

KILMINGTON

POSTscript

Issue 256 July/August 2023



EDITORIAL

A lizard scuttled across Shute Road, heading for the long grass at the edge of the Common on the last day of May, before the June heat began to cause the tarmac to melt by early afternoon. A familiar sight on walls in more southern countries, the lizards probably owe their presence here to climate change and especially the restoration of the Common. Reports of sightings are welcomed by those who have been labouring to restore it. Other delights were the cornflowers, poppies and corn cockles which appeared at the side of the road in George Lane. In the gardens we were urged to use water sparingly during the drought and to refrain from using chemical weedkiller, for the sake of the planet, but the clover kept the lawn looking green while the actual grass turned brown.

We have known since last Autumn that Val Harding felt she would like to retire from compiling Postscript at the summer break in August this year, after ten years. The village community produces the content and Val has done a tremendous job in presenting it in an orderly and readable form with the appropriate photographs and limited colour used to best advantage, ten times a year. She has been the best of colleagues and we are all most grateful to her. We realised it would be a very hard act to follow but after a few months a post on Facebook yielded a worthy successor and we welcome Rob Swain, who has been working with Val on this and the June issue and will start in August by compiling Postscript for September.

The holiday period usually brings traffic congestion, noise and difficulties on the A35 east-west corridor, and you may be glad to know that the Parish Council has been working with national and county highways authorities, pursuing this village's interests in decisions concerning roads and traffic. There is mention of a traffic-light controlled crossing.

Summer village events are with us again. We have an update on how the cricket teams are faring at the new elevated level achieved by last year's successes. The Baptist Church Summer Holiday Club is on again and a new coronation picnic table has appeared on Jubilee Green. The weekend of 22nd – 23rd July brings the annual Flower Show on Saturday and The Open Gardens on Sunday. Enjoy them from the inside and see what grows well in our soil. It may be a struggle to save prize exhibits from being roasted in the heat. Or it may pour with rain. Whatever the weather there will be teas. Nil desperandum – in Kilmingtton there will always be cake!

Janfryd

Front page - Marie Gardner

Centre Pages - Marie Gardner and Barry Wood

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Please remember to use the email address for Postscript:

postscript@kilmingtonvillage.com

Alternatively, please give your item to any team member.

The closing date for submitting items for the September issue is 15th August 2023. All will be acknowledged. Please email or ring 01297 639115 if not acknowledged within 48 hours.

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Postscript is published 10 times each year and is delivered free of charge to every house in Kilmingtton. Almost all items in the magazine come from the village community who are very supportive of the magazine.

The Postscript team are all volunteers and your donations, together with fees from advertisers, are used to pay for the cost of printing.

DONATIONS

Arrangements for donating to Postscript. Please see page 26 for details. Donations to the middle of March came to £46.00. All donations go towards printing costs. Thank you for your continuing support.

ADVERTISING RATES

Please see inside back cover for details.

The average cost per 28-page copy of Postscript with several colour pages is 80p.
Extra copies are available from Millers Farm Shop, where donations may be made.

Disclaimers: Items in this publication are the work of individuals and do not necessarily reflect the thoughts or opinions of the editorial team. The editorial team reserves the right to make small alterations to items submitted. Contributors are responsible for ensuring that parental permission has been obtained before pictures of children are submitted for publication.

The content of advertisements is not the responsibility of the editorial team. Queries should be addressed to the advertiser. This publication is online at www.kilmingtonvillage.com. In addition, earlier issues will also appear online from time to time.

KILMINGTON PARISH COUNCIL

National Highways A35

KPC had an A35 'walk through' meeting with National Highways (NH) during which we discussed our concerns and issues, to ensure they were fully aware of them. During the discussions NH confirmed that:

- Budget is available and work on the full A35 safety scheme will start this financial year and continue into 2025. The individual start dates for each village could not be confirmed due to the various complexities of each section. It is hoped this can be confirmed later in the year.
- Kilminster (and other A35 villages) will have new 'village gateways' located as vehicles enter / exit at each end of the village.
- Average speed cameras will be installed and operate through the village, with a camera at each end of the restricted section. These cameras will not operate on the road sections between villages.
- The speed restriction through Kilminster will be reduced from the existing 50mph down to 40mph.
- NH would not discuss any details of a pedestrian crossing at this stage. However, they have previously indicated that a traffic light-controlled crossing was planned.

Your Parish Council will continue to push for the fast introduction of the pedestrian crossing and a 30mph limit at the busier eastern end of the village from Gammons Hill to just after the War Memorial.

Devon County Council Highways (DCCH)

You will know we have been trying to progress a 20mph limit to replace the 30mph limit in the southern residential area. In a video conference meeting DCCH agreed in

principle that a 20mph limit would be acceptable within the majority of this existing 30mph area. Further discussion is required to define the extent of three sections, and this will be done during a site visit. KPC has agreed to cover the costs of the visit and detailed design work, as this will then provide an estimate of the total cost to introduce new signage and the new limit. Having established the cost, we and DCCH will have a greater understanding of how we can work together to achieve our objectives.

Community Speed Watch

We have had four locations approved by Devon and Cornwall Police at which we can site our village Speed Watch team. Our volunteers have done online training and we are now waiting for equipment to be delivered and on-site training to be given. We can then start to monitor the speed of vehicles travelling through the village.

Kilminster Common

A written plan is being produced to lay out how the Common will be managed in the future to accommodate some of the needs of residents, reintroduce the Lowland Heathland area and encourage greater biodiversity. We will publish details in the September Postscript.

Third Defibrillator Planned

Following discussions at the February KPC meeting and the Annual Parish Meeting, we are pleased that Vikki and Spike, landlords at The New Inn, have volunteered to initiate fund raising and install a third public access defibrillator at the pub. Our thanks to them and Palmers Brewery and we hope you will fully support their efforts.

DEFIBRILLATOR PLANNED FOR THE NEW INN

Having a defibrillator available close by and training people in CPR saves lives, especially in areas where ambulance response times may be longer. Landlords Vikki and Spike have decided to volunteer to head up a campaign to provide funds for a Public Access Defibrillator (PAD) to be located at The New Inn.

Palmers Brewery have already agreed they can have the unit fixed outside the pub so that it is fully accessible to residents and the public. They have also generously offered to pay to install and connect the unit to the electric supply.

Vikki and Spike are now busy planning their programme of events that will help to raise the funds needed to purchase the PAD and its cabinet. They're thinking quizzes, bingo, and other pub activities at events like The New Inn Summer Party. And they're hoping you'll give them your full support.



You can also make a personal donation to the fund at the pub to help them get to their target more quickly. We'll keep you informed here in Postscript.

The Kilminster Community Association have agreed to donate £500 from the funds they have generated from events like the Village Show.

Various equipment suppliers are now being investigated with the help of the Parish Council. Typical costs for a PAD and cabinet are around £1,750.

Kilminster is already fortunate in having a PAD at the Village Hall, and one at Millers Farm Shop. We also have an illuminated Air Ambulance landing site on the recreation ground which gives us 24-hour cover.

With an additional PAD at The New Inn our village will be well covered if ever the need arises.

WHAT'S ON IN JULY/AUGUST



KILMINGTON COMMUNITY CINEMA

ALLELUJAH (12A)

Kilminster Village Hall

Wednesday, 12th July &
Thursday, 13th Matinee



Jennifer Saunders leads the ensemble cast as Sister Gilpin, one of those no-nonsense mavens whose brisk efficiency and earthy sense of humour are the very image of public healthcare done right. Except Bethlehem Hospital – known locally as “the Beth” – is floundering: services are being stripped away and redeployed, despite the passion and dedication of staff like Dr Valentine (Bally Gill), who delivers the moral in a punchy epilogue set during the pandemic which brings the hitherto timeless drama crashing up to date. Meanwhile, Russell Tovey’s Colin, a consultant working at the Department of Health, arrives from London to visit his ailing father (David Bradley), and has to reckon with the frontline effects of the policy shifts he himself has helped bring about.

There’s a small, slightly detached supporting role for Judi Dench, who spends much of the film in relative isolation: while the part ends up being pivotal, most of the fun here is to be had when characters rattle and veer into one another throughout the endless daily cycle of life on the wards, to dependably comic and/or moving effect. A late plot twist startles, but the nuance of the film’s overall position survives the bump. Wry, sly and rousing, it’s enough to get you out on the doorstep to bang for Bennett, saucepan and wooden spoon in hand. (*Film Review “Abridge” Robbie Collins. The Telegraph*)

Come along and have another enjoyable evening or afternoon watching and listening to an entertaining film.

Wednesday: Doors open 6.45 pm with the evening’s entertainment starting at 7.15 pm and ending about 9.30 pm. The Thursday matinee: Doors open 1.45 pm. Film starts at 2.00 pm. Come along and enjoy a film and have wine/soft drinks, ice-creams/tea/coffee. Cream Teas available during the matinee interval. Please state Wednesday or Thursday when booking and order your cream tea at the same time. Tickets pre-booked £5 or £5.50 on door, booking essential for the matinee. To book contact John 01297 639758 or email: wattsjohn307@gmail.com.

We have no film in August and, as we go to press, we await the Autumn listings.

KILMINGTON GARDENING CLUB

The Gardening Club talk this month is on Friday, 14th July and is entitled ‘Fuchsia My Way’ by Derek Dexter.

Derek has 22 years’ experience of growing fuchsia and has shown at Hampton Court Flower Show and The British Fuchsia Society London Show winning many prizes.

There will be lots of advice on taking cuttings through to over-wintering your plants.

Starts at 7.30 pm in the Village Hall, everyone welcome, non-members £3. Tea/coffee and bar.

Lesley Rew

FIVE ALIVE OIL SYNDICATE

Place orders for July and August by: Tuesday, 25th July and Tuesday, 22nd August 2023.

Please submit a request for either an exact amount or if requesting a ‘top up’ or a full tank, then please furnish me with an accurate estimate (100 litres) of the quantity you require. A minimum request of 500 litres applies.

Colin Stewart
01297 792538

cogstewartcs@gmail.com
cogstewart@aol.com

MOBILE LIBRARY

Tuesday, 25th July and Tuesday, 22nd August 2023 at 11.15 - 11.45 am The Street

WHAT'S ON IN JULY/AUGUST

KILMINGTON SKY AT NIGHT

Two interesting months for any summer star-gazing. Plenty to see: three full moons with two super moons and a blue moon in August. Saturn and Jupiter easy to see throughout, Mars fair in July but difficult as August progresses, Venus easy to see in early July but gets more difficult and can't be seen in August. A meteor shower mid-August with a good chance to see the 'shooting stars'. Enjoy!

JULY

- 1st **Mars and Venus** appear close together in the west
- 3rd Full 'Hay' or 'Buck' **Moon**
- 7th **Saturn and Moon** appear close together
- 9th **Venus** at its 2023 brightest tonight
- 11th **Jupiter and Moon** appear close together
- 20th **Venus and Moon** appear close together
- 21st **Mars and Moon** appear close together
- 30th **Southern Delta Aquariids** meteor shower peaks. Best chance to see these faint meteors is just before dawn.

AUGUST

- 1st Full Super **Moon**
- 3rd **Saturn and Moon** appear close together
- 8th **Jupiter and Moon** appear close together
- 13th **Perseid meteor shower** peaks, best show just before dawn. Worth a look as could be up to 140 per hour.
- 27th **Saturn** at opposition, at its brightest as it is opposite the sun. It is also at its closest to us so will appear largest. However, its rings are at a slight angle so are end on.
- 30th **Saturn and Moon** appear close together
- 31st Blue Full Super **Moon**, second full moon of the month and closer, so it appears large.

Peter

PARISH COUNCIL MEETINGS

The next Parish Council meetings are on Monday, 10th July and Monday, 14th August both held in the Pavilion at 7.30 pm.

OPEN GARDEN SUNDAY

A reminder that the Open Gardens in conjunction with the Gardening Club Horticultural weekend are on Sunday, 23rd July from 1.00 - 5.00 pm.

There will be posters and maps to indicate which gardens are open and teas will be available at Kate's Well in Shute Road.

Let's hope for good weather!

Judy Godfrey

THE NEW INN - KILMINGTON

SUMMER Party



**SAT 12TH
AUGUST**
From 12pm

FREE ENTRY
LIVE MUSIC
LOCAL STALLS
REAL LIFE ALPACAS
BAR SNACKS
LIMITED MENU
SOFT & ALCOHOLIC BEVERAGES
PIZZA VAN (FROM 4.30PM)
ICE CREAM VAN (FROM 2PM)

KILMINGTON VILLAGE SHOW

Saturday, 9th September - A date for your diary!

As always, this year's Kilmington Village Show promises the usual great value family day out with something to entertain you all.

Professor Bumble is sure to keep the kids busy, with stories, magic and games, he's become a firm favorite with many. There will also be a Bouncy Castle, a Children's Fancy Dress Competition and Fun Races to help tire the little ones out.

The Kilmington Gold Cup Races will provide the usual betting excitement for adults – but will it be chickens racing this year, or some other livestock sprinting up the course?!

Our Fun Dog Show is always popular, so wash and brush up Fido and bring him along – a winning rosette could soon be coming his way!

The Kilmington Gardening Club are taking over the Village Hall for their Art, Photography, Crafts, Baking and Preserves Show. Classes will soon be advertised. We'll



also all be able to witness the results of their 'Grow Potatoes in a Bag' competition, as the bags are emptied and weighed.

A good variety of side stalls have already booked pitches and will be trying to tempt you to buy their gifts and wares.

If you've a classic or unusual Car, Tractor, or Motor Bike we'd love to display it for the afternoon.

With a bar, a BBQ, ice creams, tea, coffee and cakes you won't go hungry either.

So, look out for our posters with further details and we hope you'll come along to your village show to join in all the fun.

Kilmington Community Association

POSTAGE STAMPS

A reminder to avid letter writers that we only have until 31st July 2023 to use or swap non-barcoded 1st and 2nd class stamps. After that date mail posted with non-barcoded stamps are not valid and will be liable to a surcharge levied to the recipient.

Do not worry if you cannot use your old stamps by the deadline, as you can simply swap them for barcoded ones -but you **can't** do that at the Post Office. You'll need to get a 'Stamp Swap Out' form.

If you have internet access you can find details here <https://www.royalmail.com/sending/barcoded-stamps> along with a link to the form to print out and complete. Send the form back free of charge, along with your stamps, to: **Freepost SWAP OUT**. There is no delivery charge for replacement stamps.

If you don't have internet/access to a printer, you can request the form to be posted to you by calling Royal Mail on 0345 7740740. You can also pick up a form from your local Post Office.

It is worth noting that special or commemorative stamps such as Christmas stamps do NOT need to be swapped out and can still be used after 31st July.

Examples of stamps you can Swap Out



Examples of stamps you don't need to Swap Out



Ann Dorey

STRIMMING! HEDGEHOG ALERT

If you're about to start strimming the long undergrowth, please first check for hedgehogs. On the sound of a strimmer they'll ball-up and can be cut badly if not seen. We're lucky to have many hogs in our village and we'd hate to lose any.



MESSY SPARKLERS

Messy Sparklers is a monthly sensory stay and play for under 5s and their parents/carers. We start with coffee and snacks, then free flow through to the activity area, followed by story and song time, ending the session with lunch together. In June, we finished our serial on Moses, with the ten plagues and the escape from Egypt across the Red Sea.

On arrival, the children had gingerbread men to decorate that represented the 6th plague – boils – thankfully we used yummy chocolate drops and raisins. Parents and carers were able to catch up and grab a cuppa.

Yet again, we were blessed with good weather, allowing us to have several activities outside and, thankfully, it wasn't so hot that our ice and jelly activities melted too quickly. We had toy animals (= 5th) hidden in ice (7th = hailstones) and insects (4th = flies) with frogs (2nd = frogs) hidden in jelly. We also had red coloured water (= 1st) with fish, representing the River Nile.

Inside, we put up our Dark Den (darkness = 9th), locust handprints (= 8th) and made dragonflies (gnats = 3rd) using paper wings and lolly sticks. The children also had colouring, books, climbing equipment, baby toys and Duplo to play with.



We were very grateful to Linda C who stepped up to help in the kitchen this month, as one of our regular helpers was recovering from surgery. She was a welcome addition to the team, who provided us with the renowned egg sandwiches, plus cheese & ham. The variety of colours that they chose for the fruits and veg made the plates very appetising.

Our next session will be **Tuesday, 4th July**. We start at 10.30 am and finish at 12.30 pm, we ask for a

donation of £2 for the first child plus £1 for each additional child which includes lunch for both the child and their adult. Anyone is welcome, but booking is essential. If you aren't on our mailing list, please contact: children.youth@beaconbaptist.co.uk to receive a booking email. Remember to dress for mess!

Please note, that there will not be a session in August as it is the school holidays. The provisional date for September is Tuesday 5th, which we will confirm to those on our mailing list nearer the time.

Juletta Obudo

CORONATION PICNIC TABLE

To celebrate the Coronation of King Charles III, Kilminster Parish Council has provided a Picnic Table on Jubilee Green for residents to enjoy. Families can now picnic at a table positioned in the shade, near the stream and the Telephone Box Library. Groups have frequently been seen eating snacks on the benches and a request for a table was made by several residents in the Neighbourhood Plan questionnaire. So, it seemed the ideal way to commemorate the coronation.

A conscious decision was made to purchase a bench made from recycled plastic, as His Majesty would fully approve. And it was purchased from a local Exeter based company.

We hope you'll enjoy it, especially on these hot summer days.

Kilminster Parish Council





Summer Holiday Club 2023

Ages 5 - 11

Mon 31st July - Fri 4th August

10:00am - 12:45am

Games
Activities
Experiments

Fun

Bible Stories
Music
Puppets

Join us at The Beacon in Kilminster for a week full of games, crafts, experiments, puppets, and presentations as children learn about exciting stories from the Bible. Sign up via our website or email children.youth@baptistchurchkilminster.org for more information.



www.baptistchurchkilminster.org



CELEBRATE TOGETHER REBUILDING THE WALLS OF JERUSALEM

On a hot, humid, and partly rainy Saturday, 10th June, we held our 'Celebrate Together' service at St Giles'. As is the norm for our 'Celebrate Together' services we provided musical instruments and a very warm welcome. This time the theme was 'Kingship' and the story of Nehemiah. Crowns were handed out to those who wanted to decorate them and then wear them during the Service. One crown was very grand, this was worn by a regular member of our Celebrate family who knew what we were planning and therefore he was able to prepare and put a lot of effort into his finished article.

Many of the congregation that come to these special services have some kind of additional need, like me. This time we had an impressive turnout of 35, including carers, grandmas and grandads, parents too! Ye of little faith! That was me on the Saturday before the service, doubt had fogged my mind as I feared that numbers would be low, but God changed the IMPOSSIBLE to POSSIBLE. I was so overwhelmed and overjoyed. I praise God for making the afternoon so wonderful.

I was deeply moved and touched by the feedback that we received from the carers following the service. They told us how relaxed they felt to know that everyone there could make as much noise as they wanted; this meant they were able to encourage everyone to take part. At the start of the Service Anna had made a special point of telling everyone that, we were looking for noise, instruments to be played and full interaction from everyone.

There was a very touching part of the service, as during the prayers we had a blind young lady recite the Lord's Prayer so clearly, it nearly brought us all to tears. With her willing to say her prayer out loud in front of everyone, it helped others to then have the courage to do the same. We encourage all to say whatever may be in their hearts, to pray for family, for friends, for the world, for nature for whatever or for whomever they want to pray for.

During the service I spoke about my experience of recently attending a Royal Garden Party, following the King's Coronation. Once again, I asked for interaction by inviting anyone to fire questions at me should they be interested in what may have happened during the Party, or whom I may have met.



Left to right: Christopher Thorne, Greta Lidster, Elana-May Blackmore, Christine Thorne, John Thorne and Anna Crabbe

We also had two special birthdays to celebrate. We all sang 'A Happy Birthday to You', as is again normal for our service. Our very own Barbara Woodsford had a very special birthday to celebrate, and she was presented with a large bouquet of flowers. Barbara does so very much for our service, on the catering / serving side, as do Sheila Hill, Pearl Hurford and Val Harding. We again thank them all, for all that they do for us, once again you presented us with a marvellous spread. The food and drink, at the end, is a

big plus for all who attend. Why don't you come and experience the service, the atmosphere, the music and the food and drink for yourselves (this is to all those out there who are reading this article)?

A big thank you to Anna Crabbe who took the lead for this service. Anna, I am sure you will agree that this particular service was once again a great success and builds on what we have been trying to do both here at Kilmington and in Honiton. Everyone's dedication and hard work has once again paid off.

Finally, I would also like to thank Margaret Hurford who again filled the church with music and led us with our songs – beautiful tinkling on the ivories again, Margaret, as per normal. Thanks also to Greta Lidster who does a great deal with our little dramas, and she organises the labels as everyone comes in. Greta is one of our cast members. She does so much in the background and would again be dreadfully missed if she were not there. Thanks also to Grandad John for acting in most of our dramas, generally the small parts, but again there would be huge gaps if he did not agree to stand in. I am sorry that you were killed off so early on.

I am so blessed to do / help with these services as this is where my ministry is at, a voice for the voiceless, for the outcasts and the lonely. If you would like to come to these services, then they are held monthly either at Honiton or at Kilmington (turn and turnabout). They are always at 3.00 pm on the second Saturday of each month. The next one at Kilmington (on Saturday, 12th August) has a theme of 'Moses Striking the Rock'. If you would like to know more then please ring Christine Thorne on 07814 041059.

Elana-May Blackmore

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Letter from the Churches

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INTERTWINING ROOTS

As I write this, Summer has officially landed in Devon. It is very dry, very hot, and very beautiful. It's a blessing to live in this part of the world all year, but the summer is incredible with our open spaces and coastline, even if my pale complexion and hay fever make it slightly uncomfortable at times!

If we need a break from the beaches, one of our regular days out as a family is Bickton Botanical Gardens. It's a beautiful place with lots to do. There are some incredible plants and scenery, and they have some amazing and stunning trees on their grounds. I am fascinated by trees. I don't know if it's the scale of them, or the age of them, but there is just something about them. My favourite are the Redwoods. These seem much less interested in branching out than other variations. In fact it seems as if they are in a race to get as tall as they can, as quickly as they can.

However, these trees are about more than what we can see above the ground. So much of their brilliance is in their extremely intelligent and intricate root systems. These root systems sustain the tree physically and nutritionally, they can alert it to danger, and they are a means of communication with other trees.

Something fascinating about many types of Redwood trees is that, surprisingly, often their roots aren't as deep as you would think. In contrast to the tree's above-ground growth, the roots often spread out rather than going down. These roots then intertwine with neighbouring trees, making a firm underground foundation where trees each support one another. California Redwoods for example have roots that often don't go beyond six feet deep, and yet they are able to withstand some of the biggest storms, earthquakes, and

floods the world has to offer. I think this paints a beautiful picture of how we as humans are to flourish according to the Bible.

Psalm 1 says humans need to be rooted in the ground alongside sources of nourishing water. In other words we need to be connected with our creator and Father. Knowing our reliance on Him for every breath, nourished by the living water of life Christ offers freely, and built upon a strong foundation of faith that can withstand the storms of life.

But the Bible also says right at the very beginning that it is not good for humans to be alone (Genesis 2:18). We weren't built to battle through life in isolation. We were made for community. We were made to intertwine roots. So that in seasons when we ourselves feel weak, others can help support us and keep us strong. In a letter to a church in Corinth, the Apostle Paul compares the church to a body, and says that we only flourish as individuals when each part of us realises our role to play in the community. In our increasingly individualistic culture, the Bible says strength comes from a good connection with God, but also connection with one another. It's why as a church we are as serious about being a family as we are a worshipping community. In fact one doesn't work without the other.

Whatever the summer has in store for you, I pray you might know the love of the nurturing God who sustains you, and enjoy the company of those with whom your roots intertwine.

Make memories in the sun that will help sustain you in the rain... And be thankful to God for Devon!

Rev Mike Hudson

ST GILES' CHURCH BARROW MONIES TAKEN

We are very sorry to advise that the Church Barrow Money Box has been forced twice recently with all monies taken. The Barrow is only out during daylight hours. If anyone does happen to see anything suspicious then please contact Anna Crabbe, Colin Stewart or Reverend Julie to report this. This is a very sad situation.

We hope to continue with the Barrow. On Colin's return from holiday, he will kindly replace the box.

Christopher Thorne

PETER AND JANE IN THE GARDEN



It's now July and mid-summertime. Sweet peas should be blooming away, all the more if you keep cutting the flowers and enjoying the heavy scent indoors.

Harvesting flowers early morning or evening, when the plants are at their most turgid, is best and they should last about five days. The plants need a fair bit of water and curly stems can be avoided by

removing tendrils, although this can be a bit of a fiddle. I try removing seedpods to maintain flowering as long as possible.

My strawberry patch is usually very productive if watered enough and it is now that I peg down the runners or small plantlets into pots of soil (if I can keep them from drying out,) and this will give me another generation for next year. Once they root, they can be cut from the mother plant.

By now, my greenhouse tomatoes should be in full swing, and it is important to keep watering evenly and also feeding with liquid feed. Uneven watering and/or high nitrogen feed can encourage Blossom End Rot, despite the main cause being Calcium deficiency. If your plants suffer from this, you can remove the rotting fruit and apply a Calcium foliar feed.

My large flowering Irises have done well, since I moved clumps to a bed in full sun so that the rhizomes get baked. Propagate now, by cutting away rhizomes with a trimmed fan of leaves and plant them shallowly in their final site.

My opening line in the last issue was something about 'no lack of moisture'. Well, that has changed dramatically! As I sit in the shade writing this on 9th June, we have had no rain for a month and with warm days and a mainly a north wind, the moisture has gone! It seems the wetter the winter, the more rain we need in summer. Very wet soil (and it was in April) cracks readily, allowing moisture to evaporate from the soil profile. I don't, if possible, water the well-established plants – just the small seedlings.

The broad, French and Borlotti beans are doing well, as are the onions (which need a lot of water) and winter vegetables. However, the spinach, parsley and coriander are an embarrassment, and the peas seem reluctant to flower.

I have been using Neem Oil as a pesticide for the first time this year. Neem oil comes from the seed of the Neem tree from India and is organic. As far as I can see, as a fungicide it is purely prophylactic (prevention rather than cure), as it did nothing to Brown Rust already established on my garlic. It certainly killed Blackfly on the broad beans. I will spray my leeks once a week to see if it keeps the rust off them. It won't harm bees and can ward off soil dwelling insects if used as a drench. Next year I will try it around the base of my brassicas and perhaps stop Cabbage Root fly. It may be too good to be true.

Jane Chalk and Peter Guy

KILMINGTON GARDENING CLUB FLOWER SHOW

The Kilmington Flower Show this year will be held on Saturday, July 22nd at the Village Hall from 1.00 pm.

Come along for a relaxing afternoon, The Pimm's bar will be open, afternoon teas will be served, and stock up on some delicious homemade cake. On Sunday we have Kilmington Open Gardens to complete your horticultural weekend.

This event is for flowers, flower arrangements, fruit and vegetables only. The other classes of art, photography, baking, crafts, preserves and junior will be held at the Kilmington Village Show on Saturday, September 9th.

This new arrangement to trial a split of the two has come about due to the rising cost of hiring a marquee (£1,800) which is not sustainable, and flowers, fruit and vegetables are better in July than in September.

Schedules are available from Millers Farm Shop, or you can download it from the Gardening Club website www.kilmingtongardeningclub.co.uk

Entry forms should be taken to the Village Hall at the following times:

Wednesday, 19th July – 11.00 am -12.30 pm

Thursday, 20th July – 11.00 am – 12.30 pm and 4.00 pm - 6.30 pm.

If you fancy entering, but are new to this, there are tips for exhibitors in the schedule or you can contact any of the committee for advice.

Exhibits can be brought to the Hall on Friday, 21st July between 6.00 – 8.00 pm and on Saturday, 22nd from 8.00 – 9.45 am. Judging will commence at 10.00 am.

On the day, the raffle will be called at 3.00 pm followed by the prize-giving and the auction of vegetables, fruit and flowers.

Good luck to everyone entering.

Lesley



KILMINGTON GARDENING CLUB

Be Friendly with Bees – Brian Godfrey

www.kilmingtongardeningclub.co.uk



The subject of bees and beekeeping is endlessly fascinating and Kilmington resident, Brian Godfrey, along with fellow beekeeper, Sarah More, were able to enhance our knowledge considerably during their talk on Friday, 9th June.

Honeybees (*Apis mellifera*) arrived just after the last ice age only 11,000 years ago, by which time plants had developed flowers with nectar to attract pollinators. Honey has always been valued for its sweetness so it was stolen from wild colonies. By the 5th century we started keeping bees in skeps and monasteries kept bees for wax with which to make candles. Bees were so prolific they were just killed every autumn for the honey and the wax and more were caught the following spring. Since the 19th century we have kept them in removable frame hives so we do not have to kill them to take the honey. Furthermore, bees are now too scarce to kill!



A Skep

Brian then gave a demonstration of the different parts of the hive, starting with the mesh screened bottom floor board which provides more ventilation, keeping the beehive cooler in summer and improving control of moisture levels in the winter. It also helps to reduce Varroa mite infestation. Then comes

the brood box which serves as the living quarters for the colony and holds eight or ten removable frames where the queen lays her eggs and workers store pollen and honey for food. Each box, or hive body, has enough space to house between 50,000 and 60,000 workers. The 'bee space' is the precise gap within a hive or natural nest that bees will not fill with wax or propolis (a resin-like substance). It enables the bees to crawl around in their home, the ideal distance being somewhere between 4.5 mm and 9 mm - beekeepers call this 'magic spacing'. The next section is the Queen Excluder, a flat section of the hive with a gauged metal grid big enough to allow workers to pass but small enough to prevent the queen from leaving. With the queen restricted to laying eggs, the workers fill the rest of the upper section of the hive – the Super – with honey.

We harvest honey, wax, propolis and pollen but the bees' main value is pollinating our fruit and flowers. Sarah then took over the talk to emphasise the importance of being friendly with bees. There are over 270 species of bee in the British Isles and they belong to the order of Hymenoptera, along with wasps, ants and sawflies and having evolved

from wasps, switched from a predatory and carnivorous lifestyle to one collecting pollen for protein and nectar. As a result, many bees are hairy and all can carry pollen, with enlarged crops to carry nectar.

Aerial species of bee use hollow plant stems, holes in dead wood, walls and nowadays bee hotels. Ground-nesting bees need the ground to be dry and exposed to the sun – they can be solitary or communal. Bumblebees nest in a variety of places, underground, in dense herbage or above ground, often in old bird or rodent nests.

They buzz-pollinate by vibrating some flowers such as potatoes, tomatoes, borage, blueberry and cranberry and they will visit all suitable flowers on a foraging trip, close to the nest. Whereas honeybees go to only one species of flower on a trip up to three miles, so they are great for pollination. The results of pollination mean fruits and seeds for us, for birds and other creatures.

Sarah exhorted us not to use insecticides, fungicides and herbicides as they all contaminate the environment and many work synergistically – they all damage bees.

Plants to grow to help bees include *Lungwort* (*Pulmonaria*) which is a very important plant for bumblebees. Other early sources of food are *Snowdrops*, *Hellebores* – single flowers please as doubles have replaced the stamens with petals, also drooping head otherwise the rain washes the nectar out - *Camellias* and *Skimmias*, *Winter Honeysuckle* and *Winter Box* (*Sarcococca*). Crocuses are a great source of forage as are most bulbs and corms.

Bees pollinate fruit trees and soft fruit plants, vegetables and many trees. Bumblebees come out much earlier than honeybees, often at dawn, as they have thick hairy jackets to keep them warm. Wool carder bees use the 'wool' from the soft furry leaves of *Stachys lanata* or *Stachys byzantina* (Lamb's ears) to make their nests. As a late-flowering plant, Ivy is a wonderful source of food in the late autumn and winter when other food is scarce.

We all know that bees are an essential part of our living planet and after Brian and Sarah's talk, we were inspired to ensure their survival.

Jean Falconer



FLOWERS OF THE MONTH



July

Larkspur

August

Gladioli





RBL NATIONAL CONFERENCE - KILMINGTON WAR MEMORIAL – BIG FAMILY BBQ

It was encouraging to see so many at our 'First Friday of the month' get together on the 2nd June at the New Inn; our next gathering will be at the Old Inn on Friday, 4th August (the first Friday of July of course being the Big Family BBQ inside and out, at the Village Hall).

In last month's issue I highlighted that I was attending the RBL National Conference in Torquay, along with Jean Falconer and over 355 other delegates from the UK and overseas. The RBL has to conform to recommendations made by the Charities Commission, and the RBL will need to support their recommendations to ensure that it is fit for purpose in the 21st century. However, in order for this to happen, the membership deserves to be better informed of what is no longer fit for purpose, how the RBL should reorganise and finally, the benefits of the re-organisation. It has to be said that many are becoming weary of 'change for change's sake' and the 'corporate blurb' that tells you nothing!



The War Memorial. I have now received several positive responses to the proposal to erect another memorial in the Village Hall Car Park (final positioning to be discussed later). In response to this, I have contacted a company to provide us with some ideas and possible cost. When I have more details, we will update you on the possibilities. Costings will also include cleaning and re-painting the wording on the current

memorial, which will be maintained in its current position.

We are still looking to introduce a Branch Community Support Officer, who will coordinate our shepherds and report quarterly to the County, providing an overview of what we have achieved. If you would like to volunteer and help highlight everything that we do as a branch, please do not hesitate to contact me or any other committee member.

Finally, please remember that our Great Family BBQ will take place on Friday, 7th July inside and outside the Village Hall. We attempt to cater for everyone, so please let us know in advance if you have any special dietary requirements. Tickets are available from any RBL committee member.

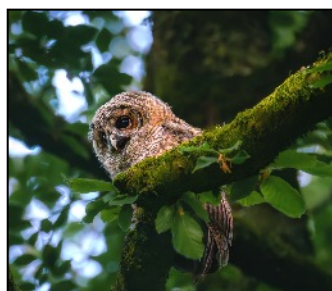
As always, we continue to look for new members, so if you would like to join us, please get in touch, and remember, you do not have to be a member or veteran of the armed forces to become a member! In the meantime, thank you again for supporting the Royal British Legion, but more importantly, the veterans and their families.

Please take great care and stay safe.

Cdr Staff Seward OBE RN Rtd
Chairman RBL Kilmington Branch
07799612557 – e-mail t60sas@hotmail.co.uk



Tawny Owl photos taken by Lucas Harry from Axminster in Kilmington woods





Here we go again!

The Great Family BBQ

Burgers, Sausages,
Chicken,
vegetarian, Salad
& a selection of
sweets

6pm

Friday 7th July

Bar &
Raffle

Inside & Outside Kilmington Village Hall

All food included!!

Adults £10

Children under 12 £5

Children under 5 FREE (Cash only)

Music

Tickets now available:

Claire 01297 32120 clairedainton@aol.com

Jean 01297 33708 jean-falconer@sky.com

Peter 01297 32243 p.huscroft016@btinternet.com

Peter Wood 01297639828 tava2@byinternet.com

John 01297 639758 wattsjohn307@gmail.com

Peter Squire 01297-33407 peterhsquire@outlook.com

Closing Date Mon 26th June



KILMINGTON CRICKET CLUB



With a third of the season already gone, Kilminster 1st XI sit in an entirely unexpected position, 2nd in the A Division of the Devon League, mixing it with Exeter, Torquay and Plymouth 1st XIs. The 2nd XI has had a steady start, with two wins and two defeats in the F Division East.

Both teams have new leadership, Matt Rockett in the 1st and Ashley Cook in the 2nd. Ironically, given the 1st XI's position, we are slightly weaker in playing strength this year having lost Josh Short (to Chard), a real blow that we hope will reverse itself at some point in the future, and Billy Reed (travelling). With other players' availability less this year than last, we are stretching our resources on some occasions.

Good news on the playing front has been the return of former captain Ian Gooding, the arrival of Ben Webb and the increased impact of youngsters Matt Reed and Louis Cook. Judging by the turnout of youngsters at the club on Thursday nights, working with Eddie Clarke, there will be a few more to come through the ranks. We have also signed Australian, Sam Cuconits, who has been passing his knowledge on to the youngsters.

After a total washout on the first weekend of the season, the 1st XI has beaten Clyst St George, Hatherleigh, Abbotskerswell and Budleigh, only losing to Torquay. Cuconits 108 vs Hatherleigh, Joel Seward's match winning 77 not out and 4 for 50 vs Budleigh and Rob Crabb's 14 wickets have been the individual highlights so far, but all the players have contributed. Chasing 305 to win the game in the last over in a fractious game against Budleigh raised a cheer that, I am told, could be heard across Kilminster. This



Back row: Harry Johnston, Brett Garner, Josh Cann, Rob Crabb, Tom Gooding, Sam Cuconits, Richard Reed

Front row: Matt Reed, Ian Gooding, Matt and Arthur Rockett, Joel Seward, Ollie Reed

was one of the best games ever seen on the ground.

In the 2nd, Rob Meakings and Giles Dixon's match winning partnership vs Bideford 2nds and the wickets of Sam Olive and Ben Noble, have given the team a positive start. There is a real togetherness in the 2s. Hopefully these positive starts will continue. The club has put out a mix of 1s and 2s in the East Devon Big Bash, winning two and losing one, and even the defeat to Exeter 1st XI in the Devon Senior Cup was an honourable one.

In other news, a chance meeting with Simon Church, formerly of this parish, uncovered 16 missing scorebooks. This means that the club has digitised on its 'play

cricket' website all of its scorebooks (except seven games) from the middle of 1946 to 2023. Also about half of the scorebooks from 1912-1939 are digitised. This is a pretty large archive that, even if you have no interest in cricket, provides a view onto the cultural and social life of the village and its inhabitants over the past 110 years. If anyone is interested, I am happy to show them what is there. Next job is to upload all the articles about the club and update the Legends' wall in the pavilion. As always, anyone interested in joining the club, please get in touch.

Finally, a huge thank you to all the businesses and individuals who have sponsored the club this year, be it the banners around the ground, match balls, vice presidents, donations or player sponsors. The club is extremely grateful to them, and all the supporters who have come to watch the games this season and support the team.

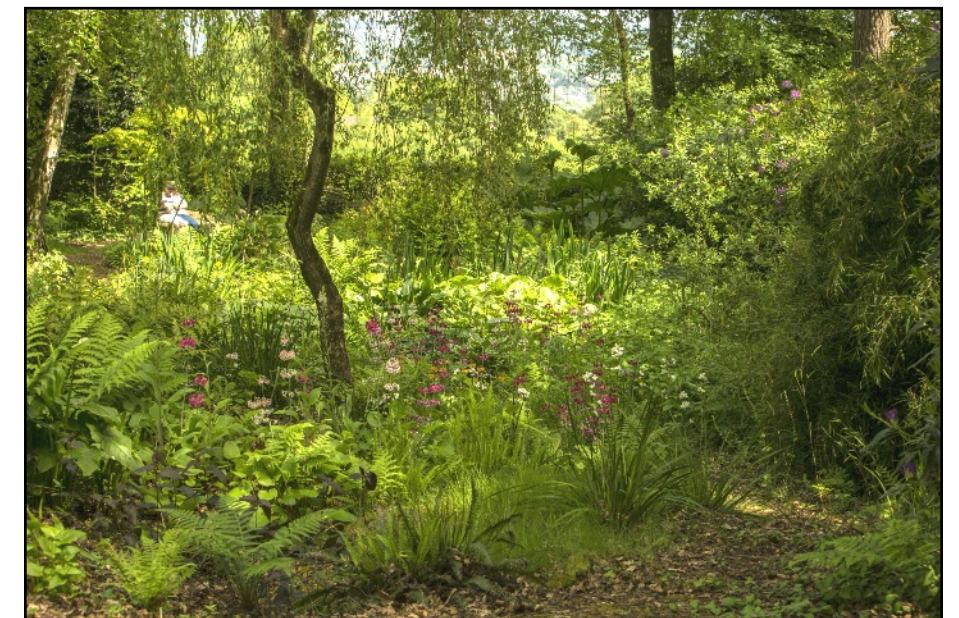
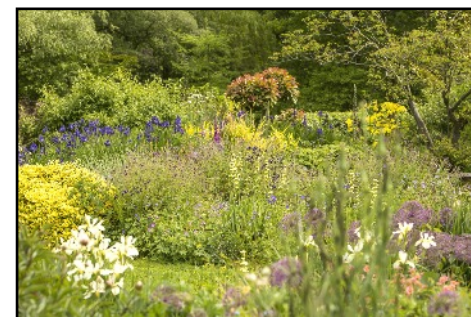
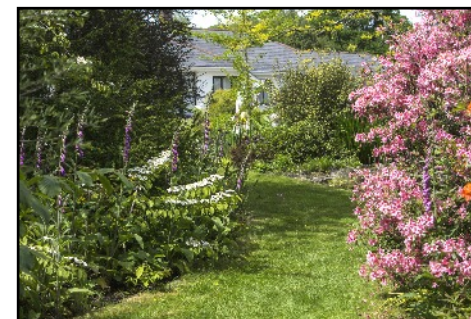
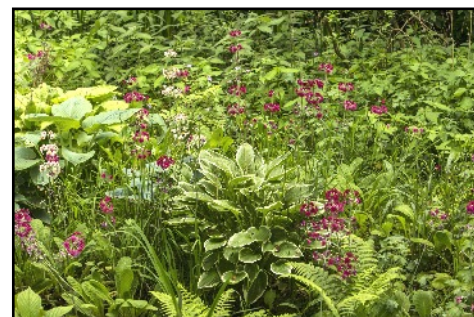
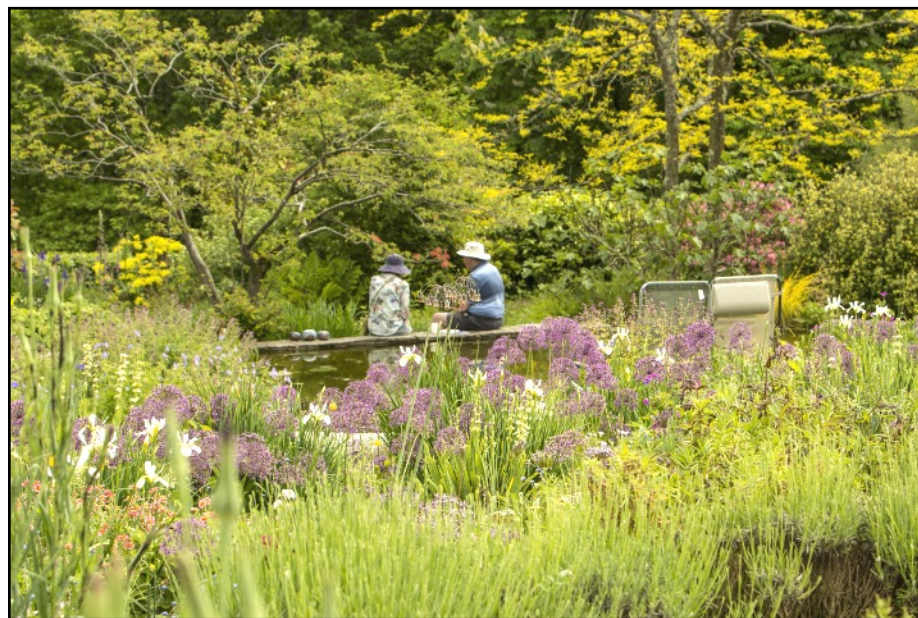
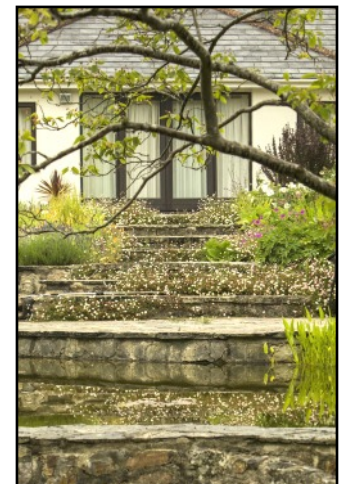
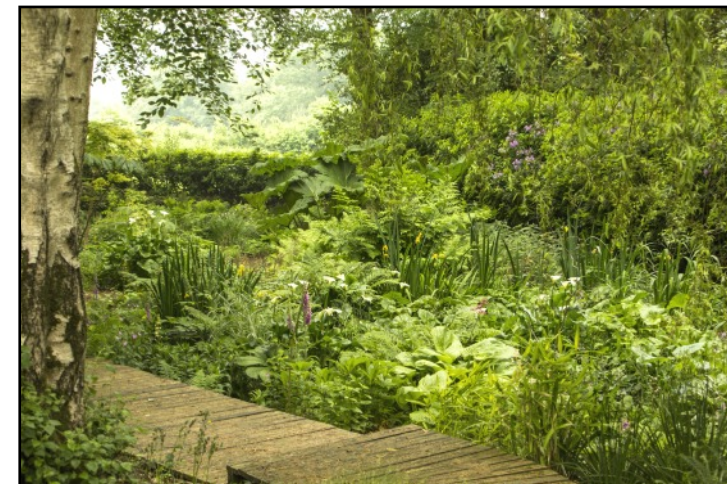
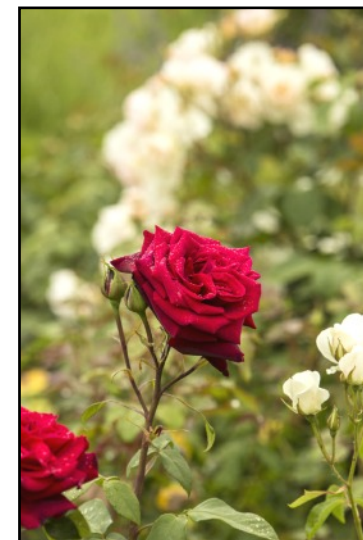
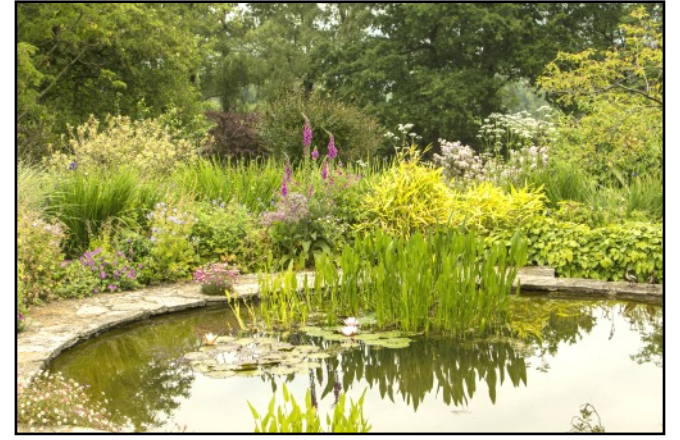
Martin Huscroft

CRICKET FIXTURES

July					July				
1 st XI - A Division					2 nd XI - F Division East				
Sat	1st	Plymouth 1 st XI	12.30 pm	A	Sat	1st	North Devon 3 rd XI	1.00 pm	H
Sat	8th	Exeter 1 st XI	12.30 pm	A	Sat	8th	Culmstock	1.00 pm	H
Sat	15th	Clyst St George 1 st XI	12.30 pm	H	Sat	15th	Upottery 2 nd XI	1.00 pm	A
Sat	22nd	Hatherleigh 1 st XI	12.30 pm	A	Sat	22nd	Alphington & Countess Wear	1.00 pm	H
Sat	29th	Abbotskerswell 1 st XI	12.30 pm	H	Sat	29th	Cullompton 2 nd XI	1.00 pm	A

August					August				
1 st XI - A Division					2 nd XI - F Division East				
Sat	5th	Kilminster 1 st XI	12.30 pm	H					
Sat	12th	Torquay 1 st XI	12.30 pm	A	Sat	12th	Bideford/Littleham/Westwood Ho!	1.00 pm	H
Thur	17th	Spar Ramblers - Friendly	12.30 pm	H				1.00 pm	A
Sat	19th	Thorverton 1 st XI	12.30 pm	A	Sat	19th	Exeter 3 rd XI	1.00 pm	H
Sat	26th	Tavistock 1 st XI	12.30 pm	A	Sat	26th	Bradinch	1.00 pm	H

Breach open their Garden for the NGS and Hospiscare





KILMINGTON VILLAGE HALL - A PLEA



Are you a home handy man/woman? An odd jobber?? Want to help the village community?

Although the Village Hall employs a regular cleaner and pays for contractors to do checks on electrical and other necessary services each year, there are various small jobs throughout the year for which helpers are required.

The Village Hall was built with money raised by villagers, the hall belongs to the village.

Everyone seems to agree the Village Hall is an essential part of village life.

The hall committee (currently five people) needs more residents to help keep the hall in the condition you like to find it - clean and sparkling, spick and span.

Could you offer a few hours occasionally to help with a job?

We are also looking for a couple more people to join the committee - occasional meetings, chance to put forward your ideas and views, to contribute.

If you think you can help in any way and help with the successful running of this valued and important village facility, PLEASE contact one of the Committee:

Judith Chapman: jachapman16@btinternet.com

Sally Dare: sallyedare@outlook.com

Clive Frankish: clive_frankish@hotmail.com

Louise Quincey:
kilmingtonvillagehallbookings@gmail.com

Judith Chapman

VILLAGE HALL '100+' CLUB

**The winners of the draw held on
31st May 2023**

E Dare	£30	P Bellworthy	£5
G Jones	£15	A Dare	£5
H Stevens	£15	A Holmes	£5

For further details, please contact
Jean Falconer - 01297 33708

APOLOGIES TO PEARL

I am apologising to Pearl Hurford for putting the amount of donations she received for her crafted chickens at £43 in last month's Postscript - this should have been **£430**. Just a slight difference!

Val Harding

TO RIDE THE WIND

Oh what a wonder it really would be,
To ride on the wind with impunity
To drift with the breeze on a summer day
And then hang on tight when gales come to play.

I'd cross the oceans like an Albatross
And watch the waves as they billow and toss,
I'd climb over mountains covered in snow
And move the sand when desert winds blow.

I'd howl down your chimney and frighten the dog
Or hardly move in the mist and the fog,
I'd excite tree leaves and start them to sing
And breeze through wind-chimes to make them all ring.

I'd make grasslands move like the ocean waves
And gently caress our forefathers' graves,
I'd stroke the flowers so they move with grace
Then kiss kids' faces and not leave a trace.

Oh what a wonder it really would be
To ride on the wind with impunity,
Some say it happens when life's at the end
Your spirit then free with the wind to blend.

John Thorne

SUDOKU CHALLENGE

Level: Hard

To solve this puzzle, each 3 x 3 square, row and column must contain all of the numbers 1 to 9. The solution is on page 20.

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

Cookery Corner

I have only recently started cooking the Shakshuka recipe after seeing it on a television programme. However, when I was staying in Cornwall, it appeared on the breakfast menu at the hotel and on a recent trip to Altrincham Food Market, it was available there as a brunch dish. It is North African in origin, but my version is perhaps a little less spicy. Traditionally it is served as a breakfast dish, but I think it makes a quick, tasty lunch or supper dish. When my tomatoes have ripened, I will try making it with fresh, skinned tomatoes rather than tinned.

The Raspberry bars are a good way of using fresh raspberries from the garden, along with last year's jam if you are lucky enough to have some left. They are crumbly by name and nature and can be served as a dessert or, better still, served with a cup of coffee.

SHAKSHUKA (eggs baked in a spicy tomato sauce)

Serves 2

2 tbsp olive oil
1 medium onion, chopped
1 large red pepper, deseeded and chopped
1 tsp sweet paprika
1 tsp ground cumin
2 x 400g tins of chopped tomatoes
½ tsp chilli flakes
4 large eggs
Salt and pepper

Method

1. Heat the oil in a frying pan and fry the onion and peppers for approx. 8-10 minutes over a medium heat until softened. Add the paprika and cumin and cook for a further minute.
2. Stir in the tinned tomatoes and the chilli flakes and cook over a high heat for 4-5 minutes until the sauce has thickened slightly. Season with salt and pepper.
3. Pour the sauce into a shallow ovenproof dish, I use a large flan dish. Using a spoon, make four wells in the sauce and break an egg into each one.
4. Bake at 180C fan/200C/gas 6 for approx. 15 minutes. I like the egg yolks to be set so if you prefer a less set yolk, 10-12 minutes will be enough.
5. Serve with some fresh sour dough bread. This isn't traditional, but I like to also serve it with some thickly sliced ham.



RASPBERRY AND ALMOND CRUMBLE BARS

Makes 10 bars

225g/9oz unsalted butter, chilled and diced
225g/9oz plain flour
100g/4oz semolina
100g/4oz golden caster sugar plus 2 tbsp
225g/9oz raspberry jam
200g/8oz fresh raspberries
50g/2 oz flaked almonds
Icing sugar for dusting (optional)

Method

1. Put the flour, semolina, 100g caster sugar and the butter into a food processor. Whizz for a few moments until the mixture resembles breadcrumbs and just begins to show signs of sticking together. Decant approx. half of the mixture into a separate bowl. Continue to blend the remaining mixture together in the processor until it forms a ball.
2. Lightly grease a 23cm x 23cm shallow tin. Using the back of a spoon, press the dough into the base of the tin, this will be quite a thin layer.
3. Next spread the jam onto the dough. Sprinkle the fresh raspberries over the jam and gently press them in.
4. Stir the almonds and 2 tbsp of sugar into the remaining crumbed mixture and use it to cover the fruit and jam layer.
5. Bake at 160 C fan/180C/gas 4 for 40-45 minutes until golden brown.
6. Leave in the tin until completely cold before cutting into bars. Serve dusted with icing sugar, (optional).



Diane Overton



Event

MISSION COMMUNITY SONGS OF PRAISE

IN THE VICARAGE GARDEN,
KILMINGTON

30
JULY
2023

TIME

16:30-19:30

DEVON CREAM TEA IN
THE GARDEN WITH
SONGS OF PRAISE.
PARKING IN THE
CHURCH / VILLAGE
HALL CAR PARK.
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FROM YOUNGEST TO
OLDEST!

*To help with catering, please RSVP before 26/7 and advise of any dietary
needs eg gluten, dairy free.*



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Web: <http://khushi.kitchen>

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Mina x



A.G.M.

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A PUNISHMENT FOR SCOLDS IN 16th CENTURY KILMINGTON

In 1564, Queen Elizabeth I had been on the throne for only six years, reigning over a population of little more than four million people. It was the year that William Shakespeare was born, twenty-four years before the Spanish Armada famously set sail intent on overthrowing our golden monarch, and before the arrival of our great staple, the potato. A lot has changed in the last 459 years. Fortunately!

We are also fortunate to have some record of what daily life in Kilmington was like for the common man (and woman!) at that time through the surviving Churchwardens' Accounts. They provide some detail of the minutiae of the life of Kilmington's long past residents through the parish expenses, recorded and managed by the Church. Here is one such slice of life from that year.

ROGER LOVERING was paid sixteen pence by the parish to construct a *cokynstole*. Roger was a carpenter and general handyman and would frequently be called upon by the parish to perform various tasks, often including 'mending of the church bells'. His daily rate, as a skilled craftsman, was ten pence, almost twice that of a non-skilled labourer.

A *cokynstole*, or 'cucking stool' was a device used for the punishment of disorderly, gossiping, drunken or quarrelsome women. Such women were known as *common scolds*. Other offences might also have been for fornication or simply for being a flirt! Those women were known as *strumpets*.

These public irritants would be forced by restraint to sit on a chair which would be attached to a long wooden beam on wheels where the sitter could then be paraded throughout their neighbourhood. The object was public humiliation, and the chairs used would often be commodes, or 'defecation chairs' to increase the indignity. It is said that the origin of the word 'cucking' is the same as the slang 'cack' for this very reason, whence also the origin of the expression 'cack-handed', used to describe people who are clumsy or otherwise 'make a mess'.



Cucking stools would later evolve into 'ducking stools' where chairs (or commodes) would be attached to a long lever and the sitter could be repeatedly 'ducked' into the freezing water of some convenient river or pond. Often this was at the behest of the scold's husband!

Cucking or ducking stools originated in the medieval period, where communities were known for adopting a harsh approach to dealing with crime and troublesome people.

Also a method of torture, it was used for extracting confessions and victims would be plunged into water, sometimes for prolonged and repeated periods over the course of a day. It was a brutal affair and even considered a failproof method of determining whether the accused was a witch. Witches or not, some occupants of the 'stool' drowned.

It seems most unlikely that this was an isolated case in Kilmington, perhaps the previous cucking stool had been worn out by Kilmington's unruly and sinful womenfolk? Local antiquarian James Davidson wrote in his 1843 book, '*The History of Newenham Abbey*' that as early as 1312 the Abbot laid claim to the right of a 'ducking stool' in our village. One might wonder today how many Kilmington scolds or other lawbreakers were humiliated in this way, perhaps ducked in some local pond or watercourse?

Stoney Bridge in Axminster was previously known as Ducking Stool Bridge, after the former site of such a torturous device. There is also evidence that such a device existed in Colyton in 1590.

Ducking stools were last used in England little more than 200 years ago, but it seems that their loss was later mourned by several men who, unable to control their independently minded and disobedient wives, wrote to national newspapers and members of parliament calling for their reinstatement!

*Then was the Scold herself,
In a wheelbarrow brought,
Stripped naked to the smock,
As in that case she ought:
Neats tongues about her neck
Were hung in open show;
And thus unto the cucking stool
This famous scold did go.*

Samuel Pepys, The Cucking of the Scold c1615

Alan Clarkson

SUDOKU SOLUTION

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

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Tel: 07512 279663

Email: info@axminsterandlymecancersupport.co.uk

Mailing address: Axminster and Lyme Cancer Support, Heathermoor, Yawl Hill Lane, Yawl, DT7 3RW

Newsletter no 57

In their latest newsletter ALCS proudly announce their grant from the David Gibbons Foundation and a renewed award of the Charity of Excellence Quality Mark, both of which help to support and encourage them in their efforts to contribute to the quality of life of their clients in this area who are coping with cancer.

Although ALCS is based in Lyme Regis, some of the regular events and support sessions take place in Axminster Hospital (the Scott-Rowe room) such as the weekly acupuncture clinic and alternate monthly drop-in sessions on Mondays. The men's Pie and a Pint with visiting speaker is usually at a local pub, and the benefits of Fermented Food are taught at workshops held at Lyme Regis Football Club.

Besides offering medical and therapeutic support, ALCS are building up a 'creative hub', with courses and workshops in


acrylic and other art, craft such as leather keyrings, and creative writing. Recently some of these have been held at Stanley Studios in Kilminster but this time the Village Hall at Wootton Fitzpaine, near Bridport is one of the venues.

Some dates:

Wednesday, 5th July: 11.00 am on Zoom - Creative writing with Ninette Hartley

Thursday, 13th July and Tuesday, 8th August: 9.30 am – 12.00 noon - Acrylic Art with Trudi Ochitree at Wootton Fitzpaine Village Hall, Bridport.

If you wish to receive the full newsletter with more information and detail, or to register your interest, or have any queries for ALCS, please use one of the addresses above to contact them.



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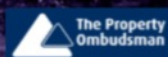
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A SILVER BULLET OR A SMOKING GUN?

Marketed as a way to help those seeking to give up smoking cigarettes, vapes are now considered trendy, especially among teenagers, and with the range of flavours, one would think one was choosing sweets rather than something that causes harm to the environment and to human health!

With the increase in vaping, disposal of the devices is becoming a problem; they are increasingly being seen as an item of litter. Did you know that 1.3 million vapes of all descriptions are thrown away every week in the UK – that's two every second – enough to cover twenty-two football pitches in a year?

The vapes have components, many recyclable, in the one package: hard plastics, lithium, aluminium, steel, copper, cobalt, nickel, manganese, plus heavy metals like lead and mercury. Isn't that bonkers! If just the lithium was recycled, in a year there would be enough to make batteries for 1,200 electric cars. So there's a huge amount of unnecessary waste.

How many of us are aware that e-cigarettes/vapes come under the UK WEEE Regulations (waste, electrical, electronic equipment)? As such they should be returned to

the retailer for responsible disposal with a registered recycler. It's really important too that disposable vapes are not put out for kerbside recycling with the other household batteries or into the general waste bin either. The batteries inside can explode during collection or within recycling centres, causing a danger to staff and property.

If you are a vaper, what can you do to minimise the impact on the environment? You could choose to use devices with rechargeable batteries. Also, when you buy a new one, take the old one back to the same retailer and ask if they have a take-back scheme (retailers have a responsibility to provide a way for customers buying new vapes to dispose of their old ones). If not, perhaps mention the recycling scheme that Veolia has recently launched, to which retailers can sign up. There's a free collection service. Devon Contract Waste in Exeter also offers a recycling service. Or maybe contact both companies to find out the location of the nearest retailer who has signed up for the collection scheme. Let's see if we can stop this litter from proliferating.

Kay Pike



Hospiscare Summer Walk is open to everyone, and will begin at Darts Farm where people can enjoy a delicious gelato ice cream before taking in the breathtaking views at Cliff Field, Lymptone to enjoy a strawberries and cream picnic. There'll be a break at The Puffing Billy, and a glass of Pimms, along with musical entertainment to enjoy.

The route is suitable for a wide range of ages and abilities, taking in beautiful views of the Exe Estuary – and of course four-legged family members are welcome too!

Date: Saturday, 8th July

Time: 1.30 – 7.30 pm

For more information and to sign up, please go to - www.hospiscare.co.uk/events/hospiscare-summer-walk

HOSPISCARE OPEN GARDENS

JULY

Saturday, 1st and Sunday, 2nd July: 1.30 - 5.00 pm
 Prospect House, Lyme Road,, Axminster, EX13 5BH

Sunday, 9th July: 10.00 am - 4.00 pm
 Blackbury Honey Farm, Southleigh, Colyton, EX24 6JF

Sunday, 16th July: 10.30 am - 5.30 pm
 Monteverde, 8 Barton Rise, Old Feniton, Honiton,
 EX14 2HW

AUGUST

Sunday, 13th August:: 10.00 am - 4.00 pm
 Blackbury Honey Farm, Southleigh, Colyton, EX24 6JF

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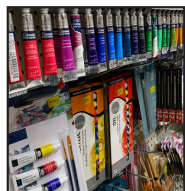
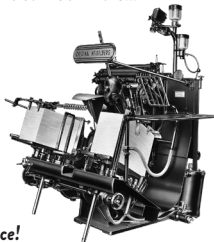
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Please post payments for advertising in Postscript and donations to help with printing costs
through the front door of Vicky Larcombe's house. Thank you.

DIRECTIONS FOR FINDING Vicky Larcombe's house. Vicky is treasurer for Postscript.

From Whitford Road turn left and walk up The Street, passing Koppers, Kushi Kitchen, the Bull Pen and West Gate on
your right. The next house is **Brookside** where Mrs Vicky Larcombe lives. If you find yourself crossing Meadow Bank,
you have gone a few steps too far.

WEEK TO VIEW (Events that happen the same time every week)

Sunday	10.30 am	The Beacon	Service
Monday	early	Your house	Recycling collections
	2.00 - 4.00 pm	Village Hall	Country Dancing
Tuesday	10.00 - noon	The Beacon	The Post Office
Wednesday	9.30 am	The Beacon	Toddlers and Tinies (Term time only)
	10.00 - noon	St Giles' Church	Mums and Babies Support Group
	2.00 - 4.00 pm	Village Hall	Short Mat Bowls
Thursday	7.00 pm	The Beacon	Alpha Course
Friday	10.00 - noon	St Giles' Church	Coffee and a warm welcome

DATES FOR JULY 2023

Sun	2nd	10.30 am	Yarcombe Church	Mission Community Holy Communion
	2nd	4.00 pm	Loughwood Meeting House	The Baptist Church Celebration Service and Picnic
Tues	4th	Early	Your House	Garden Waste Collection
	4th	10.30 am	The Beacon	Messy Sparklers
Wed	5th	9.00 am	The Beacon	Men's Home Group
Fri	7th	6.00 pm	Village Hall	RBL Family BBQ
Sun	9th	10.30 am	The Beacon	All Age / Cafe Style Dedication Service
	9th	11.00 am	St Giles' Church	Morning Worship
Mon	10th	Early	Your House	Landfill with recycling
Tues	11th	9.30 am	St Giles' Church	Said Communion
	11th	10.00 am	The Beacon	Create Craft Group
Fri	14th	7.00 pm	The Beacon	Quiz Night - fund raising for Child Bereavement UK
	14th	7.30 pm	Village Hall	KGC Talk: <i>Fuchsia My Way</i> - Derek Dexter
Sat	15th	8.00 am	The Beacon	Men's Breakfast
Sun	16th	9.30 am	St Giles' Church	Holy Communion
Tues	18th	Early	Your House	Garden Waste Collection
	18th	12.30 pm	The Beacon	Community Contact Lunch
Sat	22nd	1.00 pm	Village Hall	Kilminster Gardening Club Flower Show
Sun	23rd	9.30 am	St Giles' Church	Morning Prayer
	23rd	1.00 - 5.00 pm	Kilminster Village	Open Gardens
Tues	25th	9.30 am	St Giles' Church	Said Communion
Sun	30th	10.30 am	Shute Church	Mission Community Holy Communion
	30th	4.30 - 7.30 pm	Vicarage Garden	Afternoon tea with Songs of Praise
Mon	31st	Early	Your House	Landfill with recycling
	31st	10.00 am - 12.45 pm	The Beacon	1 st day of Wonder Zone Summer Club (<i>see poster on page 7</i>)

DATES FOR AUGUST 2023

Tues	1st	Early	Your House	Garden Waste Collection
Fri	4th	6.00 pm	The Old Inn	RBL 'Get Together'
Sun	6th	11.00 am	St Giles' Church	Mission Community Holy Communion
Tues	8th	9.30 am	St Giles' Church	Said Communion
Sat	12th	12.00 pm	The New Inn	Summer Party
Sun	13th	11.00 am	St Giles' Church	Morning Worship
Tues	15th	Early	Your House	Garden Waste Collection
Sun	20th	9.30 am	St Giles' Church	Holy Communion
Mon	21st	Early	Your House	Landfill with recycling
Tues	22nd	9.30 am	St Giles' Church	Said Communion
Sun	27th	9.30 am	St Giles' Church	Morning Prayer
Tues	29th	Early	Your House	Recycling only

USEFUL TELEPHONE NUMBERS

VILLAGE NUMBERS

Bell-ringing - Celia Dunsford	01297 33563	KGC - Bev Perkins, Secretary	01297 631801	RBL - Jean Falconer - Sec Stafford Seward - Chairman	01297 33708 01297 33909
Bridge Club - Eric Samways - Gill Bullock	01297 24260 01297 647768	Kilminster Community Cinema - John Watts	01297 639758	Short Mat Bowls - Edith Turner	01297 34090
Country Dancing - Gill Perkins - Marie Thorne	01297 32888 01297 631194	Kilminster Pre-School - Now part of primary school	01297 32762	Table Tennis - Jenny Nickolls	01297 639758
Cricket - David Lavender	01297 631868	Kilminster Primary School	01297 32762	Telephone Box Library - Karen Hodder	01297 35162
Footpath co-ordinator - Tom Cook footpaths@kilminstervillage.com	07974 001197	Millers Farm Shop	01297 35290	Tennis - Christopher Eastwood Jane Chalk	07772 930 411 07866 040 310
Hitchcock Pavilion bookings - Peter Huscroft	01297 32243	The New Inn	01297 33376	Village Hall bookings - Louise Quincey	01297 32358
Kilminster A35 Pit Stop	01297 598060	The Old Inn	01297 32096	Village Hall 100+ Club - Jean Falconer	01297 33708
Kilminster Cross Services	01297 631089	Ring and Ride	07510 255965	www.kilminstervillage.com - Luke & Maxine Lawson	07719 909532

MEDICAL AND SUPPORT

Axminster Hospital	01297 630400	'Devon Doctors on call' (Out of hours GP service)	0845 6710270	Veterinary Surgery	01297 630500
St Thomas Court Surgery	01297 32126	Dentist Helpline	03330 063300		

SERVICES AND FACILITIES

Refuse Collection	01395 571515	Axminster Library	01297 32693	Clerk to the Parish Council	07800 826657
Water - general - leaks	0344 346 2020 0800 230 0561	Mobile Library	01404 42818	E. Devon District Councillor - Iain Chubb	01297 35468
Electricity - emergency	0800 365 900	Ring & Ride	01404 46520	Devon County Council, Whimble and Blackdown, Iain Chubb	07932 459595
		Axminster Care Service	01297 35550		

Police: Crime stoppers - 0800 555111: Emergency - 999: General - 101

CHURCHES

St Giles' Church Rev Julie Lomas	01297 35004	Baptist Church Office Pastor Mike Hudson	01297 631638	Axminster Catholic Church Parish Priest: Father Jacek Kostuch	01297 32135
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ADVERTISING IN POSTSCRIPT

Postscript is published ten times each year and is delivered free of charge to every house in Kilminster. All advertising fees and donations to Postscript are used to meet the cost of printing. ALL advertisements which are set out, from any source, are chargeable as follows and must be paid for in advance.

	Black and white ads	Colour ads
Credit card (70 mm x 40 mm)	£ 7 or £30.00 for 5 months	
¼ page (90 wide x 136 mm high - Portrait)	£15 for one-off or £65 for 5 months	£20 for one-off or £90 for 5 months
½ page (184 x 136 or 90 x 276 mm)	£25 or £100 for 5 months	£35 for one-off
Full page (184 x 276 mm)	£40 or £150 for 5 months	£50 for one-off

If the advertisement could be sent as a jpeg it is a great help when sizing for publication.

BACK COVER: *Occasionally the back cover is available for a one-off colour page advertisement. Cost: £50*

Additional fee of £1 if Postscript has to edit, size or set copy.

PAYMENT: Cheques should be made payable to: Kilminster Postscript and posted to: **Mrs V. Larcombe, Brookside, The Street, Kilminster, EX13 7RJ.** BACS account name is **Kilminster Postscript**, sort code: **51.61.23**, account no: **18159400**

COMING AND GOING FOR A SONG: There is no charge for these entries for items valued up to £20 or less. However, donations are appreciated - these can be popped through Vicky Larcombe's door (please see directions on page 26).

A decorative border of various colorful flowers, including roses, daisies, and pansies, with green leaves and vines, framing the top and left sides of the poster.

Kilmington Flower Show

Saturday July 22nd

1 pm - 4pm Village Hall

Free Entry to the Show

Download your Show Schedule
and Entry Forms from

www.kilmingtongardeningclub.co.uk

Or collect from Millers Farm Shop

Pimms - Cream Teas - Cake Stall

A decorative border of various fresh vegetables, including tomatoes, watermelon, carrots, peas, and corn, with green leaves, framing the bottom and right sides of the poster.