

Round About

*the villages of Langford Budville
and Runnington*



October/November 2022



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Welcome ...

To the October/November edition of Round About.

We have had a few hectic months, with all the celebrations for the Platinum Jubilee, so shortly followed by the sadness and pageantry of her late Majesty's funeral. Many of us have been on holiday, so pulling the magazine together this month has been a challenge. We have squeezed back into our original 40 pages, but there is still plenty going on and the pages are full of news of the community and what is coming up.

Our **Parish Council** is asking us all to consider the options for the new **Local Community Networks**, under the new Unitary County Council, and, if at all possible, to make our preferences known. There is a link to the consultation in the PC report. It is important to us all that we can get our local concerns taken into account in the deliberations.

As we head into Autumn, the days are shortening and the temperature is dropping. We all face challenges with the soaring cost of living and heating our homes. Many of us will be relying on our log fires to top up the heating - do make sure that you do so safely - get the chimney swept and install a carbon monoxide monitor. There have been a lot of scams around recently - so we suggest some ways to **keep safe online** too.

It is also harvest time, celebrated in **our Churches** and at **Café Plus**. Some have been harvesting honey: **Langford Ladies** learned a bit about that. We suggest ways to use it in our **Living Well** and **Seasonal Treats** pages.

We are all enjoying the new floor in the **Jubilee Hall**, at the **Gala Film** and the **Budvue** shows. The **Friendship Circle** and the **Art Group** would welcome new members. They are a great way to meet neighbours and make friends. The **Greener Langford Budville** initiative will be reporting back on the transport and biodiversity consultations while the **Conservation group** and the **Sustainable Gardening Group** are now well established and have been busy on the Triangle. More members are always welcome there too, especially for the conservation workgroup. It is an easy way to contribute to your community and keep fit at the same time!

There's not much village news to report—just the one farewell to make. Please let me know if there are newcomers or leavers in your neighbourhood. We like to bid them welcome or wish them good luck in their onward journey. Thank you as always to our volunteer distributors: without them we couldn't get the magazine to you free of charge. And thank you to our proof-readers who catch our errors for us. If you think you have something to tell us, don't hesitate to get in touch with ideas and feedback. We don't publish letters, but always consider them. Our contact details are at the back of the magazine.

Saranne Cessford, on behalf of the editorial team.

Tryphena Huntingford; Jane Hancock; Denise Hunt; Zenah Rowe; Ali Eland

What's On:

Function	Venue	Date	Time
Police Beat Surgeries	Jubilee Hall Car Park	Wed. 12 Oct. Wed. 9 Nov.	2.00 - 3.00 pm
Parish Council meeting	Jubilee Hall	Mon. 10 Oct. Mon. 14 Nov.	6.30 pm
Harvest Festival	St Peter's Church	Sun. 2 Oct.	11.00 am
Friendship Circle: coffee and Chat	Jubilee Hall	Fri. 7 Oct.	11.00 am - 12.30 pm
Budvue: Elvis	Jubilee Hall	Sat. 15 Oct.	7.00 for 7.30 pm
Café Plus: Craft Sale	Jubilee Hall	Sun. 16 Oct.	10.00 am - 12.30 pm
Soup Lunch	St Pater's Church	Tues. 18 Oct	12.00 noon
Friendship Circle: Speaker	Jubilee Hall	Fri. 21 Oct.	11.00 am - 12.30 pm
Greener LB: Consultation reports	Jubilee Hall	Sat. 12 Nov.	3.00 - 5.00 pm
Café Plus: Christmas Card making	Jubilee Hall	Sun. 13 Nov.	10.00 am - 12.30 pm
Budvue: Downton Abbey—a New Era	Jubilee Hall	Sat. 19 Nov.	7.00 for 7.30 pm
Sustainable Gardening Group	Martlet Inn	Mon. 28 Nov.	6.30 for 7.00 pm
Lighting of the Christmas Tree	St Peter's church	Sat. 3 Dec.	5.30 pm




The Friends of St Peter's Church,
Langford Budville, invite you to



The Annual Lighting up of the Christmas Tree
Saturday 3 December 2022, 5.30 pm
in the churchyard.



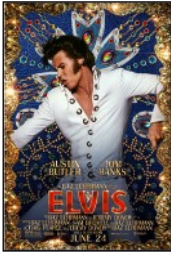
Winners of the children's competition will get to turn on the lights.
Carols, mince pies, nibbles and mulled wine in the church afterwards.
Refreshments - Adults £5.00, children £1.00.

Details of the children's competition to follow

**Christmas Tree kindly donated by
Langford Lakes Christmas Tree Farm.**



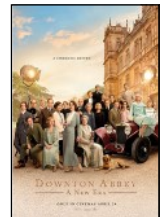

Following on from the Gala Night presentation of **Les Miserables**, we started our Autumn season with **Operation Mincemeat**, the true story of a WW2 deception plan which changed the course of the war. The story had been told many years ago in *The Man Who Never Was*. Described as 'elegant and gripping' it lived up to expectations and was enjoyed by all.



The 15th October presentation is **Elvis** directed by Baz Luhrmann. The film recounts the life and music of Elvis Presley (Austin Butler), seen through the prism of his complicated relationship with his manager, Colonel Tom Parker (Tom Hanks). The story explores the complex dynamic between Presley and Parker over a period of 20 years, from Presley's humble beginnings to his international stardom. Wear your blue suede shoes if you wish.

Our Autumn season is completed by two sequels which are likely to be very popular **Downton Abbey; A New Era** on 19th November and **The Railway Children Return** on 10th December.

David Brown and Tim Wyatt



Greener Langford Budville Open Meeting

Presentation of the Review of Travel and Biodiversity Reports.

Jubilee Hall

Saturday 12 November: 3.00 to 5.00 pm

Please come to debate the future and share a cup of tea with others in the Parish.

Open meeting to discuss the Greener LB travel and biodiversity reports

With the completion of the travel consultation, all the initial activities covered by the Somerset CC grant have now been completed. It is therefore a good time to revisit what has happened with particular emphasis on presenting the two professionally prepared biodiversity and travel reports. The huge uptick in conservation activities in the parish also needs to be celebrated.

A meeting on November 12, 3-5pm at the Jubilee Hall will be held to present what has been learnt, trumpet what has been achieved and find the best way to keep going greener into the future. Please come to debate the future and share a cup of tea with others in the parish.

Tryphena Huntingford

News from the Villages

Langford Budville Parish Council:

Local Community Networks – LCN's

I would just like to start off by saying this is not the most exciting article I have ever written, but it is definitely the most important.

You may know that the way Somerset is going to be administered is going to change in April 2023, as it moves from Five District Councils to one Unitary Authority under Somerset County Council. However, what you may not know is how all the Town and Parish Councils are going to interact under the new Authority. At the moment the number of Town and Parish Councils are going to remain the same, but it is planned for all these councils to be grouped together in anything from groups of 10 to groups of approximately 44. There are three proposals, which I will detail later.

What are LCN's I am sure you are asking? They will be groups of councils and other professional bodies such as the police, NHS representatives, educational representatives and elected Councillors covering the Councils in that LCN. The plan is that everyone will come together six to eight times a year to discuss many aspects covered by the present District Councils. It would mean, in theory, all decisions will be taken with a more local emphasis. There are three proposals which will be whittled down to one once all the feedback has been received and the 'wishes' of the people of Somerset are taken forward. All sounds good so far.

Proposal A is that all LCN's will consist of approximately 10 Town and Parish Councils. In this instance we would be part of an LCN which would include the likes of Wellington Town Council plus 8 other local Parishes. **Proposal B** is for all LCN's to consist of approximately 18 Councils, and **Proposal C** is for all LCN's to consist of approximately 44 Town and Parish Councils.

There is an opportunity for everyone to give feedback on their preferred proposal to the new Unitary Authority by going onto <https://Somerset.inconsult.uk/LCNs/consultationHome>. I have attended two meetings so far regarding the setting up of LCNs, and there are a number of concerns across other Council representatives mostly around the implementation of the new set up. My main concern is how a Parish like ours can ever have a voice against some of the larger councils in an LCN of 18 or 44. Having a meaningful voice in a group of 10 is very achievable, but will entail constant negotiation by myself and the Parish Council team.

If you care about having a 'local' voice, then please take the time to research what is happening, and then give your feedback accordingly. All the information can be found on the above link.

My fear is that if Proposal C is chosen then how representative would it be, and what are the chances of this being purely a talking shop with no real decisions

being made: it would be possible for up to 100 people to attend their relevant LCN meeting. Also, what is the likelihood that, in the future, the LCN numbers could be considered too large and Parishes and Town councils merged, thereby removing everyone's opportunity to discuss local issues and concerns with their Parish Council.

I am sorry there isn't a more upbeat and exciting message to be given, but the choosing of the right proposal by the 'powers that be' is absolutely key to how Parishes like ours can survive. Please take the time to protect, not just your Parish Council, but all Parish Councils in the county of Somerset.

Derek Sowden: Chairperson, Langford Budville Parish Council



View from St Peter's Churchyard down towards Chipley

Budvue Gala Evening

On the evening of Saturday 10th September the BudVue team were pleased to celebrate the 10 years since the opening of our splendid (and well used) hall by arranging and putting on a very special **Gala** event. With an open invitation to all villagers and hall-users, the team put on the film version of the celebrated musical '**Les Misérables**' - a heart-stirring story set in a difficult time in French history, put to music with some truly memorable songs.

Everyone was welcomed with a glass of fizz or soft drink, and a selection of canapes and sweets. The delicious food was provided by Jackie White who had also made the fantastic cake depicting the hall for the original opening day. A cash bar was available and at the interval there were ice-creams to be purchased.

About 50 people attended the evening, which was well received, appreciated and showed off the hall at its best. The new sound system, put to the task of playing an outstanding soundtrack, demonstrated that our hall now has a state-of-the-art facility, for both sound and vision, equal to anything else in the area. We hope this will encourage more people to attend future BudVue events. It is hard to believe that it is ten years since the opening of the Hall. The BudVue team thank everyone for joining with them in celebrating this milestone.

David Brown



LANGFORD BUDVILLE JUBILEE HALL
HALLMARK***

We are delighted to welcome Moira Brown as a new Trustee. Moira lives in Wiveliscombe but will be the link Trustee for the School where she works. At present the School uses the Hall for its annual Christmas production but we believe that there may be opportunities for a broader co-operation. We are also very pleased that Fiona Barber from Chipley is taking on some of the secretarial side of the Hall administration.

During the Summer David Brown was instrumental in pushing forward two projects. We are now connected to fibre broadband following a lengthy reducing and connections process. Broadband access together with national use of a pay-as-you-go phone are free to users of the Hall and should mean that we can appeal to a wider audience and also perhaps, show streamed events to the community – assuming that we have the right licences. In common with other BT users our old copper landline is now redundant as the new phones work on a digital platform which requires electricity. Separately, we have purchased a card reader to make payment for events easier.

We also have a new floor laid over the top of the existing painted chipboard which has served the Hall so well during its first ten years. The new floor which is manufactured by Gerflor has sound reduction qualities, is easy to clean (although with an alkaline solution rather than soap and water) and is fully recyclable.

At our August Trustees meeting we approved the setting up of a **Community Fund** as a restricted fund within the Hall bank account. The purpose of this is to encourage local people to put on events for the benefit of the community. The fund (which is not large) is designed to be accessed and used. The gatekeepers will include a representative from the Parish Council and somebody independent from both the Hall and the Parish Council. The fund will be seeded by past community events including the old Fete Fund, the Jubilee Dance and Duck Race and the Pop up Shop and topped up (we hope) by successful events in the future. A particular reason for keeping the fund under the umbrella of the Hall was to provide good governance and transparency. Our draft criteria for proposals are that they:

- * Bring social, environmental or cultural benefit to the parish
- * Be non-profit making. Any net funds raised must be recorded and either be used to sustain the project or returned to the Community fund to support future projects.
- * Be time-limited (e.g. one-off project or a programme of 'seed' events to establish a self-sustaining club)

- * Be regenerative not wasteful (i.e. have a minimal footprint in terms of energy, waste & resources, or even a positive gain)
- * Be free/low cost to attendees/beneficiaries
- * Be apolitical
- * Be advertised to all parishioners
- * Be open & welcoming to all, unless working within reasonable constraints (e.g. school children)
- * Be celebrated - We ask that you please write an article for Roundabout, our parish magazine, celebrating your project

Please get in touch with either Josh Wedderkopp or myself with ideas.

Michael Huntingford, on behalf of The Village Hall Trustees



The Jubilee Hall is an ideal venue for a wide variety of events including wedding receptions, parties and dances, shows and concerts, club and society meetings, fetes and community events, conferences, meetings and training days

The main hall seats up to 150 theatre style, or at tables

The comfortable committee room has seating for 36

Large, well equipped kitchen

Spacious foyer and cloakroom Gravelled patio + grassed terrace

Easy access and parking for 40+ cars Full bar/entertainment licence

State of the art sound and projection High speed broadband

For booking availability visit **www.lbjubileehall.com**



LANGFORD BUDVILLE CAFE PLUS



CALENDAR 2022/23

ALONGSIDE OUR REGULAR FEATURES WHICH INCLUDE THE CAFE, BAKERY GOODS, HOMEMADE GOODS, GARDEN PLANT & PRODUCE SWAP WE WILL HAVE THE FOLLOWING HAPPENING OVER THE NEXT FEW MONTHS AT THE JUBILEE HALL.

CRAFT SALE

SUNDAY 16TH OCTOBER 10AM-12.30PM

CHRISTMAS CARD MAKING

SUNDAY 13TH NOVEMBER 10AM-12.30PM

SEASONAL & HOMEMADE SALE

SUNDAY 11TH DECEMBER 10AM-12.30PM

BOOK & GAME SWAP

SATURDAY 14TH JANUARY 10AM-12.30PM

VALENTINE BAKE OFF

SUNDAY 11TH FEBRUARY 10AM-12.30PM

Please contact lbcafeplus@gmail.com for more info

Cafe Plus

Our first Cafe Plus was held on Sunday 18th September at the Jubilee Hall. We had home-made preserves, fresh bread, croissants and confectionery for sale; the cafe was open with lots of delicious cakes, cream teas and barista coffee; plus there was a garden produce/plant swap.

The swap idea was a success with spare veg, fruit, herbs and many plants all finding new homes. This will be a permanent feature of Café Plus and it will be interesting to see how the contributions change with the seasons.

Our main goal for Café Plus is to provide a sociable space for the community where we can pass the time of day with friends over a cake and coffee. Happily this goal was very much fulfilled with a lovely atmosphere in the cafe and hall with neighbours catching up with each other.

Thank you to the volunteers, Saranne, Theresa and Diana, and the cake makers Lyn, Rosina and Sarah. We couldn't do it without you all.

Next month Cafe Plus will be hosting an **ARTS AND CRAFTS SALE** - Sunday 16th October, 10am - 12.30pm at the Jubilee Hall. We hope to see more of you there.

Jane Hancock and Tryphena Huntingford



Langford Budville
CAFE PLUS

LANGFORD BUDVILLE
CAFE PLUS

SUNDAY 16TH OCTOBER 10AM-12.30PM
JUBILEE HALL

CRAFT SALE

DO YOU HAND MAKE OR CRAFT ITEMS TO SELL?
WOULD YOU LIKE A STALL AT OUR NEXT CAFE PLUS?
PLEASE ASK OR GET IN TOUCH IF YOU'D LIKE MORE INFO.

Please contact lbcafeplus@gmail.com



Beware Phishing...

I heard a fascinating piece on Radio 4 about how a 'tech savvy' researcher fell for a scam. They had a psychologist on who explained the tactics. There were two take home messages for me, one was they will often try to rattle you initially with lines like "you are going to be fined by the HMRC" or "your account has been hacked".



The second is they get you to trust them by saying things like we are "trying to protect you from hackers".

My mother suffered this line of attack recently and ended up handing over control of her computer to hackers. This resulted in me having to cancel all my mothers and all my bank cards, plus change passwords on all our other accounts such as Amazon and store cards.

If you ever get a call that sounds like this, put the phone down and follow the golden rule: Take Five and Tell Two, take 5 minutes away from the situation and ask two people their opinion. If you do want to follow up, ring from another phone (they can intercept you on the line they called you on) and look for the number of the supposed caller independently (online or phone book etc).

Once hackers gain access to your computer they will "crawl" it looking for passwords and personal details. If this happens to you, immediately turn off your computer and unplug the internet. Report it to Action Fraud. Stop bank cards and change all passwords. Then get your computer cleaned of any malware by someone like PC World.

Fraudulent emails and texts can be really tricky. I was recently sent an email with bank details for me to make a transfer but the chap in Santander said scams are rife at the moment and I must independently check the details. The scammers could have intercepted my email and re-sent it to me with their bank details. These emails look REALLY genuine. So always call the sender to check the email is genuine and check that the bank details are correct.

Other common scams at the moment include refunds and freebies asking you to click on links and give personal details: free coronavirus tests, tax rebates, energy refunds and council tax refunds. Texts and emails from courier companies are particularly easy to fall for because scammers now know when you are expecting something. Always think twice before clicking any link from any company especially courier companies, the Post Office or companies you have ordered items from.

Sadly, 'the cost of living' crisis' is causing these scams to increase rapidly at the moment, so be extra vigilant.

Jane Hancock



Friendship Circle

One of our members, Rachel Fenwick, gave a talk on a trip she had to Vietnam in 2008, illustrated with photo's of temples, the prison museum in Hanoi, people cultivating rice and drying it on the roadside, etc. Rachel brought along a pair of traditional Vietnamese trousers and a hat, which she modelled for us!

The Macmillan coffee morning was a great success, with many members bringing cakes to have on the day, or to take away for a donation. Apples and eggs were also donated and we had a "guess the weight of a pumpkin" competition - for 50p we could have a guess at the weight of a very large pumpkin! There were 24 entries and the actual weight was 61 lbs (> 27 kilos); Eunice won a bottle of wine for the best guess! All of our usual takings were added to donations which made a magnificent total of £349.40. Thanks to all who attended and those who helped with contributions.

The next meetings are :

Oct 7th - Coffee & Chat

Oct 21st - Speaker; Kay Townsend (Behind the sideshows)

Nov 4th - Coffee & Chat

All the above meetings are 11am - 12.30 pm in the Jubilee Hall (unless otherwise stated). The £2 entry includes one raffle ticket

Pam Farr/ Barbara Hughes

Art Group

The Art Group is still meeting every **Wednesday morning 10.00 - 12.00** in the **Village Hall Committee Room**. We are looking for new members who might like to try their hand at drawing, painting, making greetings cards, etc. We pay £3 per session which includes tea/coffee and biscuits. Please bring your own materials.

Contact: Pam Farr pjayfarr@gmail.com



Pencil & graphite



Sea Glass



Watercolour

Greener Langford Budville

Conservation and Wildlife

Much of the activity in the last two months has been to do with the **Triangle**. The need to clear the grass to allow the dying ash trees to be felled and cleared has accelerated action. Andi Rickard, the reigning UK scything champion, held a training session on the art and craft of scything with a few of the conservation group which enabled a sustainable approach to the problem. Without the hum of a strimmer or a grinding motor, the grasses fell satisfyingly below the blades. There is now discussion about leaving some shortened ash trunks standing and using the felled timber for a variety of uses in situ, such as play items for children, if safety rules allow this.



Plans for the **Jubilee Wood** will be firmed up on receipt of the contract from the Woodland Trust. Originally aimed at November, the planting weekend should now be in January. We will have 630 trees of a wide range of species and 200 shrubs. As much of this as possible should be done on one day so up to 100 people, especially children, could be involved. The current list of about 40 volunteers, (mainly from the Greener Langford Budville contacts) will need to grow, so if you think your name may not be there, please get in touch using the email address below.

Ian Loudon (ifloudon@googlemail.com)

Greener Gardening group

The Greener Gardening Group met on Monday 19th September at The Martlet and enjoyed an in interesting and informative talk entitled **Fun with Ferns**. Biologist Paul Green was the speaker and he started by explaining that ferns are one of the oldest plants on the planet and were here even before the dinosaurs. Paul described the unique life cycle of ferns (ferns don't produce flowers but reproduce with spores – who knew?) and are so diverse that they can grow happily in a wide variety of different habitats including rock crevices and walls, ponds, swamps, cloud forests and even deserts: deciduous or evergreen, low growing or over a metre in height. Most ferns in the UK grow best in the open shade of mature trees and most prefer the dappled light that woodland provides.



If you would like to get involved in the Greener Gardening Group, please email fionabarber40@hotmail.com or milsomjackie@gmail.com for more information.

We are a friendly group who are interested in reducing our impact on the environment. Previous gardening experience or knowledge is not essential – just a healthy interest and a desire to learn!

Our next meeting will be on **Monday 28th November at 6.30pm at the Martlet**. We will be looking at garden planning, hardwood cuttings for wildlife attracting plants and British bulb suppliers with a view to reducing our carbon footprint

Fiona Barber

Travel consultation report

After a long wait the final version of the **Low Carbon Travel Feasibility Study** is now available. It was part of the Greener Langford Budville Project funded by a grant from Somerset County Council's Climate Emergency Fund and its aim was primarily to look at the feasibility of potential cycle routes from Langford Budville to Wellington and so encourage people to reduce their car use by creating a safer route. Many thanks to all those who responded to the household survey in 2021 and made comments, all of which have helped to shape this report.

In summary, the report looked at three potential cycle routes and made recommendations based mainly on cost, distance and land ownership. The recommended option makes use of the existing Runnington Lane but improving its safety through a 'Quiet Lane' designation which then joins to an off-road section along the verge of the main road to Wellington. The report also identified other 'hot spots' in the village which create problems for safe walking, cycling etc around the Parish.

Somerset County Council are intending to include the cycle scheme in the next round of funding from Active Travel England in 2023 and so the Parish Council is very keen to hear people's thoughts, especially those living in Runnington. The proposed 'Quiet Lane' is the biggest change.

“Quiet Lanes” are nationally recognised designations of single-track road where visitors and locals can enjoy the natural surroundings and use them for activities such as cycling, horse-riding, jogging and walking.

Once the new PC website is up and running, the report will be available but, in the meantime, if you are interested to read it, or to discuss it further, please email me at julietlbpc@gmail.com.

Juliet Shrimpton



If you would like to find out about **The Greener Langford Budville** initiative, or join local activities, please use this email Greener.lb.info@gmail.com or scan this QR code which will invite you to make contact. Our mailing list is used for information purposes only and not for marketing. We store name and contact details confidentially and these details can only be accessed by the group administrators. You can be removed from the mailing list, or see your details at any time.

Green Fingers: Autumn in the Garden

Gardeners tend to think of autumn as a time for tidying the garden, but do remember the wildlife: there are some things you can do to help wildlife through the hard winter months. One thing is to try not to be too tidy! **Gardener's World** has some suggestions

Try to avoid disturbing potential shelters – for hedgehogs, beetles, toads and slowworms. They love leaf piles, and compost heaps, which make ideal winter shelters. (There's a slowworm in my compost heap now!) A few piles of branches and twigs may look untidy but the hedgehogs will thank you for them. Take special care if you are planning a bonfire – dismantle it first and check that no one has taken up residence.



Time to cut the Meadow – but if you have left a meadow, check the long grass for visitors before strimming or scything. If you should find a sleeping hedgehog, gently move it to a safe, sheltered spot.

Plant some wild-life friendly trees and hedges.

These attract moths and other herbivores which in turn will attract more birds and bats. Hedgehogs also love caterpillars.



Plant some nectar-rich spring flowering bulbs like crocus, fritillary, alliums and grape hyacinths – they will provide a helpful early food source for the emerging bees.

Leave the seedheads on some of the border plants: Many have attractive seedheads, and they are beneficial to wildlife. If you can, leave a border to feed the birds and allow the fallen stems to lie to shelter amphibians, insects and small mammals.

Saranne Cessford



LANGFORD LAKES



Local Family Run
Christmas Tree Farm
set in the heart of rural
Somerset

Call us on **01823 400476** or visit www.langfordlakes.co.uk

Farewell, Roland Taylor

We were sad to hear about the recent death of Roland Taylor, of Quarryleaze, Langford Budville. Roland and Brenda moved to the village in 2019.

Roland was born in Kent in 1945, and spent his early years there, training as a Quantity Surveyor, later moving into construction, and starting his own construction company. He knew Brenda when she was still at school: he would pick her up after classes in his Jaguar XK150! They married on September 14, 1968. and had three children, a son and two daughters



Roland loved his cars!

In 1989 the family emigrated to British Columbia, Canada where Roland began a new company with a business partner, building houses, churches, bridges and so on. Roland loved Canada and the outdoor life. He learned to ski at 44 and joined the ski patrol. He was awarded 'Outstanding Ski Patroller of the Year' three times at Mt Baker in Washington, USA!. He hiked and climbed in the mountains, and played squash in the Vancouver league.



In the great outdoors, Canada

However, the family came back to the UK in 2011 for family reasons. Their two daughters had already moved back and married and had children. Their son remained in Canada. They bought a Grade II listed cottage near Deal, Kent, which Roland renovated, and in 2015 they moved to Somerset, first to Monksilver to be near their daughter and family, and in 2019 to Langford Budville.

Roland had already been diagnosed with Alzheimer's, but he continued to play squash in Wellington, and joined the table tennis group at the hall before the pandemic shut things down. Many of you may recognise him from seeing him out walking his Havanese, Arty, round the village.



Walking with Arty

Roland passed away in Wellsprings Hospital near Taunton on September 14, his and Brenda's 54th wedding anniversary. He will be very much missed by Brenda, their daughters Lisa and Emily and son Stuart, and their six grandchildren.

Brenda and family would like to thank the Wellsprings hospital for their wonderful care of Roland in his last weeks. His funeral will be on 7 October, at St Peter's Church, Uplowman, Devon.

Seasonal Treats - Honey

Lavender Honey Cheesecake

This delicious cheesecake is from "A Taste of Honey" by Jane Charlton & Jane Newdick. It calls for lavender honey – but I used a light floral honey when I made it and it was a delight.



Ingredients

8 oz (250g) shortbread biscuits

2 ½ oz (75g) butter, melted

3 tbsp lavender flowers, fresh or dried - tied in a muslin sachet (Make sure the lavender is organic, not coloured or treated, and English not French Lavender)

6 oz (180g) honey (lavender if you can get it, or other light floral honey)

8 oz (250g) cream cheese

½ pt (300ml) double cream

Method

Make the crumb crust: Crush the biscuits with a rolling pin or in a food processor until quite fine. In a bowl stir in the melted butter. Press the mixture into a 9" (23cm) springform tin and refrigerate for an hour while you prepare the filling.

Make the lavender infusion. Mix 2 ½ tbsps. of boiling water with 2 tps of the honey and pour over the lavender sachet. Leave to infuse for 15 minutes, then remove the sachet and allow to cool.

Make the filling: In a large bowl beat together the soft cheese and the rest of the honey until smooth. Gradually add the lavender water and beat until absorbed and the mixture is light and fluffy. Whip the cream until it forms soft peaks then gently fold it into the soft cheese mixture. Pour the filling over the biscuits crust and chill for three to four hours until set. Loosen by running a warm knife round the edge, and serve in slices.

Saranne Cessford



YOGA

the iyengar way

Langford Budville Jubilee Hall

Thursday 10.00 - 11.30/Tuesday 6.00 - 7.30 pm

To book contact

Jackie Douglas

jacqueline.douglas@hotmail.com

Living Well: Honey for Health

Honey has been used since ancient times for both food and medicine. Early Ayurvedic, Egyptian, Greek and Chinese cultures all had numerous recipes for honey remedies, particularly to heal wounds and for gastric upsets. Honey undoubtedly has antimicrobial properties which vary with the pollen sources that the bees use. There is solid research confirming activity against a range of bacterium and fungi. Manuka honey has been the variety most researched with very little research carried out for other "single-pollen" honeys which may be just as useful.

Honey is an extremely complex substance that is not fully understood and it acts in several different ways to aid wound healing including: direct anti-microbial action; reducing the negative effects of changing wound dressings as it does not adhere to the wound; and stimulating tissue regeneration. Medical grade honey dressings are available which have been irradiated to avoid carrying biological contaminants. The heating process used for pasteurising honey also kills any pathogens but unfortunately it also makes the honey less effective as a wound remedy. I'd be wary of having a go at home except for minor wounds.

Honey is a common component of a huge range of cough remedies and it undoubtedly does sooth a cough and sore throat. Cider vinegar is often mixed with honey to treat a bewildering range of symptoms, including coughs, with both constituents contributing to its efficacy.

There is a wide-ranging belief that honey taken daily before the hay fever season reduces the symptoms but there is very little research to back this up. A 2013 study found positive effects using 50g honey per day which is a very high dose and much higher than the teaspoon-a-day typically suggested.

However, honey is a wholesome and delicious food and probably has a far greater range of positive properties than those touched on above and it is certainly a healthy substitute for sugar.



Tryphena Huntingford

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Homegrown medicinal herbs in everyday teas
Manage stress
Aid digestion
Keep well

sample packs available

Langford Ladies - Honey extracting

Sarah Warner has kept bees for 15 years and currently has three hives in the area. 2021 was a disastrous year for bee keeping primarily because of low temperatures at the wrong time but recovery has been sufficient this year to extract significant amounts of honey. However, the year has had its challenges including wax moth invading frames ready for spinning and, honey with such high brassica pollen levels that the honey was too solid to extract.

The frames Sarah used for the demonstration came from hives sited at Harpford Herbs, and was light and pleasantly aromatic. The unique tastes of honey made by different flower nectars are associated with specific memories of time and place for many people, as with so many taste memories.

Wooden frames provided for the bees to store honey are located in the super (the top box of the hive) from which the queen is excluded. The bees draw out wax into hexagonal cells forming the comb and then fill them with honey as food stores for the winter when the bees are quiescent. They fan the cells to evaporate excess liquid and seal the stores with a thin layer of wax. A full frame is surprisingly heavy!

To extract the honey, the thin wax capping layer is cut off with a sharp knife and the frames fitted into the extractor. Turning the handle spins the drum: centrifugal force throws the honey into the collecting container. The honey is run off through a strainer to remove any bits of wax, and bottled. The delicious smell emanating from the separator was quite something.

Sarah generously gave each Langford Lady a 100g pot of the newly extracted honey. Her honey is available to buy at Café Plus.

The next meeting will be on 19 October in the Jubilee Hall, when Valerie Pitman will tell us about her **Life in Langford Budville**. Valerie is one of the few who has lived their entire life in the village, and it will be fascinating for us relative newcomers to learn about it. Meet at 7.00 pm.

Tryphena Huntingford



Our School

It has been a positive start to the academic year here at school. We have welcomed Miss Brown as our new Head of School and Mrs Urmann-Smith to our KS2 teaching team alongside Mrs Kelly our new KS2 Teaching Assistant.

We have been reviewing our Christian mission statement, vision and values with our new golden rules to help us live them out.

Each class now has a new name taken from some of the flora and fauna that the younger children see on their weekly Wednesday welly walks.



Class 1 is Orchid Class



Class 2 is Ash Class



Class 3 is Oak Class



We are looking forward to sharing with you some of the lovely things we have been doing next time!

*Helen Morley: Executive Head Teacher
Langford Budville Church of England
Primary School.*

Young Buddies - Grow an Oak tree



Wildlife Trust

How to grow your own oak tree

What you need:

- some acorns 
- a plant pot (or big yoghurt pot/ice cream tub) 
- some stones or gravel 
- soil or peat-free compost 

holes in base for drainage

save our peat bog!

remember to remember to water it regularly during summer

- 1 Collect acorns in the autumn. Sort them out - healthy acorns will sink to the bottom of a bowl of water 
- 2 Layer stones/gravel in the pot, then fill with soil/compost 
- 3 Plant an acorn by pushing it into the soil with your finger 

minibeasts love oak trees... one adult oak tree can be home to 284 different species of insect

acorn out of cup pointed end up

the first leaves should appear in the first spring

plant out in the second spring



Illustration: Corinne Webb © Copyright Royal Society of Wildlife Trusts 105

www.wildlifewatch.org.uk

News from the Churches

The same yesterday, today and forever

Many of us know well Bob Dylan's song 'The Times They Are A-Changin'. Was it written with us in mind? None of us could have predicted the changes that we have seen in 2022. The death of our beloved Queen Elizabeth, the accession of a new King, a war in Ukraine, a cost-of-living crisis. None of these were on the cards as we made our New Year's resolutions on the 1st of January.

Yet happen they have. And whether we like it or not, we're forced to agree with Bob Dylan's lyrics that the times are indeed changing. What can see us through these days?

A phrase that's often used about the period through which we're going is 'unprecedented'. I'm not sure it's entirely valid! Previous generations have faced situations as challenging or more than ours – seasons of plagues, wars, famines and conquest. The times in which the New Testament was written were, for its writers, periods of profound uncertainty. Its writers faced violence and vulnerability, conflict and dispute. Yet into their times they were able to speak words of hope, confidence and assurance.

One such phrase that stands out for me is a line from the letter to the Hebrews. Hebrews was written in response to a time of persecution and the possibility of people falling back from the faith as a result. Into its time and ours, the writer of the letter makes an extraordinary claim: 'Jesus Christ is the same yesterday, today and forever.' (Hebrews 13:8)

Just imagine! The one who walked in Galilee has been there for his people throughout time, is with us now, and will be whatever the future may hold.

So respectfully, I have to disagree with Bob Dylan. In his song he tells us that in the face of times that are 'a-changin', we'd better start 'swimmin'. Much better than hyperactive splashing, I suggest, is to live out our vision to 'live and tell the story of Jesus'. For it's as we do so that we can hold fast to the one who is constant and unchanging, who holds us always in the palm of his hands; Jesus Christ who is 'the same yesterday, today and forever.'

Bishop Michael



Church Services Rota

Date	Langford Budville	Runnington	First Reading	Second Reading
Sunday 2 October	Harvest Festival 11.00 am	Join Langford	Habakkuk 1-14.2. 1-4	2 Timothy 1. 1-14
Sunday 9 October	No Service	No Service	2 Kings 5. 1-3, 7-15	2 Timothy 2. 8-15
Sunday 16 October	No service	10.30 am: Lay- led Service	Genesis 32. 22-31	2 Timothy 3. 14 - 4. 5
Sunday 23 October	Join Runnington	9.00 am HC Service	Isaiah 45. 22 - end	Romans 15. 1-6
Sunday 30 October	Joint Holy Communion Service at Bradford on Tone .			

Please continue to wear face-coverings at all services.

East Group church contact: Revd Alan Ellacott—01823 669824

Interim Team Rector: Martin Kirkbride 01823 400127

Parish Office phone number: 01823 665254 (leave a message);
email: stjohs.wellington@googlemail.com

Benefice Mid-week Holy Communion BCP are held every Thursday at 10.00 am at St Johns Wellington.

Open The Book: Our friendly Open the Book Team is looking for helpers to take Bible stories into our schools. If you're interested call Jackie on 01823 666652 or Alan on 01823 669824

Foodbank: The Foodbank will also be opening as a Drop in Centre during normal opening hours 1.30 - 2.30 pm, where coffee and cake will be provided free of charge. So if you know of anyone who might be interested, please let them know. Steve Jenkins is now a Foodbank Trustee for Wellington. Pastor Steve Jenkins. Tel: 01823 665622 Mob 07740 555105

Open Door is a local charity providing a day centre for people who are homeless and sleeping rough, including those in our rural areas. Our organisation was set up by local churches 20 years ago and retains a strong support from churches and schools in and around Taunton. <https://www.tauntonopendoor.org.uk/news/>

News from Runnington Church

As for many others, we had the dilemma of what to go ahead with, and what to postpone, following the Queen's passing. In the end we tolled the (slightly muffled) bell for nearly an hour at midday on Friday the 9th, along with many others. Our Pet service was already planned for the 18th, so we decided to precede that service with a short service of prayer and reflection on Her Majesty's life, with two hymns, a short address, readings lessons and prayers.

Our lively Harvest Festival on 26 September was led by the Rural Dean. The church was a delight, decorated with fruit, vegetables and flowers.

In October our 10.30am lay led service will be on the 3rd Sunday, 16th October, (and not the usual 2nd Sunday), and our Holy Communion service will be at 9am on the 23rd October. Again all are most welcome to either or both!

John Houghton



Notes from St Peters -

Our Church door is open all day every day and proved a welcome respite from the heat of recent weeks, probably the coolest place in the village.

Our **Harvest Festival** will be held on October 2nd at 11 am and we will be decorating the Church with Harvests Gifts on the morning of October 1st from about 10am. Any extra helpers will be welcome and gifts (preferably wrapped or tinned) will be given to Charity after the service.

Our popular **Soup Lunches** will be taking place from October on the third Tuesday of the month from 12 noon and we look forward to welcoming you all again. Come and enjoy good company, good soups and delicious puddings in our beautiful Church.

Sarah Nutt

St Peter's Café

Soup Lunches

Third Tuesday of the month

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Treasurer	Mike Grabham	
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Beat Officers Tel: 101 Crime recording 999 Emergencies	PCSO Vicky Henderson	Victoria.Henderson@avonandsomerset.police.uk tel: 07889 655302
	PCSO Louise Fyne 6945	Tel: 07889 659476

Jubilee Hall Website: www.lbjubileehall.com

Greener Langford Budville team: www.greenerlangfordbudville.com

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Magazine Information

Editorial team: Saranne Cessford & Tryphena Huntingford - joint editors
Denise Hunt - Treasurer; Jane Hancock; Alison Eland; Zenah Rowe

To contact us please email: **lbr.roundabout@gmail.com** heading your email: Articles, Feedback, Advertising, Small Ads, etc.

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