



LAPFORD LOOKOUT



YOUR LOCAL MONTHLY NEWSLETTER

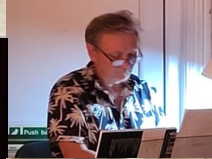
Year 25 Issue 8

August 2022

WHAT A SHOW!

After nearly two and a half years, LADS were absolutely thrilled to bring you another fabulous show with something for everyone. It was a wonderful weekend with fabulous food and entertainment. We want to say a huge thank you to everyone that took part on and off the stage. We also want to thank our fabulous audiences for their support and reactions. All the profit raised from the event will be donated to FORCE. We will let you know in due course how much we raised.

From everyone at LADS



Pictures courtesy of LADS



CHRISTIANS TOGETHER IN LAPFORD WELCOME YOU TO:



THE PARISH CHURCH OF ST THOMAS OF CANTERBURY

Vicar: The Reverend Robert Gordon - (e) vicar.ncw@gmail.com

Churchwarden: Joan Graham - (e) jemg47@aol.com (t) 01363 83047

1st, 2nd & 3rd Sundays – Lay Led Morning Prayer – 9.30 a.m.

4th Sundays – Common Worship Eucharist – 9.30 a.m.

5th Sundays – See announcements on Church notice board

Sun August 7 th	-	9.30 a.m. Lay Led Morning Prayer
Wed August 10 th	-	10.30 a.m. Holy Communion (BCP 1662)
Sun August 14 th	-	9.30 a.m. Lay Led Morning Prayer
Sun August 21 st	-	9.30 a.m. Lay Led Morning Prayer
Sun August 28 th	-	9.30 a.m. Common Worship Eucharist

ALL ARE WELCOME - REFRESHMENTS SERVED AFTER SERVICES



FRIENDS OF ST THOMAS OF CANTERBURY

Are you interested in old buildings? Would you like to help in the upkeep and maintenance of one of our village's most beautiful listed buildings? If so, come and become a Fostie, and join the friendly FOST committee. You do not need to be a churchgoer, but just to be enthusiastic about our village heritage and its preservation for future generations, just as in the past villagers have worked to hand down the lovely building which we are so fortunate to have today. If you are interested please contact any of the following:

Ron Kercher	ronaldercher0@gmail.com
Andy Epstein	amepstein55@gmail.com
Prue Lambert	pruelambert@yahoo.co.uk

LAPFORD CONGREGATIONAL CHURCH

Services every Sunday at 11.00am

Communion will be held on the second and fourth Sundays

Contact: Caroline Gilpin **83674**; Peter & Viv Lacey **07775-941505**; Cat Seymour **884432**;

Helen Wyatt **07964-855677**.

email: lapfordcongregationalchurch@gmail.com

www. [facebook.com/lapfordcongregationalchurch](https://www.facebook.com/lapfordcongregationalchurch)

Preachers:

Sunday 7th August - Cathryn Seymour

Sunday 14th August - Merril Archer

Sunday 28th August - Caroline Gilpin

Sunday 4th September - Sarah Preece

There is no Messy Church in August



LAPFORD COMMUNITY CHURCH

Meets every Sunday morning at 10.30am in the Victory Hall

4th Sunday of the month is Family Service

Bible Study on Tuesdays 7.30pm and Fellowship Group on Wednesdays 7.30pm

Contact: Briony Clinch - Tel: **83666**

<https://www.lapfordcc.org.uk/>

Please visit our website for information about the Foodbank and ARK.

You will also find lots of information about Church activities and on-line services.



All the Churches welcome everyone to any of their services and social events.

We look forward to fellowship with you.



MESSAGE FROM THE EDITOR

I had the great delight of obtaining tickets to the LADS Variety show on Friday the 15th July. After not having an evening out with my husband (child free) for 14 years, I had high hopes for the evening and it truly didn't disappoint. We had a wonderful evening. The food was well thought out and very tasty and the entertainment was truly wonderful, with so many varied sketches and acts, there was something for everyone's tastes. Many laughs were had and everyone involved should be very proud of the end result. So many people from the village gave their time, both behind the scenes and on stage, to make this happen for charity even in the heat. Thank you to everyone involved on behalf of everyone who attended for a great light hearted and thoroughly enjoyable night out.



Beccy



Look out for an Exhibition of Lapford Farming Memorabilia from the Village Archive coming to The ARK soon!



THANK YOU

I would like to express my sincere gratitude for all the kind wishes and help received and for the collection organised by Lapford Cross Garage after the fire at my home a few months ago.

Keith



LAPFORD LOOKOUT

Contributions welcome

lapfordlookout@gmail.com

Deadline for inclusion in the next issue:

6.00 pm on the 14th August for inclusion in the Sept. issue

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

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

Our Editorial Policy:

Published monthly, the magazine welcomes contributions on any topic of interest. The editorial policy is to exclude anything of a political or personal nature and to avoid unnecessary controversy or ill feeling.

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

The views in this newsletter do not necessarily represent the views of the Editorial Team.

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DATES TO LOOKOUT FOR

August

- 9th Lapford Gardening Club visit, 7.30pm.
- 14th Copy deadline for September Lapford Lookout, 6pm
- 21st/22nd Vintage Weekend for Alzheimer's at Lapford Mill
- 27th Lapford Village Market 10.00am
- 28th Lapford Over 60s meeting, 3.00pm

September

- 6th Lapford Parish Council meeting, 7.30pm
- 10th Lapford Gardening Club Autumn Show
- 14th Copy deadline for October Lapford Lookout, 6pm
- 17th High 5 Juniors, Victory Hall, 10.00am—12 noon
- 21st Chulmleigh Floral Art Group AGM, 7.30pm

ROYAL MAIL—NEW BARCODED STAMPS

Royal mail have introduced new everyday stamps which now include barcodes (not for special or Collectible stamps).

When using these new stamps you MUST keep the barcode attached otherwise they are not valid.

Stamps without a barcode will continue to be sold until stocks are exhausted and can be used as normal 1st and 2nd Class stamps until 31st January 2023.

Those that are not used can be exchanged using Royal Mail's Swap Out Scheme. Forms for this scheme are available from www.royalmail.com/barcodedstamps or from a local delivery office Customer Service Point.



Lapford Weather Review

LAPFORD WEATHER JUNE 2022

Very slightly warmer than average, also slightly wetter than average.

The highest temperature of the month arrived during one of the two brief warm spells. This was 27.9°C on the 17th, nothing particularly exceptional for June.

The coolest day was the 19th with a maximum of 15.1°C. The coolest night was on the 2nd with a minimum of 4.9°C. There were slight grass frosts on both the 1st and the 14th. The mildest night was on the 18th, when the air temperature remained above 14.5°C.

This was nearly another dry month until the afternoon of the 30th when we experienced a thunderstorm in the late afternoon with heavy hailstones up to 12 mm (½") diameter. Total equivalent rainfall from this event was 25.2 mm, and the monthly total was 65.1 mm.

The windiest day was also the 30th with a gust of 36 m.p.h. during the storm.



Andy Epstein

LAPFORD PARISH COUNCIL

At the time of print we had not received the Parish Council meeting notes from the 15th June and the July meeting had been postponed. We hope that this will be rectified in the September Issue of the Lapford Lookout.

CHULMLEIGH FLORAL ART GROUP

There is no meeting in August but we would like you to put a date in your diary for Wednesday 21st September when we will be holding our AGM. This will begin at 7.30pm in The Pavilion. The AGM will be short and will be followed by cheese and wine, a fun quiz and a chance to chat.

Enjoy the summer break and we look forward to seeing everyone in September.

For further details please contact:

Heather Russell, Tel:01769 581258 or
Joan Rowland, Tel: 01769 581241



LAPFORD GARDENING CLUB SHOW

10TH SEPTEMBER

Please just turn up to the
Lapford Congregational Church
with your entries by 10.30am.



NEWS FROM MID DEVON DISTRICT COUNCIL

Residents across Mid Devon will start to receive new wheelie bins as the Council prepares to implement its new Bin-it 123 collection service.

From October 2022 all black sack/black bin waste will be collected every three weeks as part of the Council's drive to increase recycling and reduce waste. All other collections remain unchanged – with food waste collected weekly and dry recycling each fortnight.

More than 37,000 wheelie bins will be delivered across the district over the next few months, in preparation for the autumn changes, with every household entitled to a free black wheelie bin. Seagull sacks can also be provided instead of a wheelie bin.

Trial figures have shown the introduction of the Bin-it 123 collection cycle will increase recycling, reduce the amount of non-recyclable material collected, and reduce CO2 emissions, with waste collection vehicles travelling less miles.

The cost of a year's waste collection in the district is estimated to be around £54 per household.

The first round of the new collection cycle is due to begin in October. If you want to find out more visit: www.middevon.gov.uk/bin123. You can also look up your collection date online.



SMALL ANGELS BY LAUREN OWEN

You're all invited to a wedding. Sam and Chloe are getting married in *Small Angels*, the church of Sam's childhood village. His sister Kate is along to help, but something is not happy with the imminent festivities at the edge of Mockbeggar Woods. It's angry, manipulative and eldritch at the same time.

Small Angels is a patchwork of a book. Beneath it is a general, creeping, lurking terror of what will happen on the day itself. Beneath that is the history of the village, its myths and fables and how Sam and Kate's childhood affects what is going to happen and when it does, you'll be genuinely terrified. I say that, as someone who doesn't "get" horror. But be warned, find something to hold on to.

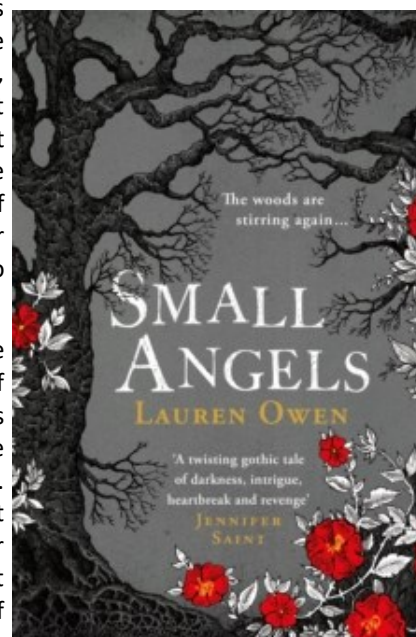
There is the odd hint of the modern world, and where the unnamed village might actually be. But there is nothing to really tie it to one particular time and space - other than the fact that the hard drive of Sam's laptop keeps wiping and he can't get a mobile signal. There is also the internal logic that the villagers accept that Mockbeggar is haunted. Not just by the spirit, but also in the ghosts of angry dogs and a lost goose which plays with the children.

I should also mention that The Gones are a family of women, guardians of both the woods and *Small Angels*. They are depicted at one point as cooking meals of random ingredients thrown into a pot and you can make of that what you will.

There's more than enough in *Small Angels* to make the jaw drop and the flesh creep. There is that tick and drip of information about what is going to happen. One, involving Chloe's wedding veil is so horrifying I had to stop reading for a few minutes. She also acquires an unseen voice which narrates her wedding preparations and manipulates her into setting something loose.

I'm not going to say whether there is a happy ending. What I will say is it ends on a definite, unsettling minor key. Things might be normal (or as normal as they can be in a haunted village), but there is great uncertainty with it. It depicts perfectly the great leap of faith of deciding to give your heart and soul to someone.

I read this book three months ahead of publication and it was enough to give me nightmares then. Published on August 2nd, it will make your flesh creep as the light seeps out of Summertime.



Kev McCready

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COLOURING PAGE

Sorry, there is no colouring page this month due to pressure on space. We hope to have this feature back next month!

PLANT HERITAGE, PLANT CONSERVATION, AND THE PLANT GUARDIAN SCHEME



Rhododendron 'Charme la'

Plant Heritage, formerly NCCPG (National Council for the Conservation of Plants & Gardens), was set up with the aim of conserving garden plants across the British Isles and Ireland. I joined over 25 years ago and began to sell rare and unusual plants, together with son David and sister Janice, at Plant Heritage Plant Sales at Tavistock, Bickton, South Molton, Tiverton and at PH AGMs. We had plantaholics flocking around our table!

In 2013 I decided to catalogue all the plants in my garden on to my laptop, noting where they were in the garden, where they had been obtained and any special remarks. At the same time I checked the plants against the RHS database and if any plant had two or fewer stockists, I registered the plant with the Plant Heritage Plant Guardian scheme. All the registered

plants held by Plant Guardians are held on the PH database and if a member is looking for a particular plant, the Society can contact the grower of that plant and ask if the grower is able to supply a plant. I did this with Agapanthus 'Mercury' when a nursery in Northern Ireland wanted it for its collection. I also sent Agapanthus 'Beatrice', another of Dick Fulcher's plants. Some of my plants came from Exeter University when David was working there and others from wonderful plantsmen (and women), including the late Terry Jones from Zeal Monachorum, two from Dick Fulcher from Eggesford, and one from Roy Lancaster. I had now

joined the band of Plant Guardians who propagate and send these endangered plants to the annual Plant Exchange. I try to keep at least two of most species in the garden – belt and braces! A couple of years ago David sent seed of Sorbus subcuneata (Exmoor Whitebeam) to the Seed Bank.

A few of my plants are no longer stocked by nurseries and one of my favourites is Erodium 'Pipsqueak', the smallest Erodium in cultivation, small leaves and small white flowers. I bought it from Lydford Alpines in 2005. It had been collected by R.V. Rogers, who had a nursery at Pickering in Yorkshire, around the 1990s. I have over 100 Plant Guardian plants.

In early June I had an email from Plant Heritage to say that two of my threatened plants, out of 12 chosen nationally, had been shortlisted for the 2022 Threatened Plant of the Year Competition at the Hampton Court Flower Festival in early July - Rhododendron 'Charme La' and Agapanthus 'Mercury' (bred by Dick Fulcher, Eggesford). I had two shortlisted last year but didn't win but it was great to have had them entered. The twelve will be judged by officials and there will also be a public vote.



Betonica nivea ssp ossetica

The Hardy Plant Society, to which I also belong, has a conservation scheme and I grow a few of their plants. The Alpine Garden Society, of which I am a member, is involved with the conservation of alpine plants. I grow quite a few alpines and especially love the pasque flower, Pulsatilla, and have a few species and varieties. A beautiful alpine from the bud peeping through the ground in spring to the seed head after flowering. I have started to cut back the spent flower which extends the flowering season.

From having a tiny garden at Church View as a child to packing every space with plants as I do now in Crediton, growing plants has been a delight and has been shared with gardeners all over Devon and the world, via Facebook.

Ann Cann

WHAT A YEAR FOR LAPFORD YOUTH CLUB AND HIGH FIVE THURSDAYS!



The Youth Club has been back, up and running for a year now and what a year it has been! After agreeing to run some summer taster sessions last summer, we didn't think any of us were prepared for the incredible response we received. High Five Thursdays were born, running on a weekly basis during term time and now we cater for nearly 100 children in the village and surrounding area across all our clubs.



High Five Thursdays have been a real pleasure to run with an average of 35-40 kids a week. This year, we have been able to enjoy so many activities together including, crafts, baking, quizzes, football, Badminton etc. The list is endless. We sent a card to Her Majesty the Queen and received a response in return. We have launched a campaign to stop dog fouling in the village. We also enjoyed being involved in the Platinum Jubilee celebrations in June. High Five Thursday will be back on Thursday 15th September at 6pm and is open to all Key Stage 2 children (School years three to six).



We have also been able to provide a bi-weekly session for 11–16-year-olds called, "The Drop In." These sessions run on a more relaxed basis and we have a regular group of children that attend. We are hoping to make these more regular during the autumn, after the summer holidays.

In September, we will be launching our High Five Junior sessions once a month. These sessions will be for children aged 4-7 and their carers/parents. There will be lots of fun activities to do and toys to play and we are hoping these sessions will be well received.

We are always looking for volunteers to come and help run our sessions. If you have any interest in doing this, please contact Cat on 07970 180637 or Steve on 07967 655045.

Steve on 07967 655045.

We would like to take this opportunity to thank all of the community for its support over the last year and especially the parents. We would like to offer our thanks to our fantastic group of volunteers that have worked tirelessly to make sure all the children have fun and are happy.

Finally, we would like to thank all the children who walk through the doors every week and put smiles on our faces. Lapford really does have a fantastic group of kids who make every week different, unique and exciting. Here's to another awesome year for Lapford Youth Club!

Lapford Youth Club Management Committee



HUNTING FOR TRUTH

Why do these barns stand empty,
On this old family farm,
And when did farming smaller holdings,
Actually do the country harm.

He was happy with his hundred ewes,
Few horses, hens and sows,
And never really saw the need,
To milk more than thirty cows.

Most of what they ate, he grew,
As DEFRA looks to blame,
He didn't need the plastic tags,
He knew his stock by name.

But he finds himself retiring,
Because his joints are stiff with age,
His sons moved to the city,
Where they pay a proper wage.

So he's in the hands of agents,
And their joy is plain to see,
Not a thought about his lifetime's work,
Just a big fat seller's fee.

They split the farm up into lots,
Such is their endeavour,
Without the sickening realisation,
Another farm is lost forever.

When the farmhouse sells at auction,
Should he really mind?

When it's bought by the very people,
Who have robbed his pension blind?

It's sold with tiny paddocks,
Because they'd like to keep a horse,
But they love the look of foxes,
So they'll never hunt, of course.

They won't like crowing cockerels,
Or the smell of muck being spread,
The winter sound of gunfire,
Or the thought of game shot dead.

These barns have stood a century,
Will soon be filled with glass and steel,
Developers will leave some beams in,
So that it has that country feel.

All the strangers move in slowly,
All the country skills are lost,
Do we think just about the value?
But ignore the long term cost.

He sells the farm and wonders,
What all his work's been for.
And how will these new folks manage,
If there comes another war.

When Sainsbury's shelves are empty,
There's no wheat or livestock reared,
They will look for farms and farmers,
To find that both have disappeared.

Neil Andrew



VINTAGE WEEKEND & MORE OPEN-AIR Theatre for AUGUST!

Midsummer Night's Dream
Saturday 13th August



Jane Eyre
Saturday 20th August



Vintage Weekend in aid of
Alzheimer's Society
Saturday 20th
&
Sunday 21st



Entry by Voluntary Donation

We will be welcoming a few friends and their vintage machines in to the park in aid of fundraising for the Alzheimer's Society all weekend!

Entry is by voluntary donations and does NOT include access to the JANE EYRE theatre show in the evening.

Interested in bringing a vintage vehicle?

We have a number of classic vehicles in and around the area! If you would be interested in bringing something special to exhibit, please contact us below!

Bring A Stall!

Could you bring a stall? All we would ask is a voluntary contribution at the end of the day!

Volunteers Needed!

If you are available to help out at this event please contact Alex on 07815 795918 or bung me an email to alex@lapfordmill.uk (just .uk not .co.uk!)

Free Parking at own risk in field.

Accessible Lavatory on site 20 & 21 Aug

Bar and refreshments available!

Tickets from The Plough Arts Centre 01805 624 624 or at Lapford Mill (when open!)

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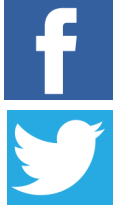
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Abigail's Beauty Retreat

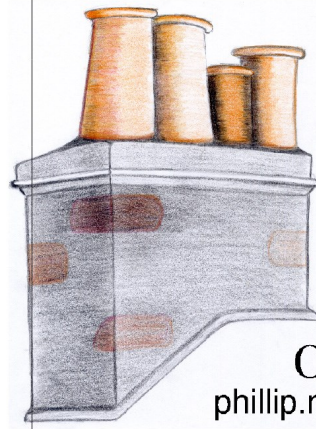
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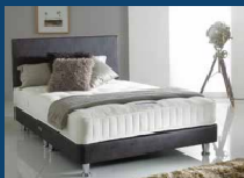
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<p>4'6 Double Coral 1000 Pocket Spring Hybrid Package Deal 2 Drawer Divan Set With Matching Canary Headboard Was £821 Now £599 Save £222</p>	<p>4'6 Double Luxurious Medium / Firm Natural 1500 Pocket Spring Mattress with Merino Wool £519</p>
<p>4'6 Double Pocket Master 1000 Pocket Spring End or Side Opening Ottoman Divan Set Package Deal Was £838 Now £649 Save £189</p>	<p>5' King Size Fusion 1500 Pocket Spring Gel Hybrid Mattress. For The Ultimate In Pressure Relieving, Support And Coolness This is Incredible Value - £719</p>
<p>5' King Size Ice Cool 1000 Pocket Spring Hybrid Package Deal Covered In Ice Cool Cooling Yarn For The Perfect Cool Nights Sleep. 2 Drawer Divan Set With Any 24" Padded Strutted Headboard. Huge Choice of Fabrics And Colours Available Was £1067 Now £859 Save £208</p>	<p>Exclusive Kirtonian, Shobrooke And Sandford Luxurious Handmade Mattresses, Devon Made Locally Supplied by Renowned Bed Supplier Based at Sampford Courtenay on the Edge of Dartmoor Incorporating Luxury Dartmoor Wool As Their Filling Supplied by Their Own Farms. Available in Soft, Medium Or Firm Comforts. Singles From £599 All Sizes Available.</p>

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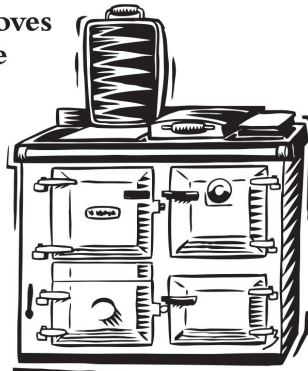
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Gardening Club Show 10th September 2022 Schedule of Classes



Section 1 – Photographic Prints (un-mounted and not exceeding 15cm x 20cm)

1. Local woodland
2. Sunrise/sunset

Section 2 – Craft

3. A lavender bag
4. An item made from old shirts

Section 3 – Home Craft (items 5-7 to be covered for showing on a paper plate provided)

5. 3 refrigerator (unbaked) cake pieces on a plate
6. Victoria Sandwich (using the ingredients and guidance below)
7. 4 flapjacks
8. 1 jar red berry jam (labelled, any metal cap is to be a new one)

Section 4 – Floral Art

9. A table arrangement in a wine glass
10. A hand-tied posy
11. An arrangement in an eggshell

Section 5 – Fruit (all exhibits to be of the same variety)

12. 3 pears
13. 3 dessert apples
14. 3 culinary apples
15. 6 cane fruit
16. 4 plums
17. 3 items of any other fruit (not included in the schedule)

Section 6 – Vegetables (items 18-28 to be of the same variety)

18. 3 potatoes
19. 3 carrots
20. 3 onions (either from seed or set each under 250g)
21. 5 shallots (shown on paper plate provided)
22. 5 French beans
23. 5 runner beans
24. 5 tomatoes
25. 5 tomatoes (small fruited type)
26. 3 courgettes (10-15cm in length)
27. 2 cucumbers
28. 3 chillies
29. 5 sprigs of mixed herbs in a jar
30. 3 items of any other vegetable (not included in the schedule)

Section 7 – Flowers

31. 1 specimen rose bloom
32. 1 stem floribunda rose
33. 3 similar blooms marigolds
34. 1 spike gladioli
35. 3 similar blooms cactus or semi-cactus dahlia
36. 3 similar blooms ball dahlia
37. 1 specimen bloom dahlia
38. 3 blooms of mixed dahlias
39. A vase of mixed dahlias (minimum 5 blooms)
40. 5 stems mixed sweet peas
41. 1 vase mixed flowers (minimum 3 types)
42. 1 vase mixed foliage (minimum 3 types)
43. 1 flowering pot plant (maximum pot size 16cm)
44. 1 foliage pot plant (maximum pot size 16cm)
45. 1 cactus or succulent (maximum pot size 16cm)

Section 8 – Fun Section

46. Longest runner bean
47. Heaviest marrow
48. Heaviest potato
49. An odd shaped vegetable

Section 9 – Children's Section

- Under 5 years**
50. A decorated crown
 51. A Lego monster
- 6-11 years**
52. A paper flower
 53. A decorated rubber glove (stuffed to maintain shape)

Section 10 – Members Only

54. Club plant. Potato as distributed earlier in the year & grown in pot provided

Victoria Sandwich – Ingredients and Guidance

- | | |
|-------------------------|-----------------------|
| 175g self raising flour | 175g butter/margarine |
| 175g sugar | 3 eggs |
| Jam filling | No topping |
- Baked in two 18cm cake tins



Friday-Sunday 9.30am - 6pm

Open Days!

Refreshments to 2pm
Licensed bar noon - 6pm



Friday - Saturday - Sunday

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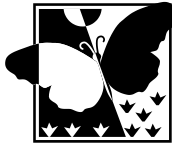
Or come and sit in front of the fire if the weather is a bit shy!

>> VISITING THE MILL: PLEASE NOTE: Access to the mill and lavatory are via open-tread stairs!! <<

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Keep an eye on our Facebook page & website for details of any further events at the mill!

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JIMMY POWELL

It was an honour and privilege to be part of the Thanksgiving service for Jimmy's life at Lapford Congregational Church on the last day of May. It was, of course, the week set aside to celebrate our Queen's Jubilee and what a great week of celebration that was. However, it is now fitting to remember a true gentleman of our lovely village.

Jimmy Powell was a friend to everyone. Whether he was driving one of his coaches, taking a service in one of our local churches or simply walking his dog, we were always assured of a quick and ready smile and a cheerful greeting. Jimmy ran his coach company as he lived his life, honourably, fairly, with dignity and good humour. I remember so often as we joined 'Jimmy's coach' for yet another Over 60s outing there in the driver's seat was Jimmy smiling, greeting everyone by name and just as excited at the prospects of the day ahead as we were! I'm sure he enjoyed himself just as much as we did.

Jimmy wasn't one for 'office' and never sought recognition. He was loved and appreciated by so many of us, both in Lapford and beyond, simply because he was Jimmy Powell. I'm sure his humble, caring and genial character stemmed from his deep faith. Following training at Cliff (Methodist) College in Wales, Jimmy spent many years touring the country spreading the gospel he so faithfully believed. It was on one of his trips to Northern Ireland that he met Deirdre his wife of 51 years, who survives him along with Wesley and Olwen. In April 1973 Jimmy bought the firm we all know and love as Jimmy's Coaches, ownership which will reach 50 years next April, a great achievement.

Jimmy Powell was a "Good Man", with all that means to us individually. I, like so many others, will miss Jimmy, with his ready smile and cheerful nature. Thank you Jimmy, it has been joy and privilege to know you and share in your joy whenever we met.

David Bulley

LAUGHTER IS THE BEST MEDICINE—THOUGHTS FROM THE ARK

All of us face times when we wonder if we will ever laugh againI have known these moments and wondered where laughter has gone, only to discover that laughter cloaks itself in disguise and springs out from it's hiding place to surprise us when we are most overwhelmed by the enormity of life; it shouts, "Olly, Olly, Oxen free!" It invites us to rush to life's game again and cast aside for a moment the weights of work and responsibility, and to roll down greening hills over and over, tumbling faster and faster, bumping, plummeting, struggling for air between chortled shouted gasps.

Karen Burton Mains.



Have you ever been with friends and something has made you giggle but it doesn't stop, especially if you are with others. The laughter just seems to grow and grow until it becomes infectious and everyone is laughing, some people, not sure what they are laughing about, just get caught up with everyone else. When you finally stop, you are crying and your face aches with laughing so much. Even then it doesn't quite stop, you only have to look at one another and you start laughing again.

Laughter is a gift from God that brightens our good times and lightens the rough ones. Laughter even has a healing quality to it. People have recovered from serious diseases by learning to laugh each day. Even more people have regained the courage to go on in painful circumstances when they are able to laugh.

Proverbs 17: 22 says a cheerful heart is good medicine. Laughter can draw others to you and lighten the load in life. When you begin to laugh at life and at yourself, you gain a new perspective on your struggles. You begin to see the speck of light at the end of the tunnel.

A life without laughter quickly becomes a breeding ground for depression and physical illness. But a laughter filled life unleashes the spirit of celebration.

So cultivate the spirit of celebration in your life by making room for laughter. Deliberately seek it out. Begin today as you smile at someone and find something worth laughing about. As the laughter permeates your life, the spirit of celebrating will take root in your heart.

They say when you laugh you don't use as many muscles as when you frown. Sounds like a really good way to keep away from all those lines that develop with age, as well as keeping well.

Thank you to everyone who donated plastic bags, I think we will have enough to see us through for a while. Thank you to all of you who are donating foodbank items, it really is a great help and we are extremely grateful. As you will all know food items are costing more and it's becoming more difficult to put together such generous parcels but with your help we are able to keep supplying parcels with the basic items. Thank you again.

The Ladies at The ARK

13 August 2022

CAR BOOT Sale

The Pavilion, Leigh Road, Chulmleigh

Home made refreshments

Draw

Tombola

Local Produce

Childrens Play Area



12pm Cars £5

Vans £7

1pm Public

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LADIES OF LAPFORD SEARCH FOR HIDDEN TREASURE



Six Ladies of Lapford descended on Great Torrington on a dry Thursday evening in search of hidden treasure. We looked up, down and all around and found all the answers, one of which was right under our feet!!

There were some great facts along the way such as The Battle of Torrington which took place in 1646 during the English Civil War. It is sometimes called 'the forgotten battle' as it is seldom referred to in accounts of that period but it was, in fact, the decisive battle of the final campaign of the West, which ruined the cause of King Charles I.



After finding the hidden treasure we then had a well-deserved meal at the Kings Arms in Winkleigh.

A great end to a lovely evening.

Marian

Alice in Wonderland

A crowd of 150 people were in no way late for this very important date in June to enjoy the family fun return performance of the Common Players at Lapford's very own Lower Town Place.



It was down to Alice to save everyone's head by throwing a tea party on this fine summers evening in Lapford. The audience appreciated this 2 hour show. The entertainment did not stop there with much thanks to Paul Adams who continued the party atmosphere with a song or three.

For many, including the touring cast of actors, the fun of a great evening adjourned to The Old Malt Scoop. On-line ticket sales were very high but others were not disappointed by paying on the gate.

Lapford Youth Club, with young people and volunteers, raised £83 by selling sweets and providing a BBQ. Thank you all as this nearly covers the all important insurance for the Youth Club in the next year to run at the Victory Hall with outside activities on Lower Town Place.

Thanks also goes to the Lapford Lookout (LP2K) and Lapstock for your support and to the Arts Council Lottery Fund and the Belacqua and Misses Barrie charitable trusts for subsidising the true ticket cost to an affordable £12 family ticket in Lapford.



Saturday 27th August

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LAPFORD GARDENING CLUB

Tuesday 9th August 7.30pm

Andy & Jane
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LETTUCE SOUP

300g (10 oz) lettuce, washed and shredded [Cos lettuce is good]
1 clove garlic
50g (2oz) butter
1 dessertspoon flour
250ml (1/2 pint) vegetable stock
250 ml (1/2 pint) milk
1 bay leaf.

Melt the butter in a saucepan and add the lettuce and garlic. Stir over a gentle heat for 5 minutes until lettuce has wilted. Add the flour and mix in thoroughly. Gradually add the stock and milk, stirring well. Bring to the boil, add the bay leaf and simmer gently for 10 – 15 minutes until the lettuce is tender. Remove the bay leaf and puree the soup in a blender or food processor. Season with salt, pepper and a little freshly grated nutmeg. Add extra milk or stock if the soup is too thick. This is a good way of using a surplus of lettuce, or the leaves of bolted lettuce.

Paul Cleave



OLD CURMUDGEON'S QUOTES

Suburbia is when the developer bulldozes out the trees, then names the streets after them. Bill Vaughan

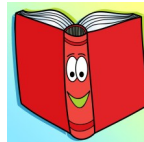
How I wish that somewhere there existed an island for those who are wise and of goodwill. Albert Einstein.

Libraries
Unlimited

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



DEVON MOBILE LIBRARY STOPS



Lapford

Orchard Way: 13.30-14.55

School: 15.00-16.00

Nymet Rowland

Opposite Village Hall: 12.30-12.50

Every 4 weeks on Tuesdays



During Termtime on Fridays in June and July
@Lapford Congregational Church 9-11.15am
For all children aged 0-4 and their
parents/carers

Play, Craft, Chat, Snack

For anymore info contact Cat Seymour
on 01363884432/07970180637

LAPFORD PARISH COUNCIL — www.lapfordparishcouncil.org.uk

Cllr Peter Heal (Chair)	Ashlands, Lapford, EX17 6AE	Home - 01363 884277 / Office - 01363 775467 peter.heal@lapfordparishcouncil.org.uk
Cllr Julie Down (Vice Chair)	Rafters, Lapford, EX17 6QP	01363 83356 / julie.down@lapfordparishcouncil.org.uk
Cllr Roy Andrews	Old Bakery, Park Road, Lapford, EX17 6QJ	07969 823256 / roy.andrews@lapfordparishcouncil.org.uk
Cllr Pat Gowie	Honeysuckle Cottage, 1 Park Road, Lapford.	07722 426650 / pat.gowie@lapfordparishcouncil.org.uk
Cllr John Parsley	The Lindens, Lapford, EX17 6PU	07889 168680 / john.parsley@lapfordparishcouncil.org.uk
Cllr Alex Shapland	Homelands, Eastington Ln, Lapford. EX17 6QE	07738 690937 / alex.shapland@lapfordparishcouncil.org.uk
Cllr Abigail Whittaker	Bashiba Barn, Wembworthy, EX18 7SH	07565 768386 / abigail.whittaker@lapfordparishcouncil.org.uk
Cllr Ivan Hall	Ardea House, EX17 6PU	01363 83728
Vacancy	~	~
Vacancy	~	~
Parish Clerk - Rob Martin	~	clerk@lapfordparishcouncil.org.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

LAST POSTING TIMES AROUND THE VILLAGE

	<u>Mon-Fri</u>	<u>Saturday</u>
Eastington Cross	9.00 a.m.	7.00 a.m.
Woodland Cottage	9.00 a.m.	7.00 a.m.
Industrial Estate	9.00 a.m.	7.00 a.m.
Highfield	4.00 p.m.	10.15 a.m.
Orchard Way	9.00 a.m.	7.00 a.m.
Saxtons	4.00 p.m.	10.15 a.m.
Morchard 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'S DEFIBRILATOR





is on the outside of
The Orchard Centre in Orchard Way

What 3 Words app location:
emperor.stated.stapled

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) ~ 0345 155 1004
- 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


 Lapford Voluntary Car Aid 2011

**NEED TRANSPORT
TO YOUR
MEDICAL APPOINTMENT?**

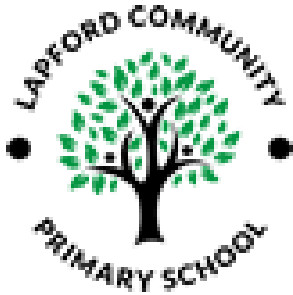
Lapford Voluntary Car Aid provides the residents of the village (including friends and family staying with you) with courteous, reliable, fully insured drivers to get you to your appointment safely and on time. Bookings can be made by telephoning Grace Hill on 83178. Current fares for the services covered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

Bow Medical Centre - £5
 Chulmleigh Dental Practice - £5
 Chulmleigh Health Centre - £5
 Crediton (Breast Screening) - £6
 Crediton (Covid jab) - £6
 Crediton Community Hospital - £5
 Morchard Bishop Surgery - £3
 Redlands Health Centre - £6
 Winkleigh Surgery - £5

We have LVCA drivers available to take anyone to have their Covid/flu vaccinations. Please contact Grace as above.

NAME OF SOCIETY	CONTACT	TELEPHONE / EMAIL
Adventure Gaming	Mr Warren Clayburn	01363 83095 / wmclayburn@gmail.com
Beginners Ballroom Dancing	Mr Steve Munday	07798 684225 / steve@lowerfieldhouse.co.uk
Books on Wheels	Mr Peter Westcott	01363 83525 / pj.westcott@btinternet.com
Friends of Langannerie (twinning)	Mr Peter Henshaw	01837 89070 / petehenshaw@yahoo.co.uk
Friends of Lapford Mill	Mr Alex Gater	07815 795918 / alex@lapfordmill.uk
Friends of Lapford School	Mrs Kirsty Wensley	07977 825814 / kirstywensley4@gmail.com
Heart for Lapford Strategy Group (H4L)	Secretary	heart4lapford@aol.com
HOLD	Mr Bill Graham	01363 83047 / bg4847@aol.com
Ladies of Lapford (LOL)	Mrs Joy Quickenden	01363 83245 / joyquickenden@gmail.com
Lapford Allotment Society	Mr Raymond Waldron	01363 83894 / ednawaldron@btinternet.com
Lapford Amateur Dramatic Society	Mr Ian Wilkie	01363 83437 / i.wilkie45@btinternet.com
Lapford and District Pre-school Playgroup	Mrs Lorraine Kigongo	01363 83162 / lkigongo@catpreschools.co.uk
Lapford ARK	Miss Briony Clinch	01363 83788
Lapford Association Football Club	~	lapfordafc@gmail.com
Lapford Book Club	Mrs Jill Doe	01363 83410 / sunnyside@jilldoe45.plus.com
Lapford Choir	Mrs Cat Seymour	01363 884432 / cathryn_seymour@outlook.com
Lapford Church Green	Mrs Pat Gowie	07722 426650 / pat.gowie@lapfordparishcouncil.org.uk
Lapford Community Church	Miss Briony Clinch	01363 83666 / admin@lapfordcc.org.uk
Lapford Community Primary School	~	01363 83292 / admin@lapford-primary.devon.sch.uk
Lapford Congregational Church	Mr Peter Lacey	01363 884230 / lapfordcongregationalchurch@gmail.com
Lapford Dog Club	Mrs Sara Thurgood	01363 83081 / info@lapforddogclub.co.uk
Lapford Emergency Action Plan Committee	~	~
Lapford Emergency Response Team	~	~
Lapford Foodbank	Miss Briony Clinch	01363 83788
Lapford Handbell Ringers	Mr Steve Munday	07798 684225 / steve@lowerfieldhouse.co.uk
Lapford High 5 (ages 7-12)	Mrs Cat Seymour	01363 884432 / cathryn_seymour@outlook.com
Lapford Gardening Club	Mrs Trish Mumford	01363 83911 / james@mumfordj.plus.com
Lapford Lookout	Mrs Beccy Fletcher	01363 884211 / lapfordlookout@gmail.com
Lapford Over 60 Club	Mr Ron Kercher	01363 83810 / lapfordover60@yahoo.com
Lapford Parish Church	Mrs Joan Graham	01363 83047 / jemg47@aol.com
Lapford Platinum Jubilee Committee	Mrs Sue Briant-Evans	01363 83763 / susanbriantevans@gmail.com
Lapford Poppy Appeal Organiser	Mrs Caroline Noon	01363 83863 / lapford.pao@gmail.com
Lapford Project 2000 (LP2K)	Mrs Sue Briant-Evans	01363 83763 / susanbriantevans@gmail.com
Lapford Regeneration Committee	~	~
Lapford Revel	~	~
Lapford Victory Hall & Lower Town Place	Mr Darren Crump	07960 715553 / darrencrump99@hotmail.co.uk
Lapford Village Archive	Ms Audrey McCormack	01363 83103 / archivellapford2022@gmail.com
Lapford Village Market	Mrs Stacey Lumsdon	07891 556884 / lapfordvillagemarket@gmail.com
Lapford Voluntary Car Aid	Mrs Grace Hill	01363 83178 / lvca2011.19@gmail.com
Lapford Youth Club Management Committee	Mr Steve Keable	07967 655045 / stevekeable@btinternet.com
Lapford Youth and Playing Field Trust	Mr Roy Andrews	07969 823256 / r.andrews1950@icloud.com
Lapstock	Mr Steve Keable	07967 655045 / steve.keable@btinternet.com
Lower Town Place Gardening Group	Mr Andy Epstein	amepstein55@gmail.com
Nymet Rowland Village Pump	Liz and Roland Smith	01363 884446 / pump@incywincyweb.com
Save Our Heritage Lapford	Mrs Donna Egan	01363 83732 / donnaegan84@gmail.com
Springers 4's and under	Mrs Caroline Gilpin	01363 83674 / caroline@gilpin.eclipse.co.uk
The Friends of St Thomas of Canterbury	Mrs Prue Lambert	01363 83150 / pruelambert@yahoo.co.uk

LAPFORD COMMUNITY PRIMARY SCHOOL



It's been a busy month at Lapford Community Primary School with sports day, trips and transitions as well as all the normal learning going on. Our annual sports day took place on the 22nd June and we were gifted with glorious sunshine for the occasion. The day began with a carousel of track and field events where the children worked with their peers to earn points for their house teams. In the afternoon we were joined by friends and family for the highly anticipated races! Perhaps the highlight of the afternoon was the incredibly competitive Dad's race which was over in the blink of an eye. It was clear there had been some training taking place! At the end of the afternoon, after all the scores had been counted, we were able to announce that the Lapford Sports Day champions 2022 were...

The Dragons.

The following week was our FLS Funday. This was a weekend fundraising event organised by our fantastic Friends of Lapford School. The day was well attended by families of the school and others from the local community and featured a bouncy castle, ice cream van, BBQ, stalls run by the community and by the children, a fantastic raffle and of course a well stocked cake stall. Mrs Wright even sacrificed herself for a 'soak the teacher' stall! Overall, the day was a huge success and over £600 was raised for the school.

At the beginning of the month, Jays and Robins enjoyed a trip to Exmoor Zoo. This was the first time in a long while that Lapford children had been able to get out on any trips or visits and for many of our youngest children their first time ever. The children loved meeting all the animals and finding out more about the habitats they live in.

Towards the end of the term, children from across the school spent two days getting to know their new teachers and working in their new class groups. The new Kingfishers were challenged to build a tower from spaghetti and marshmallows, they found it difficult not to eat the resources! It was a fun filled couple of days all round and a great opportunity to help children prepare for the changes in September.

