

PYWORTHY POST



Left: members of Evelyn's Walks group, who recently visited Parnacott House, near Chilsworthy.

What's in your paper this month?

Pyworthy Church is holding a Patronal Festival this month.

Dr Godwin writes about life beyond retirement

Pyworthy Annual Village Show - where to buy your programme.

Full programme of events for St. Peter's Fair week,

and much, much more turn the page and come inside.



Read online at:

<https://pyworthy-parish.co.uk/>

and view the paper in full colour.

July 2025

Issue number 341

**QUALIFIED ANIMAL BEHAVIOURIST
AND ANIMAL SCIENTIST BSC (HONS)**



Spirit Paws
OVER 20 YEARS EXPERIENCE

07851 291 081



www.spiritpaws.org



Snapchat



Insagram



TikTok



Facebook



Youtube

Welcome to the JULY Edition



By Marion Ravn

Well, I hope you've been making the most of the excellent weather over the last few weeks. Let's hope it continues.

What in store for July? Lots more warm sunny weather one would hope. Also, in Pyworthy there will be an Art Exhibition and displays of flowers, in our local church (19th & 20th), which are well worth a visit. Refreshments will be available. Holsworthy will be holding the annual celebrations for St. Peter's Fair week (5th to 13th) and there are always plenty of clubs and Pub Nights to attend at our Village Hall. We have interesting articles on gardening, Nature Notes from Bryony, and a very interesting article written by Dr Godwin about his voluntary work in Plymouth. Together with club reports and lots of other useful information.

Enjoy the month of July.

Keep the news and articles coming in. Email: pyworthy@post.com

Pyworthy Park

I have been asked to mention that people have been seen taking dogs into the park. This is strictly forbidden!

The park is anything beyond the main gates from the road, not just the childrens' play area.

Thank you for your co-operation.

Page Index:

2. Sponsor's page
3. Editors welcome & page Index
4. July Birthdays
5. Church service information
- 6/8. Village Hall news, events & clubs
9. Sponsor's page
- 10/12. My Electrical Industry Recollections by Mike Godfrey
13. Sponsor's ad & Line Dancing Club
14. Evelyn's Walks group report
15. Farewell to Pyworthy Sport Club & June's Poser answers
- 16/17. Pyworthy People – Al Nasetase
18. Men's Skittles Team & sponsor's page
- 19/20. Gardening with Mike Godfrey
- 21/23. St. Peter's Fair programme
24. Holsworthy Library – what's on in July
25. St. Swithun's Church News
26. Derril Water Solar Farm update
27. Sponsor's page
28. Church Patronal Festival, full details
29. How to buy a programme for Village Show
- 30/31. Life Beyond Retirement
32. Easyfundraising for the Village Hall & Holsworthy Food Bank Thank you message
33. July Poser Quiz & **T.D.C. BIN collection dates**
34. Poetry Corner/The Creative Craft Club & St. Petroc's Festival report
- 35/36. Sponsor's pages & useful contact numbers
37. Devon Libraries new book collection & sponsor's ad
38. Slimming World & sunset & sunrises times
39. Computer News
- 40/41. Holsworthy Walk & Talk group report & programme of walks
42. What is 159?
43. The John Sanders Park Trust Draw 2025
44. Sponsor's page
45. Local Business contacts list
46. Sponsor's page
47. Save your stamps for Hedgehogs & **Community Pub update**
48. Sponsor's page
49. Pyworthy Parish Council contact details & July anniversaries
- 50/53. July Nature Notes se
54. Dates for your Diary
- 55/56. Sponsors page



WHO'S CELEBRATING THIS MONTH?



BIRTHDAYS

JULY

- 1st Lee Giles
- 2nd Phil Buse
- 3rd Roy Jones, Anthony O'Farrell
- 4th Rhiannon & Kieran Langman
- 5th Daniel Ward
- 6th Carl Bowden
- 7th Diane Soall
- 8th Bridget Brown, Catherine Moore
- 12th Julia Parsons, Linda Godfrey
- 13th Maisie Gifford
- 16th Sheila Greenaway
- 17th Polly Symons
- 18th Dave Whitaker
- 19th Brian Basson
- 21st Tess Owen
- 22nd Angela Martin, Graham Norman
- 23rd Daniel Martin, Harvey Marsh
- 25th Mark Burnard
- 26th Edward Richardson
- 29th Joyce Peacock
- 30th Abby Palmer
- 31st Keith Littlejohns, Rob Moores

Community Birthday list

New Residents of Pyworthy Parish, please feel welcome to add your birthdays to our community list.

SPECIAL BIRTHDAYS AND FAMILY OCCASIONS



Happy Birthday to
Angela Martin,

who will be celebrating her birthday on
the 22nd July.

Have a wonderful birthday.

Lots of love
from all the family
& friends in the village.

xxxxx




United Benefice of Holsworthy

Rector: Revd Alison Hardy, Churchwarden: Alison Davies & Liffy Lowes



Benefice Services for JULY

<http://www.holsworthybenefice.org.uk/services/benefice-calendar/>

Worship and Prayer in the Holsworthy Benefice – JULY 2025				
Date	Bridgerule	Holsworthy	Pyworthy	Hollacombe
Sunday 6 th July	11.00am Sung Eucharist	9.30am Sung Eucharist	9.30am Family Service	9.30am Mass
Sunday 13 th July	11.00am Morning Prayer	11.00am Sung Eucharist	9.30am Sung Eucharist	3.00pm Evensong
Sunday 20 th July	-	11.00am Sung Eucharist	9.30am Sung Eucharist	9.30am Mass
Sunday 27 th July	11.00am Sung Eucharist	11.00am 	9.30am Morning Prayer	-
9.30pm – All Age Service at Pancrasweek				

Church Bookings

To book a Wedding, a Christening, or a Funeral, or for anything else, please contact: Revd Alison Hardy, email:

reverendalisonhardy@gmail.com

Tel: 07780295752.

Benefice administrator:

Libbi York – email:

Holsworthybenefice@icloud.com

Tel: 07717750198.



Please keep our beautiful graveyard clean. Please pick up after your dog.



Pyworthy Village Hall News

Martin Brennan, Chairman

The Hall's Pub Night this Friday (the 4th of July) is, '**Play Your Cards Right**' night again. It's great fun, why not join us - the Jackpot is now up to an amazing £260+.

Join us for a drink and a chat, and perhaps you could be in with a chance to win our amazing Jackpot.

All Are Welcome!!

**Potters Fish 'n' Things,
Tuesday 15th JULY
2025, 4.30pm-7.00pm.**

Their mobile catering van will be in the Village Hall car park. For more information, please turn to page 17.

Please continue to support your Village Hall. We have many clubs, and other events that should interest everybody.

We have some interesting events planned for later in the year, which are listed on page 8.

**See page 32 for
easyfundraising. How you can
help our Village Hall, while you
shop online.**

More news next month.



DATE FOR YOUR DIARY

**On Wednesday 13th
August I am holding a**



**in Holsworthy Memorial
Hall, we start at 9.00am
and close at 12 noon.**

**We will have a cake stall and run
a raffle, plus coffee and biscuits
will be available.**

Donations needed:

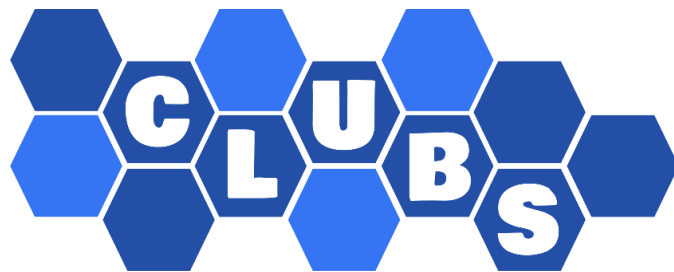
- ❖ **Cakes for the cake stall &**
- ❖ **Raffle prizes.**

**If anyone is free on that morning
and could give their time and
help in any way, it would be
lovely to see you.**

**Please contact Janet Grant
Tel: 01409 259356.**

**To raise funds for Pyworthy
Village Hall.**





What's on at the Pyworthy Village Hall.....

Village Hall Pub Nights!



This month our Social Evenings are:

**Fridays the
4th & 18th July!**

We look forward to seeing
you All.

**Doors/Bar Opens
at 7pm until late.**

**Everybody is welcome, come
along and have a good time.**



Dates for your Diary.

Village Hall Meeting

**Our next meeting is on Wednesday
24th September at 7.30pm.**

Please feel welcome to join us.

Mondays: Line Dancing Club:

Complete Beginners:

5.30pm – 6.30pm

Beginners/Improvers,

6.30pm – 7.30pm

Intermediate, 7.30pm -9.30pm.

Tuesdays: Rural Art Group,

2.30pm – 4.30pm.

Returns on the 9th September

Tuesdays: Line Dancing Club,

Intermediate, 7.30pm -9.30pm.

Tuesday evenings: Men's Skittles
Team. Playing at home & away.

Wednesdays: Beginners Ballroom
dancing & Latin class, including
Sequence dancing 7.30pm – 9.00pm.

Thursdays: Gill's Golden Gang,
10.00am – 11.00am.

Thursdays: Coffee Mornings –
1st & 3rd Thursdays of each month,
from 11.10am. Everybody welcome!

Thursdays: Creative Craft Club –
2nd & 4th Thursdays of each month,
from 2.30pm until 4.30pm.

**Sundays: Children's Ballroom and
Latin Dance Class** –
10.00am until 11.00am.

**Please see club adverts throughout
the paper, for contact details.**

Upcoming Events at the Village Hall

Dates for your Diary!

Friday 3rd October 2025

An evening with **Paul Rendell** detailing the making of “**War Horse**” and many other films made on **Dartmoor**.

Saturday 1st November 2025

Live music event “**Not the Cowboys**” A rip roaring party band are coming to Pyworthy.

Friday 19th December 2025

A pre-Christmas party with “**Joy Machine**” playing music from the 60s to modern day Pop.

Watch this Space, further details to follow!

ENTERTAINMENT

HAVE A
GREAT
SUMMER!



Dates for your diary can be found on **page 54 this month.**



DOGS TO BE
KEPT ON A LEAD



PLEASE
NO FOULING

Pyworthy Rural Art Group Pyworthy ART



Come and see an Exhibition of our Artwork, in Pyworthy Village Church, on the **19th & 20th July**, part of the Patronal Festival.

A date for your diary!

Art classes will return on the 9th September.

For further information contact Janet
Grant Tel: 01409 259356

Join Gill's Golden Gang

**Strength & Balance Exercise Class
for the over 55's!**

Held at:

**Tuesday: Holsworthy
Scout Hut
10.30am to 11.30am &
12 noon to 1.00pm.**

**Thursdays: Pyworthy
Village Hall
10.00am to 11.00am.**

**Halwill Baptist Chapel
Hall
12.45pm to 1.45pm.**

**Contact Gill Aston on: 07854677784
for more information.**



VILLAGE HALL COFFEE MORNING GROUP

**Come along and join us at
11.10am on the 1st & 3rd
Thursdays of each month.**

**Meet new friends, enjoy a coffee,
and have a good chat.**

**For more information phone:
Brenda on: 01409 253015 or
Marie on: 01409 254924.**

Now held in the main Village Hall.



**NEW MEMBERS ARE
VERY WELCOME!**

My Electricity Industry Recollections

Episode 6

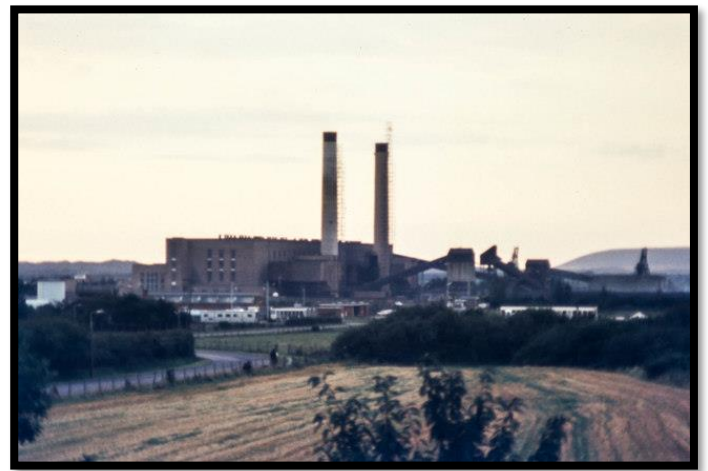
What happened when the demand for electricity was doubling every 10 years?

By Mike Godfrey



Following the early 1900's where Power Companies and Power Plants sprung up all over the Country, virtually without too much regulation, the Government began to realise some degree of control and uniformity was becoming necessary. The relatively high running costs of Power Stations at that time made electricity expensive for industry and a luxury only the wealthiest could afford for their homes. The problem wasn't the Power Stations generating electricity; it was more to do with the way it was distributed. By 1920 London alone had more than 50 different systems. None of the many small power stations were interconnected, and each station needed its own backup reserve to avoid blackouts. The "free for all" resulted in a total array of 24 different voltages both AC with 10 different frequencies (rotational speeds) and many DC supplies. It was so bad that if you moved premises very often you had to change all the electrical appliances as it was quite likely they wouldn't work on a different electrical supply. Amongst these many small Power Plants was Holsworthy, situated in Church Lane. It started in 1926 with a 45kw gas/oil machine and had expanded by 1929 to generate 104kw with a 40kw and a 2kw machine. Devon and Cornwall had some 68 small Power Plants just like Holsworthy. The Holsworthy Plant was later replaced by a diesel Plant linked to

Okehampton and was located just behind the shop occupied by Floral Designs, which was originally a SWEB shop. Not all the Plants were that small with East Yelland, near Barnstaple, with 6 x 30,000kw machines by the 1950's and Hayle at 8,800kw in 1922 and was further developed to 94,000kw by 1964.



Above: East Yelland Power Station near Barnstaple

In 1926 the Government established the Central Electricity Board (CEB), who set about establishing some uniformity in voltages and set about linking Power Plants together to improve reliability of supply and improve the efficiency by enabling the most efficient generators to produce the majority of the electrical demand. These early steps to get control of the Countries energy

continued on page 11...

How is Electricity Made continued

system was set against the increasing popularity of electrical appliances and lighting as electricity gradually became cheaper. During the war years matters plateaued and it became more a matter of keeping the Power Plants and the early Grid connections working with all the bomb damage and fuel shortages. Households and Industry were encouraged to minimise their use of electricity, so the remaining generators could cope with demand. Nevertheless, there were many blackouts on a local scale. However, contingency plans were made to switch out whole cities in order to avoid a complete shutdown of the Electricity system, although I can't find any evidence that it happened on that scale during that period.

Following the War the Country was in a state and was trying to get back on its feet. This meant an increase in demand for electricity but most plant was old and worn out and it continued to be very difficult to meet the demand. During the fifties it was forecast that the demand for electricity was likely to double every 10 years. Given the state of the Countries Power system this was viewed with great trepidation as most plant output was measured in kilowatts and low megawatts (thousands of kilowatts). It was against this background that a larger scale Power Plant building programme was embarked upon. At this stage the development in metallurgy and electrical technology for building turbines and generators had advanced but only sufficient to build 30,000kw machines later to be extrapolated to build 60,000kw

machines. Hence, during the 1950's and early 1960's the new Power Plants dotted around the Country were powered by these machines and we just couldn't build enough to satisfy the growing demand. This led to yet another extrapolation to 120,000kw machines as yet again the advancement in metallurgy and the development of new electrical materials allowed the doubling of plant sizes. It was obvious that this still would not keep pace with astronomical growth in demand - something had to happen!! The increase in the size and number of Power Plants also had to be matched with corresponding growth in the Grid system and the size and number of substations feeding Industry, cities and towns. To carry the vast amounts of power that now needed to transmit from Power Stations to the Electricity users it was necessary to install more Grid lines and up rate the voltage to 275,000 volts, which doubled and, in some cases, quadrupled the amount of power that could be transmitted. Up to now it was common practice to build Power Stations close to or within towns and cities, but this new era of Power Plants needed vast amounts of cooling water, so they tended to be built on river estuaries or the coast. At this stage as this new plant was being built and commissioned it was a daily battle to meet the demand particularly in the winter. We only really got through it with the support of the hundreds of very old small Power Plants embedded in our towns and cities. It was a regular occurrence for the Grid Control Centre to issue an order to all Power Stations to go to "MAX GEN", **continued on page 12...**

How is Electricity Made continued ...

this meant all unnecessary power and lighting usage was switched off in the Power Stations and extra power was squeezed out of the Generators at the expense of efficiency. The Control Room staff would watch anxiously as the speed of the generators started to fall back as the electrical power demand exceeded the amount of Generation available to produce it. It was indeed a very tense time because there was a mandatory instruction, that if the electrical system speed (frequency) dropped by more than around 5%, load shedding had to commence without question or hesitation to prevent the system collapsing completely. That figure was chosen because beyond that point the large motors driving boiler fans and water feed pumps in the Power Plants would start to run slower as the frequency lowered and the Generators would start to reduce their output, resulting in a widespread blackout. It was very clear that the Power Industry was in deep trouble and some radical thinking was needed. The result was a giant step forward in Power Plant development with 2,000,000kw Power Stations and a 400,000 volt Grid system to carry the power, although the technology was yet to catch up with that aspiration. It was this stage in the development of our Electricity Supply Industry, I joined the Power Industry as a Student Electrical Engineering Apprentice in September 1963, just as this new build programme was getting underway, with very, very many "teething" problems. At that time most of the old plant was still required and as far as I recall there were 231 Power Stations in

the Country, a figure that was going to be radically reduced as the new big Power Plants became more reliable.

Next time we will look at the new Electrical Industry sprinkled with my insider tales of what really went on to keep the lights on.



Above: Battersea in 1935 with just the western chimneys at that time

Holsworthy History Society

Our next talk will be held on 24th July 2025 in The Manor Suite behind The Memorial Hall in Holsworthy, starting at 7.00pm.

Mutiny on the Moor by Simon Dell.

All are most welcome to join us.

**For more information about the History Society contact:
holsworthyhistorysociety@gmail.com**

Margaret Stacey

Pyworthy MOT Ltd



Typical opening hours depending on school times and holidays.

Monday: 9.00am until 1.00pm
Tuesday: 9.00am until 4.30pm
Wednesday: 7.30am until 4.30pm
Thursday: 7.30am until 4.30pm
Friday: 7.30am until 4.30pm or 7.30am until 1.00pm.

For all your servicing and general repairs, MOTs and MOT work. M.O.T.s can be booked 30 days in advance of expiry, so booking early can catch and give time to repair, unknown faults and problems.



Call Simon - Tel: 01409 254275

Courtesy car available.

Line Dancing!



New Members welcome.



**For more information call Brenda
on: 01409 253015**

Line Dancing Classes

Our Line dancing classes are held

on: **Mondays** in

Pyworthy Village Hall.

Complete Beginners:

5.30pm – 6.30pm.

Beginners/Improvers:

6.30pm – 7.30pm &

Intermediate level:

7.30pm – 9.30pm.

Tuesdays: Intermediate level,

7.30pm – 9.30pm.

All classes cost just £5.

Come and join us!



Evelyn's Walks Update

*By Evelyn Sharman,
Group Organiser*

On Monday 9th June, we met in the Village Hall car park in Chilsworthy. I was assured by the Booking Clerk that we wouldn't cause any inconvenience for anyone hiring the hall. We set off along Holsworthy Hamlet's footpath No. 3 that goes along School Lane & then across the fields towards Parnacott House. The route was well marked & we admired the beautiful Copper Beech tree in the distance. Given the rain that we have had recently, it was quite squelchy in places especially near where the Bude Canal used to be. The little stream was only a trickle. Where the footpath split, we turned right which brought us into what I'll describe as the "tradesman's entrance" to Parnacott House. A very knowledgeable gentleman came out of the house & he kindly gave us snippets of information about the history of the property. It transpired that he was the owner, John Vowler. No wonder he knew so much! His family has lived there for generations. The property is available for self-catering accommodation so there is a fascinating web site. We would have stayed much longer but we still had quite a long walk ahead of us so we reluctantly bid him farewell & continued towards the lane. We turned right which is a recognised short cut as it goes from Burnards House on the A3072 towards the Holsworthy/Bradworthy road. It was

quite busy but the drivers were very kind. At this time of year, the vegetation is quite long & it isn't easy for pedestrians to get off the tarmac & onto the verge. As we got nearer the junction, we could observe tumuli in the fields on the left & right of us. You wouldn't necessarily notice them but they are certainly identified on OS maps as Ugworthy Barrows. Ordinarily, I wouldn't recommend walking along such a busy road on a weekday BUT it was literally only for 100m & we were VERY visible in hi-viz. We popped through the hedge & joined Holsworthy Hamlet's footpath No. 5. It's well marked & goes across the fields towards Quarry Park & the Chapel in Chilsworthy. It was only a short stroll back to our cars via the BOAT (By-way Open to All Traffic) which was preferable to staying on the road albeit in a 30mph limit. It was much more pleasant walking along the edge of The Green which was looking well kept & peaceful. I don't mind admitting that my legs were quite tired but we had enjoyed a circular route of approx. 3.75 miles.

The next walk will be on Monday 14th July. We'll be setting off from East Vognacott, EX22 7BJ near Chilsworthy at 10am with kind permission of the land owner. You are very welcome to contact me if you need any more information.

Evelyn Sharman Tel: 01409 259 848

Email:

evelyn.sharman@btinternet.com

See our photo on the front cover, taken on our recent visit to the Chilsworthy area.

Farewell to Pyworthy Sports Club

A New Chapter Begins!

By Tracey Langman on behalf of the Pyworthy Sports Club

After proudly serving Pyworthy, our local school, and the wider community since 1999, the Pyworthy Sports Club will officially conclude its journey after 26 remarkable years. The committee has made the difficult decision to disband and unite efforts with the John Sanders Park Trust. This collaboration will allow us to pool resources and volunteers, ensuring continued support for our village's recreational needs.

For members who contribute an annual £10 subscription via BACS or direct debit, please note this will be the final year the fee is collected.

We extend our sincere thanks to all our members for their unwavering support throughout the years. If you'd like to continue contributing to the community, we encourage you to support the park by purchasing a Park Lottery ticket—not only will this help maintain our shared space, but it also gives you the chance to win cash prizes in regular draws.

A heartfelt thank you goes out to everyone who has served on the committee, participated in events, volunteered at 5-a-side tournaments, and supported the club in countless ways. We now look forward to supporting the John Sanders Park Trust as they carry on the mission of providing a first-class recreational space for our village.

More information about The John Sanders Park Trust and their lottery can be found on page 43.

JUNE'S PYWORTHY POSER QUIZ ANSWERS:

- | | |
|---|--|
| 1. AIDS: Acquired Immune Deficiency Syndrome. | 7. PDF: Portable Document Format. |
| 2. I.C.U.: Intensive Care Unit. | 8. WWW: World Wide Web. |
| 3. PVC: Polyvinyl Chloride. | 9. CNS: Central Nervous System. |
| 4. RADAR: Radio Detection and Ranging. | 10. bTB: Bovine Tuberculosis. |
| 5. SONAR: Sound Navigation and Ranging. | 11. CH ₃ CH ₂ OH: Ethyl Alcohol. |
| 6. DVD: Digital Versatile Disc. | 12. NaCl: Salt. |

How did you do? Well done!
Try this month's quiz on page 33.
Thank you the - Pyworthy Pilgrim.



Al Nastase of Trigon Farm, an all-round nice guy!

Name: Al Nastase (of Trigon Farm)

Age: 44

Occupation: Regenerative and chemical-free farmer and permaculturalist.

Place Of Birth: Slatina, Romania

What is the best thing about Pyworthy and why?

The kind people that live in Pyworthy and it is a nice, quiet, place to live where you can still walk around and time moves slower. Also, there is a lot of green everywhere and lots of farming activity.

What one thing would you change about Pyworthy and why?

For enough people to mobilize and come together to bring about change.

Describe yourself in 3 words: Family-man, friend, steward (of the land).

How do you like to spend your free time?

Resting, not all rest is lying in bed! Exploring new places and coastal walking, with family and visiting other sustainable farms.

What one thing have you always wanted to do, try or learn?

I love working with wood. I would like to do more cabinet making and refurbishing.

If you could meet anyone living or dead, who would it be?

Australian Geoff Lawton; the top guy in permaculture.

If you won a million pounds, what would you do with the money?

Keep doing what I am doing, be able to relax more; nothing extravagant, nice holidays.

Community Focus



Thanks go to Bryony Rylett for your research.

Continued on page 17



Al Nastase

If you were granted three wishes, what would they be (extra wishes excluded).

1. I wouldn't *change* anything; this is a perfect world that can teach us lessons.
2. Long lasting health for me and my family: wife Mariana and son Seb; more meaningful experiences and
3. owning a classic, F150 (1975) Ford truck.

If you had to flee your home at very short notice, due to a fire for example, what three items would you take?

My wife, my son and our passports.



Marie Heard

Sorry, I cut Marie's Focus a little short last month – here are her three wishes:

If granted three wishes, what would they be (extra wishes excluded)?

1. Make sure all the family and my friends enjoyed good health.
2. A nice world to live in.
3. To meet up again with family members I've lost including my grandparents.

If you had to flee your home at very short notice, due to a fire for example, what three items would you take?

My handbag including my phone, old family photographs, a black, wrap over dress, bought for a work do, that I still love.

Coming to the Village Hall on Tuesday 15th JULY!

REMINDER - Potters Fish 'n' Things

By popular request, **Potters** have agreed to set up shop in the Village Hall Car Park, **4.30pm-7.00pm** every **3rd Tuesday** of each month, for the foreseeable future.

To pre order, head to their
website:

www.pottersfishnthings.co.uk

**OR alternately just turn up
on the night.**



Other food available

Men's Skittles



Men's Skittles!

Pyworthy has a Men's Skittles Team, which meet on Tuesday evenings. If you would be interested in joining them, please contact:

Andrew on 07531186466 or 01409 253509.

Training will be given!

Make a Donation to the Pyworthy Post, It's Simple!

If you would like to give a donation towards the printing cost of the Pyworthy Post – see details below.

BACS details:

Account number: 01086227

Sort code: 40-24-25

Account name: Pyworthy Post

Type of account: Community account.

Please email me your name and address for a receipt.

A big thank you to all those who have already donated to the cost of printing the paper, which is appreciated.



Glebe House Cottages, Bridgerule

www.glebehousecottages.co.uk

Telephone: 01288 381272

Accommodation

6 luxury self-catering cottages all recently refurbished to a high standard.

Beautiful 5 acre site with a huge amount of facilities for all ages including:

- ❖ Heated outdoor swimming pool
- ❖ Tennis court
- ❖ Stunning formal gardens
- ❖ Cellar bar & games room
- ❖ Children's play area,
- ❖ Woodland walk
- ❖ Hammock area
- ❖ Croquet
- ❖ Firepit
- ❖ BBQ's plus plenty more.

10% discount for friends & families of local residents.



Party Venue

Why not host your next party at Glebe House Cottage?

We have so many options to make your party stand out.

Make it a party you won't forget!

- ❖ We can host parties from 15 guests up to 200.
- ❖ Formal garden parties with a marquee
- ❖ Celebrations in our secret cellar bar
- ❖ Fun tailor-made children's parties!
- ❖ "Have a splash with a pool party!"
- ❖ "Birthday, Anniversaries, Christening or any celebrations!"



GARDENING MATTERS from CRINACOTT

By Mike Godfrey, keen gardener



As usual my two favourite months have passed by in the blink of an eye and now the longest daylight day has also flashed by so I guess it's all downhill to winter now. This year we have had pretty good gardening weather so far and it seems to me that most crops have got off to a pretty good start and I am already picking beetroot, runner beans and cucumbers as well as loganberries, strawberries, blueberries, tayberries, raspberries and goji berries, a very big crop of blackcurrants and white currants coming along, if only I had the time to pick them.

I am still struggling with my wildflower plot in the Orchard area, which is quite disappointing. I have spread more seed throughout the Orchard but am also continuing to sow more seed in pots in the polytunnel. My first wildlife pond doesn't look much but it is naturalising quite well, and it has attracted quite a lot of insect life, including tadpoles, water beetles and massive dragonfly larvae. One day I am going to scrape it out to put a liner in but I will leave the contents close to the bank so all the pond life can get back in once the liner is in place. I am now thinking about a second much larger pond near the top of the farm which will straddle two ditches. However, this time I will build it with a liner and allow it to overflow into the ditches further down the slope, if required.

Unlike last year I don't seem to be having as much trouble growing beetroot, but the carrots are a bit

spasmodic, and the parsnips are zero so far. That's because I forgot to buy the seed – I must get some before it's too late.

Jobs for this month, if you haven't already done them:-

- Continue to sow salad crop seeds directly in prepared ground. Try not plant all seeds in one go, sow to provide continuity of supply rather than have the whole crop ready at the same time, so a lot will inevitably go to waste or the compost bin.
- Continue to sow peas and beans for successional supplies
- Crops are now mature enough to start picking them. In some cases this will be done by "thinning out" leaving the rest to grow on to maturity. This could be beetroot, lettuce, parsnips and carrots etc. In the case of carrots thinning can attract the carrot root fly. This can be prevented by placing a 6 inch (150mm) high barrier around them as the fly is unable to fly that high apparently.
- Watch out for slug and snails, water on nematodes or alternatively use beer traps or dry bran in a pot on its side, to prevent it getting wet. These can be used in combination as well, to control your slug and snail population.
- If you are growing brassicas, such as cabbage or brussel sprouts, be alert to the cabbage white and its eggs, which quickly turn into ravenous caterpillars. These can decimate the young leaves on these plants within a day.

continued on page 20

Jobs for this month continued

- If you have a shrub that you would like to replicate somewhere else in the garden, then now is the time to take softwood cuttings. Choose a nonflowering shoot, and remove with a clean cut. Strip off the bottom leaves and push the stem into a pot containing free draining compost, water and cover with a plastic bag.
- Slow soil evaporation, especially around newly planted shrubs by placing a mulch of well rotted compost or manure all around it.
- If you need to control the growth of spring flowering shrubs or just simply want to reshape it, now is the time to do it, after it has finished flowering.
- If your tomatoes have set a truss then start feeding them with tomorite or similar, to provide nutrition for growing the fruits but also to prevent potassium deficiencies. Don't forget to pinch out the side shoots, as your plants will put all their energy into growing stems and leaves at the expense of growing tomatoes.
- Transplant leeks sown earlier. Trim the roots and tops, this will encourage growth. Just make a 1 inch (25mm) diameter hole about 6 inches (150mm) deep, drop in the trimmed leak, fill the hole with water and just leave it. Don't need to backfill it.
- Plant out previously sown sweetcorn plants in blocks, rather than rows, with the plants about 12 inches (300mm) apart. This should

Jobs for this month, if you haven't already done them continued:-

maximise wind pollination.

- Enjoy your garden whilst and when we have good weather over the next few months.

If anyone needs to contact me, then please contact me on 01409 253401 or 07798 647041 or by e-mail at mikecrinacott1@gmail.com.

Mike Godfrey

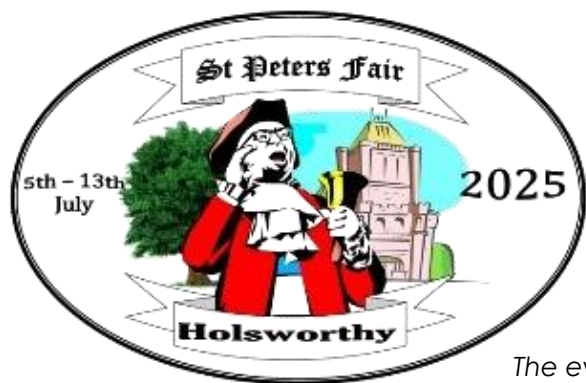
St. Swithin's Day 15th July...



St. Swithin's Day is named after the ninth century Anglo-Saxon Bishop of Winchester. This was the capital of Wessex at that time – the bishop held the post from 852-862.

He was known for his charitable endeavours, becoming a saint about 100 years after he died.

The legend goes that he requested that after he died, he should be buried in the churchyard of Winchester Cathedral, saying he wanted to be 'where the sweet rain of heaven may fall upon my grave'. Legend also has it that his tomb was moved inside on July 15th 971 – and shortly after that happened, a huge storm hit, followed by weeks of rain. People took that as a sign from beyond the grave that St. Swithin was angry at being moved indoors – giving rise to the theory that the weather on July 15th would be a sign of what the weather would be like for the next 40 days.



St Peter's Fair

Saturday 5th July - Saturday 13th July 2025

Old & New Traditions for the Whole Family.

*The events were correct at the time the programme was published
in June, but slight variation to the programme may occur.*

Saturday 5th July

- Holsworthy ROTARY CLUB Annual golf day, Individual Stableford – Full Course Handicap (non-qualifying). Over £2000 worth of prizes. To book, call: Pete Isaac 07776 684150 or email: isaac305@btinternet.com

Sunday 6th July

- Sung Eucharist - a modern language service with hymns, St Peter and St Paul's Parish Church 9.30am.
- Stanhope Park 1.30pm, Holsworthy CC- Women's 1st XI Vs Bradninch & Kentisbeare CC.
- Civic Service 6.00pm in the Parish Church All are welcome.
- 7.30pm (weather permitting) Concert in the square by Holsworthy Town Band.

Monday 7th July

- Holsworthy Museum, Exhibition of the history of St Peter's Fair - free entry 11am-1pm Manor Car park.

Tuesday 8th July

- Holsworthy Museum, Exhibition of the history of St Peter's Fair free entry 11am-1pm Manor Car park.
- Meeting of the Court Leet, chaired by the Portreeve in all his finery, with petitions from its members 7.30pm in the Memorial Hall (doors open 7pm).
- Procession from the Memorial Hall with the Town Crier, the Portreeve, members of the Court Leet, to the Ale Houses of the Town for the 'Ceremonial Ale Tasting' and the presentation of the 'Fair Ivy' to the Landlords.

Wednesday 9th July 'Fair Day'

- 8am Proclamation of the Opening of the Fair by the Town Crier on the Site of the Old Great Tree of Holsworthy. Followed by the Bread Weighing Ceremony.
- The Portreeve will present certificates, plus an invitation to the Children's Breakfast to children of Primary School age who attended the Proclamation (Venue to be announced on the day).
- Charity Breakfast in the Memorial Hall from 8am Organised by Holsworthy Scouts.
- Methodist Church Coffee Morning – Photographic Display to be opened by the retiring Pretty Maid at 9.45 until 12 Noon.
- St Peter's Fair Sale – Sale of store cattle, dairy cattle, store lambs and breeding ewes – plus special sale of calves including presentation of the Pretty Maid Cup to the owner of the best calf in show - at the Cattle Market.
- Holsworthy Museum, Exhibition of the history of St Peter's Fair free entry 11am-3pm Manor Car park.
- Street Entertainment with **North Coast Joymakers**, High Street.
- 12pm The Pretty Maid Ceremony at the Church at Midday.
- Funfair Official opening, midday, Manor Car Park.
- Holsworthy playgroup summer Fete From 1pm in the playground gardens with stalls, raffle and BBQ. Everyone welcome.

St. Peter's Fair Wednesday 9th July 'Fair Day' continued:

- St. Peter's Fair Luncheon in the Memorial Hall at 1.15pm Tickets £16.00 available from The White Hart.
- Pretty Maid's Tea in the Church at 6pm.
- Evening Entertainment in the Square from 7.30pm:-
LIVE MUSIC from the **BICYCLE REPAIR MEN**, from Metallica to Mumford and Steve Earle to the Stereophonics, no one is safe from our quirky folk style of covers. To finish, **PRSSURE DROP**, a tight 4 piece funky soul band with a Caribbean twist.
- Charity BAR B Q by The Holsworthy Scouts.
- Fair Draw tickets on sale.
- exit collection for Fair entertainment and Holsworthy Scouts.

Thursday 10th July

- Holsworthy Museum, Exhibition of the history of St Peter's Fair free entry 11am-1pm Manor Car park.
 - Holsworthy Methodist Church – 2pm – 4.30pm - Photographic Display with Tea, Coffee and Biscuits.
 - Funfair open from 6pm, Manor Car Park.
 - Judging of Holsworthy in Bloom competition. To enter your display or garden please contact the Holsworthy Town Council on 01409 253312 or email: townclerk@holsworthytowncouncil.gov.uk.
 - The Furry Dance start at the Memorial Hall entrance at 7.30pm.
Led by the Holsworthy Town Band, The Portreeve, Members of HATS, local youth groups (and anyone else who fancies it!) dance through the streets (and some Pubs) of Holsworthy finishing in the Square.
 - **LIVE MUSIC** in the Square from 8pm (on completion of the Furry Dance) 'Black Friday' All aboard the good ship Black Friday - join her crew and captain Tom for another stormy crossing of the Celtic sea of folk-punk. Followed by, '**LIONSTAR**', a Reggae/Rock/World Fusion band and have recently supported, UB40, Aswad, Soul II Soul, Lee 'Scratch' Perry, Bad Manners plus many more.
 - Charity BBQ by Holsworthy Football Club.
- Fair Draw tickets on sale.
- Exit collection for Fair entertainment and Holsworthy Scouts.

Friday 11th July

- Holsworthy Museum, Exhibition of the history of St Peter's Fair free entry 11am-1pm Manor Car park.
 - Funfair open from 6pm, Manor Car Park.
 - Holsworthy Methodist Church – 6.30pm – 8.30pm Photographic Display with Tea, Coffee and biscuits.
 - In The Square: Pedestrian Treasure Hunt 7pm meet behind the stage.
- LIVE MUSIC** from 7.30pm 'Cameron Mills' Brit Award nominated singer who has achieved 8 number 1 singles on the Amazon Charts and has performed to sell out audiences across the UK and Ireland. Followed by 'No Limits' Live 90s Band Reigniting the Rave Scene! The UK's premier live 90s act, igniting the 90s music scene since 2011. Their electrifying performances have graced stages alongside iconic names like Judge Jules, Artful Dodger, and Danny Rampling. From Glastonbury to Victorious and now Holsworthy, No Limits promises an unforgettable experience.
- Charity BBQ by Holsworthy Lions Club.
 - Fair Draw tickets on sale.
 - Exit collection for Fair entertainment and Holsworthy Scouts.

Saturday 12th July

- Coffee and Cake morning with a display of Photographs, 10-12noon, Bodmin Street Methodist Church. Everyone welcome.
- Funfair open from 1pm, Manor Car Park.

St. Peter's Fair Saturday 12th July continued:

- Stanhope Park 1pm, Holsworthy CC- 1st XI Vs St Blazey CC.
- In The Square: Family entertainment from 7pm with **JJ'S FUNSHOW**, comedy magic show, JJ is sure to keep everyone entertained from start to finish!
- **ST PETER'S FAIR DRAW** 9pm approx. (Drawn by the Pretty Maid on the stage).
- **THE LIVE FINALE FOR 2025** from 9.30pm '**The Devon Showband**', Boasting an immense 10-piece line-up, the band have a varied and eclectic repertoire. They have a big showband sound reminiscent of the likes of The Commitments and they transform many well-known and current pop songs into their own unique style.
- Bar B Q by the members and friends of St Peter's Fair Entertainments Committee.
- Exit collection for Fair entertainment and Holsworthy Scouts.
- Firework Finale (approx. 10.55pm).

Sunday 13th July

- Open Air Service in the Square led by Holsworthy & District Christians Together at 11am refreshments, All welcome.

DISCLAIMER:

This program is as accurate as possible when going to press (19/06/25). There will be additional information about events and activities in our official program, which will be available online and around the town in late June.

A great lineup of events in Holsworthy – go along and join in the fun!

Thanks go to St Peter's Fair Entertainments Committee, who've worked hard to put the programme together.



EVELYN SHARMAN

Professional Driving Tuition (DVSA ADI)

Telephone: 01409 259848

Mobile: 07885 352 082

Email: evelyn.sharman@btinternet.com

WHAT'S ON AT HOLSWORTHY LIBRARY – JULY 2025



Library News!

- **Bounce & Rhyme**, Thursday 3rd, 10th, 17th 2:15pm – 2:45pm (term time only)
- **Lloyds Bank Community Banking**, Monday 7th & 21st – 2:00pm–4:00pm
- **Friends of Holsworthy Library Book Sale**, Wednesday 9th 10am–12:30pm
- **Ruby Country Creative Writing Group**, Wednesday 9th – 11:00am–12:00pm. Limited places, booking essential.
- **Launch of the Summer Book Quest Reading Challenge**, Saturday 12th July – 10am–1pm. Children can join the challenge and collect a free pack!
- **Gardening Cuppa & Chat**, Wednesday 23rd – 2:00pm–3:00pm. Everyone welcome.
- **Ocean Themed Craft Activity and Storytime with the 2 Minute Foundation**, Thursday 24th July – 10:30am. Free but booking essential as places are limited.
- **Craft Activity for Children**, Wednesday 30th July – drop in session between 11am–4pm
- **Board Games & Biscuits**, Thursday 31st July 11am–4pm. All ages welcome!
- **Lego and games** for children. Every Saturday – 10am–12pm

Holsworthy Library - There are lots of exciting things happening at your local library. In addition to a great range of books you can use your library membership to access free eBooks and audiobooks via the Borrowbox app. We also have free public computers and Wi-Fi as well as printing, copying and scanning facilities. It is free to join the library, and we are a friendly, welcoming space open to all. Free hot drinks are available, and people are encouraged to use the library as a place to relax, work and socialise as well as to find their next great read!

Opening Hours:

Monday 2pm–5pm

Tuesday Closed

Wednesday 10am–6pm

Thursday 10am–5pm

Friday Closed

Saturday 10am–1pm - Sundays Closed.



CHURCH NEWS

By Gill Johns, on behalf of
St. Swithun's Church



Do you remember when...?

As I get older, I find myself harking back to "the old days". I was christened in April 1942 in my parents' church St Martin's in Chelsfield, Kent. My two sisters were also christened there in 1945 and 1949. I was then confirmed alongside my father (who had been brought up a Methodist in Newquay, Cornwall) in 1955 and finally married there in 1967. We used to walk to church 2 or 3 times on Sundays for early Communion, Morning Prayer and Evensong but when I tried to be a Sunday School teacher, I soon found that teaching wasn't my calling!

St Swithun's Patronal Festival takes place the weekend of 19th & 20th July (St Swithun's Day is 15th July) and we will look forward to seeing all the Art exhibits and admiring the skill of so many of Janet's Art Group. There will be refreshments available, home-made of course and donations towards the upkeep of the church will be gratefully received.

Swithun was an Anglo-Saxon bishop of Winchester and subsequently patron saint of Winchester Cathedral. His historical importance as bishop is overshadowed by his reputation for posthumous miracle-working. According to tradition, if it rains on his feast day it will continue for forty days. The windows of our church will be individually decorated, the theme this

being "**Childhood Memories**" so we look forward to seeing what memories are brought to life in the various windows. My childhood memories are mainly of climbing trees (the higher the better), playing tennis, going on Church Guild rambles and of my sisters trying to keep up with me!

A lot of you will be going away this summer on holiday. Need I say Keep Safe? If you're at the seaside do take note of the tide times and whether there are Lifeguards at your beach.

We know there is quite a lot of work that needs to be done in the church but please be aware it is all in the pipeline, from the stained-glass window near the altar to the church clock and carillon, and the bell tower itself. Our Churchwardens are working hard getting quotes and dates, but these complicated repairs do take time.

Do come along to one of our services, the All-Age service each month on the first Sunday has refreshments (sometimes a real treat of homemade CUP CAKES, thanks to Amanda) and a good chat afterwards.

I sat outside with a cup of tea this afternoon, looking out at the beautiful countryside and thought how lucky we are to live in such a lovely part of the World. Even in such hot weather our farmers are still out every day taking care of the stock, milking cows, praying for rain for the crops and we do tend to take for granted the food that we can take off the shelves in our local supermarkets. We are at peace but there are so many areas of our world where there is conflict, starvation and inhumanity. We can only pray for our leaders to come together and find a way to co-exist in peace. As Dave Allen used to say "May your God go with you".

Update on Derril Water Solar Park

Works at Derril Water Solar Park are now into the final phase before commercial operations start.

We are currently undertaking 'cold commissioning' – that is doing the last connections and testing all of the equipment before connection to the grid. In July the connection to the grid will be energised and 'hot commissioning' will start. Once hot commissioning is completed there will be a series of checks and sign off's with the grid operator to confirm synchronisation and Derril Water will be allowed to start exporting power to the grid.

Even once power starts to be exported there will be some remaining works to finish on site before the work force departs completely, likely September.

By Simon
Peltenburg on
behalf of the
Derril Water
Solar Coop



**Above: Aerial view of the site
looking west to east**

The Board of the Derril Water Solar Cooperative would like to take this opportunity to thank everyone for their patience through the construction phase of this exciting project that is owned by over 9,000 households from across the UK. Please see <https://derrilwater.com/> for more details.

**A new website has been set up at
<https://derrilwater.com/> which will
be a key resource for the Coop
members.**



Above: Panel installation





Shapland Accountancy

We are a local long established family run firm with over 40 years experience. We provide Accountancy & Bookkeeping Services throughout Devon and Cornwall.

From small to large companies, Sole Traders, Partnerships, Limited Companies whatever you need, we can help.

Bookkeeping, Tax returns, Payroll, VAT or just advice, contact us to see what we can do for you.

Email Us: admin@shaplandaccountancy.co.uk



Find us on
Facebook



Bude Jazz Club

The Falcon Hotel, Bude.
EX23 8SD

Sundays 8pm – 10.30pm

6th July – Wriggle Valley

20th July - La Vie en Rose

**Members £10, visitors £14,
Students £5.**

Enquiries email:

budejazzclub@gmail.com or

Phone Brenda: 01288361491



Facebook – Bude Jazz Club
www.budejazzclub@gmail.com

No Transport? Need a pickme-up?

Ring & Ride

- Door-to-door service for all ages
- Wheelchair & scooter accessible

Cars for Care

- Door-to-door service
- Times to suit your appointments
- 45/50p per mile

Here for Hire

- Mini Bus Hire for Community Groups & Charities
- £100/day - £65/evening
- Self drive (experience of driving a larger vehicle)

Call

01409 259001

office@holsworthytransport.co.uk

The Carroll Suite, Holsworthy Memorial Hall,
Holsworthy EX22 6DJ



HATS THEATRE
Holsworthy Amateur Theatrical Society



**3rd – 12th July, details
on their website.**



St. Swithun's Church Pyworthy has its Patronal Festival in July



The Exhibition sets up on Friday 18th July at 10.00am.

**The Exhibition will be open on:
Saturday 19th &
Sunday 20th July 2025.**

This is part of the Church's Patronal Festival. There will be window displays of flowers in the theme of "Childhood Memories", plus artworks by talented local artists. Well worth a visit.

Refreshments will also be available.

Free entry, but donations would be appreciated.

Contact:

Janet Grant Tel: 01409 259356, for more details.

Pop in during either day & enjoy the exhibitions.

**Open Saturday - 10.00am until
5.00pm &
Sunday - 1.00pm until 4.30pm.**

All Welcome!

Donations by
cheque should be
made payable to
"The PCC of
Pyworthy". Thanks.



Available from the 1st July

Time to get organised!

Pyworthy Village Show 2025

Saturday 6th September

Buy your programmes from:

Marie Heard at: 9 Derriton Road. Pyworthy,

Anita Burnard at: Amberlea, Pyworthy or

Wendy Ward at: 'Wordona', Derril.

ONLY 50p

The programme includes this year's classes and everything you need to know.



Pyworthy Parish Website is Now LIVE!

The Pyworthy Post and other parish news and events are now online at: www.pyworthy-parish.co.uk. The website is continuously developing and we are always looking for new content and ideas, so please visit the website and feel free to contribute either through the links in the website or directly to info@pyworthy-parish.co.uk. You can also reach the website using the QR code.



A big **'Thank You'** to all those who help me compile the Pyworthy Post every month. Not only do I spend many hours working on my computer, but many others give their time freely to writing articles and reports for you to enjoy. **Thank you** to the whole delivery team, who brave all weathers to ensure that you get your paper each month. **Thank you** to all those who have contributed financially to the paper – most essential. **Thank you** to the lady who provides the delivery bags, my proofreader and the team at the Printers.

Now, please do your part and read the Pyworthy Post, which will make it all worthwhile. Marion your editor.

There is Life Beyond Retirement

By Dr. Reg Godwin BVSc MRCVS

It was twelve years ago when a stress-related illness caused me to finally hang up my vet's stethoscope, although in reality my rapidly declining hearing had made it virtually useless. Retirement can be a stressful time for those who imagine a new phase of life with relaxation and well-deserved self-indulgence. The pressures of long working hours may well be replaced by a sudden emptiness and loss of purpose in their lives, not to mention having to survive on a fraction of their previous income. For ten years, I pottered around finding things to do and spending far too long in a chair reading, which is far from a healthy way to spend one's time.

By this time, I was almost completely deaf and cut off from family and friends by my failure to comprehend what anyone was saying. Shopping became a nightmare, and I started to avoid going out. This was also not a healthy situation, but in 2024, everything turned around when one of my sons volunteered to take me for a private audiology consultation at a hearing centre in Bideford since I was on a waiting list to be on a waiting list with the NHS.

With no expectations at all, I showed him the speech to text app. on my mobile phone. It was all I had left with which to communicate; my lip-reading ability was useless. He had never had a patient so deaf that they needed to go to that extreme. He did hearing tests, which were awful, then fitted me up with the most powerful, but very small, hearing aid. The result was instantaneous and miraculous. I



Photo courtesy of Plymouth Soup Run

could hear again! I just had to absorb the huge cost. What price getting your life back again?

The outcome was a new interest in life and a realisation that I had hugely missed doing my vet's job: the contact with the furries and their owners; the enormous kick when they got better and the feeling that you had played a part in bringing about such joy. Why suddenly stop when you reach the arbitrary age of 65? For me being a vet is a lifelong commitment: a vocation; something I wanted to do from the age of nine. In my heart, I will be a vet until my last breath. It's my identity, my purpose in life; take that away and my life would be meaningless.

I tried to contact my old practice in Plymouth for a part-time job doing just operating, always my favourite part of the work, but in the intervening ten years, my previous boss had sold the practice to a large company, as 60% of all the veterinary practices in the UK have also done. I'm sorry to say that profit and targets have become the overriding factor in many of these enterprises and the gentle bonhomie of James Herriot is long gone. I'm sure I was perceived

continued on page 31

There is Life Beyond Retirement **continued...**

as being too old to regain my old job, although to say so in those terms would have been illegal with current discrimination legislation. There was no future here.

I became aware of the work of the charity, StreetVet, and met some of their executives at the annual (BSAVA) veterinary congress in Manchester. They were very encouraging that age was no barrier to volunteering for the organisation which helped the pets of the homeless and dispossessed. The work was as little or as much as you felt able to cope with. Initially for me, this means one night a week of three hours on the streets of, following the stops of the Plymouth Soup Run which goes out every evening feeding the homeless with not just soup but all manner of donated food from local businesses. Once a month, there are also hostel visits to make.

Immediately, on my first visit to what they call an "outrun", I felt I had come home to a job with a purpose. I had been used to helping disadvantaged people through my four years at the RSPCA Putney Animal and 18 years including 10 years in charge of the Plymouth PDSA Hospital.

We carry all our medications around with us in the back of the vet nurses' cars and we aim to have a team of three on each outrun, one vet and two nurses, but we often survive with just a vet and a nurse. You do need a certain amount of street savvy and awareness that volatile situations may occur when there are mixtures of mental illness, alcohol and, occasionally, drugs at work. This is one of the reasons that we tag along behind the soup-run people

who are able to quickly defuse any conflict. But in general, our clients are most grateful to us for the chance to get treatment for their animals, with whom they are fantastically bonded. Many will not go into a hostel for shelter if their pets cannot also be accommodated. StreetVet are helping hostels to adapt their policies to allow pets to be admitted. This is the vital first step to re-establishing their life for many homeless people. To have an address is vital for the state help which can be offered.

The pets themselves are tremendous characters, many reaching great ages. The standard type of dog we treat in Plymouth is the Bull Terrier cross. Generally, they have hearts of gold with their owners and people but can be ferocious against other dogs. At the other extreme are the pair of rats carried around by one young girl in her hoodie, where they peak out at the world passing by.

My age of 75 and the fact that I am still pursuing my vocation, has been something of a novelty and the national veterinary trade magazine, Vet Times, recently interviewed me and published the article. Four of my stories about my experiences with StreetVet are due to be read by me on Radio Devon in a few months time. One young vet commented that she thought the Vet Times article was inspirational. I sincerely hope that, as a result, she has as long a career as I have and gets as much satisfaction from it.

www.streetvet.co.uk also, see their Facebook page.

Reg

Sign up & help the Village Hall



Help us raise
FREE donations
every time you **shop online**

How to sign up

1. Visit easyfundraising.org.uk
2. Search for Pyworthy Village Hall and support our cause
3. Raise FREE donations for us when shopping



Scan me

4,500 online sites will give us a free donation
when you shop with them - at no extra cost to you!



Over £34 million raised



1.9 million users

Read online at:
<https://pyworthy-parish.co.uk/>

and view the
paper in full
colour.

(don't use a
search engine)

**SPEED
LIMIT
30**

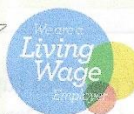
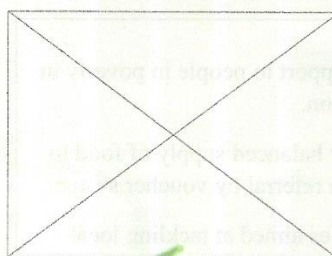


Holsworthy Food Bank

Thank you Pyworthy for your donations, 10.75 kgs this month. Donations are always welcome to help those in need.

You can donate tinned food, packets or boxes of food. Unfortunately, fresh produce cannot be accepted.

Donations can be left in the box at the back of St. Swithun's Church, Pyworthy, which is open every day. Thank you.



10.75 kg
with thanks 😊

A great big

Thank You!

for your kind donation.



Pyworthy Poser Quiz for JULY

DISCOVERY:

1. In 1500 (22nd May) Navigator Pedro Alvares Cabral discovered what Country and claimed it on behalf of Portugal?
2. On 22nd May 1989, Archaeologists said they had unearthed a 2,000-year-old mummy, wrapped in linen and dried flowers, with a child beside her. In which country and for a bonus point, identify which oasis?
3. A cloud weighs around what weight in tonnes?
4. Do "Identical Twins" share the same fingerprints, Yes/No.?
5. Earth's rotation is speeding up or slowing down? Up/Down?
6. Is Mt. Everest the tallest mountain on Earth? Yes or No?
7. Do ants have lungs, Yes/No?
8. Does a horse normally have more than One horsepower?
9. Can Hippos swim?
10. Do Snails have teeth?

**The answers will be in the next
Pyworthy Post.**

By The Pyworthy Pilgrim



Torridge District Council

Pyworthy Bin Collections



JULY 2025 - Pyworthy Village, other villages may have a different collection schedule.

Black bag collection days are:

Friday 11th July

Friday 25th July

Recycling- Every Monday.

Boxes/Bags & Food Caddy

Weekly collection of 2 x boxes & 2 x bags. Weekly collection of food waste in caddy.

Garden Waste Collection dates:

Monday 7th July

Monday 21st July.

For more information go to:

www.torridge.gov.uk

Or phone:

01237 428700






Creative Craft Club

The afternoon craft club is going strong. This takes place in Pyworthy Village Hall on the 2nd & 4th Thursday of each month – 2.30pm until 4.30pm.

A donation of just £2 towards the hall is all it costs!

Come along and join us, just bring your own craft project to do, & see what others are doing. Plenty of help available if you have a problem with your craft project.

A great way to meet new people. We are a friendly bunch & love to chat.



LIFE'S JOURNEY

**Life, with all its mysteries
How can we foretell
The ways we are to wander
To Heaven or to Hell**

**Each day brings chosen pathways
Through the maze with blinded sight
As the Soul goes on its journey
To Everlasting Light**

**By Jean Clark
Rydon Village**



St. Petrocs Festival at Hollacombe Church was a Success!



Despite a heavy downpour spirits were not dampened on Saturday 7th June when The Bishop of Oswestry celebrated Mass at 12 noon at St Petroc Church, Hollacombe at an open-air service. A picnic followed when the rain eased & the day continued in the Church concluding with Benediction. The festival was well attended by clergy & lay.

Margaret Stacey, Hollacombe Church

ActionFraud

Report Fraud & Internet Crime

0300 123 2040



CRIMESTOPPERS

0800 555 111

Call anonymously with information about crime

DB WALLING



Cornish Stone
Wall Specialists

- Dry stone wall repairs
- Retaining dry stone walls
- Stone work with mortared joints
- Earth stone hedging
- Landscaping
- General construction & ground works
- Garden features

FREE QUOTES

Call Dan on

07968 996191



www.dbwalling.co.uk

WALLING | LANDSCAPING | CONSTRUCTION

J. Mansell 07896 945889

General Builder

General Building, Property Maintenance & Repairs

**Painting, Decorating, Plastering, Rendering,
Brickwork, Patios, Concrete, Foundations
Roofing, Carpentry & Joinery**

**Gutters, Plumbing, Drainage, Cob Conservation,
Limewash & Lime Plastering**

**Kitchens, Bathrooms, Chimney Lining,
Stoves & Garden Landscaping**

Jamescancott@gmail.com

Trigon Farm, Derriton, Holsworthy. EX22 6JU

Forthcoming Events & courses:

Fresh flower wreath workshop – 19th July

Tomato Feast – 17th August

Preservation course – 6th September

Permaculture course – 28th September

Dried flowers wreath workshop – 11th October

Christmas wreath workshop – 29th November/6th December

Christmas table arrangement workshop – 20th December



Book today at:

<https://www.trigonfarm.co.uk/book-online>

Opening hours:

Tuesdays, 9.00am till 6.00pm.

Other day by appointment.

www.trigonfarm.co.uk

Call Al on Tel: 07988484069

More Useful Contact

numbers:



Holsworthy Food Bank:

Tel: 01271 377077

Holsworthy Community Fridge:

email

mtrudgill@dmatschools.org.uk

Samaritans: Tel: 116 123

Age UK: Tel: 0800 055 6112

Domestic Abuse Women's Aid:

Tel: 0808 2000 247

Domestic Abuse Men's Advice line:

Tel: 0808 8010 327

Childline: Tel: 0800 1111

Domestic Abuse

Helpline



Phone:

0808 2000247 for free & confidential advice.

More information available online.

If in danger phone: 999



**Devon Libraries
Service – NEW
Collection of
Books**

Thanks to a successful bid to the Peninsula Cancer Alliance, Libraries Unlimited is launching a brand-new collection of books aimed at supporting those affected by cancer.

The Cancer Care Collection consists of 43 physical books made up of a mixture of adult, young adult and children's books.

These can be borrowed from libraries across Devon and Torbay. In addition, there is also a digital collection available for free to library members on the BorrowBox app and website.

Contact your local library for more information.

**The NEW
Cancer Care
Collection**

**ARTHUR W. BRYANT
FUNERAL SERVICE**

**CAMELFORD
01840 214891**

**BUDE
01288 352282**

**HOLSWORTHY
01409 253000**

**LAUNCESTON
01566 232426**

**INDEPENDENT FAMILY
FUNERAL SERVICE**

MEMORIAL MASONRY

DIRECT CREMATION

PRE PAYMENT FUNERAL PLANS

**OUR FAMILY CARING FOR YOUR
FAMILY FOR OVER 50 YEARS**



**AWBRYANT.CO.UK
CARING@AWBRYANT.CO.UK**



DOG FOULING/DOGS OFF LEAD

Following a number of recent and ongoing incidents of dog fouling in the churchyard and surrounding streets in the village centre, residents are reminded that dogs should be kept on leads and not allowed to roam unaccompanied.

Residents are asked to clear up after their dogs at all times.



**Pyworthy Parish
Council.**

Slimming World taste the *freedom*



Contact your local Slimming World Consultant
and join a warm and friendly group today!

NEW VENUE

Bude

Bude Rugby Club
Wednesdays
5.30pm & 7.00pm

Holsworthy

Holsworthy Memorial Hall
Tuesdays
5.30pm & 7.00pm
Thursdays
9.00am & 10.30am



slimmingworld.co.uk

Pyworthy Post

Deadline

The PRINT
deadline for the
next Pyworthy
Post is: Friday 25th
JULY 2025 at
9am.

Please email
your news as
early as possible.
Thank you.

View Pyworthy
Post online in
colour. Search:

[https://pyworthy-
parish.co.uk/](https://pyworthy-parish.co.uk/)

No Dog Fouling



Bag it - Bin it

Sunrise, Sunset Times for the coming month:



1st July 2025 (UK, Exeter)

☀ Sunrise time: 5.05am GMT

🌅 Sunset time: 21.30pm GMT

🕒 Length of day: 16 hrs 24 mins.

31st July 2025 (UK, Exeter)

☀ Sunrise time: 05.39am GMT

🌅 Sunset time: 21.00pm GMT

🕒 Length of day: 15 hrs 20 mins

Windows Update Neglect is Endangering Your Digital Life

By Brian Meadows of Nofix-Nofee

Computers are not just tools; they're gateways to our personal and professional lives. We rely on them constantly, yet a trend persists and a significant number of users neglect to install updates, unknowingly leaving their systems vulnerable to a host of potential threats.

The reasons behind update avoidance are numerous, updates can take time, or the fear of system crashes and if it "Isn't Broke, Don't Fix It" Mentality: Some users believe that if their computer is currently functioning adequately, there's no need to risk upsetting the apple cart with an update.

Many users simply don't understand the importance of updates, viewing them as optional rather than essential. They may be unaware of the security vulnerabilities that updates are designed to address and skipping Windows updates is like leaving your house unlocked when no-one is at home,

Outdated systems are prime targets for malware, including viruses, ransomware, and spyware. These malicious programs steal your personal information, encrypt your files, and even hold your computer hostage. If your computer is infected, your personal data, passwords, financial information, and sensitive documents, can easily be compromised and used for identity theft or other nefarious purposes.

While updates can sometimes cause temporary hiccups, they often include performance enhancements and bug fixes that can improve the overall

speed and stability of your system. As software and hardware evolve, outdated operating systems can become incompatible, leading to functionality issues and the inability to run correctly.

The good news is that protecting yourself from these risks is relatively simple. You can configure Windows to automatically download and install updates. This ensures that your system is always protected with the latest security patches.

Keep up-to-date on the latest security threats and vulnerabilities. Understanding the risks can help you appreciate the importance of timely updates.

Allow updates to complete without interruption and maybe leave it on for an hour after using it. Restart your computer when prompted and avoid using it until the installation process is finished.

Neglecting Windows updates is a dangerous gamble that can have serious consequences. By understanding the risks and taking steps to keep your system updated, you can protect yourself from cyber threats, maintain optimal performance, and ensure the safety of your data. Don't let the fear of inconvenience outweigh the necessity of security – update today!

On a personal note, and by now, my hip replacement should have been completed and with a bit of luck, I should be able to resume my normal business activities soon. Wendy and I would like to thank everyone for their support and good wishes on my recovery.

**Free telephone advice continues call
Brian Meadows 01288 381061**

Holsworthy Walk & Talk Group

By Gill Aston



Why not scan
our QR code?
This will take you
to our website.



One of the lovely things about summer is that we get to walk some of the routes which are more off the beaten track and generally not navigable during the winter months. Recently we met at The Half Moon Inn, Sheepwash. Having followed the road through the village for a short way we turned off onto tracks, woodland and fields and came across a field which had been used by Standard Airlines as a runway from 1984 to 2021. The runway was entirely grass and, as the field is certainly not flat, unusually the landings were uphill and take off downhill. Some flight guides warned that the strip was also prone to wind and turbulence! We found it very tranquil with wide-ranging views too.

One of our other recent walks was in Cookworthy Forest, which was all on hard surfaced tracks. These woods, along with various others around the area are currently being harvested by Forestry England, for the timber. This was after all, why the forests were planted in the first place, in order to replace timber felled in WW2. The areas cleared of trees tend to look rather bleak but new trees are being planted, with borders of native trees and within a short few years the areas will look completely different.

Congratulations to Sue who is now a qualified Walk Leader. We have two photos this month of recently qualified Walk Leaders receiving their certificates, John being presented by Jacqui Shapland our Chairperson, and Sue being presented by Paul Davies our Secretary.

Sue certainly looks very happy to receive hers!



Sue & John, our newly qualified Walk Leaders.



We have a varied programme of walks planned for this month including my favourite, Buckland Filleigh, and Meldon Valley and Dam. The Dam looks spectacular following heavy rain but hopefully we will not be getting that in July.

All walks start at 10.30 am and are **FREE**. Membership forms are available from our Volunteer Walk Leaders prior to the start of the walk. Our website has lots of up-to-date information, together with our current programme of walks. **July's programme can also be found on page 41...**

Holsworthy Walk & Talk group report continued from page 40....

Our July Programme of walks:



Level 2 & 3 walks are every Friday at 10.30am. All these walks aim to be completed in about 90 minutes.

JULY Walks: Walk starting points as indicated below:

Friday 4th July – Level 2: ROADFORD LAKE.

Start from the free car park. See map online. Mainly hard surfaces with a few gentle inclines. No stiles. **LEADERS:** Mike Jackson & Sue Sturmey. EX20 4QT.

Level 3: - BUCKLAND FILLEIGH. Start from the Village Hall car park. Lanes, fields and tracks. Some steep inclines, can be muddy. Several stiles. **LEADERS:** Eric Boundy & Barbara Bishop. EX21 5HZ.

Friday 11th July Level 2: HALWILL JUNCTION - CHILLA. Start from Parish Hall car park. Lanes and hard tracks, gentle inclines, no stiles. **LEADERS:** Cheryl Collins & Paul Davies. EX21 5XW.

Level 3: - HALWILL JUNCTION - WOODS. Start from Parish Hall car park. Lanes and forest tracks. Gentle slopes and rough surfaces. Can be muddy. **LEADERS:** Kim Harris & John Weighell. EX21 5XW.

Friday 18th July - Level 2: HALIFAX WAY/ HOLLACOMBE. Start by the war memorial near Anvil Corner. Hard tracks, quiet lanes and one small incline. **LEADERS:** Mike Jackson & Richard Cook. EX22 6NR.

Level 3 - MELDON VALLEY & DAM. Start from The Quarry car park (see map). Lanes, fields, hard tracks. Some rough surfaces. Steep inclines. **LEADERS:** Eric Boundy & Jacqui Shapland. EX20 4LT.

Friday 25th July - Level 2: WITHERDON WOODS. Start from 200m inside main entrance on the Halwill to Roadford Lake road. Hard tracks, a few inclines. **LEADERS:** Mike Jackson & John Weighell. EX21 5TU.

July Walks Programme continued:

Friday 25th July - Level 3: - CHILSWORTHY.

Start from Village Hall car park. Quiet lanes, footpaths, steps and a few steep hills. 2 stiles. **LEADERS:** Sue Sturmey & Paul Davies. EX22 7BB.



Above: our walkers exploring what was once the Sheepwash Airfield

Holsworthy Walk & Talk Group contact details:

Our website has lots of up-to-date information, together with our current programme of walks, details below:

holsworthywalkandtalk@gmail.com
<http://holsworthywalkandtalk.co.uk>

Phone numbers:

Gillian Aston 07854677784 or
Mike Jackson 01409 261196 or
Paul Davies 07731 626594.

What is 159?

159 is a UK-wide telephone number that you can use to contact your bank's fraud department. It works similar to how 111 is used for the NHS and 101 for non-emergency calls to the police. Calling 159 allows you to speak to someone from your bank's fraud team. They can help you check on potential scams and verify the legitimacy of a call or message you may have received claiming to come from your bank. You can also use this number for added reassurance, prior to taking part in any new financial transaction.

If you receive a suspicious call or message, involving any type of financial transaction, including those claiming to be from your bank, your telecoms provider, HRMC, the police, STOP. Then call 159 to check on the call or messages authenticity. If you are making the call in response to an incoming telephone call, ideally dial 159 from a different phone to ensure the scammer can't intercept or redirect your call. If you only have one phone available to use, wait a short while, then phone a friend whose voice you will recognise. This ensures that your phone line is now clear. Then call 159.

159 is a safe and secure way to contact your bank, helping to protect you from financial fraud. The service is supported by major UK banks and telecommunications companies.

159 will never call you.

If you wish to report a Fraud or Cyber Crime please

visit: www.actionfraud.police.uk

M.A.G Double Glazing Repairs

- ❖ Replacement of misty or broken glass units
- ❖ Replacement of hinges, handles, locks & seals
- ❖ Letter boxes and cat flaps installed
- ❖ Installation of fascias, soffits & guttering

Over 15 years' experience



Call MARK for friendly advice and a
NO obligation quotation.

Tel: 07969 234161

John Sanders Park Trust



2025 DRAW

Our park is 100 years old this year!

It is 100 years this year since Pyworthy Park was established on land given to the village by Mr John Sanders. We are planning to hold an event in the Park to celebrate this amazing anniversary milestone. The date for your diary is:

Saturday 13th September

There is a meeting at the village hall on Tuesday 1st July at 7.30pm to discuss this event. ALL ARE WELCOME TO ATTEND.

Pyworthy Sports Club and the John Sanders Trust

As you will read in this edition of Pyworthy Post, it has been decided by the current committee of the Pyworthy Sports Club that after 26 dedicated and successful years of running the Club on the MUGA in the Park, the club will be disbanded, and we are delighted that the present committee will be joining forces with the John Sanders Park Trust trustees. Our combined manpower and resources will continue to maintain and improve all the facilities in the Park, which is an important and much-loved asset to the village.

The first draw was made at our recent meeting on 5th June 2025, and the winners were:

WINNERS of the 1st Park Draw of 2025 are:

1st Prize of £30 no. 65 Millie Moores

2nd Prize of £20 no. 4 Andrew Bevan

3rd Prize of £10 no. 90 Willow Martin.

It will cost you just £10 per ticket, which will enter you into each draw this year.

HOW TO BUY A LOTTERY TICKET:

There are nine further draws to be made throughout the rest of 2025. If you have not yet bought a lottery ticket, they are still available at £10 a ticket.

Please contact **Jane Oliver on 07500 834620**, if you would like to buy one. All proceeds after the prizes goes towards the upkeep of the Park.

T: 01409 253 533

www.renewsw.co.uk

Truly
LOCAL

renew SW LTD

DOORS • GLAZING • SOLAR PANELS

MAKE US 1 OF YOUR 3 QUOTES



Accredited MCS
supplier & installer
of Solar PV Systems



TRUST
MARK
Government Endorsed Standards



certass



Unit 9 Tamar Business Units
Holsworthy Ind Est, EX22 6HL

Useful Local Contacts Your Local Business & Services Directory

**Advertise in the Contacts
list for just £15 per year!**

Catering, Food & Drink SuppliesHargold Trading Ltd, 01288 381337
Chimney Sweep..... Humphrey Pullar 01409 240138/07984406290
Coarse FishingYeomadon Coarse Fishing 01409 253378
Computer Repairs Brian 07534804101
Decorating & Property Maintenance Julian Lapham 07765626069
Driving Tuition Evelyn Sharman 01409 259848/07885352082
Dog Grooming..... Avril's Mobile Grooming Service, 07811 320914 or 01288 381795
Dog Exercise facility Woofworthy, Holsworthy, call Becky 07887094320
Double Glazing M.A.G. Double Glazing Repairs 07969 234161
Electrical Contractors..... Algo Electrical Contractors01409 254595
Electrical Contractor Mike Daniel 01288 381342/07977 596772
Estate Agents Kivells 01409 253888
Fruit, Veg, Flowers & more Trigon Farm, Derriton – AI, 07988484069
Funeral Directors Arthur W. Bryant Funeral Service 01409 253000
Funeral ServicesDenise Wellington Funeral Services 01288 359277
Foot Care Kate Lord: 07557379099 Email: katescompletefeet1@gmail.com
Fencing/Garden structures..... WWW.RUBY-GROUP.CO.UK
General Builder James Mansell - General Builder 07896945889
Gun ClubWest Devon Air Gun Club, Nigel Palmer, 01409 254133
Grass cutting & garden maintenance Antony Jarvis, 07990016467
Heating Engineer Greg 01409 478198
British Hedgehog Preservation Society.....Bob Gelder, 01409-253791
Herbalist Diana Lee, Registered Medical Herbalist 01409 254450
Holiday Accommodation ... 01288 381272 email: jay@glebehousecottages.co.uk
Holsworthy NHS Dental Care 01409 255525
Holsworthy Golf Club.....01409 253177
Holsworthy Library 01409 253514
Holsworthy Medical Centre 01409 253692 **District nurses** 01409 255134
Holsworthy Post office & Sorting Office 01409 253608/01409 253236
Holsworthy Rural Community Transport team ... 01409 259001
Holsworthy Walk & Talk Group ...Gill Aston 07854677784
John Sanders Park Trust Martin Brennan 01409 691096
Line Dancing Group Brenda Martin 01409 253015
MOT & Garage Services ...Pyworthy MOT Ltd, Simon Martin 01409 254275
National Grid (report a problem line) National Grid is on 0800 032 0311
Oil Fired boilers & tanks/service & installations Greg 01409 478198
Police Non-urgent phone calls 101/email devon-cornwall.police.uk
Pyworthy Village Hall Bookings: Marie Heard 01409 254924
Organic Farm, Trigon Farm selling fruit & veg etc phone AI on 07988484069
Renewable Energy/replacement windows Renew SW Ltd, 01409 253533
Round Baling Stan Hopper 01409 253412
Rubbish Removal & Light Removals Service Man with a Van - Nigel 07725564331
Therapeutic Treatments CN Holistics 01288 381201
Torridge District Council www.torridge.gov.uk 01237 428700
Walling & landscaping services Call Dan on 07968996191 for a quote.

Algo Electrical



Domestic ~ Industrial ~ Commercial

Electrical Installation; fault diagnosis; consultation & advice, including renewable energy, alarm and security camera systems.

Telephone 01409 25 45 95

www.algo-sales.co.uk

Nofix-Nofee

Low Cost Computer Repair Services

We come to you!

- * Home or Office - No Call Out Fee
- * Email & Broadband Repair
- * Virus Infection Resolve
- * System Restore
- * New System Installation
- * Refurbished Laptops & PC's
- * Free Telephone Help & Advice
- * Hourly Rate and Fixed Fee
- * Onsite Fix & Repairs

Computer
Repairs
from only
£25



Tel: 01288 381061

Mobile: 07534 804101

Email: mail@nofix-nofee.net

Laptops for Schoolwork



Refurbished laptops that have been donated by generous customers, may be available to a child in need, for schoolwork.

**Contact Brian Meadows:
Tel: 01288 381061.**

**Read Brian's article on
page 37.**

Save Your Used Stamps for the Hedgehogs!



British Hedgehog Preservation Society

Macmillan no longer sells used stamps, but Bob has found another very worthwhile charity, who can make use of our stamps.

Please Save your used Postage Stamps!

Used National & International stamps can be recycled.

They will be used to generate income for the

British Hedgehog Preservation Society.

Simply pop stamps into an envelope and drop off at:

**9 Shortlands, Pyworthy or
Sunnymead, Pyworthy.**

Thank you!



Molesworth Arms Community

Pub - Update

There has been a significant response to the idea of a community pub, and we have had more than 100 expressions of interest for shares. However, not enough people feel they have the time or skills to be able to launch a public share offer to allow the community to buy the pub and turn it into an entirely community focussed venue.

Therefore, and with regret, the community pub committee will be wound down and an offer will not be made. We'd like to take the opportunity to thank all those people who came out in support of the community pub, especially Preston Gate Inn who offered to be a specialist consultant to help us through the startup and first steps.

The Molesworth Arms is still open and the opening hours can be found at moleswortharmspyworthy.co.uk.

Local Stove Supplier

CBL STOVES

The Showroom, Unit 5
Red Post, Bude, Cornwall
EX23 9NW

01288 381852
carl@cblstoves.co.uk
www.cblstoves.co.uk



- Stainless Steel twinwall flues
- Chimney Lining
- Iskoern Pumice lining
- Fireplace alterations
- Stove Installations
- Wood, Multifuel, Gas & Electric Traditional & Contemporary Stoves & Fires
- Chimney Rebuilds
- Slate, Granite & Glass Hearths
- Wood & Ceramic beams & surrounds
- Floating Shelves



Showroom Opening Hours:
Monday to Friday 9am until 4pm
Saturday 9am until 2pm

Call us now for a FREE no
obligation quote on:
01288 381 852

Website: www.cblstoves.co.uk
Email: carl@cblstoves.co.uk

PYWORTHY PARISH COUNCIL

Here are the contact telephone
numbers for our Parish Councillors:

Ros Skinner: Chair

01409 254159 or 07800667842

Andrew Parrish: Vice Chair

01409 254303

Nick Lock:

01288 381529 or 07989595372

Rob Moores: 01409 254192

Angela Skinner: 07794 344117

Martin Brennan: 01409 691096

Andrew Beaven: 01409 253509
(after 7pm).

For general enquires phone:

Simon Davies, Clerk on:

tel. 07989747416.

Email address:

pyworthy@yahoo.co.uk

**The date of the next meeting will
be Thursday 24th JULY at 7.30pm.**

JULY ANNIVERSARIES:

25th Anniversary, 5th July 2000, engineer Colin Fallows set the British land speed record at 300.3 mph (483.3 km/h), at Elvington, Yorkshire, in the Vampire turbojet-propelled dragster.

40th Anniversary, 13th July 1985 – Live Aid. Two simultaneous concerts in London and Philadelphia, plus other venues including Sydney and Moscow, raised millions of pounds for famine victims in Africa.

40th Anniversary, 23rd July 1985 – The Commodore Amiga 1000 personal computer was released. Its advanced graphics and audio capabilities led to it being called 'the first multimedia computer'.

56th Anniversary, 20th July 1969 – 'One Giant Leap for Mankind'. The Apollo 11 mission achieved the first manned moon landing. Neil Armstrong became the first person to walk on the lunar surface, famously saying, "That's one small step for a man, one giant leap for mankind."

60th Anniversary, 8th July 1965 – British Great Train Robber Ronnie Biggs escaped from Wandsworth Prison in London. He lived in Brazil until 2001 when he returned to the UK and was re-imprisoned. Released July 2009. Died December 2013.

75th Anniversary, 11th July 1950 - Andy Pandy made his first appearance on BBC TV's 'Watch with Mother' programme. He was later joined by his Teddy, followed by a rag doll called Looby Loo.



**JULY
2025**



Nature Notes

By Bryony Rylett

This month features an often-overlooked plant that research has shown, when growing on the outside of a house, will keep it cooler in summer and warmer in winter than the ambient temperature, the inspiration for Bambi and an insect with exotic colouring.

There is so much wildlife to see, hear and smell at the moment that choosing which species to feature in July's Nature Notes has been like choosing a favourite offspring, impossible; however, Ivy, Roe Deer and the Black-And-Yellow Longhorn Beetle eventually won out.

There are two, native species of Ivy in the UK: the 3-to-5 lobed *Hedera helix* or **Common or English Ivy** and the 5-7 lobed **Atlantic Ivy**, *Hedera Hibernica*.

Ivy is among a small group of native climbers that grow to great size; in Ivy's case, up to 30 metres. The Latin word 'helix' refers to Ivy's coiling habit.

Contrary to popular belief Ivy is not parasitic, does not kill trees or leech nutrients, rather it uses them as a climbing frame. It climbs by extending tiny, root hairs into any gaps in vertical surfaces (including masonry) then

secreting a gluey substance that secures it.



Above: A variety of Ivy leaf shapes found locally; showing both growth stages

Damage to Ivy clad masonry is more likely to be caused by pulling Ivy down than the Ivy growing on it.

Ivy is an important plant in the countryside and in wildlife-welcoming gardens. It supports up to 50 different species including moths, bees, butterflies and birds. The evergreen leaves provide nesting and roosting space for birds.

Ivy leaves have two growth stages: juvenile, when the 3-5 lobed leaves are dark green and glossy, then the sexually mature stage when Ivy takes on a bushier appearance and the emerald, green leaves become oval or heart shaped. This process can take up to 10 years.

Ivy's spherical flowers grow in small, round clusters on short stalks; each with five yellow stamens. They appear from September to November and are often pollinated by wasps that, like Red Admiral butterflies, feed in large numbers in the Autumn on the nectar-rich flowers.

Continued on page 51

Nature Note – JULY continued from page 50.....

The flowers will only appear if an Ivy plant has managed to grow in good light however Ivy is extremely adaptable and will carpet ground in shady, low light areas in woodland such as Leworthy Plantation.

After flowering small, purplish black, berry-like fruit appear. These fat-rich fruits are often the last source of nutrition for overwintering birds such as Redwings and Blackbirds once other berries have been depleted.

As you may expect from such a ubiquitous, hardy plant, Ivy has many stories and beliefs attached to it.

In the Celtic alphabet Ivy is associated with the letter 'G', or Gort meaning field. It is associated with the characteristics of ruthless achievement. The patterns in Ivy leaves were said to resemble wolf faces.

Ivy symbolises eternal life in the Celtic love story Tristan and Isolde. It is described growing on the illicit lovers' graves as a sign of their enduring love. The Romans gave wreaths of Ivy to the winners of poetry contests while both the Romans and Greeks believed wearing Ivy wreaths around their heads would stop them getting drunk.

Displaying Ivy with Holly in your home, especially at Christmas, is said to ward off the malicious intent of house goblins and in the language of flowers Ivy represents love, fidelity and eternity hence its inclusion in wedding bouquets and buttonholes.

In folk medicine Ivy, rich in polyphenols, is said to purify the air and have anti-inflammatory and

have anti-inflammatory and antioxidant and antioxidant properties. However, it can cause an allergic skin rash.

While Ivy is mildly toxic if ingested by humans it can be safely eaten by cattle and is occasionally used as an emergency feed. In Scotland magical powers were attributed to Ivy when it was used to keep evil away from cows and their milk.

Roe Deer will feed on the evergreen leaves of Ivy if other food is scarce, supplementing their usual diet of leaves, twigs, herbs, brambles and other woody plants.

Roe Deer, *Capreolus capreolus*, are the UK's smallest native deer and records date Roe to the Mesolithic period (6,000 to 10,000 years BC).

Although widespread in the Middle Ages they almost died out in the 18th century.

Now numbers are back up and Roe may occasionally be spotted in the woods, fields and even gardens of Pyworthy and individuals and pairs may sometimes be seen around the route of the old Bude railway.



Above: A wary Roe Deer Buck

Continued on page 52

Nature Note – JULY continued from page 51.....

Roe Deer continued

If spotted, wary Roe Deer will hop and bound for cover at speeds up to 60 km/h and a Roe buck can cover up to six metres distance in one leap and clear obstacles up to two metres in height from a standing jump.

Roe are increasingly being seen near towns and cities however it may be that with urban expansion is it more a case that humans are spreading into their space.

This month and next are rutting months when male Roe Deer (bucks), having established their territory in May, defend it against rival males. This can involve 'barking' at rivals, chasing them off or fighting them.

Territory established, female Roe Deer (does) are courted and mated. In biology unique to Roe Deer, the implant of the fertilized eggs is delayed until December. For four months of the gestation there is no embryonic growth. This is followed by five months of foetal growth. This adaptation avoids vulnerable fawns being born during winter. The fawns are born in May and June.

In height Roe stands up to 75 cm at the shoulder and weigh between 10 and 25 kg.

By comparison an average, 1.77m British man, by comparison, will weigh some 79 kgs. Provided they survive disease, vehicle collisions and being hunted they can live up to ten years. Roe deer colouring varies between a rusty red in the summer and grey in winter. Both male and females have a prominent, white rump; neither has a tail. Bucks develop small antlers with three points on each when mature

and said to be 'pearled' or 'beaded' with nodules.

If you don't see Roe, you may spot their footprints or 'slots'. These imprints, 4 cm long, are left in soft ground by the dainty footed foragers. They regularly use the same paths through their territory.

In Felix Salten's 1928 book Bambi, the Bambi character was a Roe Deer: a European species. When Walt Disney Productions made their 1942, animated, coming-of-age film the eponymous hero of the story was changed to an American, white-tailed deer as it was considered more recognizable to US audiences.

Last up...spotted on a **Rosa arvensis** or Field Rose near Vealand is the brightly coloured *Rutpela maculata* or **Spotted Longhorn Beetle**.

Right: A Spotted Longhorn Beetle



This large and colourful beetle (13-20mm) with striking markings has long, stripy, yellow and black, antennae; not horns as the beetle's name suggests. It is usually found near woodland or in hedges where there is dead wood for its larvae.

The markings on this beetle can vary but once seen and now is the peak time to spot them, this showy beetle is not easily forgotten.

Continued on page 53

Nature Note – JULY continued from page 52.....

The answer to June's Nature Notes' Question:

Ratty, Badger and Toad.

This month's question:

What is the name of Sir Edwin Landseer's, 1851, painting of a Red Deer Stag and for a bonus point how many points did the stag have on its antlers? No eye deer? Have a guess.

Answer in August's edition of Nature Notes.



Bryony takes all her own photos, which I hope you will agree, are outstanding.

Well done, if you noticed the Dangling Marsh Lover, as captioned, was conspicuous by its absence from the Nature Notes photo of the Dandelions last month. Here is again in case you were disappointed.

Right: A Dangling Marsh-Lover Hoverfly on a Dandelion

Sorry, this was missed in the June edition.



DENISE WELLINGTON
FUNERAL SERVICES

COMPASSIONATE, CARING,
TRUSTED & PROFESSIONAL

Memorials | Pre-Paid Funeral Plans

24 Hour Contact 01288 359277



Dementia Friends
An Alzheimer's Society initiative

Golden Charter
Smart Planning for Later Life



denisewellingtonfunerals.co.uk
enquiries@denisewellingtonfunerals.co.uk



Print deadline for the next edition of Pyworthy Post is:
Friday 25th JULY 2025 at 9am prompt!

(Dates & events were correct at the time of printing)

Diary dates this month:

Holsworthy Walk & Talk group enjoy a walk every Friday, see their programme on pages 40 & 41. Also, members take a short walk in Stanhope Park on Mondays.

Tuesday 1st July – meeting in the Village Hall at 7.30pm to discuss the celebration of our village park being 100 years old.

Thursday 3rd July – The British Gand Prix begins

Saturday 5th July until Sunday 13th July – St. Peters Fair in Holsworthy.

Thursday 10th July – The Goodwood Festival of Speed

Monday 14th July - Evelyn's Walks group will be setting off from East Vognacott, EX22 7BJ near Chilsworthy, at 10am. New walkers very welcome.

Saturday 19th July – Trigon Farm, Fresh flower wreath workshop, book online.

Saturday & Sunday 19th & 20th July – The Patronal Festival at Pyworthy Church, including an Art Exhibition – more information to follow.

Saturday 19th July - Fresh flower wreath workshop at Trigon Farm, book online.

Thursday 24th July – Pyworthy Parish Council meeting, 7.30pm in Village Hall.

Forthcoming Events:

Wednesday 13th August – Coffee morning in aid of Pyworthy Village Hall, at The Memorial Hall, Holsworthy - between 9am & 12 noon.

Thursday 14th August – Okehampton Show.

Thursday 28th August – Holsworthy & Stratton Agricultural show.

Saturday 6th September – Pyworthy Annual Village Show, more details on page 28. Programmes now on sale.

Saturday 13th September – Pyworthy Park celebrations – it's 100 years old!

Wednesday 24th September – Village Hall meeting at 7.30pm in the Hall.

Friday 3rd October – talk on the making of The War Horse film in Village Hall.

Saturday 1st November – “Not the Cowboys” band appearing at the Village Hall.

Friday 19th December – “Joy Machine” entertain in the Village Hall.



**Community Pub
update can be
found on page 47.**

RUBY

WWW.RUBY-GROUP.CO.UK

CLADDING | GATES | PLANTERS |
FENCING | PERGOLAS & MORE

BUILD YOUR
BESPOKE
DREAM GARDEN



SCAN ME



CLADDING

01409 231 763

GATES

WHY RUBY?

- ✓ MANUFACTURED IN HIGHAMPTON
- ✓ BESPOKE BUILD AVAILABLE
- ✓ FAST DELIVERY
- ✓ MADE TO MEASURE

FENCING

PLANTERS

PERGOLAS

Your Local
Team

KIVELLS

www.kivells.com



Kivells have served Holsworthy, the surrounding area and its community since 1885 and we are passionate about property. We know our local areas intimately and our dedicated staff strive to offer the best customer service in the industry.



Holsworthy

Kivells Property Suite
Market Square, New Market Road
Holsworthy, Devon
EX22 7FA
01409 253888
holsworthy@kivells.com



Jack Alford
Valuer



Mark Kivell
Office Manager



Daniel Stokes
MNAEA
Director



William Branton
Sales Negotiator



Enya Garrett
Property Secretary

