



LAPFORD LOOKOUT

YOUR LOCAL MONTHLY NEWSLETTER



Year 24 Issue 1

January 2021

Happy New Year

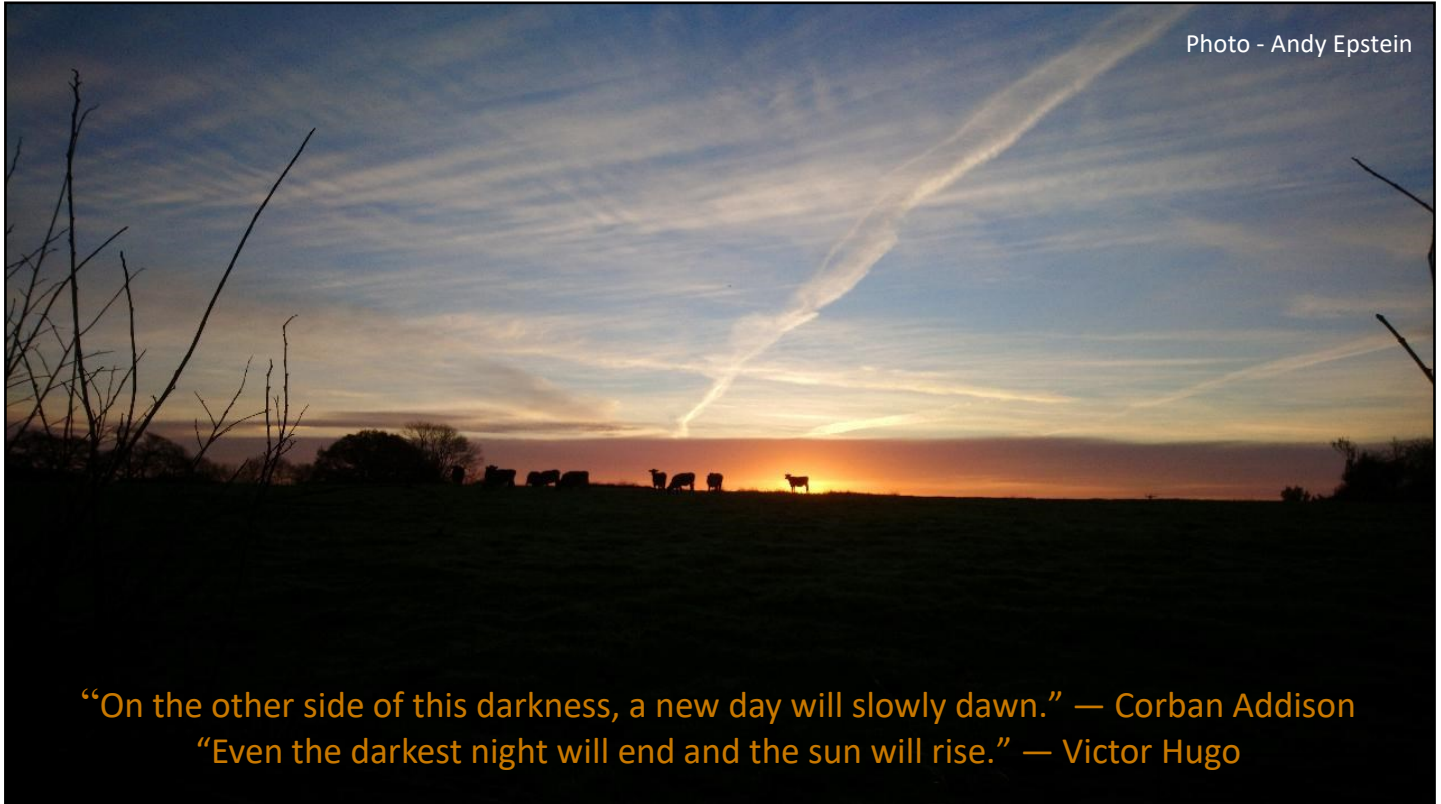


Photo - Andy Epstein

“On the other side of this darkness, a new day will slowly dawn.” — Corban Addison
“Even the darkest night will end and the sun will rise.” — Victor Hugo



LAPFORD HISTORY .co.uk

Then & Now

An addition to the lapfordhistory.co.uk website is a “Then & Now” page from where you can compare historic images of Lapford with the same view today using a slider bar. Follow the “Then & Now” link from the home page.

Victorian and Edwardian camera lenses had quite interesting focal lengths and lots of distortion, so it has taken a bit of painstaking work using modern computer wizardry to match modern and old photographs. The results will never be perfect but see what you think!

Some of the views seen in old village photographs no longer exist due to fences, trees and walls, but there are still 30 or so more photographs that will be added to the website in time. So, keep checking!



LAPFORD COMMUNITY CHURCH

Please visit our website, www.lapfordcc.org.uk for information about the Foodbank and ARK. You will also find lots of information about Church activities and on-line services.

CONGREGATIONAL CHURCH

We are pleased to announce that we will be re-starting Morning Services on Sunday 17th January at 11.00a.m., government guidelines permitting. Rev. Caroline Stott will be leading the services.

All are welcome.



The Parish Church in January

**SUNDAY 3rd JANUARY –
PATRONAL FESTIVAL OF ST THOMAS
10.30 a.m. - Common Worship Eucharist led by the
Bishop of Crediton**

10th January – Epiphany Sunday
9.30 a.m. Lay Led Morning Prayer

17th January – Epiphany 2
9.30 a.m. Lay Led Morning Prayer

24th January – Epiphany 3
9.30 a.m. Common Worship Eucharist

31st January – Candlemas
9.30 a.m. Lay Led Morning Prayer



LAPFORD CONGREGATIONAL CHURCH'S MESSY CHURCH ADVENT

Although we were unable to hold a 'live' Messy Church group during Advent, we felt it was important to keep in touch with the children who usually attend Messy Church.

To do this, we made up Messy Church bags and delivered them to those children weekly during Advent. These bags contained the materials and ingredients for various activities, including making Pompom Nativity Figures, cooking various goodies, and instructions for making a 'Jessie Tree' and decorating it. We have also created videos giving instruction on how to make the pompom figures and cook the recipes on the Facebook page. Below are some photographs of the Jessie Trees in their early stages, (as this article was written before they were completed), and the contents of a bag. We trust everyone has been able to make the most of Christmas, and wish you all a prosperous and healthy New Year.



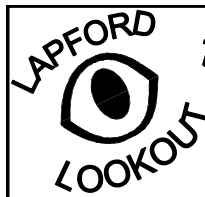
MESSAGE FROM THE EDITOR

I firstly would like to say Happy New Year to you all and I sincerely hope that 2021 will be a better year than 2020 for everyone.

I have heard some lovely third party feedback about December's issue and that people are really happy to have the Lapford Lookout back into circulation in its entirety. This could not happen if it wasn't for all the volunteers working behind the scenes and for all the wonderful contributions from the community.

Thank you all.

Beccy Fletcher



DATES TO LOOKOUT FOR January 2021

8th	The Ark reopens
14th	Copy deadline for February Lapford Lookout
29th	Patronal Festival of St. Thomas of Canterbury

LAPFORD LOOKOUT

Contributions
welcome

lapfordlookout@gmail.com

Deadline for inclusion in the next issue:
6 pm on the 14th January for inclusion in February issue

LOCKDOWN STORIES WANTED

2020 has been a very hard year due to Covid-19 and it is nearing a year since it had its effect on the world.

We would love to hear and share your stories of what you have managed to achieve whether it is related to gardening, decorating, making art, learning new skills or anything else that has been important to you.

The Lapford Lookout Team

TO CONTACT THE EDITOR

Write to:

Mrs. Beccy Fletcher, 36 Orchard Way, Lapford, Crediton, EX17 6PR

Tel: (01363) 884211 or 07791 989142

E-mail: lapfordlookout@gmail.com

By hand: Use the box in The Orchard Centre or the Editor's letterbox

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6 pm on the 14th January for inclusion in February issue

Contributions are welcome, to be used at the Editor's discretion.

Flyers and Inserts must be approved by the Editor prior to publication and shall only be included at the discretion of the Editor and editorial policy.

The views in this newsletter do not necessarily represent the views of the editorial team.

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PUZZLE CORNER



Riddles

- 1 What has to be broken before you can use it?
- 2 I'm tall when I'm young, and I'm short when I'm old. What am I?
- 3 What month of the year has 28 days?
- 4 What is full of holes but still holds water?
- 5 There's a one storey house in which everything is yellow. Yellow walls, yellow doors and yellow furniture. What colour are the stairs?
- 6 What goes up but never comes down?
- 7 I shave every day but my beard stays the same. What am I?
- 8 You see a boat filled with people, yet there isn't a single person on board. How is that possible?
- 9 You walk into a room that contains a match, a kerosene lamp, a candle and a fire place. What would you light first?
- 10 I have branches, but no fruit, trunk or leaves. What am I?

Missing Links (December Issue) Answers

Across

- | | |
|----------------|-----------------|
| 1 SECRET (6) | 22 BREAKER (7) |
| 4 COTTAGE (7) | 23 ROPE (4) |
| 8 PARTICLE (8) | 24 ALICE (5) |
| 10 ASTRO (5) | 27 BODY (4) |
| 11 WHIP (4) | 29 BROW (4) |
| 13 LEAP (4) | 30 CAST (4) |
| 15 USER (4) | 32 LUNCH (5) |
| 16 STRIP (5) | 33 RECORDER (8) |
| 18 SKIN (4) | 35 CENTURY (7) |
| 19 PICTURE (7) | 36 STONES (6) |
| 21 BOY (3) | |

Down

- | | |
|--------------|---------------|
| 1 SUPPLY (6) | 17 SCORE (5) |
| 2 CAR (3) | 20 UPPER (5) |
| 3 TICKET (6) | 21 BRASS (5) |
| 4 CREW (4) | 22 BUBBLE (6) |
| 5 TRAP (4) | 25 CIRCUS (6) |
| 6 GATES (5) | 26 AWARDS (6) |
| 7 COURSE (6) | 28 DANCE (5) |
| 9 TAP (3) | 29 BAR (3) |
| 12 HAPPY (5) | 30 CHAT (4) |
| 14 ANKLE (5) | 31 TRAY (4) |
| 16 SNAKE (5) | 34 DEN (3) |

LAPFORD COMMUNITY PRIMARY SCHOOL

Farewell Superhero Ron



Lapford Community Primary School wished their superhero, Ron Leach, a happy retirement at the end of the Christmas Term.

Ron, born and bred in Lapford, attended the school himself as a child, from 2nd May 1949, and subsequently, so did his wife Christine, their three lovely daughters and five grandchildren.

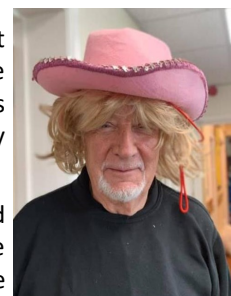
Appointed on the 4th January 2006, Ron has spent the last 14 years as caretaker for the school. His attention to detail is legendary. Ron has always made sure that the school is ready, open and warm for our pupils. With his special touches, he has made our grounds look beautiful and colourful with the flowers he has planted.

Ron is known, respected and loved by parents, students and staff. He has brought much love and laughter to our school and has been, simply, the best caretaker. The staff, children and community cannot thank him enough for the wonderful care he has given to our lovely school over the past 14 years and Superhero Ron will be sorely missed.

"Ron is a wonderful example of a 'care-taker'. He has given much of his life to Lapford Primary School and it is so clear that he supports everyone here and believes in the power of what we are doing. We will all miss him; it's the end of an era and while we are sad to see him go, he deserves his retirement and I am sure he will look back at his huge contribution with great pride," Mike Johnson, Executive Headteacher, Chulmleigh Academy Trust.

"Ron started in 1949 and lasted until 2021. 72 years association with the school, it must be a record. He promises to be back as a volunteer to help out. Thanks Mr Leach you will be missed." Terry Pullen, Estates Manager, Chulmleigh Academy Trust.

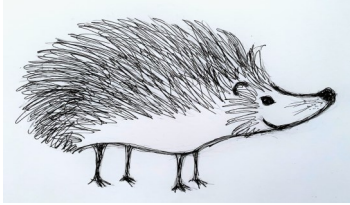
We hope that Ron will continue to visit us regularly, whilst obviously enjoying his retirement.



From all at Lapford Community Primary School...Thank you!

Clare Wilmott, Head of School, Lapford Community Primary School.

USED POSTAGE STAMPS



Please save your used stamps for
The British Hedgehog Preservation Trust
Collection point at The Ark

2020 POPPY APPEAL UPDATE

This grand total raised for the 2020 Poppy Appeal amounted to £1,227.66. This figure includes contributions placed in any of the local boxes, donations for wreaths, and the collection taken on Remembrance Sunday. It does not include any donations sent directly to the Royal British Legion.

Thank you very much to all who contributed.

Caroline Noon,
Poppy Appeal Organiser



THE OLD MALT SCOOP NEW OWNER INTRODUCTION

"We have met some of you already in The Old Malt Scoop, but for those of you who we have not met, hello!



By way of introduction, we are Catriona and Jonathan, our two sons Fraser and Charlie, and not forgetting Pickle, our terrier puppy. We have moved here from Bickleigh where we had a smallholding and ran our wedding catering company, The Old Parlour Kitchen. We have always wanted to own and run a pub so we are really excited to be here to begin this new part of our lives, even in this very challenging time. We are really looking forward to meeting you all and becoming more involved with everything Lapford has to offer. "

Catriona

THE ARK IS LOOKING FORWARD TO WELCOMING YOU IN 2021 (Government regulations permitting)



The ARK Volunteers will be ready to welcome you for tea, coffee and their revised menu on Tuesdays and Fridays from 8th January 2021 10.00am – 2.00pm.

We are practicing Covid safe measures. We ask that you telephone the Ark in the morning (from 9.30am) to book a table, telephone 01363 83788. There will be hand sanitiser available for use at the door and we ask that you wear a mask when you enter and remove it when you sit down. You will also need to sign the register so that we have a record of visitors on any one day.



FREE CAR PARKING

The following car parks will be free to park in on Saturdays throughout January:

St Saviours, Crediton
Station Road, Cullompton
Phoenix Lane multi storey, Tiverton
Westexe South, Tiverton



PATRONAL FESTIVAL

of

ST. THOMAS OF CANTERBURY

This year is the 850th anniversary of his murder
in Canterbury Cathedral.

There will be a special commemorative service in the
Parish Church on SUNDAY 3rd JANUARY at 10.30 a.m.

The service will be led by
the Bishop of Crediton, Rev Jackie Searle.



The Ark is open on
Tuesdays and Fridays
11.00 to 2.00.

Arrangements can be
made for access at other
times

BOOKS UPSTAIRS

COME AND
BROWSE

- TO BORROW
- TO SWAP
- OR TO KEEP



LAPFORD BOOK CLUB BOOK REVIEW

The book we received for the November book club reading was "The Knife of Never Letting Go" by Patrick Ness. The author has won Carnegie Medals and the Guardian Children's Fiction Prize so we were hoping for a good read.



Unfortunately, the response was not like that at all. Most of us didn't get much further than five or six pages in; one brave reader managed a couple of chapters and then gave up. We all disliked the style of writing and found it very hard to read. (I did hear that the husband of one of the club members read it and quite enjoyed it so it may have been the fact that we are all female and this story appeals to a man).

It rarely happens that none of us manage to finish a book. Normally at least a few of us enjoy the book, well, I suppose we cannot expect to like every book we get. I think, from the look of it, that the December book will not get such a negative review, fingers crossed that I am right.

Jill

LAPFORD CALENDAR 2021

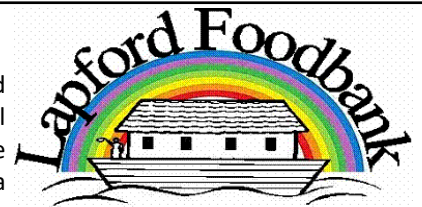
Great Gift £7.50 (as last year)
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SPAR or call 07376 094090



Friends of St Thomas

AN ALTERNATIVE CHRISTMAS RECIPE

Take a germ of an idea, a careful selection of ingredients, a large dose of creativity, a good measure of optimism, and encouragement by the head chef. Stir it all up for a seasonal offering and knead enthusiastically. It could fail to rise, but given the right conditions there is a fair chance that it just might prove well. Provided of course that you could rustle up a group of eager folks with an appetite for a charity event, a charity well established in the village.



The foodbank in Lapford exists because there is genuine need and it is supported because it is truly valued. In a year of COVID with all its consequences the food bank has been a lifeline to some, and worryingly, as we move into 2021, with the fall-out from a devastated economy, the numbers of those in need may increase.

Real communities are about coming together when dark clouds gather, setting aside differences, and creating the sort of spirit which shows cohesiveness and caring. So the idea of a Christmas Fair to offer locally created produce and gifts, with cakes and hot drinks at the Ark to bring some much needed joy and in the process raise funds in aid of the foodbank was how it all came about.

Of course there was a need for social distancing, so no one could enter inside, but the goods were displayed in the windows to choose from on a "look but don't touch" basis. Would it work, would it rain, would people think it a good idea, would people come?

Yes, Yes, Yes and Yes to all of these. Many people came over a three hour period on two separate Saturdays and enjoyed the opportunity to stand apart and chat with others who had been virtual strangers for weeks. Those who turned out to show their support dug very deeply into their pockets, sometimes twice or thrice. The normal Ark arrangements applied, with no fixed prices, just donations and those donations were far more generous than the organising team had ever imagined or hoped for.

As the minutes passed it became clear that the generosity of folk in Lapford was boundless and the notes passed over, often with no change wanted, grew into quite a pile. The first Saturday event, organised very quickly, raised an astonishing £300, and demonstrated that it could work safely. With more advertising, including an entry in the Lapford Lookout, perhaps this could be matched on the second Saturday. As the pop up shop closed and the count was made the eyes of the team of helpers grew ever wider. And this was truly a team effort, with everyone playing their parts at a safe distance, whether front of house or back room. So very big thanks and pats on the back to each one involved, you know who you are and your brownies are now very pointed.

After such an event clearing up could be a pain in the neck but the euphoria of the team meant even that was not an unwelcome chore, because the second Saturday had yielded over £540 in donations which, added to the first event total, meant there was a wonderful sum in excess of £840 plus handed over to support the activities in the foodbank in the year to come. As the products were still on display in the windows of the Ark, which would be opening on five days before Christmas, that sum may grow even more.

If you were one of those who supported the Christmas Fair the team want to send a heartfelt thank you to every single one of you for showing that you care. Good on you Lapford for showing what Christmas spirit means.

Santa's Good Books Adviser

NOTICE FROM LAPFORD PARISH COUNCIL

Due to circumstances beyond our control the meeting arranged for December 1st 2020 was postponed and actually held on Tuesday December 15th, well past the deadline for notes to be included in this edition of the Lapford Lookout.

The Parish Council hopes that all in Lapford had a Very Happy Christmas and looks forward to a more settled and happy 2021 for everyone.

Lapford Parish Council

LAUGHTER IS GOOD FOR YOU A NEW HEARING AID

A man was telling his neighbour, 'I just bought a new hearing aid. It cost me four thousand pounds, but it's state of the art. It's perfect.'

'Really,' answered the neighbour.
'What kind is it?'

'Twelve thirty.'



WILD LAPFORD: TREES

This month's article is inspired by the recently announced BBC's Countryfile "Plant Britain" campaign who have pledged to plant 750,000 trees in the UK over the next two years to help combat climate change. They want our help!

What can we do? Quite simply, plant a tree! Or if you are lucky enough to have the space, plant lots of trees. However, make sure that you plant the right tree in the right place, for example if you have a small garden, select a small tree such as a dwarf apple rather than a giant oak. The Woodlands Trust website is full of useful advice.

The Woodland Trust is currently offering FREE trees for schools and communities in an effort to plant 50 million trees over the next 5 years. Let us all get our heads together and find the places around the village that would benefit from some tree and hedge planting. Between now and March is the perfect time to plant trees, so let's do it! Please get in touch via email (below) or using the Wild Lapford Facebook group with your ideas.

Why should we care about trees and how can they be part of the climate change solution?

Trees, like all living organisms, are made from carbon. It is the release of carbon into the atmosphere (forming carbon dioxide) that is the primary driver of climate change. Burning of fossil fuels plus activities such as global deforestation are the mechanisms by which carbon is getting released at a rapid rate since the industrial revolution.

Research by University College London estimates that there are 25 tonnes of carbon stored in one single mature beech tree. Imagine how much is stored in an entire forest! Trees are the longest living organism on the planet. They could lock away a huge amount of carbon for a very long time. Yet due to deforestation there has been a 50% reduction in woodland during the last century in the UK alone. Ancient woodland accounts for only 2.4% of land in the UK, but is practically irreplaceable so the few ancient woodlands we have need protection.

Trees are the planet's lungs: Photosynthesis is a biological process that trees and other green plants use to convert carbon dioxide in the atmosphere to carbon which is then stored inside the tree and oxygen is released back into the atmosphere for us to breathe. This removes pollutants and improves air quality.

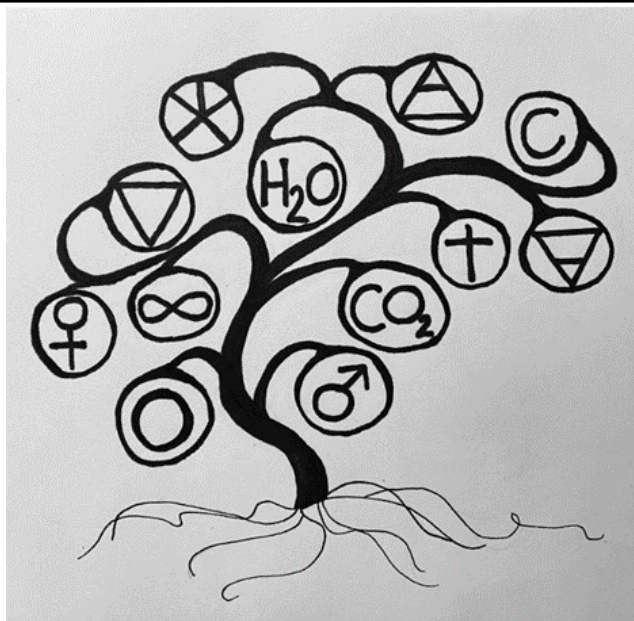
Trees help protect the land from flooding: Approximately 50% of the weight of a tree is water. The bigger the tree, the more water it holds. This water is drawn from the ground, this lowers the water-table around the tree. In a time of increased rainfall and flash flooding trees could make the difference in flood prone areas. Species such as willow and birch are ideal for damp ground and flood prone areas.

Trees support biodiversity: A single mature oak tree is host to around 2500 different species of wildlife, of these, about 200 are species of invertebrates (to name but a few, beetles, butterflies, moths and their caterpillars). A myriad of fungi, mosses and lichens grow on the bark. Around 40 species of bird nest in trees; blue tits, great tits, woodpeckers and nut hatches make nests in holes in the trunk and branches. Corvids (including jackdaws and rooks) build nests out of sticks high up in the canopy. Mammals also make their home in trees; squirrels build their drays in holes. Bats will roost in holes and behind loose bark. Down on the ground below the magnificent oak, the acorns in the autumn will provide a high protein snack for larger mammals including deer and badgers, these acorns will sustain small mammals such as mice and squirrels.

As if all the above isn't reason enough to love trees, they are extremely beautiful in all seasons. Take a walk in some woodlands and admire!

Many thanks to Rebecca Holley for the beautiful artwork.

Helen Greensmith (helengreensmith@hotmail.com)



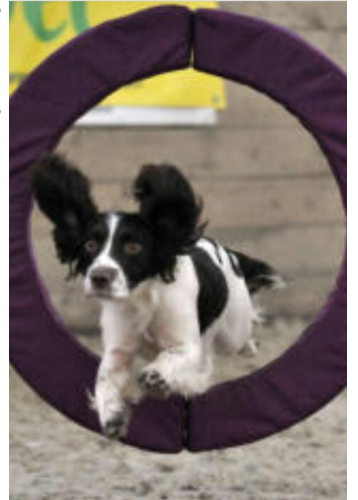
QUICK OFF THE BLOCKS



It did not take long for the Dog Club to get up and running after the second lockdown. Both obedience and agility classes started up as soon as they could and a second Kennel Club Covid compliant agility show was held within 4 days of it ending. Like the first compliant show in October, this last one was held at the Grange Equestrian Centre near Okehampton. With almost 150 people entering the day was long as compliance required only groups of 6 could compete together. It was a big logistics task to sort out the groups, but luckily this was mostly out of the Club's hands; it was just left to us to ensure these groups did not mix and more importantly to make sure everyone enjoyed the opportunity to work their dogs. The Club had been overwhelmed by kind comments and thanks which made all the hard work well worthwhile. The Show was the first of the Club's annual winter league and two more will take place in the New Year. The Club is grateful to both Jonathan Wood Vets and Orchard End Kennels for their sponsorship of all three Shows.

The Club continues to have a long waiting list for obedience classes. These are now held at Serstone Farm outside Bow. Nine puppies from the last session, which ended just before lockdown, passed their Kennel Club Good Citizens award and most are continuing further with their training. To comply with Covid Regulations the groups have to be smaller than when held in the Victory Hall. However the Club has sufficient space to run two groups at a time and trainees are benefiting from having more individual support. It was sad to have to shelve the Christmas parties which we usually have for both dogs and handlers but it will be bigger and better in 2021.

Lapford Dog Club



KATH PHILLIPS

13-01-27 – 10-11-20

Kathleen Pincombe (known as Kath) was born at Witheridge. She was the third of eight children. She lived at Colepark, Chulmleigh for most of her childhood. Kath attended Week School along with her siblings then progressing on to Chulmleigh Secondary School. Kath was helping on the farm from a very young age and also helping out with her siblings and when she left school she came home to work on the farm full time.

Kath met Les Phillips and in November 1950 they married at West Worlington Parish Church.

After their marriage, Les and Kath moved into Rensley Farm, Lapford where they farmed together milking cows and then mixed farming. Kath and Les had 3 children Margaret, Colin and Susan who all still live locally. Sadly in 1976 Les suddenly passed away at age of 55 and Kath was left running the farm, which she did so until 1979.

She then moved to a small holding on the edge of Lapford and there carried on farming a few sheep which she really enjoyed. She became involved with lots of organisations in the village and was a keen supporter of the Church and she produced a kneeler which is still in Lapford Church in memory of her husband Les. She was part of the WI and enjoyed all kinds of crafts and sewing and through this she made many friends. She was also a keen knitter and joined the local knitting group. She did knitting both by hand and by machine and made many garments for relatives and friends and she continued hand knitting right up until her death. She also volunteered with the meals on wheels service delivering meals to the elderly in the village. She had a big garden and when she could do it enjoyed gardening, especially growing her vegetables. Kath was a member of the over 60s and enjoyed many outings with them.

Kath continued to live in Lapford independently until January 2020 when she went into Abbeyfield in South Molton for the winter months and due to the COVID restrictions stayed there, however still living semi- independently up to her death.

Kath was a Devonian through and through and even though farming life was not easy in those days, she always had a smile on her face and a cup of tea ready for anyone that called in on her. She was a great mum, gran, great gran, sister and friend to all that knew her and will be greatly missed.



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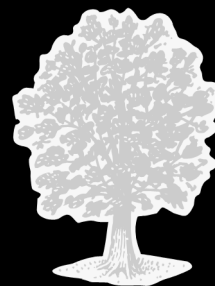
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DESIGN DRAWINGS SURVEYS ADVICE



EGGESFORD CROSSING CAFÉ

A Dog Friendly Café
situated in Eggesford Station Yard

We are now OPEN!

Offering breakfasts, coffee and cake.

With the current social distancing regulations we have five tables available inside the premises and five outside, weather permitting. We will be operating table service to prevent the need for queuing. Due to the small number of customers possible at any one time and to keep our business viable we are asking you to be considerate in these difficult times.



**We look forward to
seeing you soon!**



Look out for further information regarding extended opening hours. For further details and bookings contact

Ashley or Harriet:-

Tel: 07772 254005 / 07940 157555

Email: harrietcresswell@yahoo.com

Or Message on Facebook:

Eggesford Crossing Café

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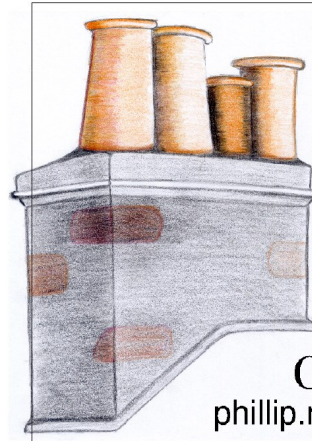
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These are good with ice cream or crème fraiche.

Paul Cleave



THE FRIENDS OF THE ARK



Would like to thank Zak Wilson for his gift of homemade Bird Boxes. Zak donated these for the Ark to sell in response to the foodbank appeal. We have all missed seeing Zak at the School Fair.

Hi Beccy,

Just to say I love getting your magazine - we've just moved here so it's been great to find out what goes on around the village.

I was reading the society list and have enquired on a few things and signed my naughty puppy up for the dog club! Just a thought but maybe the societies could write a little piece about what they are and what they do etc.....just an example is Ladies of Lapford - I have visions of the reality show 'Housewives of....'!!!

Thank you again for your hard work.

Best regards

Paula



The CREDITON HEART PROJECT

A New Challenge for the New Year Join the CREDITON HEART PROJECT TEAM

Are you looking for a new challenge in 2021? How about joining the CREDITON HEART PROJECT, the local charity which created the CREDITON In&Around community website? We are looking for enthusiastic people to help us develop this unique resource and work on other projects that will help keep the heart in CREDITON and the surrounding villages.

Do you have experience in website management, social media or advertising? Or do you have expertise in building development or planning? In the medium to long term, we hope to fund and build a new facility or repurpose an existing building, with room for community activities, cinema, theatre, events and small business units.

In 2019 we commissioned a Feasibility Study which you can read on our website. You can also take a look at our Project Plan and see what is involved. In a Covid world there is great uncertainty, a lot to think about and some re-assessment to do. We are all moving into uncharted territory.

Perhaps there are innovative solutions which would help our communities in the short term. A temporary structure to host events in a safe way, mobile touring facilities or resources to support local groups to put on events. Working with local partners is essential. Do you know about fundraising, consultation and publicity? Could you help develop these ideas?

We are looking for trustees to join our board and help run the charity. We are also keen to recruit associates to our various working groups. If you feel enthusiastic about our projects and want to turn the challenge of Covid into an opportunity, please contact our Chair, Rosemary Stephenson, to arrange a chat. rosemary@creditonheart.org

More details about these posts can be found on our website www.creditoninandaround.co.uk

The CREDITON HEART PROJECT is a registered charity no 1189549. It is supported by CREDITON Town Council, Mid Devon District Council, Devon County Council and the National Lottery.



Lapford Weather Review

LAPFORD WEATHER NOVEMBER 2020

A milder and drier month than average.

The month began with a very mild day for November, the maximum reached 16.6°C here, not quite a record. The coolest day was the 27th with a maximum of 8.7°C.

The coldest night was also on the 27th with -3.2°C.

There were 4 cold nights early in the month, followed by a long mild unsettled spell. Only the last few days saw a return of frosts and fog.

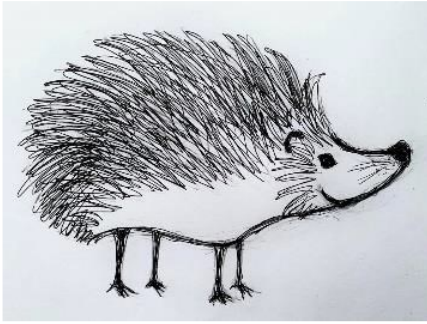
Total rainfall was 73.3 mm, the wettest day being the 9th with 11.3 mm.

The windiest day was the 14th with a gust of 49 m.p.h.

Andy Epstein



REPLY TO JENNY GRAY



Dear Jenny,

Thank you very much for your question about cleaning out hedgehog houses (December's Lapford Lookout). It's wonderful that you are providing a home for hedgehogs in your garden. You have done exactly the right thing in clearing out the old nesting material from the house. Hedgehogs are host to a number of parasites, so clearing the old bedding out ensures that these parasites don't build up over a period of time. It is also a good idea to clean the house with boiling water to kill any parasites that might be left, but don't use bleach or disinfectant as this will put the hogs off as they have a very sensitive sense of smell.

Make sure the house has no leaks or damp areas. Try to locate it in a sheltered area where there is plenty of cover (plants etc) and at the edge of the garden as hogs don't like to be out in the open. Place a small scattering of fresh bedding material inside the clean, dry house and leave lots of fresh bedding material next to the house. Hay and dry leaves seem to be preferred. You could keep this material dry by placing it inside a large plant pot turned on its side so the hogs can drag it into the house and make their own nest.

Remember that hedgehogs often wake from hibernation in mild periods, during this time they sometimes relocate to different nests, so you may have the nest-box of choice later in the winter. Hedgehogs can be fickle creatures, so please don't lose heart if you don't see any this year. They will be back, especially if you leave food out for them!

Helen (helengreensmith@hotmail.com)

BIG FLOODS OF SEPTEMBER/OCTOBER 1960

On Friday 30th September 1960 there was extremely heavy rain during the early hours of the morning with up to 2.75 inches of water in 12 hours. Another heavy rainfall on Saturday 1st October added to the flooding, and then again on the Sunday 2nd during the late afternoon and evening. More torrential rain on Thursday 6th in the evening sent new floods across the area, the River Yeo rose 5ft in 4 hours. Gerald Leach shares his personal memories of that week.

I left the workshop in Wembworthy at 5pm on the bicycle, hoping to get home to Nymet Bridge. I had already been informed that Nymet Bridge was under water for the first time since April 1933, that is when my father and mother lived there from getting married. So, that night near Eggesford Station level crossing, I encountered the water at the bottom of New Road Hill. The water was going over the top of the railway fencing. I said to myself, "Gerald, where do I go now? Oh, I know, there is a cattle crossing over the railway, underneath Eggesford Barton in past Eggesford Church etc, to take me out on to the main road near to the forestry cottages". That was a bit scary with plenty of water around and it was pitch black. Also, I might add, the platform at Lapford station was under water. The railway rails you could just about see under Nymet Bridge with its five arches (not a lot of those between Waterloo and Ilfracombe on the Southern Railway Line) under which the mail and newspaper train went at 5am, a good alarm clock. It also saw the Devon Belle, the Atlantic Coast Express and a special football train for Bideford AFC for an FA Cup match.

So, the next hurdle would present itself on reaching home, where I found a bicycle light along with a note telling me that the wife and baby boy (six weeks old) had gone up to Nymet Rowland to Hele Cross Cottage (Tuckers). I made my way up there and we stayed until 10 o'clock. We then walked back down, she and I, to see if we could be able to sleep at home that night. Thankfully the water had gone down, but of course a bit of a mess was left behind because the Ambrosia filter bed had been flooded out.



Earlier in the day two friends had come down from up Nymet to see how the wife was coping. They left the baby in the pram, shut in the front room, so they could go up on to the railway bridge to see how bad the amount of water was going down the river Yeo. On returning to the house, they tried to get into the front room, but were not able to because the square of carpet had wedged itself behind the door, thus resulting in getting two men from Nymet Mill to push it open. Well done Mr Farley and Mr Rookes, a job well done.

So, eventually the Navy turned up with dryers to dry the house out. Has anyone tried drying out cob walls with such powerful dryers? Anyway, the next day the floods were back, this time in and out during daylight hours. Eventually though, the dryers did do the job, but it was never perfect again, even to when we left Nymet Bridge in August 1963.

QUOTES FOR THE NEW YEAR

"I like the dreams of the future better than the history of the past." - Thomas Jefferson.

"You can get excited about the future. The past won't mind." - Hillary Depiano.

"The future depends on what we do in the present." – Mahatma Gandhi.

"The best thing about the future is that it comes one day at a time." – Abraham Lincoln.

"We are made wise not by the recollection of our past, but by the responsibility for our future. " – George Bernard Shaw

"Hope smiles from the threshold of the year to come, whispering 'it will be happier'..." – Alfred Lord Tennyson

2021

NEW YEAR'S RESOLUTIONS

If you don't fancy the usual resolutions to stop smoking, go on a diet, cut down on alcohol or get fitter, then here are a few alternative suggestions.

For a physical challenge, why not work on your flexibility for a spot of contortion, or give yourself a mental challenge and learn how to recite the alphabet backwards in less than ten seconds.

If you've got the travel bug and want to see a bit more of the world, why not make it a New Year's resolution to visit five interesting places you've always wanted to see? Even better, make a visual record of the year by making sure you get a photo of yourself taken in each place.

Make a new friend a month - Friends are great for your health, and the more you have of them the better. So, why not start collecting them? To expand your social circle, make a conscious effort to attend more social events, chat to strangers and get introductions to friends of friends.

Learn to parallel-park with ease!

Break a record!

Learn something you never learned as a child - whether it's the number of days in each month, how to spell 'necessary' correctly, the order of the planets, how to do a handstand, skim stones, ride a bike or swim. Or perhaps you could learn how to make sounds with your armpits or how to blow on a blade of grass!

Try a new food each week or month. Rather than cutting out foods from your diet as with so many New Year's resolutions, opt to add more foods *in* to your diet next year instead (even better if they're green!)

To help get your year off to a good start, try getting your finances in order by making a resolution to sort out one area of financial worry. Try to think of some alternatives to the main causes of financial stress.

Do something nice for others every day. Many of our resolutions are inwardly focused, concentrating on ways to become thinner, healthier, wealthier people. However, while there is nothing wrong with improving yourself, why not make a resolution to focus outwards instead and help make the world a better place. Plan to do one nice thing a day for someone else; whether it's something small like giving a compliment, or something potentially life-saving like sponsoring a child in need or donating blood (which helps three other people each time).

Try learning an unusual skill, something that may be impractical but interesting. For example, you could learn to play the accordion or have a go at taxidermy. Memorise poems. Learn

how to sing the opera. Master the list that's always fascinated you. Learn to juggle - start with a couple of balls than add a third, and after you get the hang of it, add more.

Grow something from a seed. Add your seeds to some soil and be patient. Something will eventually grow and when it does, you will be proud of yourself.

Sing in Front of an Audience. Do you love to sing but only do it in the shower or privacy of your own home? Maybe it's time to get a group of friends together and get your karaoke on!

Improve your literacy, perhaps resolve to master the use of apostrophes once and for all or learn a new word each day.

Make a different stranger smile every day.

Many local colleges offer classes for a wide variety of interests, from hobbies and arts to academics. Enrol now!

Volunteer to join a village committee or organisation - there's plenty of choice!

Learn a new skill every day, this could be something as simple as discovering how to tie a new knot, or learning some basic first aid skills.

See your name in print - if you write enough letters, one of them is bound to be printed in the local newspaper. Or, one of the best ways to see your name on an article is to write to the Lapford Lookout!

Do fifty things you have never done before.

Take more photographs, then you can look back and see what you have achieved over the year.

And finally, a couple of ideas which would be great to do with the family:

Camp outdoors for a night. This is a fun summertime activity and your kids will love camping outside! One of the great things about camping in your back garden is that you won't have to worry about bears...well, it depends on where you live!

Build the ultimate sandcastle. This is another fantastic activity to do with your children. What could be more fun than a day at the beach? Decide what you want your sandcastle to look like and start building.



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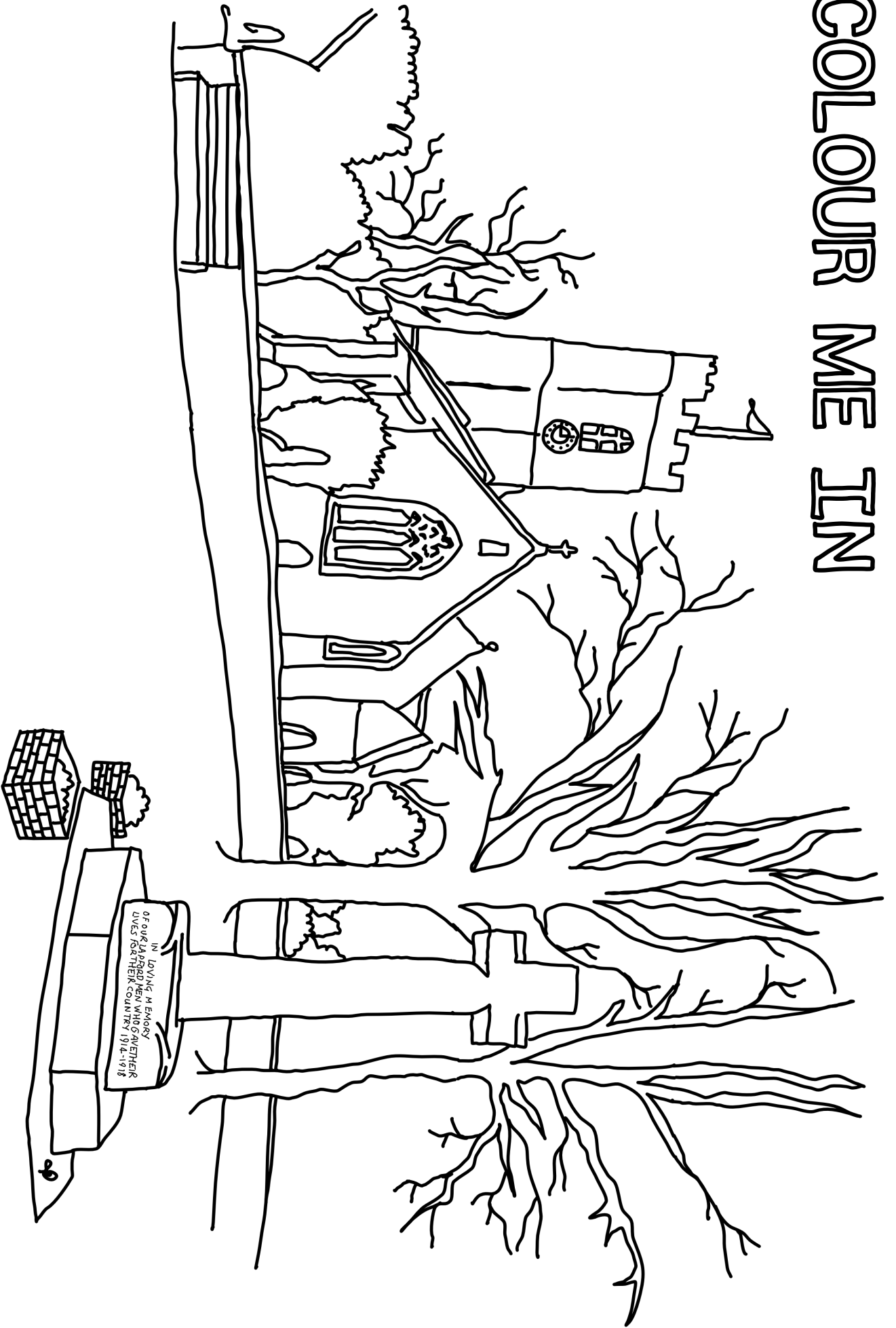


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- We are open term time only -

ROADS AND TRANSPORT



Readers are encouraged to use the Devon County Council website (devon.gov.uk) to report any problems on our highways. This could include potholes, flooding or blocked drains, faulty street lights, defective road markings or signs, fallen trees, etc.

CHRISTMAS TREE THANKS

Once again Lapford would like to say a big "Thank You" to the Cleverdon family for supplying this year's Church Green Christmas Tree.

Also many thanks to Derek and his helpers for collecting and erecting the tree.



Ian Hemsworth,
Chairman, Lapford Parish Council

THE INTERIM DEVON CARBON PLAN

The plan is a collaborative roadmap to creating a net-zero Devon where people and nature thrive. This is Devon's response to the climate emergency.

The consultation will be live until the 15th of February and we want to hear your views. We are asking you to offer feedback on key actions, outlined in the plan, that are required to create a thriving net-zero Devon.

These actions cover a range of topics which allow us to build back better. Addressing the climate and ecological emergency offers tremendous opportunity to create a resilient, more prosperous society.

Keep up to date with the consultation process by following us on our website and social media.



LIBRARIES UNLIMITED BOOKS ON WHEELS

Do you have difficulty in getting to CREDITON Library and carrying heavy books home to read? Or even reaching the mobile library? Would you like us to collect and deliver talking books, or large and normal printed ones of the kind that you enjoy, directly to your home free of charge? If so, I will be happy to help.



Peter Westcott - Telephone: 01363 83525

NATIONAL BLOOD SERVICE



Donations can be made at
Boniface Centre, CREDITON,
on Tuesday 2nd February 2021,
Wednesday 3rd or
Tuesday 16th March 2021
at 13:10 to 19:15



Call the donor helpline on 0300 123 23 23
for more information or to check for cancellations

Do something amazing - Give Blood!



Lapford Voluntary Car Aid 2011

NEED TRANSPORT TO YOUR SURGERY APPOINTMENT?

Lapford Voluntary Car Aid provides the residents of the village (including friends and family staying with you) with courteous, reliable, fully insured drivers to get you to your appointment safely and on time. Bookings can be made, by telephoning Grace Hill on 83178. Current fares for the services covered are as follows:

- Bow Medical Centre - £5
- Chiddenbrook Health Centre - £5
- Chulmleigh Dental Practice - £5
- Chulmleigh Health Centre - £5
- CREDITON (Breast Screening) - £6
- CREDITON Community Hospital - £5
- Morchard Bishop Surgery - £3
- New Valley Health Centre - £6
- Winkleigh Surgery - £5

THE DAY I LOST CONTROL . . .



IN CASE OF AN EMERGENCY IN LAPFORD




KEEP CALM
AND FOLLOW THE
EMERGENCY PLAN

Parish Council Contact:
Ian Hemsworth - 01363 884460

Village Contact:
Roy Trevaskis - 01363 83742

South of Taw/A377 Contact:
Sue Briant-Evans - 01363 83763

USEFUL TELEPHONE NUMBERS

- Emergency numbers ~ 999 or 112
- Childline ~ 0800 1111
- Churches House Action Team ~ 01884 255606
- Citizens Advice Bureau ~ 03444 111 444
CAB Crediton ~ 01363 776210 (M, W, Th, 9-3)
- Crediton Ring and Ride ~ 01363 773303
- Crimestoppers ~ 0800 555 111
- Dog Fouling/Fly Tipping 01884 255255
- Environment Agency Floodline ~ 0845 9881188
- Farming Community Network ~ 03000 111 999
- Gas Emergency ~ 0800 111999
- Highways (roads/lights/potholes) ~ 0845 1551004
- Mental Health Support Out of Hours ~ The Moorings
@Devon ~ Exeter: 07990 790 920 or
Barnstaple: 07850 927 064
- NHS for non urgent medical needs ~ 111
- Patient Participation Group ~ Bill Graham ~ 01363 83047
- Police Non-emergency ~ 101
- Power cut ~ 105 or 0800 6783 105
- RSPCA ~ 0300 1234 999
- Safeguarding concerns and Social Services ~ 0845 6000388
- Samaritans ~ 116 123, 01271 374343, 01392 411711
- SHOUT ~ Text 85258 for help from crisis volunteers
- Water leaks or burst mains ~ 0800 230 0561



LAPFORD OUTREACH POST OFFICE



OPENING HOURS:

Monday 9.00 - 12.30
Wednesday 9.00 - 12.30
Friday 9.00 - 12.30

LAST POSTING TIMES AROUND THE VILLAGE

	<u>Mon-Fri</u>	<u>Saturday</u>
Eastington Cross	4.30p.m.	11.00 a.m.
Woodland Cottage	3.00 p.m.	7.30 a.m.
Industrial Estate	9.00 a.m.	7.00 a.m.
Highfield	4.45 p.m.	10.15 a.m.
Orchard Way	9.00 a.m.	7.00 a.m.
Saxtons	4.30 p.m.	10.15 a.m.
Morchar Road	5.00 p.m.	11.15 a.m.

In addition, items left at the Post Office during opening hours will be posted that day via North Tawton.

LAPFORD PARISH COUNCIL, ETC

Cllr Ian Hemsworth (Chair)	Argosy, Lapford, EX17 6PX	01363 884460 / i.hemsworth@btinternet.com
Cllr Sue Briant-Evans (Vice Chair)	Edgerley Cottage, Lapford, EX17 6AH	01363 83763 / susanbriantevans@gmail.com
Cllr David Davenport	Pleasant Cottage, Lapford, EX17 6PZ	01363 884236 / daviddport@gmail.com
Cllr Julie Down	Rafters, Lapford, EX17 6QP	01363 83356 / julielpc@hotmail.com
Cllr Donna Egan	Primrose Cottage, Lapford, EX17 6PZ	01363 83732 / donnaegan84@gmail.com
Cllr Hilary Hassett	School House, Eastington Lane, Lapford, EX17 6QE	01363 83858 / hilary.hassett66@gmail.com
Cllr Peter Heal	Ashlands, Lapford, EX17 6AE	Home - 01363 884277 / Office - 01363 775467 peter.heal@btconnect.com
Cllr Alex Shapland	13 Highfield, Lapford, EX17 6PY	alex1990shappers@hotmail.com
Vacancy	~	~
Vacancy	~	~
Parish Clerk - vacancy	~	lapfordpc@live.co.uk
District Cllr Clive Eginton	6 Moortown, Chawleigh, Chulmleigh, EX18 7EU	01769 580830 / ceginton@middevon.gov.uk
County Cllr Margaret Squires	Frostland Farm, Copplestone, EX17 5NY	01363 84337 / margaret.squires@devon.gov.uk
Mel Stride MP	House of Commons, London, SW1A 0AA	02072 197037 / mel.stride.mp@parliament.uk

NAME OF SOCIETY	CONTACT	TELEPHONE / EMAIL
<p>LAPFORD EMERGENCY RESPONSE TEAM - CORONAVIRUS LOCAL HELP</p> <p>Adventure Gaming Beginners Ballroom Dancing Banyu Hatten Aikido Books on Wheels Friends of Langannerie (twinning) Friends of Lapford Mill Friends of Lapford School Heart for Lapford Strategy Group (H4L) HOLD Ladies of Lapford (LOL) Lapford Allotment Society Lapford Amateur Dramatic Society Lapford and District Pre-school Playgroup Lapford ARK Lapford Association Football Club Lapford Book Club Lapford Choir Lapford Dog Club Lapford Emergency Action Plan Committee Lapford Emergency Response Team Lapford Foodbank Lapford Handbell Ringers Lapford High 5 (ages 7-12) Lapford Gardening Club Lapford Gardening Club (Shows) Lapford Lookout Lapford Meat Bingo Lapford Pilates Lapford Over 60 Club Lapford Poppy Appeal Organiser Lapford Project 2000 Lapford Regeneration Committee Lapford Revel Lapford Revel Volunteers Lapford School Lapford Scouts Lapford Short Mat Bowls Lapford Victory Hall Booking Secy (Temporary) Lapford Village Archive Lapford Voluntary Car Aid Lapford Youth and Playing Field Trust Lapstock Nymet Rowland Village Pump Save Our Heritage Lapford Springers 4's and under The Friends of St Thomas of Canterbury</p>	<p>Mr Warren Clayburn Mr Steve Munday Mr Geoff Flather Mr Peter Westcott Mr Peter Henshaw Mr Alex Gater Mrs Kirsty Wensley Secretary Mr Bill Graham Mrs Joy Quickenden Mr Raymond Waldron Mr Ian Wilkie Mrs Lorraine Kigongo Mrs Briony Clinch Mr Niall McAreavey Mrs Jill Doe Mrs Cat Seymour Mrs Sara Thurgood Mrs Sue Briant-Evans Mr Alex Gater Mrs. Briony Clinch Mr Steve Munday Mrs Cat Seymour Mr Richard Hassett Mrs Jeanne Whittaker Mrs Beccy Fletcher Mrs Jayne Grover Steph Heard Mr Ron Kercher Mrs Caroline Noon Mrs Sue Briant-Evans Mr Ian Hemsworth Mr Alex Gater - Mrs Clare Wilmott Mrs Hayley Hardy Mr Jon Tucker Joanne Mrs Jeanne Whittaker Mrs Grace Hill Miss Helen Greensmith Mr Steve Keable Liz and Roland Smith Mrs Donna Egan Mrs Caroline Gilpin Mrs Prue Lambert</p>	<p>07966 144772 / help@lapfordvillage.co.uk Facebook: Help the Vulnerable in our Community (Lapford)</p> <p>01363 83095 / wmclayburn@gmail.com 07798 684225 / steve@lowerfieldhouse.co.uk 01363 83355 / bhaikido@googlemail.com 01363 83525 / pj.westcott@btinternet.com 01837 89070 / petehenshaw@yahoo.co.uk 07815 795918 / alex@lapfordmill.uk 07977 825814 heart4lapford@aol.com 01363 83047 / bg4847@aol.com 01363 83245 / joyquickenden@gmail.com 01363 83894 / ednawaldron@btinternet.com 01363 83437 / i.wilkie45@btinternet.com 01363 83162 / lapfordpreschool@gmail.com 01363 83788 01363 83733 / lapfordafc@gmail.com 01363 83410 / sunnyside@jilldoe45.plus.com 01363 884432 / cathryn_seymour@outlook.com 01363 83081 / info@lapforddogclub.co.uk 01363 83763 / susanbriantevans@gmail.com 07815 795918 / alex@lapfordmill.uk 01363 83788 07798 684225 / steve@lowerfieldhouse.co.uk 01363 884432 / cathryn_seymour@outlook.com 01363 83858 / rich.hassett@btinternet.com 01363 83068 / jeanne.whittaker@btinternet.com 01363 884211 / lapfordlookout@gmail.com 07900 477247 07773 010512 / steph.instructor@talktalk.net 01363 83810 / lapfordover60@yahoo.com 01363 83863 / lapford.pao@gmail.com 01363 83763 / susanbriantevans@gmail.com 01363 884460 / i.hemsworth@btinternet.com 07815 795818 / alex@lapfordmill.uk revelvolunteers@gmail.com 01363 83292 / admin@lapford-primary.devon.sch.uk 07730368636 / Hayley.Hardy@middevonscouts.org.uk 07814 568846 / 07803 002910 01363 83068 / jeanne.whittaker@btinternet.com 01363 83178 / lvca2011.19@gmail.com helengreensmith@hotmail.com 07967 655045 / steve.keable@btinternet.com 01363 884446 / pump@incywincyweb.com 01363 83732 / donnaegan84@gmail.com 01363 83674 / caroline@gilpin.eclipse.co.uk 01363 83150 / pruelambert@yahoo.co.uk</p>

Albert is a friendly and helpful Lapford resident with a range of qualified and certified services that are available to meet our communities' needs



Mob: 07495 468045

Tel: 01363 83491

Experienced | Certified | Insured



OIL SERVICES (Pressure Jet)

Annual boiler servicing | Landlords certificates | Boiler repairs
Boiler installs | Boiler replacement | Tank replacement
Tank water removal | Cookers | Fire valve testing



PEST & VERMIN CONTROL

Rats | Mice | Ants | Bedbugs | Carpet Beetle | Wasps
Cockroaches | Flies | Insects | Moles | Moths | Squirrels | Bees
Bird Control | Soil pipe camera surveys



GENERAL MAINTENANCE & BUILDING (Examples)

General repairs | Fencing | Painting & Decorating
Gardening | Patios | Paths | Brick & blockwork | Glazing
Shed & Oil tank concrete bases | Slabs | Boarding
Flooring | kitchen units | Gates | Guttering | Etc



PLUMBING & HEATING

Leaks | Taps | Valves | Bathroom suites | Showers | WC's
TRV's | HW Vented & Unvented cylinders | G3 certified
Roof tanks | Blocked soil pipes | Soil waste camera surveys
Blocked drains



LOCKSMITH

Lock replacements | Lock fitting | Window security locks
Cylinders | Euro Locks | Mortice locks | UPVC & Wooden door
locks | Break in's | Full house re locks | Garages
Vending machines | Key safes | Cash boxes



CARPET & UPHOLSTERY CLEANING

Carpets | Rugs | Stairs | Hallways | Sofas | Suites | Chairs
Mattresses | Offices | Cars | Vans
*Minimum charge applies

Email: info@devonpropertyservices.uk
Website: <http://devonpropertyservices.uk/>
<https://www.facebook.com/PPMpropertyservices>

