' 'Ringing for what?' I asked, with a strong misgiving as to the cause of it. 'Well, sir, they've a-tracked a fox in somewhere; and they've a-sot the bell a-going to collect the people to shoot un.' 'Come, Bat, speak out like a man,' I replied, 'and tell me where it is.' 'In Middlecot Earths, sir; just over the Ockment.'

"I was soon on the spot with about ten couple of my little hounds, and found standing around the earths about a hundred fellows, headed, I am almost ashamed to say, by two gentlemen—Mr. Veale, of Passaford, and Mr. Morris, of Fishley. I remonstrated with these gentlemen, and told them plainly that if they would leave the earths, and preserve foxes for me, I would show them more sport with my little pack in one day than they would see in a whole year by destroying the gallant animal in so un-English a way.

"Impressed, apparently, by what I had said, both gentlemen instantly bade me good morning, turned on their heels, and left the place; while a few shillings distributed among the rest, by way of compensation for the disappointment I had caused them, induced them to disperse and leave me almost the sole occupant of the situation.

"Then, after waiting half an hour near the spot, I turned my head towards home; but before I arrived there I met a man open-mouthed, bawling out, 'They've a-tracked a fox into Brimblecombe, for I hear the Dowland bell a-going.'

"So off I went to Dowland in post-haste; found out where the fox was lying, turned him out of a furzebush, ran him one hour and forty minutes—a blaze of scent all the way—and took him up alive before the hounds on the very earths I had so lately quitted; where, unfortunately for him, a couple of scoundrels had remained on the watch, and had consequently headed him short back from that stronghold."

But Russell had not yet finished with the fox-killers, for he says: "The very next day after the run from Brimblecombe, a man came to Iddesleigh on purpose to inform me that the bell was going at Beaford, and that a fox had been traced into a brake near that hamlet. The brake, in reality, though not far from Iddesleigh, was in Mr. Glubb's country; but feeling sure that the necessity of the case would justify the encroachment, I let out the hounds at once, and hurried to the spot with all speed.

"On arriving at the brake I found only one man near it; and he, placed there as sentinel, was guarding it from disturbance with a watchful eye. I asked him to tell me where the fox was, but he gave me a very impertinent answer. Pulling out half a crown, I said, 'There, my man, I'd have given you that if you had told me where he was.' The fellow's eye positively sparkled at sight of the silver. 'Let me have it, then,' he replied, 'and I will show you where he is to a yard.'

"I ran that fox an hour, and lost him near where he was found. Then, just as I was calling the hounds away to go home, down came a crowd of men, women, and children to see this fox murdered. Many of them had brought their loaded guns, were full of beer, and eager for the fray. And when they discovered that I had disturbed their fox, as they were pleased to designate him, their language was anything but choice.

"A strapping young fellow, one of the principal farmers in the parish, came up to me and said, 'Who are you, sir, to come here and spoil our sport?' 'You would have spoiled mine,' I replied, 'if you could.' 'We'll shoot them foxes whenever we can that I'll promise you,' he said in an angry tone. At that moment one of the hounds began to howl. I looked round, saw she was in pain, and asked in a threatening manner, 'Who kicked that hound?'

"No one spoke for half a minute, when a little boy said, pointing to another, 'That boy kicked her.' 'Did he?' I exclaimed. 'Then 'tis lucky for him that he is a little boy.' 'Why?' said the farmer with whom I had been previously talking. 'Because,' I replied, 'if a man had kicked her I would have horse-whipped him on the spot.' 'You would find that a difficult job if you tried it,' was his curt answer. I jumped off my horse, threw down my whip, and said, 'Who's the man to prevent me?'

"Not a word was spoken. I stood my ground, and one by one the crowd retired, the young farmer amongst the number; and from that day forward I secured for myself not only the goodwill and co-operation but the friendship of some of the best fox-preservers that the county of Devon has ever seen."

Kathy Priest

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Preserving Our Built Heritage

by Paul Watts

Many of us in Shebbear live in traditional buildings, i.e. ones that make up a quarter of our housing stock and were built before the introduction of cavity walls and damp proof courses. With more new properties being built in the village all the time, I believe that we have a moral duty to help keep at least some of these old buildings for the generations that follow. Just imagine for a moment how less interesting our world would be if the magnificent Taj Mahal, York Minster, the Great Wall or the wonderful stave churches of Norway had been lost due to incorrect maintenance or neglect.

Britain's grandest buildings are quite rightly, often pampered, admired and maintained on behalf of the nation, our more humble or vernacular buildings are usually left to the vagaries of the individual homeowner or developer's whims, in some cases despite listed building status and the best efforts of Conservation Officers.

Although our grandest buildings such as Windsor Castle and Blenheim Palace are rightly held up as wonderful examples of our built heritage, they are extremes and they are not representative of the heritage of Britain as a whole. It could be argued that the more significant and most relevant buildings to our culture and heritage are our parish churches and more humble dwellings like the two up two down terraced houses that were cleared wholesale during the 1960's.

Many buildings or their historic features and character have been lost due to ignorance on behalf of the well-meaning builders and home owners or greed of some developers. Education is the key, education of architects and surveyors all the way down to "DIYers". Far too many people responsible for maintenance of older buildings have little idea how much damage can be caused by the simple act of using cement instead of lime or acrylic based paints instead of breathable ones.

There is no end to potential sources of information to help the budding decorator or builder in their quest to make them or their clients' home the envy of all who enter it. Mike Wye & Associates in Buckland Filleigh have long been offering practical courses in Devon, these are very popular and a very useful introduction to the world of traditional buildings. The SPAB [The Society for the Protection of Ancient Buildings], along with other specialists have also long offered advice and courses in an attempt to help people understand the unique qualities and requirements of the older building.

Magazines such as Listed Heritage are another source of information, but perhaps the most

influential educational medium currently available to the masses are the large number of TV property programmes that we all love to watch. As somebody with more than just a passing interest in traditional buildings I sometimes find myself ranting at the TV as a smiling presenter tells us that the pointing has all recently been renewed, 'so this is all good', even though cement was used. Or a complete renovation is taking place with new gypsum plaster or cement render. It is very rare indeed if viewers are told how much harm can be caused by the use of inappropriate materials.

As well as entertaining, TV property programmes have an obligation to educate. If the viewer is being advised on how to best increase the value of a property, surely this should include mentioning that the wrong product might destroy the fabric of that property?

Over the centuries, the nation's castles have been bombarded with cannon balls, whereas the past century or so nearly all less grandiose buildings have had to endure a sometimes equally devastating onslaught from cement, non-breathing paints and botched 'improvements'.

Something as simple as using a modern everyday acrylic emulsion can trap moisture within a traditionally built solid wall that can start a chain reaction of events. If a solid wall cannot get the moisture out due to some kind of seal, this can allow the moisture to build up. A damp wall will push the sealing paint off in blisters at the same time the extra moisture trapped within the wall significantly reduces the insulation value of the wall. This will create a cold building and increase condensation and mould. The usual response to this resultant problem is often to inject a damp proof course and apply tanking to the inside of the wall. This error would be compounded greatly by either cement pointing/ render or a modern masonry paint applied to the outside of the wall.

It is also often the case that building valuers, be it for mortgage companies or estate agents don't pick up on the potential problems. This is a shame because there is a possibility that insurance companies could consider the introduction of the wrong materials as neglect or inappropriate maintenance and reduce payouts as they see fit.

It wouldn't be unreasonable for insurance companies to take this line as they expect the policy holder to make appropriate and timely repairs as required. If an earth structure such as cob becomes saturated, the whole building is at risk of collapse. Due to the huge weights involved, this might even result in injury or even loss of life to passers-by as well as the risk to the occupiers.

A simple case of hard cement pointing may cause excess buildup of moisture as mentioned earlier, or severe erosion to the face of the masonry due to

spalling caused by frost crystals forming close to the surface of the porous brick or stone.

If we are to be effective custodians of our heritage then we need to have a better understanding of what we are entrusted with. It would be helpful if the building industry in its widest sense, informed in a positive and practical way.

Period buildings of solid wall construction need to 'breathe'. Moisture in the walls needs to evaporate away through traditional lime based products, not become trapped by cement mortars and acrylic paints.

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It is not the intention of this article to frighten the reader into immediately ripping all modern materials from the building, indeed, this can sometimes be worse than leaving them in situ. It is hoped that people charged with the maintenance of traditionally built properties may at least seek further information before slapping on the wrong product in blissful ignorance.

By maintaining your period building correctly, you are preserving its value, making your time there more healthy and enjoyable and helping to ensure that others that follow you are able to do so as well.

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Holsworthy Walk and Talk

Editorial Comment:

It is not often that I feel the need to add my two penn'orth to an article, but in this case, I have made an exception, and by way of an introduction this is the context from 'The Ramblers':

The Ramblers Walking for Health programme is delighted to have received £185,000 National Lottery funding from Sport England.

Ramblers Walking for Health is England's largest network of health walk schemes, helping 70,000 people from a wide variety of backgrounds to enjoy a more active lifestyle, and new friendships, by taking part in short walks led by trained leaders.

Its funding from Sport England will run for 12 months until 30 September 2021, following on from current Sport England support. This will enable Ramblers Walking for Health to continue to support 370 local health walk schemes transition into a sustainable partnership approach – including providing training for walk leaders – and developing new schemes across the country.

Gillian's regular newsletter [shown in the next column] highlights a short-sighted government decision, where 'The Ramblers', will lose their Sport England Grant from September 2021.

During these dark times, when we are encouraged to undertake personal - but safe exercise, and the amount of media attention that childhood obesity, the general effect of a lack of exercise and being overweight can have on your health and life expectancy, is getting both from central government, and the medical bodies, it seems gobsmackingly short sighted to remove support from such a worthwhile locally organised activity.

No doubt we will be encouraged to support our elite athletes when the 2021 Olympic Games start on 23 July [Covid permitting], yet grass roots volunteer lead 'Walking for Health', is no longer worthy of support!??

If you feel as I do why not write to our MP to ask for support for The Ramblers Walking for Health initiative:

Sir Geoffrey Cox MP
First Floor
House of Commons
London
SW1A 0AA
Phone: 020 7219 4719
Email: coxg@parliament.uk

Mike

Holsworthy Walk and Talk

At the time of writing we have not held any walks in 2021! Our New Year's Day walk was cancelled due to unsafe icy conditions and then came Lockdown No.3. Current Government Guidelines state that group activities of any sort are not permissible although we can meet one other person from outside our household/bubble for a socially distanced walk.

More in hope than expectation we will put our proposed Walk Programme onto the website from the 19th February 2021. The website will also be kept up to date with the current Guidelines within which we will operate.

At the end of the 2020 Ramblers notified us that during 2021 they will be significantly changing the way in which Walking for Health is administered and funded. Walking for Health originally began in the 1980s when an Oxfordshire GP felt that many of his patients would benefit from a short weekly walk from his surgery. The health benefits were so pronounced that the concept was expanded into a UK wide initiative with the English walks funded initially by Natural England and subsequently by Ramblers in conjunction with Macmillan and more recently jointly with Sport England. From September 2021 Sport England will be withdrawing their support and Ramblers intend to continue with no external funding, instead asking each of their Groups to contribute an annual fee of £1,000.

As you can imagine this has exercised our thoughts rather a lot! We are, however, pleased to announce that the Committee and Walk Leaders have voted unanimously to continue as an independent group as from June 2021. Holsworthy Walk and Talk will continue uninterrupted and will work within the original ethos of being available to all.

Further information is available from:
www.walkingforhealth.org.uk
holsworthywalkandtalk@gmail.com
Gillian Aston 01409 254642 or
Mike Jackson 01409 261196



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Little Bears Pre-School are RECRUITING!

We wish to recruit an Administrator to support our village Little Bears Pre-School in Shebbear.

What is the job all about? The administrator role plays a pivotal part in the pre-school, spinning many different plates, from working with the Pre-School team, managing the finances, working with local authorities and contributing to the CIO Team. It is an ideal role to fit around your current family and lifestyle, the CIO will provide you with all the relevant tools and training to fulfil the role.

Job Title: Pre-School Administrator, 5 hours per week, £8.72ph

Job Overview*: To manage the day-to-day accounts for the pre-school including invoicing, payroll and funding. Support the pre-school Manager with daily administrative duties including funding applications and new families joining the pre-school. Support the CIO team with all administrative duties, funding and grant applications, new projects and repair works at the pre-school with occasional support to the fundraising team.

*A full job description will be provided at the start of the interview process.

What are the CIO and Pre-School looking for?

- A highly self-motivated and organised person who can work effectively from home.
- Experience with managing accounts, budgets and invoicing is essential.
- Strong communication skills both oral and written to support projects linked with the local authorities, minute taking and representing Little Bears Pre-School.
- Good computer literacy skills in particular Microsoft Excel and the ability to learn a new system for invoicing and funding.
- Must be able to regularly get to the pre-school to attend meetings, collect post and other documentation (approx. once a week).

Who are the CIO? The CIO are a group of volunteers who collectively work together in partnership with the Pre-School Manager to run a smooth, fun, refreshing and exciting setting for your child. We always have you and your family in mind and pride ourselves in being Outstanding with Ofsted. For more information please visit our website www.littlebearspreschoolshebbear.co.uk .

How do I apply?

Please send your CV to Victoria Tonkin (CIO Chairperson) either by post or email:
Eastfield Farm, Shebbear, EX21 5HN

Victoria.tonkin@eastfieldestate.co.uk.

If you would like more information please contact Victoria 07964742928

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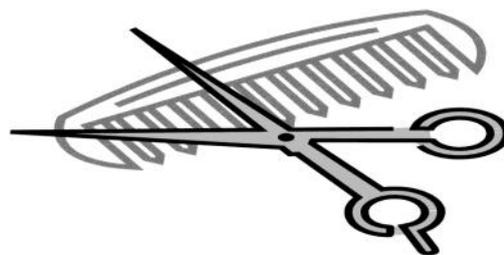
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Busby's Brief

Health & Welfare

Never have we been more concerned with health and welfare than we have in the last year or more as result of the pandemic. As a consequence, the Health and Welfare Lasting Power of Attorney has come into its own. Readers will know that I am a great fan of this Lasting Power of Attorney and of its sister LPA the Property and Financial Affairs LPA.

The Health and Welfare LPA is used by you the Donor to appoint an Attorney to make decisions about personal welfare. This can include health care and medical treatment decisions and might include decisions about:

Where you should live and who you should live with
Your day to day care, including diet and dress
Who you may have contact with
Consenting to or revising medical examination and treatment on your behalf
Arrangements needed for you to be given medical, dental or optical treatment
Assessments for any provision of community care services
Where you should take part in social activities, leisure activities, education or training
Your personal correspondence and papers
Rights of access to personal information about you
Complaints about your care or treatment

One of my friends has been a welfare attorney for both her parents. This allowed her to ensure that they continued to live and die in their own home. My friend refused consent to her late father being given CPR, when he went into cardiac and respiratory failure. He had severe dementia and various cancers, and was obviously extremely frail. CPR was unlikely to have any chance of success. It would also involve significant pain and injury to him, followed by an admission to hospital where he was likely to die. The paramedics came to his home. My friend as his Attorney refused consent to them to perform CPR so that he could die in the comfort of his own bed, and his own home surrounded by his family.

It is essential for the Donor to make a good choice of Attorney. It is also essential that the Attorney knows how to correctly go about the business of making decisions. I unhesitantly recommend this to readers together with the Financial Affairs LPA. If you need any help regarding LPAs please get in touch with us at Busbys on 01288 35 9000 and see Busbys' advert in this publication.

John Busby, Busbys Solicitors, Bude

Emergency Contact

Shebbear Community School

The School Out of Hours Emergency Contact (K9) is 0800 84 96 84 93. Now on Contacts page.

Shebbear Shooters

Rich Clark

Regular readers will know that our club takes a group of 14 to 15 year old students from the College every Wednesday afternoon for some shooting.

Today (December 9th) we had a spur of the moment fun event. As term will end on Friday today was a relaxed session, no real tuition, just fun.

We had six taking part; we told them to pick their two best shooters, they weren't told why. Then we said these two would become team captains and they could choose, one at a time and taking turns, who they wanted in their team.

They still didn't have any idea what was coming.

On the plinking range (about 20 yards) we had set out a number of cocktail sticks standing up, each one skewering a grape. Here and there we had some cherry tomatoes that were past their sell by date. At the end of the row we had a steel faceplate with a 12mm hole in it, and a bell mounted behind it. A pellet through the hole would ring the bell.

Now for the competition: one session only for each team, all three shooters with rifles and plenty of ammo. Five minutes duration. At the starting signal, the team captain has to shoot the steel target and ring the bell. Until the bell has been rung, the others aren't allowed to shoot. As soon as the bell goes ding, it's a free-for-all, shoot as many of the grapes and tomatoes as you can, before the cease fire is called at five minutes.

We allowed five points for a tomato and ten points for a grape. As the clock got nearer to five minutes the atmosphere was almost electric, and of course they hadn't had time to work out a strategy, who would shoot what, and more than once the shout went up, "I was just going to shoot that one and you beat me to it."

We didn't tell the second team what the first team has scored so they didn't have a target to beat.

When we counted up the final score, team A had 170 points and team B had 180 points. I think team B might even have done better than that but in the failing light at half past four they didn't see two of the dark skinned grapes.

These shooting sessions are an optional activity which the students elect to take up, term by term. One lad today had so much fun, we heard him say to his mates, I wasn't going to do shooting again next term but now I am.

For me, that's a result.



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Little Bears

Dear Readers, I do hope that this article reaches you safe and well. A belated Happy New Year to you all!

Well, as you can imagine the first day back to Little Bears just didn't quite go as planned, however we weren't going to let the lockdown keep us shocked and confused for long... so it was time to make a plan and get the pre-school business as usual for the children.

Welcome back Jane, Vicky and Jill. I'm sure the team had a nice well-deserved break and wished Boris did do such a last-minute turn around, the team at Little Bears have done an amazing job to make sure the children who returned knew no different.... So, what's been happening:

The pre-school has adjusted their opening days to accommodate the children who are still attending the pre-school. This is being reviewed day by day and as we start to see more children returning then I am sure we will be back to our normal opening days. Jane and the team have pulled together some excellent learning packs to use at home for the 2021 children due to start school this year. (I am due to collect mine this week and can't wait to see how wee Charlie enjoys Mum being his pre-school teacher, wish me luck!)

This week Jill has successfully managed to do a video of our story of the week "The Three Little Pigs" which will be available for the pre-school parents to view and is linked with the learning packs.

Lastly, I would like to welcome all the new children who have joined this term, we look forward to getting to know you all over the coming weeks.

If you do have a child at the pre-school don't forget to request to join our private Facebook group where you can find Jill's story time, resources from Vicky, updates from Jane and parents getting stuck into home schooling!

We have welcomed many new families to the village in recent months, so if you have a child approaching the age of 2 then please contact the pre-school about enrolling them into our Ofsted Outstanding setting. We welcome children from the age of 2 and all those that qualify for the fifteen or thirty hours funding. Our normal opening days are all day Monday, Tuesday, Thursday, Friday and Wednesday until 1pm.

The majority of our readers will know Selina Woollacott, Selina is our administrator for the pre-school who sadly resigned from this position last year and will leave us at the end of April. Selina has contributed to the pre-school for over 7 years and we can't thank her enough for all those years. This does mean that Little Bears Pre-School will soon be advertising for an administrator role, so keep your eyes peeled for the job advert which should shortly be appearing on Facebook and other local sites. See page 12 of this Magazine.

Lastly, please don't forget that I am collecting Bags for School all year round, your donations are very much appreciated and go a long way with new resources for the pre-school. If you do have any unwanted clothing, shoes, accessories, cuddly toys or linen then please do bag them up and either drop them directly to my house or the pre-school. If you have any questions you can contact myself on 07964742928 or contact the pre-school on 01409 282856

Take care and stay safe

Victoria Tonkin (Little Bears CIO)

Devon Libraries

Our digital library remains open, you can download and stream free eBooks, eAudiobooks, eMagazines and e-newspapers from our extensive collection. You can use our online resources from home and access to Ancestry Library Edition has been extended to March 2021. In addition, there is remote access to Business Information databases. Find out more at <https://bipc.librariesunlimited.org.uk>

Rainfall

Rainfall at Rowden from Ted Lott:

Not available at this time

**Rainfall at St. Michael's Close
from Gordon Slade:**

November 101.5 mm

December 283 mm

Rainfall for the year 2020 was 1793 mm



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From the Team Rector

Rev. Martin Warren, tel: 01409-281424

Dear Friends,

We did it!

Of course we did! Christmas happened – and it will be one we will not forget, because it was different. All the others are much the same, aren't they – but this one was definitely different. I loved the lights around the village. (Some folks really went to town!) And to sing carols just when we did, did mean we weren't all totally fed up with them by then. And ok, a Zoom drink with family on Christmas Day wasn't quite what we would like, but we did see them though.

A few things did strike during it all, and also into the present lockdown:

Do check the facts. Not all the stories as to who's got what, how bad they are and how they got it are accurate. It's so easy for rumours (fake news?) to spread.

And even taking all the precautions and following all the rules, we can still catch Covid. We can minimise the risks, but we can never totally eliminate them. So don't blame people when they test positive, or when you do. None of us are exempt.

But one thing that stood out was the sense of hope. The vaccines were coming. I loved it that after the very first ones, so many were so very keen to tell everyone. It was like they had been awarded an MBE. They were so proud and so full of it.

Hope is so important. Without we drown in despair, or suffocate in staleness. Hope gives us purpose. There is a light out there ahead. There's a reason to get up in the morning. Life has a vitality to it.

Please God the vaccines do make a difference. I am sure they will – but we will still have to live with Covid around us. But there is a greater hope, whatever the vaccines offer us. As Christians we know it. It drives us on whatever the world is like, whatever life throws at us. It was there in the Christmas message that God has come to be with us in Jesus. But it doesn't stop there. It takes us on to the hope of new life that we find in friendship with Jesus. It is not just comfort, but joy as well.

Maybe this is especially significant as we struggle through another lock-down – and then will have to face all the consequences of the actions we have had to take as a nation in the last year. It is not an easy path ahead. But with God, there is always hope. The light has never gone out.

Peace to us all,

Martin Warren.

Services in our Church Buildings

For the time being we have decided to suspend services in the church building. There are occasional ones in some of our neighbouring villages. And we will keep the situation under review.

Please see the Church notice board, or ring to check for services elsewhere on other Sundays.

All this is pretty uncertain, so do check on the noticeboards, or phone in, or go to our website: www.torridgeteamchurches.org.uk

But the Church Building is open:

Please do use it for individual prayer and reflection as you wish. (If it is locked at the time you do come – and it has to be at times – please ask for a key.)

In the meantime, and continuing:

Online Church Every Sunday at 11am (or any time to suit)

www.torridgeteamchurches.org.uk

Special occasions:

February 14th Valentine's

February 28th Pet service

March 14th Mothering Sunday

March 28th Palm Sunday

Service by Phone Sundays at 4pm

Ring 0330-606-0403. (You will be asked for an access code: 251417)

Christmas Carols - in the bleak midwinter.

Sorry not to have any photos – it was blowing a bit of a mini gale, and was piddling it down! So little time to think of photo ops. It was a bit of a bleak midwinter. One gazebo took a pummelling and is no more.

But a number of us made it: young and old, with electrics in the back of a car, and keyboard (reasonably) sheltered, we made a pretty good stab at it. We might not have gone a-wassailing (the pub was shut), but we did manage a-carolling. Thank you everyone. It was good to be together.

Thank you especially to Fiona for playing – always good to have live music, for Andrew and Alan for the amplification, and the setting up – and the dismantling.

And then on to fish and chips. Thanks to The Whiddon Wagon.



Donations for the Refugee Centre

You must all have been doing a clear-out during lock-down! We have so much for the Refugee Centre. Thank you so much. It has been quite overwhelming, and just as well we had no-one to stay over Christmas.

Unfortunately we still have all your donations. Sadly, the Centre in Plymouth is closed with the lock-down – and it may be a while before they are able to reopen.

You may well ask, 'But isn't the need still there?' And yes, of course, it still is. But the Refugee Centre is definitely not easy to make Covid secure. It is a small space. Almost all the work is being done remotely at the moment, and they aren't able to cope with lots of donations.

Clearly that situation will change, but we will also look to see if there are alternative places to use your generous donations. Any suggestions appreciated. And thank you.

Martin and Penny Warren

Helping Hands



A reminder that folks are still here to help as needed.

There wasn't a huge need back in the spring, but there was some. After all, we are a community that largely knows each other and looks out for one another. But just sometimes you need a helping hand – maybe you have only just moved here, and don't know anyone, or maybe circumstances have changed and you suddenly need a helping hand.

Please ask – we are here for you.

Give one of us a ring, and we will seek to help you (for free). We can link you with a volunteer willing to help.

Martin Warren
281424

Margaret Quance
281838

Saving the Planet this year

It seems an impossible task. See the graphs of global temperature, watch the news reports of stronger hurricanes and forest fires, listen to David Attenborough – a prophet of our age – and it all seems far too big.

But we have coped with the shock of Covid! We have adapted. Can't we do it again?
Of course we can.

This year is a crucial year with the Climate Conference. The government has got the bit between its teeth – to some degree at least. But like Covid, the answer is both national/international and local: big-scale and small, and we're the small-scale.

So what can we do here together? How can we support each other? What difference can we make in our own village?

It'll involve us all from the electricity we all use, to the farming practices on our fields; from the holidays we take, to the work our builders do.

There'll be what we do in the garden, and the shopping we get and the food we eat.

If there's a new normal after Covid, there certainly will be with climate change.

And together we can help each other.

If you are at all interested in the way forward for us here in Shebbear, please be in touch. We'll have a Zoom chat over a glass of wine and see where it goes. Here's one to Planet Earth!
Pick up the phone and give me a ring.

Martin Warren (281424)



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2020 ANNUS HORRIBILIS

We can all remember the kind of year 1992 was for our queen. She described it as her "annus horribilis." She was witness to the collapse of the marriages of three of her children, including that between Charles and Diana. She also saw her beloved home, Windsor Castle, suffer from severe fire damage. No wonder it was her horrible year.

The year 2020 will also prove, I'm sure, a horrible year for many readers. We have been through two lockdowns, many of us with friends, family and neighbours who have gone down with the dreaded Covid disease, and many have suffered isolation, loneliness, and hardship. Many will have recalled what it was like for the past generations that went through two world wars, and two periods of general unemployment and austerity. They were tough and resilient people, resigned to pulling through, and always trying to put their best foot forward. We will have done well to try to follow their lead.

Many of us will have spent weeks and months working from home. This has proved for many to be both a benefit and a challenge. Benefits obviously include plenty of "home time", living in sloppy and comfortable clothing, eating what we want and when we want, and working hours to suit our home life conditions. Many have also found it to be far less expensive, with few if any need to travel long distances in stuffy buses, trains, and fuming in long traffic queues.

The other side of the coin has been the isolation which working from home has caused. Many miss greatly the social interaction with friends and colleagues, and the ability to get out and about in pubs, clubs, and restaurants. The ACAS website has some very good advice on how to tackle stress, anxiety and depression in times of isolation from colleagues whilst working at home. I commend it to readers.

Perhaps the people who have suffered most during the pandemic have been the frail and elderly amongst us. It has been really difficult to pull through each and every week with routine destroyed and without the ability to have social interaction with our loved ones and neighbours. Again I would exhort readers who feel this way to look at the Age-UK website. It is full of the most fantastic advice on everything you will need to ensure that you have the very best information available to pull through. They also have an advice helpline on (0800) 169 6565, and I would highly recommend anyone who is lonely and in need of support to visit the website or phone that number.

Last but not least may I wish all readers a safe and enjoyable 2021. Ensure that you have an up-to-date

will in place and lasting powers of attorney so that you make yourself future proof.

You can contact me here at Busbys on 01288 35 9000, for a wide range of Legal Services.

John Busby, Busby's Solicitors, Bude

The Aims Of Reflecting Shebbear Magazine

The Management Committee
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We actively seek interesting factual stories, news items, reports etc. as well as more subjective material such as short stories, poetry, book reviews, recipes and local gardening tips, or other suggestions for new material suitable for publication.

Items for inclusion in Reflecting Shebbear should declare the source and or author of the original work, which may be withheld from print if requested.

They should be word processed as .doc, docx or odt files and sent to salamanderservices@gmail.com before the 15th of the month prior to publication. Should access to a computer be a problem, we can consider hand written or typed items given more notice.

Publication of any statement or opinion in letters or articles, should not thereby be considered as representing the views of the editorial team, or the Reflecting Shebbear Magazine Committee.

The Aims of Reflecting Shebbear are:

- To produce a non – political magazine serving the people of the parish of Shebbear;
- Provide them with local parish and Devon based articles of interest;
- Provide information on activities in the parish and surrounding area;
- To strive to produce a magazine that villagers take an interest in, and are proud of;
- To promote local businesses through the provision of advertising space;
- To be self-sustaining through the generation of income, with any surplus profit being used to support projects and village organisations, for the benefit of Shebbear residents.

Postal Subscriptions

We charge £12 annually for 6 issues, to cover the cost of posting them. Contact Barry Hunt on 01409 281233 or email zawcahbjh@gmail.com.

Shunters' News

It is now nearly a year since Shunters along with many other organisations within our community, had a face-to-face meeting and, who knows, when we will be free to meet again.

We are a friendly group meeting once a month. Sometimes, one of our members will give a short talk, possibly illustrated with photos, we might enjoy a video together, and occasionally we organise an outing to a preserved railway.

However, our Shunters group desperately needs new members. Are there any newcomers in the village who are interested in steam railways and their preservation? If so, please contact me with your details.

Nick Whatley Chairman 01409 281930

Parish Council News

New Year, and once again we are in lockdown only this time it is far more serious and it is incumbent on each and every one of us to observe the guidelines laid down by Central Government.

Since our last meeting your Councillors have continued to be active in several directions. We have co-opted a new Councillor, Lucy Walker, to fill the vacancy caused by the resignation of Lucy Hillier-Luxton. I'm sure you will know Lucy, who owns and runs 'The Shearing Shed' Hairdressers in the village.

In December, we organised an outside Christmas Tree Light Competition and there were some splendid displays. Judging proved difficult and after much pondering prizes were awarded to 11 St Michaels View, 1 Balleroy Close and Arden House.

As usual the Christmas Tree was erected in the square and added to the feel of Christmas despite these difficult times.

One problem which arose over the Christmas period was the failure of the battery on the flood warning system at Dipper Mill, which meant the data was not being updated. These problems always arise during holiday periods, but this has now been fixed.

At the meeting in December the annual grants were awarded to those who applied for them. Among these Little

Bears was granted £650, which they plan to use for an 'Early Talk Boost', a targeted intervention programme to be run in April for Early Years practitioners working with groups of 3 and 4 years old with delayed language development. £500 was granted to Holsworthy Rural Community Transport, who continue to provide a link to the outside world in isolated rural communities such as ourselves. £800 goes towards Shebbear School Support Group. This last year we donated £3,000 to the Community School for the purchase of additional Chrome books, and this investment has proved invaluable in these times of lockdown.

We continue to hold our meetings on Zoom, which is proving quite satisfactory until such time we can again have face to face meetings.

Mary Whatley

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Smuggling and Barnstaple

The Barnstaple custom house staff must have considered their lot unlucky in the extreme. They were on the losing side whatever happened: when smugglers were popular, the customs men were villains. But even when the local populace were at odds with the smugglers, the customs men were accused of being too slack in the execution of their duties. In 1746 the Barnstaple people believed that corn was being illegally exported (the Corn Laws made this illegal when the price of grain rose above a certain level). Of course, they looked to the customs men to prevent export and in April a mob took to the streets of the town.

The exporter, Major General Campbell, had a licence to ship the corn, but the mob suspected this to be a forgery. The customs men themselves were in mortal danger, since they had to ensure the grain was loaded legitimately. The mob burst into a granary in the town, and carried away 600 bushels of wheat. They patrolled the streets beating old frying pans, canisters and blowing horns, threatening all who should offer to oppose them. They even broke the window of a previous owner of the granary.

The mob were, however, possibly justified in their suspicions. Forged documents were commonplace, and there was a centuries-old tradition of fraud at the port. In one particularly memorable medieval example, smugglers were loading contraband leather from the Barnstaple quay, in full view of a corrupt official. A visiting merchant drew the man's attention to the illicit activity with the words 'here it is, blind knave', but the official simply laughed.

The customs men also had to deal with wrecks, and this was another source of friction. When a ship called Beulah was wrecked near Barnstaple in 1764 the locals swarmed around, and one of them, the wife of Richard Budd, assaulted the tide surveyor with a ladle. The poor man was apparently unaware

that she was wife of the tenant of the local manor, and therefore entitled to salvage, she had lace and a candlestick in her apron. Also washed up was a small cask of rum which was doled out to the men who had helped with the salvage 'they being exceedingly wet and cold'. Mrs Budd evidently got so drunk that she fell from her horse.

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Shebbear Football Club

Bonus Ball Winners

7th November	44	Gordon Slade
14th November	13	Judi Hayler
21st November	47	Bill Carden
28th November	32	John Stuppel
5th December	18	Wendy Rowe
12th December	59	Andy Tod
19th December	23	Wayne Slade
26th December	6	Jamie Sluggett



Shebbear Football Club 200 Club Draw

November

116 Carl Spear, 58 Sheila Cole, 13 Tracy Balsdon.

December

170 Ian Facey, 134 Richie Jollow, 122 John Stuppel.



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Community Contacts

Police/Emergency

Police Non emergency 101
 Crime Stoppers 0800 555111
 Sgt Sarah Jepp 11936 Neighbourhood Team Leader
 or Rural Beat Officer PCSO 30335 Melissa Baker
 contact via 101
 Neighbourhood Watch tbc
 Environment Agency Floodline 0845 9881188
 South West Water Emergency 0800 1691133
 General 0800 1691144
 Devon Highways Simon Phillips 0845 1551004
 Western Power Emergency 0800 365900
 Samaritans 116 123
 Child Line 0800 1111

Doctors

Blake House B Torrington 01409 231628 or 335830
 Ex Beech House now Holsworthy 01409 253692
 Out of Hours 111
 NHS Helpline 111

Hospitals

North Devon District Hospital (A&E) Open 24 hrs
 01271 322577

Minor injury units - Please contact first

Stratton Hospital 01288 287713
 Open 24 hours
 Holsworthy Medical Centre 01409 253692
 Open weekdays 8.30am – 5.45pm
 Bideford Hospital 01237 420205
 Open 8am – 8pm

Churches

St Michael's Martin Warren 01409 281424
 Parish Room Fiona Goode 01409 281686
 Lake Chapel Ted Lott 01409 281242

Councils

MP Geoffrey Cox MP 01822 612925
 Torridge Council 01237 428700
 County Councillor: Barry Parsons 07739 972043
 barry.parsons@devon.gov.uk
 District Councillors: David Hurley 01805 601604
 Richard Wiseman 01837 810404
 Parish Council Clerk: Mary Whatley 01409 281930
 PC Vice Chair / Acting Chair: Nick Whatley 281930

Recycling Centres

Devon County Council Waste Management
 0845 1551010
 Anvil Corner, Holsworthy & Deepmoor, Torrington



Schools

Shebbear Community Primary 01409 281220
 Headteacher: Nick Alford

Emergency Contact - Out of Hours

K9 on 0800 84 96 84 93

Chair Governors: Mrs C Coward
 Administrator Sue Hawker
 SSSG Chair Leanne Marshall 01409 281626
 leannemarshall03@outlook.com

Secretary

Shebbear College 01409 282000
 Headteacher: Mrs Caroline Kirby
 Chair Governors: Mike Saltmarsh
 Director of Admissions and Recruitment
 Naomi Giddy ngiddy@shebbearcollege.co.uk

Little Bears/ Cub Bears & Toddlers

Administrator Selina Wollacott 01409 281280
 selinawollacott123@btinternet.com

Village Hall

Chairman: Lucy Luxton 01409 281790
 Secretary: Katie Ashton 01409 282921
 Treasurer: Marie Guppy (even'g only) 01409 282843

General

WI Pat Kirby 01409 281148
 Youth Club Lisa James 01409 281126
 Lunch Club Lorna Wyard 01409 281465

Special interest

Community Coffee Morning Margaret Quance
 01409 281838
 Shunters Secretary Mary Whatley 01409 281930
 Historical Society Ron Ackland 01409 281451

Craft Carole Stairs 01409 281110
 Dance Fitness Yoga at The Studio, Alscott Farm
 Jennie Dodd 07776465236

Zumba / Aqua Zumba with Lucy 01409 281790
 Yoga at the Village Hall Di Sluggett 01409 281637
 1st Holsworthy Scouts,Cubs,Beavers 01409 254803
 Guides 01409 211319
 Brownies 01409 254727
 Ruby Oak Park, Brandis Corner Laura Morrish
 Children's Swimming Instructor 01409 221580

Sport

Football club Mike Edge 01409 281377
 Short Mat Bowls Jenny Gubb 01805 601427
 Skittles Geraldine Slade 01409 281426
 Shebbear Shooters Rich Clark 01409 281660
 Tae Kwondo Tom Douglas 01409281920

Reflecting Shebbear

Chair Margaret Quance 01409 281838
 Editor / Publisher Mike Darby 01409 281716
 Advertising / Distribution / Assistant Editor
 Barry Hunt 01409 281233

For corrections or additions contact the above or
 Mike at salamanderservices@gmail.com

www.shebbearfarmfest.com Sheb Fest at Allacott Farm 3rd & 4th September 2021, check the website regularly for updates

