



LAPFORD LOOKOUT



YOUR LOCAL MONTHLY NEWSLETTER

Year 26 Issue 1

January 2023

THE BEAUTY OF LAPFORD 2022



Photos by Hazel Morgan



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) jemq47@aol.com (t) 01363 83047

1st, 2nd & 3rd Sundays – Lay Led Morning Prayer – 9.30 am

4th Sundays – Common Worship Eucharist – 9.30 am

5th Sundays – See announcements on Church notice board

Wednesday 11th January - 10.00am

BCP Holy Communion

15th January - 9.30am Epiphany 2

Lay Led Morning Prayer

22nd January - 9.30am Epiphany 3

Common Worship Eucharist

1st January 10.00am Naming of Christ

8th January 9.30am Epiphany

Mission Community Eucharist at Knowle

Churches Together Breakfast and Service for the New Year at the Victory Hall

29th January 10.00am Epiphany 4

Mission Community Eucharist @ Down St Mary

ALL ARE WELCOME - REFRESHMENTS SERVED AFTER SERVICES



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 and Events:

January/February

1st Jan – No service

8th Jan – Churches Together Breakfast and Service at the Village Hall

15th Jan - Merrill Archer

22nd Jan - All Age Service led by Cat Seymour and Kez Taylor

29th Jan - Rev. Caroline Stott

5th Feb - Mark Perkins from Outreach UK



LAPFORD COMMUNITY CHURCH

Meets every Sunday morning at 10.30am in the Victory Hall

4th Sunday of the month is Family Service

Fellowship Group on Wednesdays 7.00pm upstairs in The ARK

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

We all hope you had a wonderful Christmas and a very Happy New Year. It was certainly another year to remember!



Within the village, many charitable events and fundraisers have been held over the last few months. Thousands of pounds have been raised by the village, for the village. I, for one, am very grateful for the time and effort that has been put into raising money for local charities and the support they have been given.

Beccy

Nothing ever exists entirely alone.
Everything is in relation to everything else.

Buddha



LAPFORD REVEL

A meeting has been arranged for
Monday January 9th
at 7-30pm
at
The Orchard Centre.

This is for any one previously associated with the Revel and anyone else at all who would like to be involved in discussing the possibility of staging a Revel next summer. It would be a huge shame for the tradition of Lapford Revel to die just for the sake of people failing to come together to talk and possibly make plans. If you would like to attend but find the date/time inconvenient please send your contact details to me via email susanbriantevans@gmail.com or phone 83763 to enable you be included in any further correspondence/developments. Hopefully enough people will express an interest so that a steering committee can come together to discuss next steps. Sadly if no one bothers then the Revel will not happen for another year and that would be a huge shame, particularly for the children of our village.



Lapford Weather Review

LAPFORD WEATHER NOVEMBER 2022

Milder and wetter than average.

The warmest day was the 11th with a maximum of 16.8°C, not quite the mildest November day I have measured, but pretty close - the mildest at 17.0 °C was way back in 1999.

The coolest day was the 30th with a maximum of 8.8°C. The coldest night was on the 19th with a minimum of 1.1°C, and a grass temperature of -4.2°C.

This was a month of rain, with a total of 167.8 mm, more than 150% of the average. The wettest day was the 16th with 23.3 mm.

The windiest day was shared by a number of days, with gusts up to 39 m.p.h.

Andy Epstein



DATES TO LOOKOUT FOR

January 2023

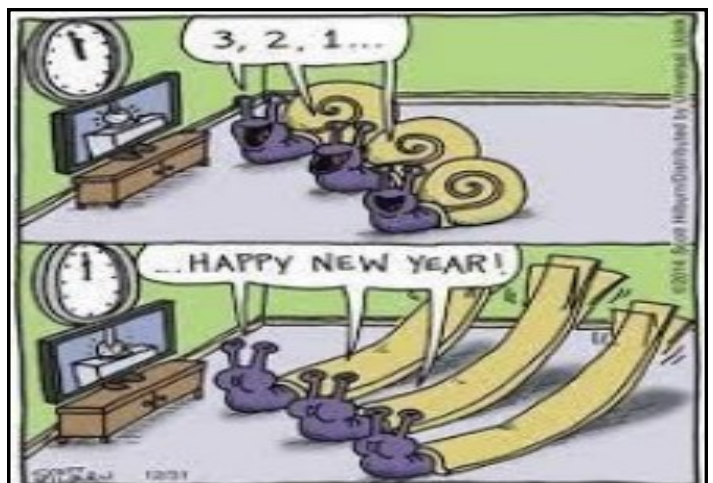
- 6th The ARK reopens
- 8th Closing date for return of quiz sheets to The ARK
- 9th Lapford Revel meeting, 7.30pm, Orchard Centre
- 10th Lapford Parish Council meeting, Victory Hall, 7.30
- 14th Copy deadline for February Lapford Lookout, 6.00pm
- 17th Friends of Lapford School AGM, 7pm, Lapford Community School Hall
- 19th LOL Games and Nibbles, The ARK, 7.30pm
- 25th Lunch in The ARK from 11.30am, booking required
- 28th Clothes Swap, Victory Hall, 2.00-4.00pm
- 28th Lapford Village Market, 10am-1.00pm, Victory Hall

February

- 4th Bimbo's Big Breakfast, Victory Hall, from 9am
- 14th Copy deadline for March Lapford Lookout, 6.00pm
- 16th Ladies of Lapford talk, Den Brook, The ARK, 7.30pm
- 17th Comedy Evening at the Victory Hall in aid of Lapford Football Club
- 16th LOL Talk about Den Brook Wind Farm, The ARK 7.30pm
- 18th Bow YFC Dinner and Dance
- 25th Lapford Village Market, 10am-1.00pm, Victory Hall

March

- 14th Copy deadline for April Lapford Lookout, 6.00pm
- 25th Lapford Village Market, 10am-1.00pm, Victory Hall
- 22nd April - Lapford Village Market
- 4th May - Local elections
- 6th May - Coronation of King Charles III
- 27th May - Lapford Village Market
- 24th June - Lapford Village Market
- 22nd July - Lapford Village Market
- 26th August - Lapford Village Market
- 23rd September - Lapford Village Market
- 28th October - Lapford Village Market
- 25th November - Lapford Village Market



LAPFORD LOOKOUT

Contributions welcome

lapfordlookout@gmail.com

Deadline for inclusion in the next issue:

6.00 pm on the 14th January for inclusion in the Feb. issue

A CALL OUT TO VILLAGE CLUBS AND ORGANISATIONS FOR A DISPLAY IN THE ARK DURING FEBRUARY AND MARCH

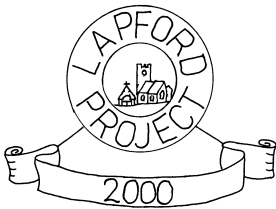
We would like to invite you to advertise and show off your Lapford Parish club, group or organisation.

The ARK Display Team are offering an A1 board for you to:

Promote what you do and how you do it, invite new members and reach out to a new audience, display photographs and contact information.

For more information please contact:
Sue Briant Evans on
susanbriantevans@gmail.com 01363 83763
Rebecca Holley on
rebeccaholleyartworks@gmail.co.uk

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Call our free, 24/7 confidential helpline **0800 188 4444**



Lapford Village market



**SATURDAY 28th JANUARY
10AM-1PM**

**Local produce Stalls
Handmade crafts
Foodbank drop off point
Bric-a-brac, Car-boot tables and
much, much more
Tea, coffee & snacks**

To book a stall/table please call Stacey on:
07891 556884 or email
lapfordvillagemarket@gmail.com
£5 per stall payable on the day.

CHULMLEIGH RURAL CINEMA



A widowed cleaning lady in 1950s London falls madly in love with a couture Dior gown. Based on the novel by Paul Gallico and starring Lesley Manville and Isabelle Huppert, it's unabashed froth, exactly what we need right now, cor lummy! (PG)

Friday 13th January 2023

The Pavilion, Leigh Road, Chulmleigh EX18 7JL
Doors open 6.45pm Film starts 7.30pm
Wine, beer, soft drinks and interval ice-creams for sale
Tickets £5 (Chulmleigh Society members £4.50) on the door

Follow us on Facebook@TheChulmleighSociety



GUINNESS FRUIT LOAF



www.sustainablecrediton.org.uk

Ingredients:

- ½ pint (300ml) Guinness (or stout)
- 12 oz (300g) mixed dried fruit
- 1 egg
- 4oz (100g) brown sugar
- 8oz (200g) Self raising flour

Soak the dried fruit in the Guinness overnight. Place the flour and sugar in a mixing bowl, add the egg and soaked fruit. Stir well, and place in a lined 2lb (1kg) loaf tin. Bake in a moderately hot oven, 175c, for 45 - 50 minutes. This can be sliced and buttered, but is rich enough to eat on its own.

Paul Cleave



LADIES OF LAPFORD (LOL)

Thursday 19th January 2023

The Ladies will be having an evening of fun, playing games

Tea, Coffee and Cake provided

7.30pm in The ARK - newcomers are most welcome.

Thursday 16th February 2023

Come and join us for a talk about
Den Brook Wind Farm,
North Tawton
7.30pm in The ARK



PARISH COUNCIL ELECTIONS - 4TH MAY 2023

Candidate nominations will open around the beginning of March and the close of nominations is likely to be 15th March. Final dates will be publicised once confirmed.

DECEMBER PARISH COUNCIL MEETING

The December Lapford Parish Council Meeting was postponed so there are no minutes this month.

“Success is the ability to go from failure to failure without losing your enthusiasm”
Winston Churchill

FRIENDS OF LAPFORD SCHOOL AGM

Tuesday 17th January 2023
7pm

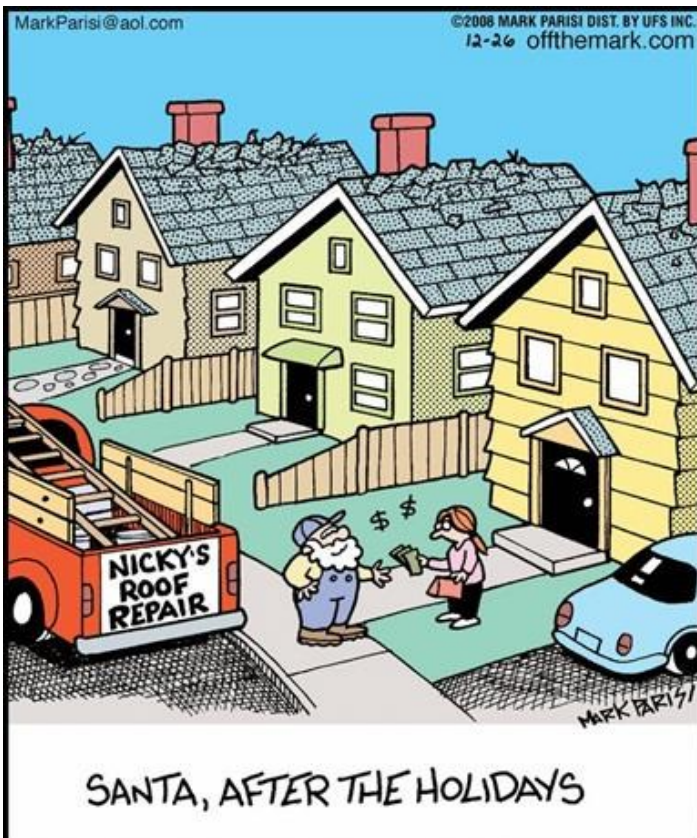
Lapford Community Primary
School Hall



THANK YOU FOR YOUR SUPPORT

Thank you from the Youth Club for raising over £300 for youth activities in Lapford at the Quiz Night and Curry at The Old Malt Scoop on the 16th November.

Steve Keable



You are invited to a

Two Course Lunch in The ARK

From 11.30am | Wednesday 25 January | Pay what you can Proceeds to the Foodbank

We will be serving Chicken Casserole & Rice Pudding
Coffee & Tea,
(Transport can be provided)

Please telephone 83788 on Tuesday or Friday between 10-12pm to book your meal.

Bookings only: to be made by 20th January

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In aid of Friends of Lapford School

Saturday 28th January | 2-4pm
at Lapford Victory Hall

Donate your unwanted clothes | Shoes | Bags | Hats | Bedding | and everything in between

Then come along and shop, all items £1 unless otherwise labelled, childrens items £1 each or 3 for £2

Refreshments will be available Hot & Cold drinks and maybe some cake too. Contact Stacey by text or Whatsapp on 07891556884 to arrange drop off or collection prior to event. Any left over item will go to bags4 schools a week later.

LADIES GET FESTIVE



On a chilly evening in November, the Ladies gathered in The ARK looking forward to getting creative. The plan was to mold some small Christmas decorations. We were to have Fimo to make small tree hangings and sugar modelling paste to make cake decorations. We had Ron and Joy as our tutors for the evening.



First, we had Ron show us what to do with the Fimo. He came along very well prepared. He had made some little models to demonstrate what could be achieved and he had cut and brought small boards for us to work on. He had also cut the Fimo into small pieces and created little individual tinfoil parcels which contained all we needed to make each model. We gathered round him and admired the small Santa with his sack which had been attached to a small pin to make a brooch, the Christmas tree dotted with snow which was attached to a small cut of wood to hang from a Christmas tree and similarly the jolly Santa face that could also be attached to a small wooden plaque for hanging from a branch.

We watched as Ron demonstrated the process. Starting with a small lump of green stuff, he worked it until it was soft and then pressed and molded it into a leaf shape. He marked little veins along it with a sharp knife and then added tiny little rolled balls of white to make small snowflakes. He made it look very easy and when he had finished, it was our turn. The concentration was impressive as several heads bent to the task. The room is normally full of chatter and this was still there in bursts from time to time as people discussed and displayed their success but often the room was quiet as we worked on our pieces.



Meanwhile, Joy had set up her stall for those who wanted to try cake decorations. She too, had made her preparations and she shared sugar modeling paste and Christmas colouring with a group at her table and demonstrated her skills. She showed her 'pupils' how to shape the sugar paste and use the colours carefully and sparingly and soon some delightful little snowmen were lining up on the table. It was surprising how different they looked even though they were done to roughly the same design. Some were more portly, the hat shapes varied as did their expressions. Some of us had a go at guessing who had made which snowman but we were not very successful with our guesses. They clearly enjoyed their crafting as there was a lot of laughter and chat from that table.



By the end of the evening, we had amassed an impressive number of decorations. We were quite late finishing because everyone wanted to complete what they were working on. Nobody was rushing off home but eventually our pieces were perfected and the tidying up began. It was a really enjoyable evening thanks to the expertise of Ron and Joy. Ron told us how to bake the Fimo pieces so that they would last for quite a while if handled carefully. This Christmas, I think there will be a few trees in Lapford with an additional hanging or two and some jolly fat snowmen sitting on top of a few cakes.

Sue Harle



'TIS THE SEASON TO BE JOLLY

A very full Victory Hall was enthralled by a wonderful concert presented by Exeter Male Voice Praise.

We enjoyed a mixture of Carols by the choir and in between the audience were "allowed" to show what they were made of.

As if that weren't enough, we were delighted to hear a solo by one of the choir members on a Soprano Saxophone, and we were treated to a recital of a poem.

A big thank you to all the helpers, all who attended the event, and many thanks for the extra donations given by many people. This will be a great help to cover expenses for all the journeys we make.

Jeanne Whittaker



LAPFORD COMMUNITY PRIMARY SCHOOL UPDATE

The children enjoyed a busy festive season, with nativity fun and the welcome return of our successful Christmas craft fayre which raised funds for the school PTA 'Friends of Lapford School.' The children also sang at the annual Over 60s Christmas lunch, raising festive cheer for all. The school council helped to serve up Christmas lunch, we were very proud of all of our children.



Playtimes are in the process of being developed at LPS, as we introduce the Opal programme which aims to improve the quality of play and opportunities on offer for the children. Staff have been auditing equipment and attending training and we are very excited to begin this initiative in the new year.

We are also pleased to share news of our new outdoor space. Site staff have been working hard to transform the land where the old classroom stood into a new play area for our youngest pupils. The area is shaping up nicely, and will include designated spaces for children to grow plants, engage in water and sand play and use ride on toys.

We have several new children starting in our Nursery this New Year which is fantastic news, we warmly welcome them to our school family. We would like to wish everyone in our community a Happy New Year.

Mrs K Tanner





Reminder:- Lapford Rev- el

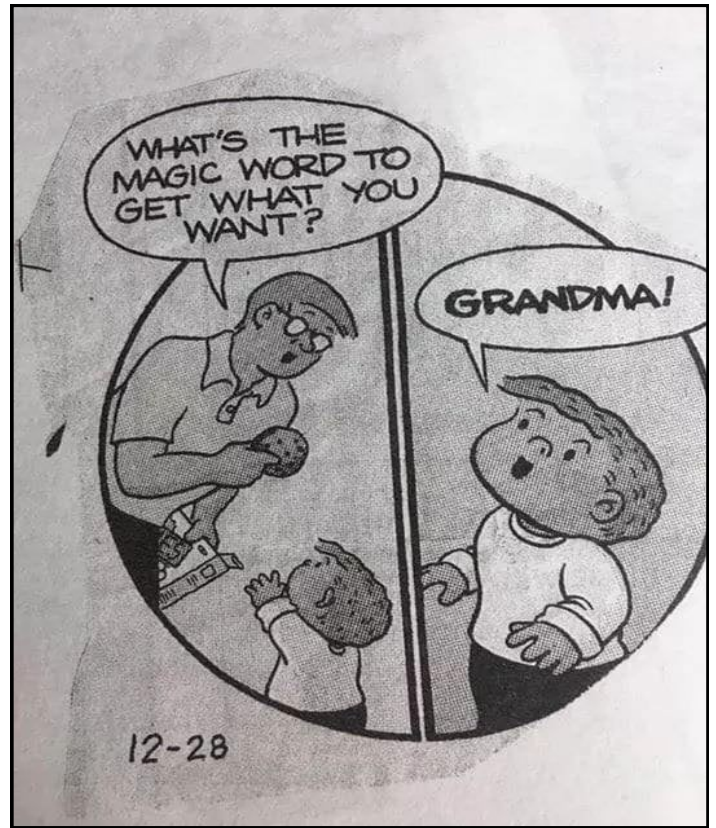


Meeting arranged for Monday
January 9th at 7-30 p.m. in the
Orchard Centre for anyone
interested in the possibility of a
Revel for the summer of 2023.

LIFE IS LIKE A SANDWICH!

Birth as one slice,
and death as the other.
What you put in between
the slices is up to you.

Author unknown



BBKA Okehampton Branch, Basic Beekeeping Course, eight sessions, starting January 2023

Okehampton Beekeepers are running a Beekeeping Training Course of 8 evening sessions. These will be held fortnightly, at Whiddon Down Village Hall, from 7 pm to 9 pm on alternate Wednesday evenings from January 18th through to May 3rd.

The course costs £100, payable in advance at the initial session on January 18th. Payment can be by card, cheque or cash. Alternatively to pay on-line, see website <https://okehamptonbee.co.uk> and access the Membership Form, to be found on the Membership Page, for bank details. If paying on-line then be sure to put your name as reference and e-mail confirmation to the Branch Treasurer.

Payment in full will automatically include:

- FREE - The excellent BBKA Guide to Beekeeping book (normally costs £18.99)
- Full registered membership of Devon Beekeepers (DBKA), worth £39
- Bee Disease Insurance for up to 3 colonies
- Monthly on-line copies of the Devon Beekeepers magazine
- Monthly delivery of the British Beekeepers' magazine, BBKA News



Please note; course applicants who have already paid their membership, only need to pay a fee of £61.

The course will follow the syllabus required for the BBKA Basic Assessment. Course students are encouraged to take the Basic Assessment once they have completed the course and have kept bees for their first year (but this is of course optional). Membership of Okehampton Beekeepers entitles course students to reimbursement of the Basic Assessment Exam fee (£25) on successfully passing the exam.

Course session dates are fortnightly, on alternate Wednesdays, as follows: January 18, February 1, February 15, March 1, March 15, March 29, April 19 and May 3. A number of informal follow-up practical sessions in May and June will give the opportunity to handle and inspect colonies of bees, putting into practice knowledge learnt during the course. To book a place on the course or for further information please contact Liz Ledsham by phone on 01363 881486 or by E-mail at lizdevon2007@gmail.com.

Liz Ledsham, Okehampton Beekeepers

LAPFORD OVER 60S CHRISTMAS LUNCH

The Waie Inn did us proud once again, with a very tasty meal and wonderful service.

We were entertained by Fred, Paul and Mike, with a mix of Country, Irish and Christmas Carols.



A big thank you is owed to Carol and Linda for organising the whole event, including the "Secret Santa", where everyone present received a "prize".

Everyone left at the end very full and very happy. Here's to the same next year!

Jeanne Whittaker



LUNCH AT THE ARK

A good time was had by all present on 23rd November, thanks to the hard work by the ladies who cooked a delicious meal. What a wonderful idea to entice people to come and see what a good job is being done at The ARK. Thank you very much on behalf of all who attended.



Jeanne Whittaker

WRITTEN OFF

"That boy is gonna end up dead or in jail
so don't try to tell me,
he can turn things around
because the more I think about it,
he is throwing his life away,
and I'm not going to say,
he is a good kid,
let me tell you,
there is no hope for him
and I refuse to believe,
there is some good in that boy
because whenever he crosses my mind, I think,
There's only a matter of time."

(First read this as normal, from the top down,
then reverse it and read it from the bottom up!)

Credit to www.proactivecoaching.info

Come and join us in The ARK Winter Warming Wednesdays

From the 11th January

*Come and join us upstairs in The
ARK
where there will be tea, coffee,
cake and company*

*Read a book, read your newspapers,
have a chat or play board games*

There will be a warm
welcome awaiting you

Upstairs at The ARK will
be open from 10.30



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BIMBO'S BIG BREAKFAST!

RAISING FUNDS FOR THE CHURCH WINDOWS

LAPFORD VICTORY HALL

4TH FEBRUARY

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FOR THE FOLLOWING TIME SLOTS:

9AM

10AM

11AM

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£8 LARGE
£6 SMALL

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THOUGHTS FROM THE ARK

Enjoy each day as a gift from God. It is one of the most valuable gifts you will ever receive.

When you receive a gift, what do you do? Thank the giver, unwrap it and enjoy it. One Bible teacher writes: "I make an effort to focus on and enjoy every moment of my life, but doing so has been a long and difficult journey for me I'm a planner and, if I'm not careful, I find myself planning the next thing while doing the current thing, which of course, steals the present moment from me. Although being focused is a good thing, I can also be so focused on my work that I fail to enjoy the magic of the moment. For example, I was usually working while my children were little and found it difficult to even take a moment to stop and enjoy the things they said and did. I missed many of those moments and will never get them back.



We should celebrate life and the people God has placed on our path. Life is to be enjoyed, not dreaded or regretted." Solomon wrote: "There is nothing better for a man than that he should eat and drink and make himself enjoy good in his labour. Even this I have seen is from the hand of God." (Ecclesiastes 2:24).

Note these two phrases: "From the hand of God." That means it's God's will for you to enjoy every day. "Make himself enjoy good." That means you must look for things to celebrate each day. It doesn't have to be something big, but something worth celebrating. United Christian Broadcast notes.

There is a hymn, part of the chorus says: "Count your blessings, name them one by one, and it will surprise you what the Lord has done." It's often easy to take a negative view of life, but when we remember the things we've been given, we cannot deny that we are blessed. Things may look dark from where we are, but there are people, who's lives are far more difficult and fraught than maybe ours will ever be and if we look hard enough we can usually find something to be thankful for.

Today is all we have, tomorrow never comes, and yesterday has been and gone and you can't get back those moments. Enjoy each day of this new year, celebrate and be glad, look for those small things that bring a smile.

The team at the ARK would like to wish everyone peace and joy in this new year.

The ARK Team

Mobile 07495 - 468045

Email: PPMDevon@gmail.com

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GENERAL MAINTENANCE, Estate & Buildings (Examples) - General repairs
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Boarding | Flooring | kitchen units | Gates | Guttering | Etc



PAINTING & DECORATING DOMESTIC & COMMERCIAL
External & Internal Decoration | Commercial & Domestic Spraying | Fencing |
Garages



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



OIL SERVICES (Pressure Jet) - Annual boiler servicing | Repairs | Landlords
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Fire valve testing

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richard@thebigsweep
northdevon.co.uk



NICK TUCKER

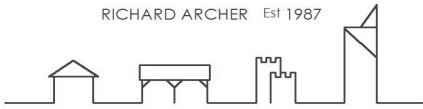
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Devon E: simon@architectural-services.org

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The Old Malt Scoop Inn

Opening Times

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Food served from noon till 2.30pm
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For details of special events,
live music and quiz nights,
please check our website or
Facebook page....or give us a ring!

www.theoldmaltcoopinn.co.uk

Pop in and see us, email or give us a call:
eatdrinkstay@theoldmaltcoopinn.co.uk
01363 83330

Catriona & Jonathan



Ashridge Great Barn

**Wishing you a Happy New Year
from everyone at Ashridge Court**

Stay tuned for details of events in 2023 including a pop-up restaurant in the Spring and Wood Fair in the Summer

Ashridge Court Farm, EX20 2DH 01837 352025

email info@ashridge.co.uk www.ashridge-court.co.uk



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www.devonshire-dumpling.com

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Any other jobs considered	



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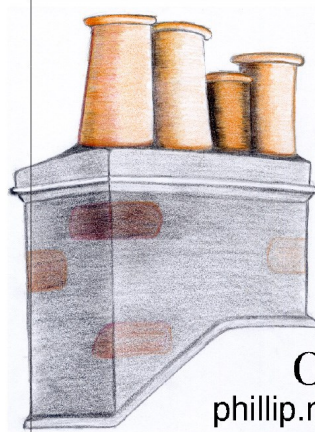
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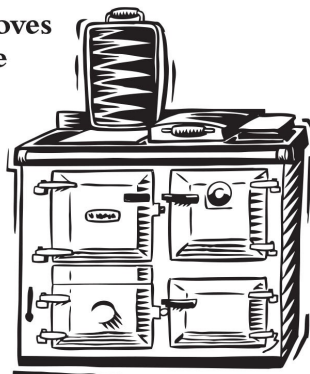
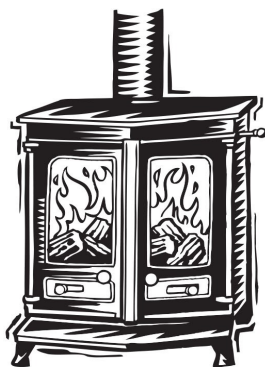
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Buy Now Pay Later (BNPL) schemes look tempting but the money does still need to be repaid so keep a record of how much you owe in total. Always make sure you understand what you are signing up for, how you'll make the repayments and what will happen if you can't pay on time. It's also important to check the returns process for both the retailer and the credit provider. Paying through BNPL may also affect the cost of postage returns if you've ordered online. The riskiest thing about it is that you're not guaranteed to be protected if something goes wrong so for example, you can't go to the Financial Ombudsman if you have a complaint.

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BOOK REVIEW: WILDEST HUNGER BY LAURA LAAKSO

Crime novels. Everyone is either writing them, or reading them. Personally, in this age of constant content I'm addicted to the idea of a morally-conflicted individual, dressed in charity shop donations entertaining me on Sunday night TV.

Yannia Wilde is your atypical, defective detective. She has an on/off boyfriend, a fixer and a snout. She has a contact in the police, but her methods are regarded as both eldritch and unconventional. Her cases are gory, steeped in sex, mystery and murder.

So far, so-so. Now, let's flip the script. Wildest Hunger is set in a world where supernatural beings co-exist uneasily with humans. Wilde is one such, her beloved Dearon is another. Her fixer is Karrison, a bird shaman. Her snout runs a magical shop. This is Wilde's third case and a series of dismembered bodies lead to a conspiracy at the dark hearth of the magical world.

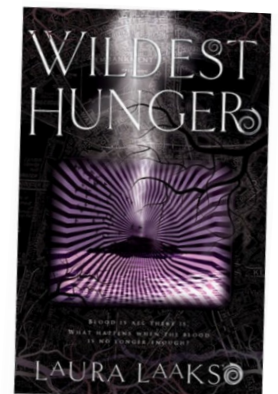
Wildest Hunger will tick a lot of boxes for crime fans. It's also got enough sleaze and gore to satisfy Scandi crime fans. Wilde is certainly as dysfunctional and damaged as let's say, Rebus or Holy. What raises it, is the purely realised and well thought-out magical world. There is a bare minimum of my own personal hate: info dumping. That is real skill, even when reading the third book in a series out of sequence.

There are also sudden and thrilling shifts, particularly when Wilde can "borrow" the abilities of animals. There is a thrilling and gory dénouement between Wilde and the killer. There are also dashes of dark humour - Karrison loves a fried breakfast, but don't give him eggs.

It's an involving read and enough to sink your fangs into, even if you haven't read the other two books and the novella that Wilde features in. Plus, the novel finishes on a blue note that will lead into the next one.

What is surprising is that Laakso has created a magical world that is acceptant of sub-culture, diversity and difference. In a world where fantasy can be... shall we say, divisive - Laakso has created a fictional world where everyone belongs. As society grows ever darker, it's a mystery why some magical kingdoms (both spiritual and temporal) seem less diverse than others. Wildest Hunger is a thrilling, magical ride.

Kev McCready



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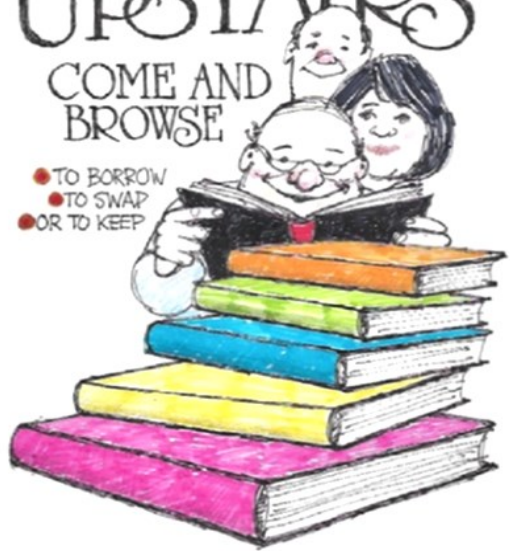


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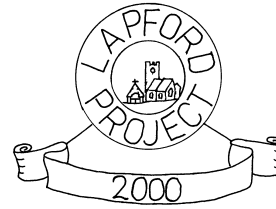
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LAPFORD POPPY APPEAL 2022

Once again, it is with great pleasure that I am able to announce the total for the 2022 Poppy Appeal. The final figure of £1,982.82 includes contributions from Lapford, Nymet Rowland and Coldridge, donations for wreaths and the collection from the church service held on Remembrance Sunday. Grateful thanks to everyone who displayed collecting tins, to all the wonderful Poppy Appeal collectors, to everyone who donated, and to my trustworthy counting assistant. A special mention must go to June at the Post Office for her endless patience and support.

Caroline Noon
Poppy Appeal Organiser



We ♥ our
Volunteers!

NATIONAL BLOOD SERVICE



Donations can be made at
Boniface Centre, CREDITON,
on 31st January or 14th February
from 1.10am-7.15pm



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

Do something amazing - Give Blood!

WHY DO PEOPLE VOLUNTEER?

Research states there are ten main benefits to volunteering:

1. Provides you with a sense of purpose.
2. Provides a sense of community.
3. Helps you meet new friends.
4. Increases your social skills.
5. Improves self-esteem.
6. Teaches you valuable skills.
7. Provides job prospects.
8. Brings fun into your life.
9. Can help you be happier.
10. Gets you out of your comfort zone.

Benefits of Volunteering: 10 Reasons to Volunteer by Stacey Buttell and Amber Krosel, 27.5.22

**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

Art In The ARK NOW ON

throughout **January**

All Artwork is for sale at under £50.00
and is created by Lapford Artists



Artists:

**Louise Jackson, Warren Clayburn, Jill Doe,
Ray Foxell, Rebecca Holley**

Open normal ARK Café times

or by appointment -

please ring Rebecca on 07941 648087

Kindly supported by:

The Ark and Lapford Project 2000

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



LAPFORD LOOKOUT 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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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 Steven Fletcher	36 Orchard Way, Lapford, EX17 6PR	07891 142436 / steven.fletcher@lapfordparishcouncil.org.uk
Cllr Bill Graham	Pear Tree House, Lapford, EX17 6PZ	01363 83478 / bill.graham@lapfordparishcouncil.org.uk
Cllr Ivan Hall	Ardea House, Lapford, EX17 6PU	01363 83728 / ivan.hall@lapfordparishcouncil.org.uk
Cllr Malcolm Hayes	Bella Vista, Lapford, EX17 6QE	01363 83777 / Malcolm.hayes@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	26 Orchard Way, Lapford. EX17 6PR	07565 768386 / abigail.whittaker@lapfordparishcouncil.org.uk
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

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
- RABI 24/7 Support Line ~ 0800 188 4444
- 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 WEBSITES

- www.lapfordvillage.co.uk
- www.lapfordhistory.co.uk
- www.lapfordparishcouncil.org.uk
- www.lapford-primary.devon.sch.uk



**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 are as follows:

- Bow Medical Centre - £6
- Chulmleigh Dental Practice - £6
- Chulmleigh Health Centre - £6
- Crediton (Breast Screening) - £7
- Crediton Community Hospital - £6
- Morchart Bishop Surgery - £5
- Redlands Health Centre - £7
- Witheridge Surgery - £6

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



LAPFORD LOOKOUT

ADVERTISING RATES AND POLICY

Lapford Lookout has a circulation of 600 copies and the advertising of village events is free of charge. There is a charge for all other advertisements and current advertising rates, **payable in advance**, are:

- One eighth page: £6 per month.
- One quarter page: £12 per month.
- One half page: £24 per month.
- Whole page: £48 per month.

Pay for twelve months and you get **one extra month, FREE!** Please send all advertising requests to the Editor in time to make the deadline of the 14th of each month for inclusion in the next issue. Please allow sufficient time to make your advance payment which may be by BACS or cheque. Payment details will be on your invoice.



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	9.00 a.m.	7.00 a.m.
Orchard Way	9.00 a.m.	7.00 a.m.
Saxtons	9.00 a.m.	7.00 a.m.
Morchart Road	9.00 a.m.	7.00 a.m.
Copplestone	4.30 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.

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 Celebrations Committee	Mrs Sue Briant-Evans	01363 83763 / susanbriantevans@gmail.com
Lapford Choir	Mrs Cat Seymour	01363 884432 / cathryn_seymour@outlook.com
Lapford Church Green	~	~
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	Mrs Carol Worsdell	lapfordover60@yahoo.com
Lapford Parish Church	Mrs Joan Graham	01363 83047 / jemg47@aol.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 / archivelapford2022@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 / roy.andrews1950@icloud.com
Lapstock	Mr Steve Keable	07967 655045 / steve.keable@btinternet.com
Lower Town Place Gardening Group	Mr Andy Epstein	amepstein55@gmail.com
North Creedy Choral Society	Mrs Patricia Robottom	01363 884495 / patricia@serafim.eclipse.co.uk
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 Cat Seymour	01363 884432 / cathryn_seymour@outlook.com
The Friends of St Thomas of Canterbury	Mrs Prue Lambert	01363 83150 / pruelambert@yahoo.co.uk

	LAPFORD OUTREACH POST OFFICE OPENING HOURS: Monday 9.00 - 12.30 Wednesday 9.00 - 12.30 Friday 9.00 - 12.30	
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LAPFORD'S DEFIBRILATOR	
	is on the outside of The Orchard Centre in Orchard Way What 3 Words app location: emperor.stated.stapled



Photos by Hazel Morgan, December 2022