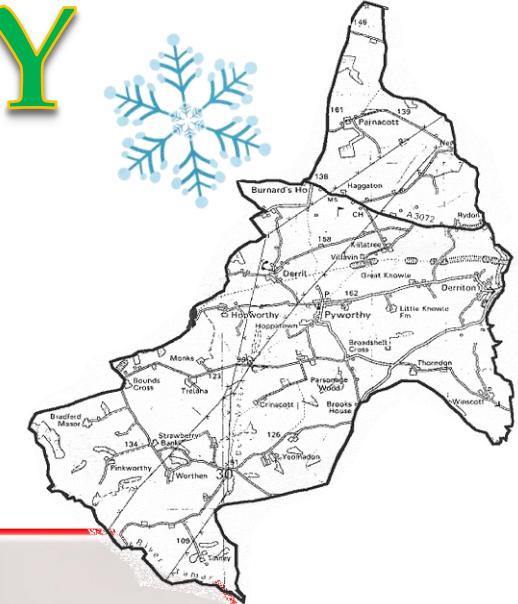


PYWORTHY

POST



Left: The Holsworthy Walk & Talk group recently visited the Diamond Jubilee sundial at Roadford Lake.

What's in your paper this month?

Forthcoming local Christmas events, plus much, much more turn the page and come inside.

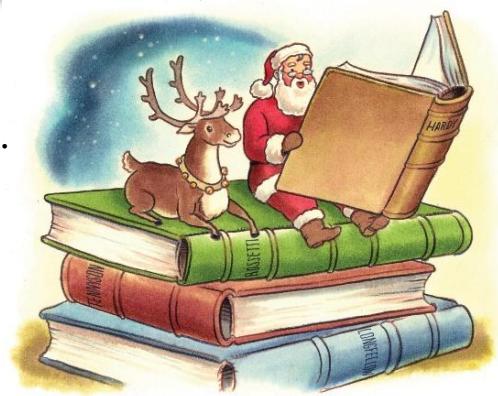


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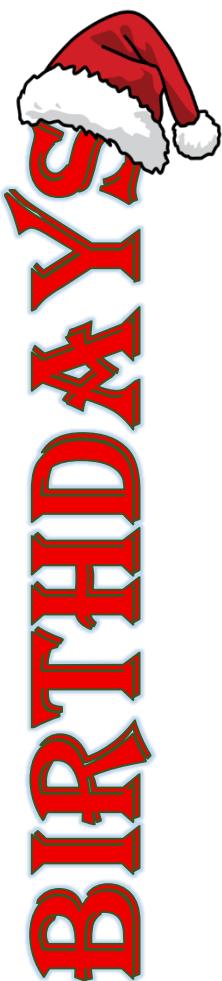
<https://pyworthy-parish.co.uk/>

and view the paper in full colour.



December 2025
Issue number 346

WHO'S CELEBRATING THIS MONTH?



DECEMBER

2nd Freya Glessing
3rd Pauline Waud
4th Tristan Abrey
6th Sue Lawrence, Jacob Nosworthy
9th Hermione Goldsmith
10th Carol Buse
14th Josie Richardson
15th Taffeta Thompson
18th Ned Oliver
22nd Sarah Moore
23rd Brian Rendle
24th Holly Martin
26th Lindsey Hopper, Janet Davies
28th Nicholas Lapham, Sharon McKenzie, Daniel Jones
29th Stan Hopper, Rupert Burnard



Community Birthday list

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

SPECIAL BIRTHDAYS AND FAMILY OCCASIONS



Welcome to the DECEMBER Edition

By Marion Ravn



Terry and I, wish you a very happy and healthy Christmas, we hope you have a wonderful time.

There are lots of Christmas events going on locally this month. Don't forget the Christmas Bingo! (see page 8 for details).

Our granddaughter has recently begun to write poetry and has written a Christmas poem. I was so impressed with her poem that I've shared it with you on page 28.

We have two returning advertisers this month – a big thank you to them. Kate's Complete Feet, on page 37. Kate is offering Christmas gift packages this year, if you are interested. Also, Ant The Lawn Ranger is available again, see his advert on page 45.

There are lots more great articles and reports to enjoy.

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

**Happy 3rd
Birthday**



To Evie Heard

**A Happy 3rd Birthday
on**

27th December.

**Lots of Love from Mummy,
Nannie, Grampy & family.
XXX**

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2. December Birthdays
3. Editors welcome & page Index
- 4/5. Church News & Church service information
- 6/9. Village Hall news, events and clubs information
- 10/13. My Electrical Industry Recollections by Mike Godfrey
14. Hedgehogs stamp collections
15. Sponsor's page & Answers to the November Poser Quiz
- 16/17. Pyworthy People & sunrise & sunset times
18. Men's Skittles Team, & sponsor's page
- 19/20. Gardening with Mike Godfrey
21. Evelyn's Walks group report
22. Church contact details and posters
23. Sponsor's page
24. Holsworthy Library – what's on in December
25. Police – Fraud warning
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27. Sponsor's page Christmas Cakes & Puddings – how to order yours
28. Poem by young Phoebe
29. Sponsor's page
30. Village Hall "Joy Machine" event poster
31. Line Dance Christmas Party for ALL
32. Christmas Messages
33. Creative Craft Club, sponsor & Fish n Things dates
34. Easyfundraising for the Village Hall & Holsworthy History Society news
35. **T.D.C. BIN collection dates NEW Pharmacy has opened**
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47. John Sanders Park Trust draw
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51. Save your stamps for Hedgehogs & Sponsor's page
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53. Pyworthy Parish Council & contact information & Rural Art Group
- 54/57. October Nature Notes series
57. Volunteers Needed & December anniversaries
58. Dates for your Diary
- 59/60. Sponsor's pages.

CHURCH NEWS



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

As I write this, I can smell Christmas cakes cooking in the oven, reminding me that December is just around the corner and my oven is going to get very busy.

On 11th November there were 23 parishioners gathered in church for a short meaningful service to remember the fallen from both the World Wars. Wreaths were then laid from the Parish Council and St Swithun's under the memorial inside the church, before being taken out later to the war memorial in the Triangle by the lychgate. That service is always a very emotional one and thanks must go to Mary Aicheler for leading it and to Heather for pitching the notes for the hymn and national anthem.

By the time you get your December Pyworthy Post the Xmas Fair will be over for another year, and we can now concentrate on looking ahead to the various services coming up, starting with the **Christingle at 4pm on Sunday 7th December**. Adults and children are always so very generous in bringing gifts for children being housed in the Women's Refuge in Barnstaple. We would just ask that there is a label suggestion age/gender appropriate. If you are unable to come to the actual service but wish to donate a gift it may be left in the church from 1st December.

Our Crib Service is being held on the Sunday before Christmas at 3pm when the children will be able to put the Email address: pyworthy@post.com Telephone number: 01409 478294 Page 4

various figures in the crib. On **Christmas Eve Mass will be at 8pm**, always a magical service with a chance to test our voices with all those favourite carols plus a new item which involves handbells – come along, see and hear! As we celebrate this wonderful time of the year may we not forget all those around the globe who have no access to shelter, food or medical needs. There are many in our own country who struggle, and we know that the many agencies around will be helping as many as they can, giving up time with their own families to assist where possible.

Children will be writing their list of wishes to Santa and I am sure there are quite a few wishes on our lists, but in a country where there is so much may I wish you "Enough" for your needs.

How many of you have read Charles Kingsley's book The Water Babies I wonder. There is a character in it that I try to follow. That is –

Mrs Doasyouwouldbedoneby, a benevolent fairy who teaches the story's protagonist, Tom, the moral principle of treating others as you would like to be treated.

For most of us Christmas is a happy time of year, but there are those for whom it is not a time for celebration but for remembering lost loved ones. May we not however forget whose birthday we are celebrating each Christmas. The Christ child came to bring love and forgiveness to the whole world.

So, may I wish you all a Very Happy and Peaceful Christmas and a Joyous New Year.

"May your holidays be happy days, filled with love and laughter.

And may each day bring joy your way in the year that follows after!"

United Benefice of Holsworthy

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



Benefice Services for DECEMBER

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

Worship and Prayer in the Holsworthy Benefice – DECEMBER 2025

Date	Bridgerule	Holsworthy	Pyworthy	Hollacombe
Sunday 7 th December	11.00am Sung Eucharist	9.30am Sung Eucharist	4.00pm Christingle Service	9.30am Holy Communion
Sunday 14 th December	11.00am Morning Prayer	11.00am Christmas Memorial Service	9.30am Sung Eucharist	3.00pm Christingle Service
Sunday 21 st December	6.30pm Carol Service	11.00am Sung Eucharist	3.00pm Crib Service	9.30am Holy Communion
9.30am Pancrasweek Crib Service				
Wednesday 24 th December	3.00pm Crib Service	4.00pm Family Nativity Service 11.00pm Midnight Mass	8.00pm Christmas Eve Mass	11.30pm Midnight Mass
Thursday 25 th December		10.00am Christmas Day Eucharist		10.00am Holy Communion
Saturday 27 th December				2.30pm Traditional Carol Service
Sunday 28 th December	10.00am Benefice Service in Holsworthy. Pyworthy - 9.30am Morning Prayer			
Sunday 4 th January	11.00am Sung Eucharist	9.30am Sung Eucharist	9.30am Family Service	9.30am Holy Communion

More Church news: page 22 – Church booking contact details, the Crib and Carol service at St. Swithun's Church, could you be a friend to St. Swithun's? Page – 43 Tree decorations & Christmas Tree Festival, Page 46 – information about the Pyworthy Christingle Service.



Pyworthy Village Hall News

Martin Brennan, Chairman



NOT THE COWBOYS

'Not the Cowboys'

Wow!! a night to remember, one of the busiest the Hall has seen in a long, long time. Massive shout out to the Team for an epic event. All your hard work and effort have truly paid off. Thanks for bringing the community together and making it an unforgettable evening. 🎉🎉🎉



Christmas Get Together

Talking of live music, our Christmas Get Together this year will be Friday 19th December where we will be delighted to welcome on stage "Joy Machine" The Band was created from a love and passion of music from 60s to modern pop. It promises to be a very enjoyable evening, so please spread the word and invite all your friends. There is a very high demand for tickets so:-

To avoid disappointment please telephone

**Marie on: - 01409 254924 or
Angela on 07794344117.**

For full details see poster on page 30.



'It's Christmas Time!'

As Christmas is fast approaching, we would like to take this opportunity of thanking you all for your continued support during 2025 and wishing you All a 'Very Happy Christmas 'and a Peaceful New Year.



Potters Fish n Things

Just to let you all know Olly will be reverting to his old timetable, which is the **Third Tuesday of each month.**

For further details see page 33.

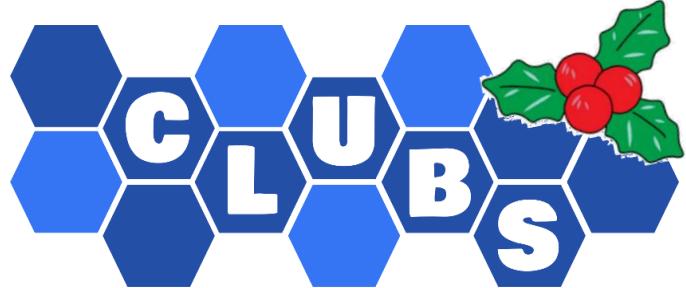
Dates for your Diary



**Our next meeting is on Wednesday 28th January at 7.30pm.
Please feel welcome to join us.**

**See page 34 for easyfundraising.
How you can help our Village Hall,
while you shop online.**

Pyworthy Village Hall continued ...



Village Hall Pub Nights!



This month our Social Evenings are:

Friday 5th December &
Saturday the 6th

December for Prize Bingo!

Don't forget to come along and join us for Beer or whatever takes your fancy and perhaps have a go at our next 'Play Your Cards Right' session on **Friday the 5th**. We look forward to seeing you all.

Doors/Bar Opens at 7pm until late.

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



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



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.

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 –

Thursdays 11th December, & will return on the 15th January. Time from 11.10am. Everybody welcome!

Thursdays: Creative Craft Club –

2nd & 4th Thursdays of each month, from 2.30pm until 4.30pm.

**Events
at the
Village
Hall this
Month:**

**Tuesday 16th
December**

Brenda's Line
Dance
Christmas
Party –
everybody
welcome.
See page 31

**Friday 19th
December
2025**

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

**Happy
Christmas**



Christmas Prize Bingo

Bar open 6th Dec

Doors open 7pm
Eyes Down 7.30pm
£1 Entry

Pyworthy Village Hall
Cash Flyer /Chicken Dinners /Raffle
In Aid of Atlantic Challenge GB Maritime
Training Trust
Charity No.1034969

Bad Jokes

Why did Santa go to music school?
To improve his wrapping skills!

What do you get if you cross a snowman and a dog?
Frostbite.

Why are Christmas trees so bad at knitting?
Because they always drop their needles!

Why was the snowman looking through the carrots?
He was picking his nose.



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 Thursday 11th
December. Returning again on
Thursday 15th January.**

**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 11

In at the Very Deep End

By Mike Godfrey



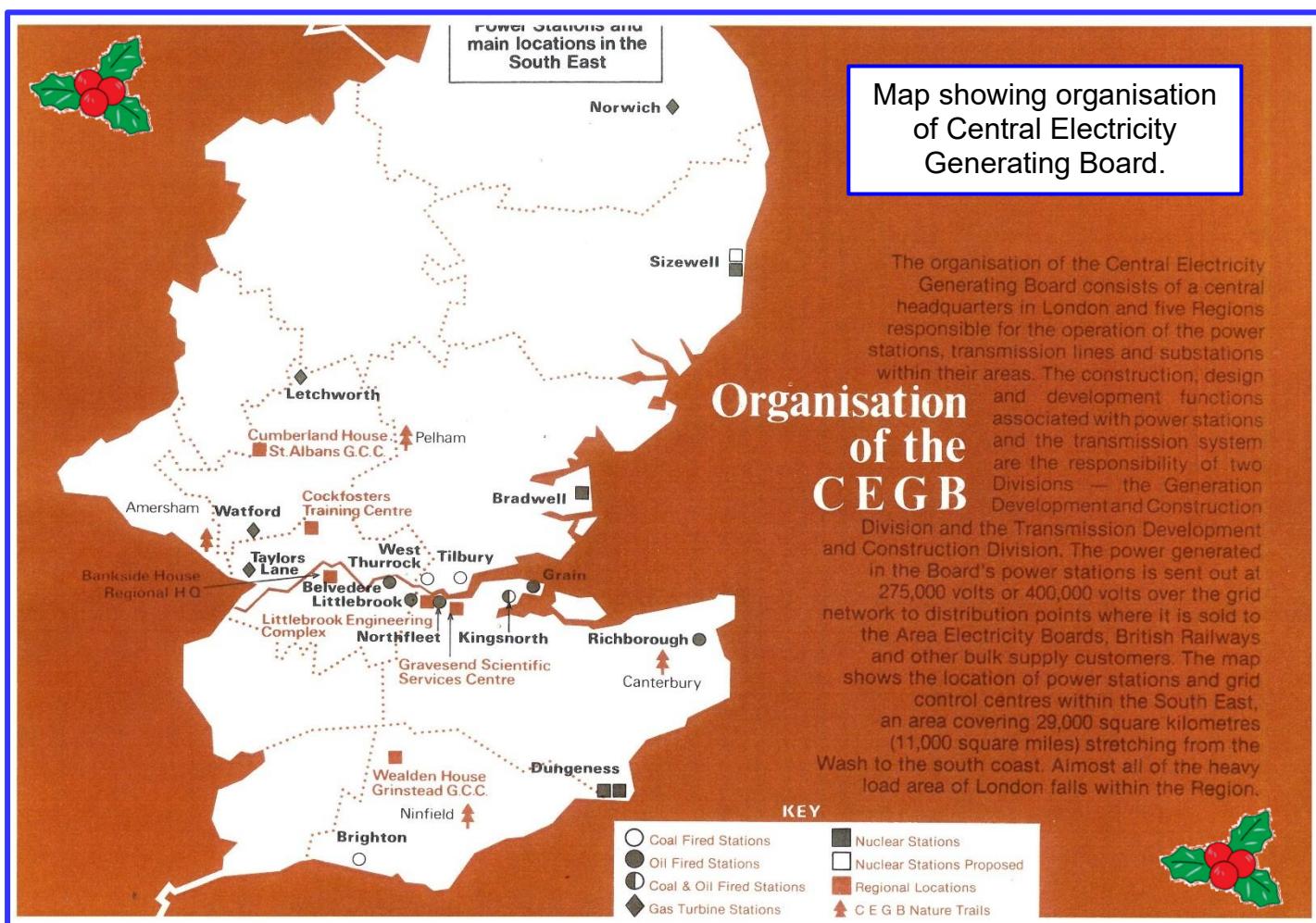
Life in Kingsnorth Power Station was pretty hectic, with constant pressure and each day the job list was challenging with a mixture of faults and commissioning and test work, all of which were high priority. It was very common to start on one task only to be dragged off to a more urgent one only to be moved on to yet another critical job to try and keep the Units running and at full output. On many occasions I wound up trying to move along more than one job at a time. In an atmosphere of uncertainty, there was one thing for sure I rarely got to do the work I had planned each day. The scale of the place didn't help as to check the key points on a circuit could involve walking 100's of metres and climbing many stairways to get to plant 100's of feet in the air. Sometimes control and sensing equipment could be in very inaccessible places and might involve climbing out on pipework or onto high level gantries. Most of the time faults involved going to junction or control cabinets, where I would be confronted with 100's if not 1000's of wires and connections. It took a bit of working out which was the circuit that I needed to check, particularly when under pressure with just minutes to try and rectify the problem. I soon learnt where all the key parts of the plant were and those parts most likely to give us trouble. Every day I was confronted with the problems of keeping the operational plant going and trying to

progress the commissioning of the other two non-operational units in time for the increased winter demands. We were so short of plant it was quite common for our emergency Gas Turbine plant along with other emergency plant in other similar Stations elsewhere to be running over the morning and evening peak demands because there just weren't enough generators to meet the demand. Many very old power stations with "clapped out" plant, outputting just a few thousands of kw's were called on but didn't always stay on but nevertheless every bit helped. The situation was so dire that a national switching memorandum was issued to all control rooms and the Grid Control Centres. There was a distinct possibility that the turbo-generators could become overloaded, which would cause them to slow down. This would slow the frequency (system speed) down and all the motors in the Power Stations would slow proportionately. The result would be less pumping power and fan output; the boilers would produce less steam and hence the turbo-generator would produce less output and the overload condition would get much worse very quickly, leading to a complete **continued on page 11...**

In at the Very Deep End continued....

blackout in the Country. To try and manage this, the memorandum instructed Control Staff to act without further reference to National Control to initially reduce the Countries distribution voltage in two 5% steps, which actually reduced the power demand by 20%, which helped considerably. However, if this failed to restore the system frequency to safe levels furthermore drastic action was to be taken with disconnection of whole towns and potentially cities, with hospital circuits the last to be touched. If we did actually get to that stage the Country would have effectively been blacked out, and the battle would have been lost. As far as I am aware we never got that desperate, but voltage reductions occurred fairly regularly at that time.

So many major incidents happened during the 8 years I was at Kingsnorth it is a job to remember them all, particularly in the chronicle order in which they had occurred, so please excuse me if I jump around a bit. Bearing in mind the environment we were working in and the weakness in the design of some of the major plant, including the generators, it was not surprising that some major faults were going to occur. To obtain the 500,000 kw rating the generators were water cooled, with pure water passing through the centre of the stator conductors, which were carrying about 13,000 Amps and operating at 23,500 volts, so nothing to worry about there then!! To further compound the potential problems the whole generator was pressurised to 60 psi with hydrogen, which if mixed with



In at the Very Deep End continued....

water or air can become an explosive mixture very quickly. If the water or hydrogen cooling failed there was only about 20 seconds to respond otherwise the machine would melt, such were the potential temperatures from the energy inside the machine. Hence everything was automatically controlled to trip the machine in such circumstances but it was far from full proof because of the complexity in the design. At the first inspection of Unit 1 Generator, serious failings were identified, the very thin lamination plates forming the core of the stator were coming lose, due to inadequate fixing arrangements and could break off and do a lot of damage. The machine was required back on for the autumn/wintertime and to swap the generator would take about 6 months even if a spare had been available, which there wasn't. So, we had to come up with a temporary fix, and me and another chap Mike Lee, had to climb inside the stator bore, once the 18 tonne rotor had been removed. This was a horrendous task in itself and involved having to dismantle the whole back end of the turbo-generator and de-couple the rotor from the turbine, where removing the fitted coupling bolts took up to a week to jack them out, and having to thread the rotor with complicated rigging arrangements out through the stator with about 25mm clearance and dire consequences if the rotor touch the core laminations. Our painstaking job was to inject epoxy resin in between the lose core plates to try and bond them together. A thankless task as the core was made



Above: Mike G. and Mike Lee inspecting the inside of 500MW generator, approx..1975

up of thousands of these plates. We were in there for literally weeks, continually finding new gaps to inject, bearing in mind we were inside a 360 degree work surface. Anyway we finished all that needed doing and got it all rebuilt for the end of September. Despite all our efforts we weren't confident because we hadn't fixed the root cause of the problem and the only long term answer was a new generator costing about £2m (£22m in today's money) with outage replacement costs approaching £1m a day (£11m today).

A replacement generator was ordered as an upgraded design but Unit 1 went back into service, basically because there was no alternative and it run through the next winter without issue, until one summers night in the following year, when it was at full load, when there was a terrific explosion at about 2.30am and the machine tripped off instantaneously.

continued on page 13...

In at the Very Deep End continued...

Guess whose phone rang? I got to site quite quickly, as we now lived close by and checked the condition of the generator. There had clearly been an internal explosion, the hydrogen seals had blown out and hydrogen had leaked creating a potential explosive atmosphere in the area. There was no prospect of restarting it and I ordered a full isolation on it for safety reasons with a CO2 purge on the generator. It was to take 2 more weeks to cut our way into the generator casing and remove the rotor to find the fault. When we got inside it was obvious that a piece of core plate had broken off and had acted like a hacksaw and cut through the conductor insulation shorting the 23500 volts to earth. It had blown a piece the size of a football out of the core.

Back to the night in question, if the generator wasn't problem enough the Operations staff pointed to another issue at the cooling water intake. The steam turbine needed 6 million gallons of water an hour and this was fed to it through a 16 ft diameter pipe and controlled by a butterfly valve of the same diameter. The pump for this water was powered from an 11,000 volt, 1,900 kw motor. The trip on Unit 1 had caused the butterfly valve to back flip cracking the pipework in the pumphouse, which was below the tidal levels of the River Medway and salt water was pouring into the pumphouse chamber, which contained four of these motors (1 for each Unit) plus a lot of other electrical control equipment. The situation was so bad that we had to shut down the other 3 turbines, causing real problems for the grid

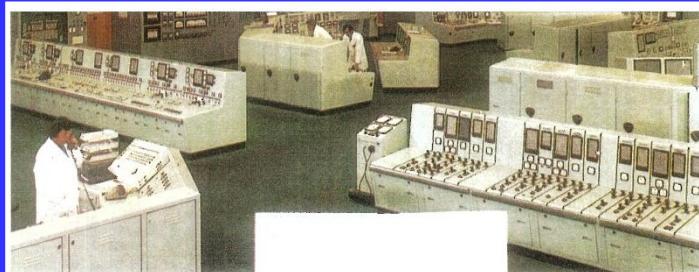
Email address: pyworthy@post.com Telephone number: 01409 478294 Page 13

system, and isolate the 11,000v supplies to the chamber, along with all other electrical supplies. On my arrival at this location, which was about $\frac{1}{2}$ mile from the damaged generator, I immediately checked with the Senior Operations Engineer that the water isolating sea gates had been fitted and was assured that this had been done. The water level was still rising and I arranged for all of our electric pumps to be deployed followed very shortly by the 2 or 3 large diesel pumps that we had on site. It was clear that the water level was still rising, so we contacted the fire brigade and fire engines from all over Kent started to arrive and started to pump over the sea wall, I never did count them, but it seemed like about 20. At this juncture we again asked the Operation staff to re-check that the sea gates were correctly fitted. Meanwhile we had contacted the Royal Engineers based a few miles from us and they arrived with two massive gas turbine pumps and soon joined the spectacular sea water display over the sea wall. Shortly after this I was informed that one of the sea gates had not been fully shut and hence we had spent two hours or more circulating the River Medway over the sea wall – we had lost the battle due to this incompetence.

The resulting cost from that one incident, caused by the poor generator design, which could be argued was the result of trying to outflank the technology of the day in a desperate attempt to get ahead of the rising demand curve. That one incident probably cost £160m (£1.7 billion in today's money) in replacing the wrecked generator and high voltage motors **continued on page 14...**

In at the Very Deep End continued...

as well as having to replace the lost generator output with much less efficient old generators. It took over 4 months to remove the old generator and build and fit the new one, which weighed 350 tonnes and needed two gantry cranes linked together to carryout the lift. For most of that time I was working 15 – 18 hours, 7 days a week, it was like being on a treadmill that you didn't dare step off, such was the intensity of the work activities. When the job was finished and the generator was fully loaded and we had hit the target to get the Unit back on for the autumn and winter period, I could at last take my foot of the accelerator pedal. I was in a bit of a state and didn't really know what day it was. I had basically only gone home to sleep for most of the 4 months. At the end of it, I had 6 weeks extra pay and 3 or 4 weeks off but it took me around one or two weeks to come back to normality!!



Above: Kingsnorth Power station control room, showing the Unit desks and central control desk



Next time more serious incidents from the jinxed Power Station

Update from our local hedgehog family



Hello Humans!
All well here at Hedgehog House and the recent rather damp weather has tempted a good turnout of the slimy slugs - much to our taste! However, you upright creatures are about to get into something called Crimbo in December - which hopefully means lots of mail to wish you all well.



We don't send cards ourselves as we can't reach the collection boxes, but PLEASE do save those postage stamps from near or far. Put them aside and drop off at the addresses listed on page 51.



**Thank You – Happy Christmas!
Harry & Henrietta**

Keep saving your used stamps for the B.H.P.S!



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.



A Very Merry Christmas
to all our customers.
Thank you for all your
support during the
year. Simon

NOVEMBER'S PYWORTHY POSER QUIZ

ANSWERS:

1. 2nd Sunday in November.
2. 7,139.
3. No. It is a personal choice but should "be worn with pride" (RBL statement).
4. No. Berets & Medals may be worn. Correct "rig" is lounge suit or blazer.
5. Directly to TBL. (Declared "assets" of RBL A/cs in 2023 were £95.6 Million).
6. Empty Tomb (in Greek).
7. £4.67
8. Hamburg.
9. Yes, when wearing headdress, i.e. beret or ceremonial hat.
10. Yes: 11th November & Remembrance Sunday.



**How did you do? Why not try this month's quiz on page 48.
Pyworthy Pilgrim.**

Pyworthy People - DECEMBER 2025

In the Spotlight



Ben McKenzie

Name: Ben McKenzie

Age: 23

Occupation: Musical entertainer, acoustic guitarist, singer-songwriter, piano and ukulele player, performer in care homes, pubs and at parties (bookings welcome).



Place Of Birth: Plymouth.

What is the best thing about Pyworthy and why?

It's very calm when you go through the village; it's peaceful.

What one thing would you change about Pyworthy and why?

It's a shame to lose the school (Ben was a pupil at the village school). I would like it back and if I have children they would be able to go there.

Describe yourself in 3 words:

Inquisitive, helpful, creative.

How do you like to spend your free time?

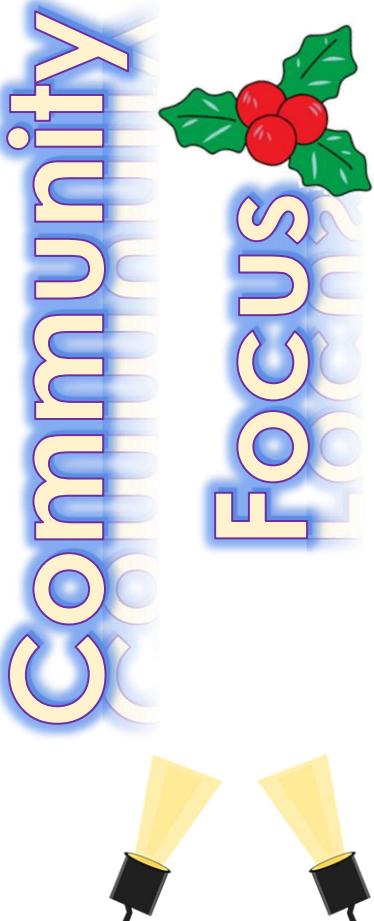
Lots of song writing and recording music. I like delving into old music. I play a lot of chess on-line. Being outdoors, running, going for beach walks and bird watching.

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

I have always wanted to visit the Galapagos Islands to see Marine Iguanas and Blue Footed Boobies amongst other things.

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

David Gilmour of Pink Floyd and Great-Great Uncle, Able Seaman Albert McKenzie, who, aged 19, received a Victoria Cross in the First World War and has a statue, in his honour, in Bermondsey, South London where he lived. (As it's Christmas, when there is always room for an extra guest, the editor allowed two people).



Thanks go to Bryony Rylett for your research.

Continued on page 17

* In a Pyworthy Post **exclusive** - Ben revealed he has recorded and released, on various streaming platforms, a Christmas recording called 'Christmas Card'.

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

Buy a house in Devon, take the family on holiday, donate some money to the RSPB and Devon Air Ambulance, as members of my family have been airlifted by the helicopter and have some studio time to record some music.

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

1. I would like flexibility in my future; to be self-employed but able to travel.
2. I would love to write a song a lot of people would hear and enjoy.*
3. I would like to see all my friends succeed; I would like them all to do well.

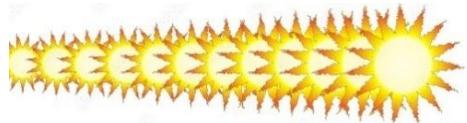
If you had to flee your home at very short notice what three items would you grab?

1. I would make sure the pets were out, including my pet Corn Snake 'Indy'.
2. My tub of important things, bits and bobs, I keep in my room.
3. My Gibson SG (Solid Guitar) with ACDC engraving; an 18th birthday gift.



Dates for your diary are on page 58 this month.

Sunrise, Sunset Times for the coming month:



1st December 2025 (UK, Exeter)

- ☀ Sunrise time: 07.54am GMT
- ☀ Sunset time: 16.11pm GMT
- ⌚ Length of day: 8 hrs 17 mins.

31st December 2025 (UK, Exeter)

- ☀ Sunrise time: 08.16am GMT
- ☀ Sunset time: 16.18pm GMT
- ⌚ Length of day: 8 hrs 02 mins

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!**



Glebe House Cottages
Est. 1985

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.

Glebe House Cottages, Bridgerule
www.glebehousecottages.co.uk
Telephone: 01288 381272



Did you know that Christmas Day was the 6th January many years ago?

Why was Christmas changed from Jan 6 to Dec 25th?

January 6th is known as Old Christmas, a day originally designated for celebrating the birth of Jesus under the Julian calendar. The shift to the Gregorian calendar by Pope Gregory XIII in the late 1500s moved Christ's birthday to December 25th.



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



When I read last year's gardening report for November time it indicated that the weather and the plant growth was virtually the same to the week possibly even to the day for this year. Without my notes from last year, I would have argued somewhat differently. There's one thing for sure I wasn't picking any runner beans on the 18th November this year, the virus that affected them had killed them off long ago. I will leave that polytunnel dormant in the coming year and carryout some cleansing work and add a large helping of healthy compost, whilst employing the no dig methodology as much as possible. This is recommended by Al and Marianne from Trigon Farm, and they are a shining example of this way of gardening. As I am writing this, I can feel my enthusiasm for gardening waning away, as it does most years around this time. I will of course order my seeds and give some thought to what I want to do next year, whilst I get on with jobs that I need to do in the coming months such as tree and shrub pruning, removing all the dead vegetation from the polytunnels and planters and generally tidying the garden areas as well repair fences and gates and probably many other things I haven't thought of yet but certainly not in December. I firmly believe that this natural break created by nature is important and enables me to come back to gardening with renewed enthusiasm each spring, never ceasing to be impressed and invigorated by the

the fresh spring growth and my seeds bursting into life. Hence, I won't be writing too much about gardening for the next 2 or 3 months. Terry and Marion Ravn kindly donated some of their prize cacti to me. Lovely specimens, that had unfortunately outgrown their space. There are 3 lovely Golden Barrel (*kroenleinia grusonii*) but more popularly known as "Mother in laws Cushion". Very appropriate don't you think? (see the pics). They are actually classed as an endangered plant! I must do my very best to look after them during the colder weather, so I have rigged up some temporary heating and if necessary, I can cover them in fleece, but they struggle to let go of that!



The Crinacott Cacti are ready for winter



continued on page 20

GARDENING MATTERS from CRINACOTT
continued from page 19.....

My hopes of creating an instant wildflower meadow continue to be dashed, principally because I didn't do it correctly in the first place and thought that I could be clever and short cut the process. Nature has a way of teaching you a lesson! If I can find the time, I will cut the grass very short over winter and then plant plenty of yellow rattle plugs in the early spring and yet again sow the whole area with wildflower seed to see if I can actually gain a foothold.

Despite the state of my brussel plants following numerous caterpillar attacks as reported earlier in the year, amazingly the Brussels have continued to grow normally, and we have had our first picking, and they were very nice I am expecting them to be even better now that they have had a frost on them. Talking of frosts, the overnight frost on the 20th November has finally done for my Begonias. Up until that point they had all continued to produce a really lovely floral display.

Meanwhile, here are some other jobs that you may need to get to grips with during December and into January/February:

- As always, keep weeds under control; don't let them get on top of you. Don't forget the good old Hoe or if necessary, the strimmer to stop weeds going to seed. Remember one year's seeds equate to seven years weeds.
- The next month or two are ideal times for selecting and planting new fruit trees or bushes but be sure that you select a variety that is

compatible with this area and is either self-pollinating or there are other compatible pollinators in the immediate area.

- This time of the year is also the best time to plant bulbs. They look best if they are cast over the ground where you intend them to be planted. Wherever they fall, this is where they are planted. This gives the best effect. Bulbs should be planted about 6in (150mm) deep.
- Make sure that you continue to dead head your flowers to keep many plants flowering while the weather permits, roses that have finished flowering, should be trimmed back by about half their height to prevent damage root damage due to wind rock during autumn and Winter
- It is also a good time to start pruning fruit trees (except plums), when they become truly dormant and it is not too frosty. Try and remove any branches that cross or rub against each other, as this can be a source of entry for diseases. Then try to prune the remaining branches to form a bowl shape and then lastly trim back to keep the height and width of the tree under control. I will write something on pruning in the coming months.
- Don't forget to start to select your flower and vegetable seeds for next year.



If I can also take this opportunity to wish everyone a merry Christmas and above all a happy and healthy New Year.

Evelyn's Walks Update

By Evelyn Sharman,
Group Organiser



If you would like further information,
you are welcome to contact me.

Evelyn Sharman Tel: 01409 259 848 Email:
evelyn.sharman@btinternet.com



On Monday 10th November, we met at Higher Larkworthy Farm with kind permission of the Kirk family. This is very much a working, farm & so we were especially grateful for their kind hospitality whilst normal farming activities carried on. I don't think anybody anticipated the sudden downpour between leaving home & arriving at the farm. We were all very grateful for the shelter of a barn whilst seriously contemplating whether we actually wanted to get a soaking!! Nobody changed their mind & so we set off along the concrete drive towards the main A388 which is where the footpath officially starts. We bared left part way along the drive through Lower Larkworthy Farm. This is another working farm but a lot of the original buildings have been converted into holiday accommodation over recent years. The footpath took us past a couple of very cute ponies tucking into a hay net & then we cooed over what are known as "the cutest sheep in the world". The Valais Blacknose ewes were in a field on one side & the rams on the other. Their horns were amazing! The footpath took us across a couple of lush green fields & then a wooden footbridge over the stream. We then had a bit of a climb the other



Above: the walkers are pictured near Henford

side but a horse & a pony in an adjacent field gave us a reason to take a break. When we reached the lane at Henford, we turned left & went down the hill. The photo was taken on the bridge at the bottom. Of course, we then had the climb up the other side & it's steep!! At the top of the hill, we ventured alongside Kit Hill House which is being renovated. It has a new roof & fantastic chimneys. How lovely that the property is being brought back to life by a new owner. We followed the privately owned track back towards Higher Larkworthy Farm enjoying the far reaching views along the way. It's a lovely walk of approx. two miles & I omitted to say that the sky cleared & the rain stopped soon after setting off which made it all the more enjoyable.

The next walk will be on Monday 8th December. We will set off from The Square in Bradworthy at 10am. You are very welcome to contact me for more information.

Hollacombe Church

Advanced Notice

Saturday 27th December Traditional Carol Service at 2.30pm, plus seasonal refreshments.

Pyworthy Church

Sunday 7th December our family Christingle Service at 4.00pm.

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.



Pyworthy

St. Swithun's Church

**Our Christmas
Carol and Crib
Service, will be
held on
Sunday the 21st
December at
3.00pm.**

**Everybody very
welcome!**



Could you be a friend to St Swithun's?

Do you want to be more involved in the Church keeping it at the heart of our community without attending services?

In the last 10 years The National Churches Trust has reported 3500 churches have shut in the UK. The Church of England are shutting 20-25 Churches each year.

We have a number of restoration projects that are needed on our beloved building for which we will need the support and knowledge of the community.

We want to keep it a treasured part of our heritage to pass to future generations.

So can you help?

Could you be part of a Friends of St. Swithun's group, supporting and actively fundraising?

If so please speak to the Church Wardens Liffy Lowes or Alison Davies or you can email Alison:

alicrane.27@icloud.com





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**MERRY
CHRISTMAS**



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Email: evelyn.sharman@btinternet.com

Holsworthy Library

Tel: 01409 253514. Email: holsworthy.library@librariesunlimited.org.uk
www.discover.librariesunlimited.org.uk

Also, Holsworthy Library on Facebook and Instagram

WHAT'S ON AT HOLSWORTHY LIBRARY - DECEMBER 2025



- **Photography on Your Mobile Device**, Monday 1st - 2:30pm-4:30pm. Free (please book via Learn Devon on 01392 384094).
- **Bounce & Rhyme**, Thursday 4th, 11th & 18th - 2:15pm-2:45pm (term time only). Songs and stories for children 0-4 years old.
- **Photography for Wellbeing**, Thursday 4th - 11am-1pm. Free to attend but limited places - please book with library staff.
- **Willow Wreath Workshop**, Saturday 6th - 2pm. Free to attend but limited spaces - please book with library staff.
- **Lloyds Bank Community Banking**, Monday 8th & 22nd - 2pm-4pm. Free drop in sessions.
- **Felt Ornament Workshop**, Thursday 11th - 10:30am. Free to attend but limited spaces - please book with library staff.
- **Using the NHS App on Your Mobile Device**, Monday 15th - 2:30pm-4:30pm. Free (please book via Learn Devon on 01392 384094)
- **Self Service Baby Weigh**. Every Thursday 1pm-4pm.
- **Lego and games** for children. Every Saturday - 10am-12pm

Christmas & New Year Opening Hours
Open Monday 22nd then closed until Monday 29th
Open Wednesday 31st 10am-5pm (please note, closing at 5pm not 6pm)
Closed Thursday 1st January then back to usual opening hours.

Free hot drinks available during opening hours.



Library News

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.



ONLINE SHOPPING FRAUD!



Devon and Cornwall
ALERT



ONLINE SHOPPING FRAUD

Online shoppers looking for savings over the festive period are being urged to stay alert to potential scams and secure their accounts ahead of the Black Friday sales.

Some £11.8m was lost to online shopping fraud over last year's festive shopping season (from 1 November 2024 to 31 January 2025), according to data from the City of London Police, the operational lead for tackling fraud nationally.

Advice

The government's **Stop! Think Fraud** campaign provides trusted, practical guidance to help individuals and small businesses protect themselves from cyber criminals at a time when many people will be looking for deals online.

Check the shop is legitimate: check reviews on trusted websites before you buy.

Secure your important online accounts: turn on 2-step verification (2SV) for all your important accounts to instantly toughen up your online security, even if your password has been compromised. It creates an extra layer of security making it harder for fraudsters to access your information.

Check out and pay securely: check out 'as a guest' if you can, don't allow the website to store your bank/card details. Never pay by direct bank transfer and use a credit card (if you have one). If you use payment services such as PayPal, Apple Pay or Google Pay, check what cover they provide.

Email address: pyworthy@post.com Telephone number: 01409 478294 Page 25

Beware of delivery scams: if you receive a message or a phone call about a delivery, stop and think if the request is genuine. Don't click links in unexpected messages. Check a request is genuine by contacting the organisation directly using the contact details that you know to be correct. Be ultra cautious if you use the contact details that have been sent into you, in a text or email. Ask yourself "How do I know if these contact details are correct?"

Reporting

If you think you have been a victim of cybercrime, please report the incident to Action Fraud via phone (0300 123 2040) or via their website at <https://www.actionfraud.police.uk>

If you think you have lost money or given out sensitive financial information to scammers, alert your bank / financial institution. Call them right away to inform them of the suspicious incident. You can quickly reach many UK banks' fraud departments by calling **159**. If you've received a suspicious email, please forward it to the NCSC's suspicious email reporting service (SERS) report@phishing.gov.uk Forward suspicious text messages onto 7726.

More information, including advice on how to protect yourself against phishing, can be found on the **NCSC** website.

How About a Christmas Day Dip?



10.45am – 12 noon at Crooklets Beach, Bude.

Hosted by Bude Surf Life Saving Club and running for over 35 years from Crooklets beach, the swim takes place to raise money in memory of former member Mike Moyle. Everyone is welcome to join in, though be aware children under 14 must be accompanied into the water by an adult. Refreshments are provided free of charge, and you can either find sponsors before the event or make a donation on the day.



Line Dancing!



Christmas Line Dance Party on Tuesday 16th December.

Everybody welcome – see poster for details on **page 31**.



To all my
dancers!

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!

Trigon Farm, Derriton, Holsworthy. EX22 6JU

Forthcoming Events & courses:

Christmas wreath workshop – 6th December

Christmas table arrangement workshop – 20th December



**This month –
wreath making &
Christmas table
decorations.**



**Wishing all our
customers a very
Happy
Christmas!**

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

Preparing for Christmas?

Why not let Gill & Liffy help. They have years of experience in cooking great Christmas cakes and puddings, using only the best ingredients.

Gill & Liffy are on their marks, mixing bowls at the ready. To take advantage of this offer please do give them a ring with size/shape and they will get baking! They await your calls....



Cakes are undecorated.

**Order your Christmas Cake &
Pudding now!**

**Gill Tel: 01409 253135
for Christmas cakes or email:
mikethemadmajor@hotmail.co.uk
Liffy Tel: 01409 254423
for Christmas puddings.**

CHRISTMAS

By Phoebe Bush, aged 9 years old

Christmas, Christmas all around,
I hear the carols making a lovely sound.

Twinkle, twinkle shine the stars,
Up there in the sky, they're as bright as Mars.

Christmas time is nearly here,
People sharing joy, filled with festive cheer.
Green Christmas trees where birds like to perch,
Whilst people in Pyworthy like to go to church.

Stuffing, sprouts, Yorkshire puddings all in my dinner,
I scratch of my scratch card look I'm a winner.

I feel the breeze, so I zip up my coat,
Look at a snowy field see a goat.

Potatoes, carrots, cauliflower,
farmers work hard in the field's hour by hour.

Christmas crackers go POP,
Ahh, I spilt dinner down my top.

Now we can wrap up toasty and warm as it's Christmas,
And it's like I've been reborn.

We eat dinner, which was a yummy roast,
Christmas time is fun, so I love it the most.

Merry Christmas



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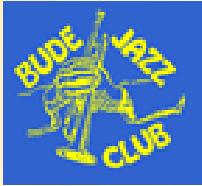
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- Mini Bus Hire for Community Groups & Charities
- £100/day - £65/evening
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Call
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The Carroll Suite, Holsworthy Memorial Hall,
Holsworthy EX22 6DJ



Bude Jazz Club

The Falcon Hotel, Bude.
EX23 8SD

Kevin Grenfell's Jazz Giants
Wednesday 10 December 2025
8.30pm to 11pm.

Tickets £15 can be purchased on the door or purchased in advance.
Telephone 01288 355758.

Members £10, Visitors £14
Annual membership only £20



Bude Jazz

www.budejazzclub.co.uk

email: budejazzclub@gmail.com

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Cars for Care

- Door-to-door service
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The Carroll Suite, Holsworthy Memorial Hall,
Holsworthy EX22 6DJ

Every Saturday!
Holsworthy: 10-2.30

2 HOLSWORTHY WEEKLY
Christmas Market
Manor Hall;
back of memorial hall

Come see us every Saturday from 1st November
until 20th December. Mix of stalls from gifts,
sweets and fudge and homemade crafts, plus
many more. Some different stalls weekly.

Most weeks - tattoos and
glitter tattoos available for kids big and small!

**ALL WELCOME,
FREE ENTRY**

Contact Becky on 07971 470454 for more info
or to book a table; £6 per table



**PYWORTHY VILLAGE HALL PRESENTS
LOCAL PARTY BAND**

JOY MACHINE

FRIDAY 19TH DECEMBER 2025

DOORS OPEN AT 7:30PM

LICENSED BAR

CHRISTMAS RAFFLE

TICKETS £10 EACH

TO INCLUDE MULLED WINE & A MINCE PIE

ARE AVAILABLE NOW FROM

MARIE 01409 254924

OR ANGELA 07794344117

Registered charity number 290013



Events this month – Happy Christmas!



LINE DANCE PARTY

"Hey there! You are all invited to our
Line Dance Christmas Party"

Pyworthy Village Hall on
Tuesday 16th December,

from 7pm until 11pm.

The amazing Darren Flack will be
entertaining.

Tickets cost £10pp and are available from Brenda.



Just call Brenda on:

01409 253015

You are welcome to bring
your own drinks & snacks.



Merry Christmas

I wish all my friends of Pyworthy village
and Parish, a very Happy Christmas.

Best Wishes for a Happy New Year

Love from
Mary Cleave
Fairfield Residential Home





Creative Craft Club

The afternoon craft club takes place in Pyworthy Village Hall on the 2nd & 4th Thursday of each month, at 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.

Phone Marie on:
01409 254924

ARTHUR W. BRYANT FUNERAL SERVICE

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CARING@AWBRYANT.CO.UK



Coming to the Village Hall on
TUESDAY 16th DECEMBER!



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

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

Trustpilot

1.9 million users

Action Fraud

Report Fraud & Internet Crime
0300 123 2040

CRIME STOPPERS
0800 555 111

Call anonymously with information about crime



**DOGS TO BE
KEPT ON A LEAD**



**PLEASE
NO FOULING**



Holsworthy History Society

The November meeting of The Holsworthy History Society met as usual in The Manor Suite to hear a talk by the chairman of The Bude Canal Society who with the aid of slides shown by another member described the original uses and happenings of the canal to the end of its 'trading' days brought about as with most canals by the railway. The buildings etc used in those days are now mainly dwellings. The warehouse at Hele Bridge is now a small museum opened for visitors from July to September. Many of the old-style bridges over the canal further on into the rural areas have been reinforced and replaced and being widened to accommodate modern traffic.

The December meeting takes place in the form of the AGM...all members are welcome and after a short business meeting refreshments will be served and a catch up on things in general.

The next meeting in 2026 is Thursday March 12th when the speaker will be Mr Mark Shepherd, a local retired vet talking about practises over the years. All most welcome.

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

Margaret Stacey

Please ensure your black bags, recycling and garden waste bins are presented by

6:00 AM

For more information and collection dates visit
www.torrige.gov.uk

A NEW Pharmacy has Opened for Business in



A new pharmacy called **Allied Pharmacy** opened in Holsworthy on the 20th November, taking over the former Jhoots Pharmacy location. Allied Pharmacies acquired 60 Jhoots branches and has reopened the Holsworthy branch, which was previously closed. The new owners are working to fully restock the shelves to meet the community's needs.



Pyworthy Christmas Bin Collections



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

Black bag collection days are:

**Friday 12th December
Tuesday 23rd December
Friday 9th January 2026**

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 8th December
Monday 5th January 2026**

For more information go to:

www.torrige.gov.uk

Or phone:

01237 428700

Read online at:

<http://www.bit.ly/postpy>

and view the paper in full colour.

(don't use a search engine)

Popular Apps for Teens can be Very Dangerous

By Brian Meadows of Nofix-Nofee

Does your teenage child have a mobile phone, silly question I know. No teenager wouldn't be seen dead without one. So why this article? You may be aware your child uses YouTube, Instagram, TikTok, Messenger, Facebook.

Not sure? Would they tell you anyway? There are over 25 popular Apps kids can use to chat or exchange content. So here are a few more you may not know about:

weBelong, Yubo, BeReal, F3, Dispō, iMessage Game, Poparazzi, Whisper, Lapse, Houseparty, Discord, Doublicat, Kik, Picsart and there are more regional ones, but this list is quite extensive and you think Parental controls monitor them? Some do and some don't.

Parents Need to Know:

Instagram is the second most popular app among 13-17-year-olds and experts found access to pornographic content easy to find, it is a serious problem on Instagram, but Facebook, owners of Instagram, know about this but suppress the data.

An internal study by an American Journal found that Instagram contributes to body image problems and undermines mental health, especially for teenage girls.

Facebook say Instagram features a variety of safety measures that parents can use to ensure their children's online security, such as age restrictions and account privacy settings.

There are several tools available for monitoring activity on the app including blocking or restricting



Online safety!

certain accounts from appearing in searches or newsfeeds.

I once knew a family with a teenage daughter, now graduated out of university, but both arms were covered in a mass of scars. A stark reminder of the dangers of the Internet, let alone the threat of Paedophiles, or the encouragement that life is worthless, had the parents known things may have been different.

When buying or replacing your child's phone this Christmas, go to this website.

<https://findmykids.org/>

This well written and well researched website can be most helpful in your child's online safety!

For computer help and advice, Tel

Brian Meadows 01288 381061

Nofix-Nofee Computer Repair Service. (nofix-nofee.com)





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Foot Healthcare

Do you have a
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- Corns
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Limewash & Lime Plastering**

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



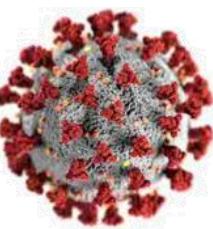
Jamescancott@gmail.com



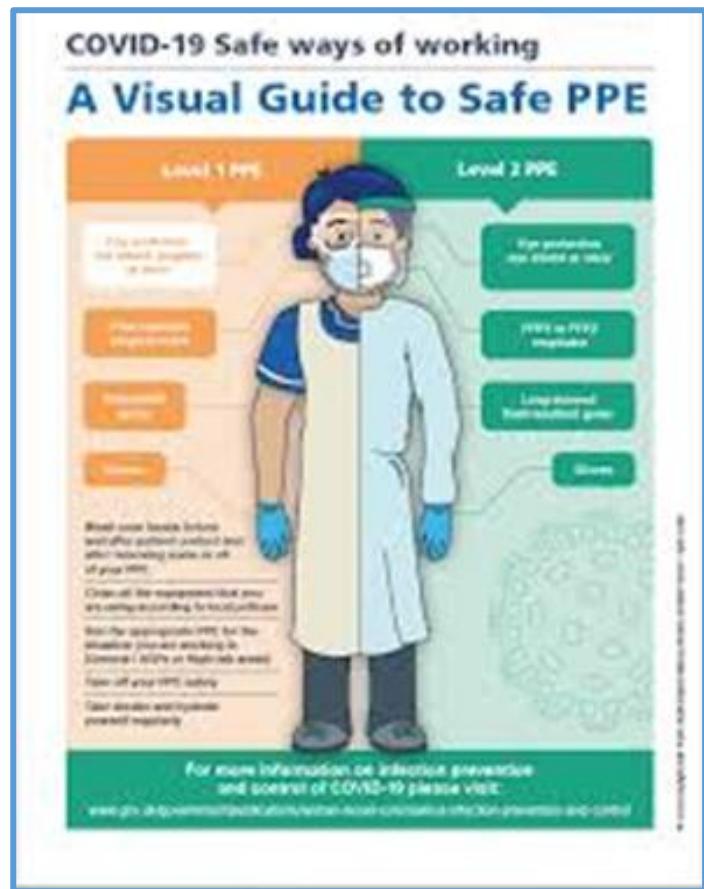
Episode 3

My COVID Diaries

By Mark Marriott



We've heard about the start of the pandemic; how the hospital planned for the unknown and how we planned to deal with the frightening death forecast. Now we go back to the beginning and see how the PPE story evolved.



Above: A COVID PPE guidance poster

Personal Protective Equipment

You can't talk about COVID in a hospital without talking about PPE, personal protective equipment. My finance director and procurement manager found new heights in their new roles as scroungers and, just like James Garner in the Great Escape, they found PPE and kit from all over the place and stashed it around the hospital, realising before anyone else

Email address: pyworthy@post.com Telephone number: 01409 478294 Page 38

that it could become a critical shortage item. I think we had something like 500,000 gloves and 200,000 aprons and masks in our PPE store before anyone realised how scarce they would be; it sounds a lot, but initially the guidance was for single patient use only and with around 28 contacts per patient per day it would mean about 10,000 aprons and masks would be used every day and 20,000 gloves, in a bigger hospital like Bristol they would be using 30 to 40,000 masks a day, it suddenly brings single use PPE into perspective and you can get some sympathy for the plight of the Government trying to secure the stuff when everyone else in the world was doing the same. I have to say though, at no time did we face a chronic shortage of PPE that resulted in reduced patient care, we got close a few times but the system set up a central pool of spare items which we could draw against if we could prove we were unable to be restocked in time. For a while it became the sole topic of conversation understanding how many gloves we were using, how many we had left, how many were on order and how long it would take to arrive, it was like constantly watching the bath drain every day with the plug out and the tap on but not knowing if South West Water was going to turn the water off without telling you. The biggest issue with PPE wasn't the lack of kit but the ever-changing guidance on how and where to wear it; the number of times masks were on and then off felt like the hokey cokey and there were different levels of guidance for red, green

continued on page 39

My COVID Diaries continued from page 38.....

and amber patients depending on if they were COVID positive, negative or unknown. Guidance for respiratory patients was tighter, but then there was an argument about what was respiratory, initially it was in droplet form, then airborne, then both. Guidance for non-patient-facing staff came in, then went out, then it was no more than two per room, then 6, then back to two again, then we had to put the number on the door of each room of the amount of occupants permitted; the ambulance service were being given different guidance to the hospitals and care homes were making it up as they went along and even putting bin liners on their heads and complaining they were not being given head covering PPE, when it was never in the guidance at all. Cameron Balloons in Bristol even made washable aprons out of unused balloon envelopes which caused a great deal of arguments between medical staff when some wanted a green one and were given a stripey yellow one. It wasn't just PPE though that was starting to get scarce; we needed unprecedented amounts of respiratory equipment, we'd just doubled the size of our ITU so needed more ventilators and at the beginning of the pandemic when tests were not available the only way to identify COVID was with a chest X-ray and we needed more digital C-arm X-rays in the hospital, the type that are shaped like a big "C" and can wheel under a patient in a bed and take an X-ray of their chest from above. Part of the benefit of a small hospital is the ability

to quickly gather all your experts in one room, so we had a meeting in March with our respiratory teams, ITU teams and emergency teams to determine what additional equipment we might need from the early indications of the disease, and my 2 scroungers quickly got onto ordering all the kit we needed and were soon proudly saying we'd be taking ownership of C-arm X-rays and new ventilators before April. The clinical teams were especially excited to be receiving new kit and couldn't wait to be properly equipped to deal with COVID but on the 1st of April 2020 I had a phone call from my logistics supervisor asking me to come to the loading bay immediately. When I arrived at the bay the logistics supervisor and the estates manager were in a heated debate with the poor driver who was simply relaying a message from his head office that the kit he had on board wasn't going to be delivered to Weston but was being diverted to the Nightingale Hospital in Bristol. I have to say a cold chill ran through me at the injustice of it all: we had patients in beds with COVID in need of this kit and the Nightingales were about turn into the biggest white elephant of the whole COVID response. I rang our regional team to try to get to the bottom of it and they reported that they too had just been informed by NHS England that all ITU related equipment was being requisitioned for the Nightingales across the country and there was nothing we could do. I was furious that our kit that we had the foresight to order was being sent to a unit designed for 300 ITU patients but had failed to

continued on page 40

My COVID Diaries continued from page 39.....

order enough stuff, in the end Bristol's Nightingale hospital opened on the 26th of April and cost the NHS £26 million and didn't treat a single COVID patient. With hindsight I wonder how our outbreak response later in the pandemic would have changed with those ventilators and X-ray machines at our disposal, but that's in future episode.

Next time NHS England tries to take charge at a national level



Holsworthy Food Bank

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.



Merry Christmas

4x4 FOR SALE

Ford Ranger 4 x 4 Truck

2006 Reg

MOT until Oct 2026

**2500CC, Blue, double cab,
manual, diesel & has a tow bar.**

It's had a number of new parts this year. Has quite a few miles on the clock, doesn't look great, but mechanical sound. Ideal rural vehicle. Genuine reason for sale.



£2,250 O.N.O.

Contact Terry: 07975580966

**Extracts from the charity's Press Release dated - 3 November 2025**

Devon CPRE, the environmental campaign charity, has issued a battle call to supporters to sign and share an online petition against what would be one of Europe's largest solar arrays on more than 4 square miles of farmland near Holsworthy.

The charity is urging everyone to throw their weight behind its campaign to fend off the massive development at Holsworthy Beacon. It says there's no need to cover another 2,700 acres of Devon farmland in solar panels, because the number of renewable projects queuing for connection to the grid is already more than three times the government's Clean Power target for 2030. Data from the National Energy System Operator (NESO) shows renewable projects totalling 760GW awaiting grid connection, far above the government's 2030 renewables target of 150-225GW, rendering the proposed Devon megasolar farm surplus to requirements and unsustainable, says the charity.

At a packed meeting in Holsworthy attended by more than 300 residents, Devon CPRE chairman Steve Crowther outlined the scale of the threat if the scheme, currently in the pre-application phase, progresses. He described the huge proposal as part of a 'market bubble' driven by international investors and urged objectors to start building opposition now by signing the charity's nationwide online petition, sharing it widely with their contacts, and joining CPRE to build the charity's voice in Westminster.

The meeting at Holsworthy Memorial Hall was held on Halloween, an appropriate choice for a proposal that chills many local people to the core. They are worried about the massive impacts it would have on the landscape and character of the countryside, the loss of land capable of producing more than £1m worth of food each year, the effect on the vital tourism industry, threatened compulsory purchase of land, and how the solar panels will be disposed of when the site is decommissioned.

Torridge and Tavistock MP Sir Geoffrey Cox, a King's Counsel, pledged his support for Devon CPRE's 'Say No to Beacon Solar' campaign and promised to put together a specialist legal team to fight the scheme. Sir Geoffrey says he is "implacably opposed" to swathes of farmland being covered in solar panels at a time when the nation's food security needs bolstering. He told the crowd, "At a time of increasing global insecurity we will only be protected if we gear up our capacity to grow food – something we do best in this part of the world." He added that if the developers thought they had chosen some "out of the way place" where the community would not fight an "alien intrusion on Devon land" they had made a bad misjudgement.

To read the full report or sign and share the petition at:

www.devoncpre.org.uk

Why did the turkey join the band?

Because it had the drumsticks!

What do you get when you mix a Christmas tree and an iPad?

A pine-apple.

How do snowmen get around?

They ride an "icicle."

What do you call a reindeer who wears earmuffs?

Anything you like—he can't hear you!

Why did the gingerbread man go to the doctor?

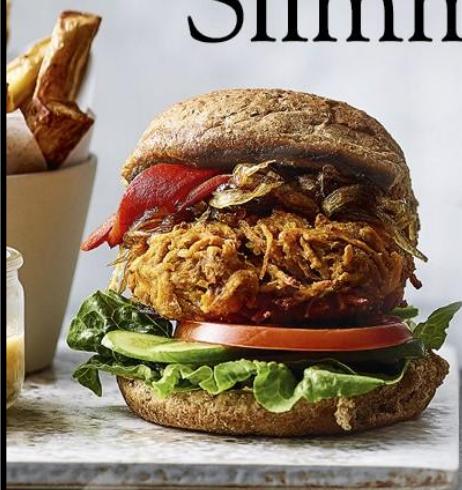
Because he was feeling crummy.

What do elves learn in school?

The elf-abet.



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Holsworthy

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

Pyworthy Post

Deadline

The PRINT deadline
for the next
Pyworthy Post is:
THURSDAY 18TH
DECEMBER at 9am.
Please email your
news as early as
possible.
Thank you.

View Pyworthy
Post online in
colour. Search:

<http://www.bit.ly/post/py>

No Dog Fouling



Bag it - Bin it

The Children's Christmas Tree Decoration Craft Session was a **HUGE Success!**

A BIG 'Thank You' from project organiser, Amanda Witts.

We had a good turnout at the Christmas tree decorations craft session, last month. 16 enthusiastic children and 22 adults attended. Lots of brilliant decorations have been made. They will all decorate the children's and youth Christmas tree at the Holsworthy Tree Festival in The Church of St. Peter & St. Paul in Holsworthy, between the 10th & 14th December. Afterwards the tree will be displayed in Pyworthy Church, where the children can collect their decorations at the **Christmas Carol and Crib Service on the 21st December at 3pm.**



Thank you to all those who helped. Amanda.

Happy Christmas Everybody!



Christmas Tree Festival

*St Peter & St Paul's Church
Holsworthy*

WEDNESDAY 10TH DECEMBER
12.00 NOON- 6.00PM

THURSDAY 11TH DECEMBER
12.00 NOON- 6.00PM

FRIDAY 12TH DECEMBER
12.00 NOON - 6.00PM

SATURDAY 13TH DECEMBER
10.00AM - 6.00PM

SUNDAY 14TH DECEMBER
12.00 NOON - 4.00PM

Free Entry

Refreshments, Raffle,
Chocolate Tombola,
Children's Craft Table,
Vote For Your Favourite Tree

Holsworthy Walk & Talk Group

By Gill Aston



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



We began last month's schedule of walks at Torrington Commons with a total of 38 walkers from both Level 2 and Level 3 setting off together. The walk begins by heading down through woodland following an old Roman road and then onto Common land from which can be seen Torrington Station. We paused here for a photo opportunity before Level 2 diverged onto the Tarka Trail for a circular route back to the starting point with Level 3 heading off to follow the route of the Rolle Canal, before meeting the Tarka Trail for their return. Water levels in the River Torridge on that day were not very high but if we had gone the following week following heavy rain the Weir would have been quite spectacular to see and to hear as the roaring waters can be heard quite a way before reaching the bridge by the Weir.

The following week took Level 2 walkers to Roadford Lake. Despite checking the route a few days prior to the walk we arrived to find that forestry work was in progress, and our usual route was fenced off. Fortunately, there are several paths by the lake, the first of which took us to the Diamond Jubilee Sundial. The sculpture was fabricated from a



Above: Our group picture at Torrington Common

a concept by the Sculptor Ben Jones and represents the six decades of HM Queen Elizabeth II's reign, surrounded by granite time pieces taken from the site of the reservoir prior to it being flooded. There is a notice board nearby which helpfully explains how to calculate the time but as the sun wasn't shining we were unable to test our skills. Water levels for the reservoir on that day were shown as being 63.4% full.

Conveniently the festive bank holidays will not interfere with any of our Monday or Friday walking dates this time, so there will be no excuse for not getting out and about to work up an appetite for the festive fayre!

Wishing everyone a very Happy Christmas. Thank you to everyone involved in making each walk so enjoyable and to the Parish Newsletter Editors who do such a great job promoting, not just our Group, but all the local activities.

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

If you would like to join us on any of our walks to visit local places, meet new people and enjoy the benefits of walking our current programme of walks is available. Walks start at 10.30 and are **FREE**. Membership forms are available from our Volunteer Walk Leaders prior to the start of the walk.

Our DECEMBER Programme of walks:



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

DECEMBER Walks: Walk starting points as indicated below:

Friday 5th December - Level 2: Bude

Canal. Meet at Bude TIC car park. Leaders: Gill & Richard. **EX23 8LE.**

Level 3: - Chilsworthy. Starting at Village Hall car park. Leaders: Jan & Sue. **EX22 7BB**

Friday 12th December - Level 2:

Hollacombe/Hfx Way. Starting at War Memorial, Near Anvil Corner. Leaders: Mike & Paul. **EX22 6NR.**

Level 3: - Bradworthy. Starting at Bradworthy Square. Leaders: Kim & Barbara. **EX22 7TD.**

Friday 19th December - Level 2:

Cookworthy Woods. Starting from the main car park. Leaders: Gill & Kim. **EX21 5XJ.**

Level 3: - Upper Tamar Lake. Starting from Upper Tamar Lake car park. Leaders: Jacqui & John. **EX23 9SB.**

Friday 26th December - Level 2: Halwill Junction.

Starting from Parish Hall car park. Leaders: Cheryl & Richard. **EX21 5XW.**

Level 3: Halwill Junction. Starting from Parish Hall car park. Leaders: Sue & Gill. **EX21 5XW.**

Holsworthy Walk & Talk Group contact details:

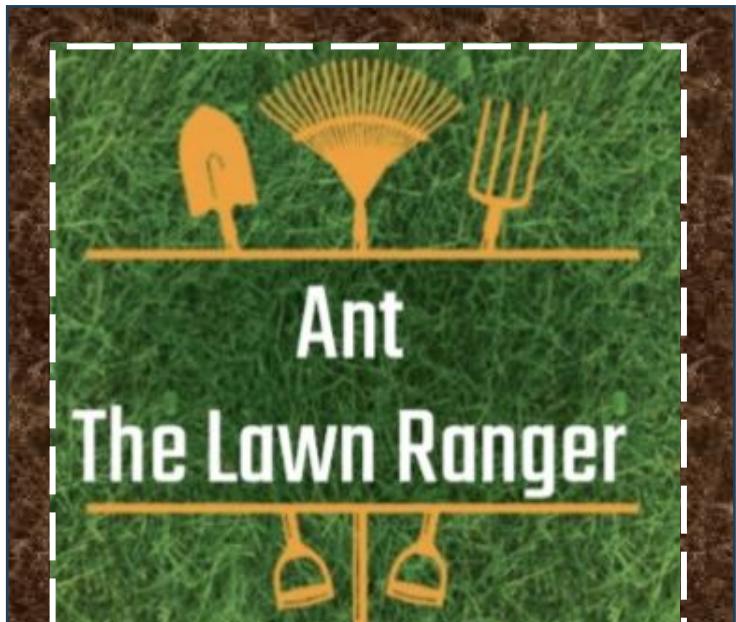
Our website has lots of up-to-date information, together with our current programme of walks, details below:
holsworthywalkandtalk@gmail.com
<http://holsworthywalkandtalk.co.uk>

Phone numbers:

Gillian Aston **07854677784** or

Mike Jackson **01409 261196** or

Paul Davies **07731 626594.**



The logo for 'The Lawn Ranger' features a green grass background. At the top, there is a white dashed rectangular border containing three yellow garden tools: a spade on the left, a rake in the center, and a fork on the right. Below this, the word 'Ant' is written in a white, bold, sans-serif font. Underneath 'Ant', the words 'The Lawn Ranger' are written in a larger, white, bold, sans-serif font. Below 'The Lawn Ranger', there is another white dashed rectangular border containing two yellow lawn chairs. To the right of the lawn chairs, there is contact information:

For grass cutting & garden maintenance call:
Antony Jarvis
Mobile: 07990016467
Email:
antony2191@googlemail.com

CHRISTINGLE

**Celebrate CHRISTINGLE
with US at our family service in
St. Swithun's Church, Pyworthy,
on Sunday 7th December at 4.00pm.**

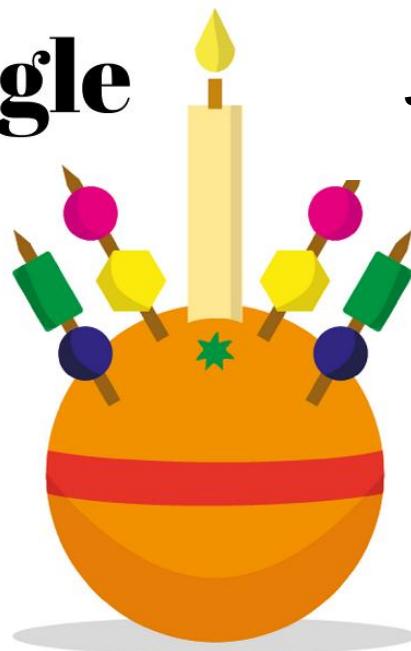
Children to bring a wrapped gift with them, labelled stating the gifts age suitability, and whether for a boy or girl. These gifts will be taken to the Women's Refuge in Barnstaple and will be issued on Christmas Day.



Collection in aid of **The
Children's
Society**



Christingle



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the World

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God's love for the World

CANDLE
Jesus – he shows us
what god is like

4 COCKTAIL STICKS
4 corners of the World

SWEETS
The good gifts God gives us

John Sanders Park Trust

We held two prize draws in our lottery this month, and the WINNERS are:



Draw 7

Draw 8

1st Prize of £30 number 3 - William Giles
2nd Prize of £20 number 91 – Simon Martin
3rd Prize of £10 number 35 – Hattie Oliver

1st Prize of £30 number 95 – Daniel Martin
2nd Prize of £20 number 101 – Meriel Lock
3rd Prize of £10 number 39 – Olivia Moyle.



There will be two more draws next month to complete the 2025 lottery.

HOW TO BUY A £10 LOTTERY TICKET:

Please contact **Jane Oliver** on **07500 834620**. If you are transferring monies for tickets via BACS, please ensure that Jane has your contact details.

BACS Information:

If you wish to buy a draw ticket and wish to pay by BACS please do so, our Bank account details are below:

Barclays Bank Trustees Sanders Trust Pyworthy Playing Fields
Sort Code 20-04-59 Account number 10770388



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Pyworthy Poser Quiz for CHRISTMAS

1. Mince Pies: Used to contain what ingredient?
2. Hanging stockings out originates from which country?
3. The tradition of putting tangerines into stockings originates from which country?
4. Sir Henry Cole (London) first commissioned what?
5. Why are Robins popular on Christmas cards?
6. What is commonly known as "little dung twig"?
7. What did a certain Tom Smith create in 1847?
8. What are the "odds" of a White Christmas in England or Wales?
9. What percentage of families "sit down" to watch the late Queen's or current King's Speech on Christmas Day?
10. Is "Xmas" an irreligious abbreviation?
11. Many parts of a Christmas Tree can be eaten.
True or False?
12. The best-selling Christmas "single" ever was?
13. What, in 2016, does £700 million represent?
14. Allegedly, the tallest Christmas Tree ever cut was?
15. What does the figure 230,000 tonnes represent?



The answers will be in the next Pyworthy Post.

Happy Christmas from The Pyworthy Pilgrim

Useful Local Contacts

Your Local Business & Services Directory

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

Catering, Food & Drink Supplies Harold Trading Ltd, 01288 381337

Chimney Sweep Humphrey Pullar 01409 240138/07984406290

Coarse Fishing Yeomadon Coarse Fishing 01409 253378

Computer Repairs Nofix – Nofee Repair Service, Brian 07534804101

Decorating & Property Maintenance Julian Lapham 07765626069

Driving Tuition Evelyn Sharman 01409 259848/07885352082

Double Glazing M.A.G. Double Glazing Repairs 07969 234161

Electrical Contractors Algo Electrical Contractors 01409 254595

Electrical Contractor Mike Daniel 01288 381342/07977 596772

Estate Agents Kivells 01409 253888

Fruit, Veg, Flowers & more Trigon Farm, Derriton – Al, 07988484069

Funeral Directors Arthur W. Bryant Funeral Service 01409 253000

Funeral Services Denise 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 Club West 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 Al on 07988484069

Renewable Energy/replacement windows Renew SW Ltd, 01409 253533

Round Baling Stan Hopper 01409 253412

Stove Supplier CBL Stoves, call Carl on 01288381852 www.cblstoves.co.uk

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.

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Email: mail@nofix-nofee.net

Tower Computer Systems for OAPs in Need!

I have a small quantity of refurbished tower computers with Windows 11 installed. I will gift these to OAP's experiencing financial difficulties free of charge (this offer does not include keyboard, mouse or monitors).

The conditions are primarily that they should be sponsored, and if delivering, installing and transferring data a small charge will be made to cover basic costs.

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

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!



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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

Next meeting T.B.A.



Pyworthy Rural Art Group

Pyworthy ART



Well, first it may seem a little early bit I wish you all a "Merry Christmas", and a Happy New Year. I also would like to thank all those who have attended my classes and hope they have enjoyed them and learnt a little more about painting.

I look forward to seeing you all again in the New Year. It's a lovely sunny day and the first cold spell as I write this, so let's hope the winter isn't too harsh.

**We meet in the Village Hall on Tuesday afternoons 2.30pm until 4.30pm.
All abilities welcome.**

The programme for DECEMBER:

Tuesday 2nd December – large animals in charcoal

Tuesday 9th December - a finishing off day, a chance to finish a previously started painting. As it's the last session before Christmas, we will have tea and mince pies to start your festive celebrations.

For further information contact Janet Grant

Tel: 01409 259356

**DECEMBER
2025**



Nature Notes

By Bryony Rylett

Christmas is the focus and highlight of December for many but four days before this Festival, on December 21st, a much older event occurs; a day marked and celebrated by humans for millennia - the Winter Solstice.

The Solstice happens at the point when the tilt of the North Pole is at its maximum, and the sun is lowest in the sky. The precise time this occurs in the UK will be at 3.03p.m. Greenwich Mean Time.

In London the shortest day lasts 7 hours, 49 minutes and 42 seconds, which is 8 hours and 49 minutes less than the Summer Solstice, occurring on June 21st, 2026, at 09.24 a.m.

The Solstice does not mark the earliest sunset; this occurs a few days earlier.

Many cultures enjoy festivals and holidays on the Winter Solstice as it marks the gradual return of longer, lighter days.

Yule, or the Feast of Yuul , a 12-day, neopagan festival, is observed in Scandinavian countries, by the lighting of fires symbolising the heat and light of the returning sun and a Yule log is chosen and burnt in hearths as a tribute to the Norse god Thor.

Email address: pyworthy@post.com Telephone number: 01409 478294 Page 54



Above: A Mid-Winter sunrise over Pyworthy

Winter is a difficult time for many. The NHS records one in five people suffering from Seasonal Affective Disorder (S.A.D.) a type of depression induced by reduced daylight causing changes in mood, appetite and sleep patterns.

Sleep is vital to wellbeing. We cannot survive without it. During sleep the brain processes information and stores memories, while the body clears toxins and repairs itself.

Light is important to our body clocks or circadian rhythms. We have specialised light sensors in our eyes to detect light and dark cycles in our environment.

The internal body clock of all mammals dictates sleep-wake cycles, metabolism, reproduction and activity. These rhythms are generated by a 'clock' found in the

continued on page 55

Nature Note – DECEMBER continued from page 54.....

suprachiasmatic nucleus (SNC) located in the back of the brain. Artificial lighting, at night, disrupts these rhythms and alters these internal clocks.

Exposure to artificial light such as street or security lighting is pervasive in today's environment and has negative health implications due to the disruptive effects of mistimed light exposure on the circadian system.

Security lighting is used to increase visibility and deter crime however studies show the relationship between lighting and crime is complicated. Although lighting often makes people feel safer, several reports show it does not reduce crime and may even have the opposite effect, increasing crime and vandalism. (Sherman et al; 1996)

LED lighting, used in industrial lighting and digital screens, emits excessive blue light that negatively affects circadian rhythms. The consequences for health include increased fatigue, lack of focus, cardiovascular disease and certain cancers.

In studies comparing women exposed to light at night to those in dark neighbourhoods, night light was found to be positively associated with breast cancer. It is thought this is because melatonin, regulating the body's sleep-wake cycle, has anti-tumoral properties.

For billions of years life on Earth has depended on the predictive rhythms of day and night; it is encoded in the DNA of all plants and animals. Humans have radically disrupted this cycle by lighting up the night.

Email address: pyworthy@post.com Telephone number: 01409 478294 Page 55

Animals and plants depend on natural cycles to govern life-sustaining behaviour patterns: nourishment, reproduction, sleep and safety from predators.



Above: Holly - offering sanctuary and mid-winter food for birds especially Mistle Thrushes

According to research scientist Christopher Kyba: "the introduction of artificial light probably represents the most drastic change humans have made to their environment..."

Near cities, cloudy skies are now hundreds or even thousands of times brighter than they were 200 years ago. We are only beginning to learn what a drastic effect this has had on nocturnal ecology."

Migrating and hunting birds rely on moonlight and starlight to navigate. Artificial light causes them to wander off course

Continued on page 56

Nature Note – DECEMBER continued

from page 55.....

towards hazardous, nighttime landscapes of cities where millions die colliding with needlessly illuminated buildings and towers.

Manmade lighting causes birds to migrate too early or late and miss the ideal climatic conditions needed to forage, nest and reproduce. This is also true for insects fatally attracted to artificial light. A paper published in 2020 concluded light pollution is a driver of insect decline.

Successful breeding of glowworms is adversely affected by artificial light, bats show disrupted feeding patterns in lit areas, robins extend their activity period, feeding longer and singing in the middle of the night and moths and nocturnal migrating birds can be disorientated by light sources.

“Light pollution can be a source of annoyance to people, harmful to wildlife and undermine enjoyment of the countryside or the night sky especially in areas with intrinsically dark landscapes.” (www.gov.uk).

A CPRE (Campaign for the Protection of Rural England) survey found half of respondents said a light shining through their bedroom window disrupted their sleep, 14% slept in a different room to avoid light pollution and 3% moved house to get away from it.

Compared to a typical streetlight, at 15 Lux (a measure of the illuminance of light intensity on a surface), a full moon typically emits just 0.05-0.3 Lux (For advice on neighbourly, outdoor lighting see the Darksky International article - 5 Principles for Responsible Outdoor Lighting at:

<https://darksky.org>).

Email address: pyworthy@post.com Telephone number: 01409 478294 Page 56

Star visibility has decreased substantially during the past ten years and continues to decrease to the point a child born in 2023, when 250 stars were visible at night, will see only about 100 by the time they're 18.

The poem '**The Star**', written in 1806 by Jane Taylor, celebrates starlight:

“Twinkle, twinkle, little star, How I wonder what you are! Up above the world so high, like a diamond in the sky”.

The sense of this poem is likely to be consigned to history, if light pollution continues, as will the words of the Christmas carol '**O Little Town Of Bethlehem**' by Phillip Brooks:

“Above thy deep and dreamless sleep, the silent stars go by” and: “The stars in the bright sky looked down where he lay”, from the carol '**Away In A Manger**'.

Finally...

- ★ Less than a decade ago a third of humanity could no longer view the Milky Way and at the current rate of light pollution most of the major constellations will shortly be indecipherable.
- ★ Some 80% of people now live under light polluted skies and global light pollution has increased by at least 49% in over 25 years (Ally Hirschlay 9/3/2023).
- ★ Soon only the world's richest and poorest humans will see the sky described in Shakespeare's Julius Caesar as: "painted with unnumber'd sparks."

Bryony's Nature Notes quiz is on 57.



Continued on page 57

Nature Note – DECEMBER continued from page 56.....

The answer to November's Notes
Question:

**The caterpillar advises Alice on
eating a mushroom.**

This month's question:

**Don McLean's song 'Starry, Starry
Night' was a tribute to whom?**

The answer will be in the New
Year edition of Nature Notes.



**Happy Christmas and a
Natural New Year!**



**Could you help with delivering
the Pyworthy Post at the end
of January, February & March
2026?**

3 small rounds – do 1 or all 3.

Winscott area, 4 papers

Strawberry Bank area, 4 papers

**West of Derril starting at Cob Tree
Cottage, 8 papers.**

**Phone Marion on:
01409 478294.**

DECEMBER ANNIVERSARIES:

12th Anniversary 19th December 2013 –

The European Space Agency's
spacecraft Gaia was launched with
the goal of constructing the largest
and most precise star catalogue ever
made.

45th Anniversary 8th December

1980, John Lennon a member of The
Beatles was murdered at the entrance
of the Dakota, where he resided in
New York City.

58th Anniversary 3rd December

1967, Cardiac surgeon Christiaan
Barnard (pictured) performed the first
successful human heart transplant on
Louis Washkansky at Groote Schuur
Hospital in Cape Town, South Africa.

67th Anniversary, 5th December 1958 –

Britain's first motorway, the Preston
Bypass, opened to the public.

116th Anniversary, 31st December 1909

- the Manhattan Bridge, connecting
Lower Manhattan to Downtown
Brooklyn and considered to be the
forerunner of modern suspension
bridges, opened to traffic.

386th Anniversary, 4th December 1639 –

Jeremiah Horrocks and William
Crabtree made the first successful
observation of a transit of Venus.

596th Anniversary, 5th December 1456 –

the first of two major earthquakes struck
the Kingdom of Naples, killing up to
70,000 people.

**Funny - A Dentist was up in front of the
Judge in "Crown" Court:**

Judge: "Place your hand on the
book". "Then swear that you will
take the Tooth, the whole Tooth and
nothing but the Tooth?"

Dentist: "I dooth!".



Dates to Remember

Print deadline for the next edition of Pyworthy Post is:
Thursday 18th December at 9am prompt!

Diary dates this month:

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

Holsworthy Walk & Talk group enjoy a walk every Friday, see their programme on pages 44 & 45. Also, members take a short walk in Stanhope Park on Mondays.

ALL Church Christmas services listed on page 5.

Friday 5th December – Village Hall Social evening from 7.00pm.

Saturday 6th December – **Prize Bingo** at Pyworthy Village Hall, door open at 7pm

Saturday 6th December – Christmas wreath workshop at Trigon Farm, page 27.

Monday 8th December – Evelyn's Walks group will be setting off from The Square in Bradworthy, 10.00am. Everybody welcome.

Wednesday 10th Sunday 14th December – Christmas Tree Festival at St. Peter and St. Paul's Church in Holsworthy. See page 43 for opening times.

Friday 12th December – Poinsettia Day

Tuesday 16th December – Line Dance Christmas Party in Village Hall from 7.00pm. See page 31 for details – **everybody welcome**.

Thursday 18th December – Pyworthy Post off to print.

Friday 19th December – “Joy Machine” entertain in the Village Hall. See page 32.

Monday 22nd December – shortest day of the year.

Wednesday 24th December – Christmas Eve,

Thursday 25th December – Christmas Day, **BANK HOLIDAY**

Friday 26th December – Boxing Day, St. Stephen's Day. **BANK HOLIDAY**

Wednesday 31st December – Party time!

Forthcoming Events in 2026:

Wednesday 28th January – next Village Hall meeting, everybody welcome.

How to make a
Christmas donation
to the Pyworthy Post

BACS transfer 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. **Cheques** should be made payable to **Pyworthy Post** and sent or dropped to: Mrs M Ravn, Sunnymead, Derriton Road, Pyworthy, EX22 6SX or drop cash to same address in an envelope, including your name and contact details.

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

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