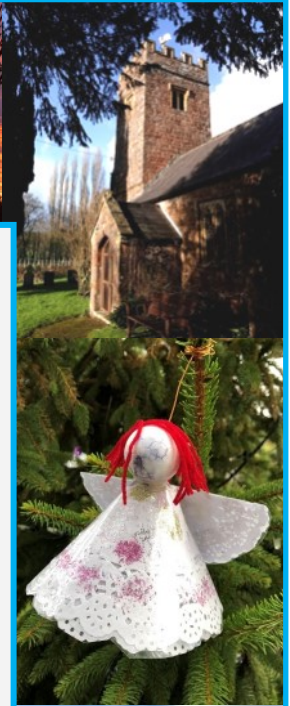


A photograph of a forest floor. In the center, a large, gnarled tree trunk is covered in bright green moss. The trunk is surrounded by fallen brown leaves and green ferns. The background is dark and out of focus, showing more of the forest floor.

Round About

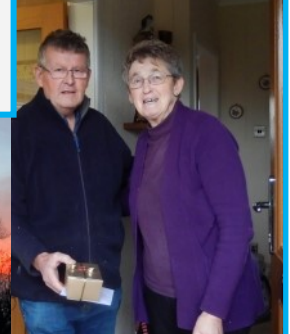
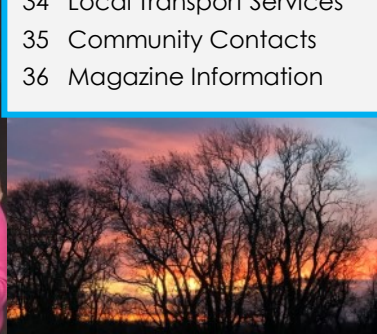
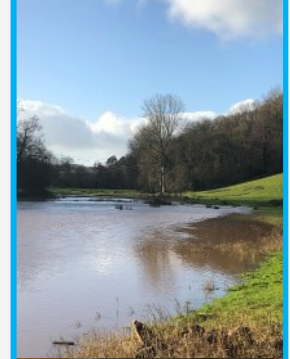
*the villages of Langford Budville
and Runnington*

February / March 2021



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Welcome ...

To the February/March Issue of Round About.

In spite of the lockdown, there is plenty going on in the villages, even if much of it is happening remotely. Our reliance on remote working and interaction during these times brings home to us all how absolutely necessary decent broadband is to our success. So do check the **Team Broadband** page to see how that is progressing. Meanwhile another citizen-led initiative is very exciting - the drive to make a **Greener Langford Budville**. This is something we can all get involved in, so do take a look at the proposals.

Have you ever wondered what the **Parish Council** does? Aside from the dry minutes, I mean. David Faulkner introduces us to the responsibilities and functions of the Parish Council.

We have to say a sad goodbye to **John Randle** - long-time friend of the village and of this magazine. We feature a poignant tribute from his lovely wife, Joy. And we offer **Congratulations** - and thanks - to Sarah Nutt, who reaches a milestone this month.

We would have liked to welcome the newer residents but haven't been able to make their acquaintance yet given the strict Covid restrictions. We hope they will enjoy the magazine, which will be delivered to them as it is to every resident in the villages, and that they will get in touch with us so we can duly welcome them amongst us. They will find us a friendly and forward thinking community with great plans for the future. They'll also find tradespeople and services among our **advertisers**.

Once the pandemic is subdued we'll be able to resume our normal activities: **The Friendship Circle**, **Langford Ladies**, the **Village churches** and the **Hall** will come alive again, and they'll welcome new members with open arms. We're sure any newcomers will quickly make friends of their neighbours. The **Green-fingered** will find some unusual ideas this month, our **Seasonal Treats** goes vegan/vegetarian and we can all learn to **Live Well**, finding ways to relieve stress. **Young Buddies** can get out for fun and exercise - geocaching.

There's a table of **Community Contacts** at the back of the magazine, and details of how to contact us at **Round About** if you have something to tell us. We would love to get your photos to use in the **collage**, or even on the cover. Do you look at the collage? All the pictures are taken around the villages during the preceding months. We'd love to feature yours.

Thanks as ever to all our contributors, our volunteer distributors and our advertisers: without you we could not continue to get the magazine out free to every village resident.

Saranne Cessford on behalf of the editorial team.

What's On: Donate blood...

Needless to say, not a lot.

However, we do want to remind you that blood donations are still needed, and the **Blood Donation Service** will be back at the village hall, Covid-safe, on **Monday 15 February**, and **Monday 1 and 15 March**. Put it in your calendar. If you are a new donor please log onto the website first, and sign up - you do need an appointment. <https://www.blood.co.uk/>

A tree for Loughton Waymouth

As you will remember, **Round About** has been collecting to plant a tree in memory of Loughton Waymouth, our printer from the beginning, who sadly died early last year. The pandemic has ensured that we could not have a gathering to mark the planting of the tree, but we have sourced a small-leaved lime tree, *Tilia cordata*, and Keith Moore and I planted it on the plateau behind the village hall. We wanted to get it into the ground before the frosts to give it the best chance.



We still have a considerable amount of donations to use, and are hoping to be able to source a bench or seat to go under the tree. This has rather been put off, since we can't have a commemoration yet. We would appreciate it if anyone who knows a good source for an affordable and **sustainably produced** seat or bench can let us know. In the interest of keeping Langford Budville green, we are anxious to keep it sustainable. If you are a clever carpenter, perhaps you could volunteer to help us assemble the bench.

Saranne Cessford

The Martlet

The Martlet is once again offering take-outs at the weekend. Their advertisement on the back cover gives more information. We are anxious that they get our support during these very difficult times, as we really do not want to lose our pub!

Check out their opening times on the blackboard outside the pub: the menu is in the window or on their fb page (see ad on the back cover for details)

News from the Villages

Parish Council

The Parish Council Meeting was due to be held at 7pm at Langford Budville Village Hall on Monday 11th January 2021. However, as a result of the latest Coronavirus COVID-19 emergency isolation, the Parish Council have suspended public meetings. The consultation was via electronic means (E-mail and telephone) with representation on any matters affecting the Parish received from Parishioners via e-mail.

Triangle Tree Works: The planned tree works at the Triangle (removal of dangerous Ash Trees) have been completed. Councillors Derek Sowden and Derek Faulkner have planted the three large replacement trees. A number of parishioners expressed their support & thanks for all the ongoing work to preserve & enhance the Triangle.

Tone Works: The PC received a telephone update from the SW&T Heritage 'At Risk Team' to inform us that plans are in progress to secure & make-safe the nationally important Fox's Tone works. A young person was seriously injured trespassing a few months ago so it is important that access to the part of the site that falls within our parish boundary is secured for Health, Safety & Environmental reasons. The PC was asked to confirm support.

Drainage & Flooding (Chibley & Riverslake): The drains issues & flooding at Chibley still persist despite Highways clearing & jetting the gully prior to Christmas. Further works are being planned by highways along Burn Hill later in the year but Highways & local SCC/SW&T Councillors have been made aware again that the current flooding problem is still present. The drains from Riverslake to the village were cleared of vegetation & other debris by Highways over the Christmas period.

Litter: The PC would like to thank the parishioners who have been continuing to pick up litter. It was noticeable how good the village and Common is looking in comparison to the amount of litter present on the B3187 from Tone to Chibley. SW&T were contacted by Councillor Faulkner & have carried out litter removal exercises along the B3187.

The Martlet Inn: The pub remains open for Take-away food only. The Hungry Bear van is also hoping to visit on Wednesdays later this month.

PC Response to Anonymous Letter regarding Dog Bins: The bin on the path near to the Village Hall was re-located to a position where it could be emptied by SW&T Council, as it was not sustainable to continue relying on volunteers emptying the bin. The locations of the nearest bins are explained on the notice, where the re-located dog waste bin used to be sited.

The next Parish Council Meeting is set to take place on Monday 8th February 2021, at 7pm, location TBA.



LB Team Broadband Update

(Langford Budville - Milverton Exchange Project)

Our team has been working really hard behind the scenes during the past few months, lobbying our MP, contacting other providers and writing to local councillors in order to make fibre to property broadband (FTTP) a reality.

Other recent developments include **Airband** being awarded a contract by Connecting Devon and Somerset to provide fibre broadband to our area. They have advised us that the more people that show interest the more likely they are to cover our parish. We want to keep as many avenues open as possible, so we would ask all of you to go onto the Airband website and enter your details declaring your interest. Airband will be releasing more information in March.

In addition, we feel we must also continue to pursue our Openreach project in case Airband do not come through.

However, we have received our final quote from **Openreach** which has increased, leaving us with a shortfall of about £40,000. We appreciate many of you have signed up on the premise that there will be no cost, so we are going to have one final push to get more participants. There are 90 households that have not joined our project that could be included at no extra cost.

If you are one of these households would you please reconsider? You will have recently received a flyer. Fibre broadband will increase the value of your house and make it more desirable, your telephone line will improve, and importantly you will be supporting your community and helping many of your neighbours who desperately need better broadband for work and schooling. Without you this project will fail for everyone.

Just email us to say "yes" – please include your full name, full address, telephone number and a personal/business email address. All we need from you is a commitment to change your internet contract (on completion of the project) to a fibre contract and to agree to let Openreach utilise your government Gigabit voucher funding. We will guide you through the whole process.

Email: LBteambroadband@gmail.com

Website: www.lbteambroadband.co.uk

If you are part of the Greenham or Wellington Exchange partnership projects, please visit the website for any updates.

The Broadband Team: Karen Grabham, Rodger Allen, Graham Warner, Dave McKay, Amanda Baker, Jane Hancock, John Spackman & David Faulkner.



News from the Village Hall

The Hall is waiting, as are we all, for different times.

We will be open for blood donations on **15th February** and on **1st and 15th March** but not for much else. Many thanks to our keyholders and our cleaner, Rosina, who are looking after the building and grounds through these neglected months. Perhaps not always so neglected though as keyholders continue to pick up surprising quantities of litter in the car park including loose change, NO2 canisters, alcohol cans and balloons.

A big thank you also to Peter Milne, a retiring trustee, who has been a great help over many years. Recently, he has set up our new website and helped us make the village hall Covid secure. Peter runs Somerset Ryū karate club (07584 575914 somersetryu@gmail.com) and has found his own premises for training in Tonedale. He will continue as a keyholder for the Hall.

Michael Huntingford: Village Hall Trustee Committee

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

In normal times 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

For booking availability visit

www.lbjubileehall.com

A Greener Langford Budville:

Much has happened since the last issue of Round About. Over 20 parishioners debated on zoom what should be put into a bid for Somerset County Council money to help communities tackle climate change from the bottom up. The group included Parish Councillors Derek Sowden and Katy Spackman. After lively debate, research into other community responses and much sharing of documents stored in the cloud, we agreed to ask for money to help with the **process**: gathering solid building blocks of information, and finding ways of harnessing the skills and energy of parishioners. A huge thank you to Josh Wedderkopp for days spent writing the bid. If we are successful, the money will be managed by Langford Budville Parish Council.

The bid is for £12,500 to help pay for:

1. A community consultation and household survey. See detail below.

2. A biodiversity audit that combines GIS and other digital information with expert local knowledge, to identify our most valuable habitats and carbon sinks, as well as the most effective spaces for recovery networks and wildlife corridors. Main authors – Hannah Montag and Christine and Ian Loudon. (More on this in the next Round About)

3. A low-carbon travel feasibility study to find the best options to reduce our reliance on cars and to increase our active travel. Main author – Juliet Shrimpton

4. A Greener Langford Budville website that will act as a community hub linking projects and volunteers; and offering tools such as a carbon calculator. Main author – Josh Wedderkopp

Community consultation and household survey

A questionnaire will be delivered in the Spring with your Round About. This will enable everyone to get involved, and provide enough data to calculate a parish carbon footprint for Langford Budville, Runnington, Chipley and Wellisford. We will use an existing carbon calculator, probably the one developed by Ashton Hayes village. We hope the questionnaire will prompt individual efforts to reduce personal carbon footprints as well as determine the best community projects. A draft of the questionnaire is included in the bid.

Information to support projects includes:

- ♦ Journey and spatial information - to work out how best to safely reduce car use and increase cycling and walking.
- ♦ Shopping habits and intentions - to see whether a community-run village shop in The Martlet would be viable.

- ◆ Understanding how parishioners would like to be more involved to help wildlife thrive despite the challenges of climate change.

Please do respond to this questionnaire. If you would like to be more involved in this consultation, e.g. by helping others fill in the questionnaire or in analysing the results, please contact Tryphena Huntingford through the One Planet email below.

If the bid is not successful (we should know in March), we think that it will still be possible to start the ball rolling. Volunteer time or business sponsorship are both welcome. Hopefully, we can have some fun meetings making things happen later in the year. Please contact the email below to be added to the already-active WhatsApp group.

A Greener Langford Budville team - One.Planet.LB@gmail.com

Langford Ladies

We usually meet in January for a meal at the Martlet and to arrange our programme for the forthcoming year. No doubt we will be able to reinstate our plans for last year at some point when we can look forward to meeting in person again - sooner rather than later, we hope.



Langford Ladies celebrate 50 years

Langford Ladies was born out of the Langford Budville WI, when numbers fell below the those required for a branch. By 1970 we had 29 members and meetings had to be held in the school as most homes were unable to accommodate the numbers. Member numbers fell again when many joined Appley Cross W.I. so it was back to members' homes again.

Now we are over 20 and are a very informal group who enjoy visits and activities out, or gather in members' homes once a month for social occasions. We are able to use the committee room at the hall when we have a speaker.

New members are always welcome, and any newcomers to the village should get in touch. We don't have a formal structure, but if you'd care to join us once we are able to start our meetings again, do get in touch.

Margaret Brown.

Tribute to John Randle ...

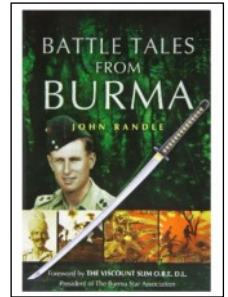
Brigadier John Randle, OBE, MC

Our good friend John died on December 14th in Chelston Park Residential Home. Joy had joined him there the day before the first lockdown began, so happily they were together over the last few months, enjoying his 99th birthday on 17th October. Always welcoming and interested, he was imbued with wonderful old fashioned courtesy and we miss him very much.



Joy and John Randle at a St Peter's Lunch

John Pomeroy Randle, born in 1921 and educated at Berkhamsted School, worked as a chartered accountant in the City before enlisting, fulfilling his ambition to join the Indian Army in which he was gazetted to the 10th Baluch Regiment in 1941. In September 1942 he was commanding a company of 120 during the gruelling withdrawal from Burma, with Japanese hard on their heels, when he insisted on personally looking for a missing soldier (who turned up a week later). The battalion, once they had recovered their fitness, became a reconnaissance unit and then fought at Imphal in June 1944 before taking part in the capture of Meiktila in central Burma; John was awarded the Military Cross for his part. In his memoir "*Battle Tales from Burma*", published in 2004, he observed somewhat wryly that on VJ Day, his battalion was only 60 miles from where it had been four years earlier.



In 1947 he joined the Devonshire Regiment before the partition of India, then served in Malaya (communist insurrection), in Kenya (Mau-Mau) and in Cyprus (EOKA terrorists). When the Devons were amalgamated with the Dorsets, he commanded a battalion in British Guiana. He became Brigadier of the West Country regiments group, an honorary ADC to the Queen from 1974 and retired from the army in 1976.

John married Peggy Miskimmin, whom many of you will remember, in 1947 and they had one son William who runs an adventure school in Zimbabwe. Upon retirement in 1976 they bought the Old Coach House alongside Wellisford Manor, becoming active and very supportive members of St. Peter's church community. They enjoyed entertaining but there was no need to dress for dinner! He nursed Peggy through her long illness, bringing her gently into church as long as possible, until she died in 2003. In 2010 he married Joy Hunt, who now takes over our tribute.

Laurian Cooper

Joy Randle writes:

John Randle was a man who kept up with his many friends - by letters, cards and phone calls, and so it was that, on a visit to South Africa in 1988, when he planned to drive from Cape Town to Durban, he wrote to us asking if he could visit us in Port Elizabeth, which is about halfway between the two cities.

He and Derick, my first husband, had been at school together in Berkhamsted in the 1930's. In fact they lived in the same street. I heard a story about a trip their group made which involved crossing private land. The angry owner told them to get off but one of them (John), stood his ground, apologised, saying he was interested to see an unusual tree and was it an example of ... He went on to have an animated discussion with the farmer while the rest of the boys melted away. I see this as an example of winning hearts and minds! He told me that he was not afraid of any man - except the headmaster.

I took over the Christmas card writing when Derick tragically developed Alzheimer's disease, as did Peggy (John's first wife), and we both had the sad task of telling our friends that they had died, first Derick and then Peggy. A few years later, I came on a visit to England with my daughter, Sally. I'd written to John saying that we were on our way to Cornwall on a certain date and would he like to meet for lunch. We stayed with him for 4 days!

We flew back home, changing planes in Johannesburg and while waiting at the airport, I heard music, Strauss waltzes and music by Lehar. Strangely though, my daughter could not hear it.

John had already travelled the world by the time we got together but he took me back to South Africa, to Fransch Hoek in the Cape, a beautiful wine-producing area and tourist destination where we spent 5 idyllic days in a cottage owned by regimental friends. The following year we spent a week with his equally adventurous son Will and his family (a true chip off the old block) who runs Quest-Africa, an outward bound type experience for school-leavers. Will always made time to visit us and I remember him saying "Dad I must not sit around chatting all the time I am here, I have to stay fit to take boys on a long run when I get back." Each day he put on a back-pack and ran up to the Wellington Monument, sometimes twice! We asked him how he got on when he returned, "Oh, they couldn't keep up" he said.

Joy Randle

John Randle was a good friend of Round About: He made sure to let us know of his appreciation, and contributed some entertaining articles about his time at Wellisford. We will miss him very much.



Your Parish Council

Ever wondered what a Parish Council does?

A Parish Council is a statutory authority set up under the Local Government Act 1972. It is the first tier of local government, below district and county authorities.

A Parish Council is made up of councillors elected by residents of the parish every four years, though this does not necessarily mean that a ballot will take place. If no one stands against the existing councillors then they are elected unopposed. Should a councillor leave office before the end of their four-year period, they can be replaced by co-option, unless an election is called by 10 or more parishioners. Our next election is due in May 2023.

The Langford Budville PC consists of five unpaid councillors and a paid officer, the Parish Clerk, who meet every second Monday in the month. The Clerk does not vote or make decisions in the meeting: this is the function of the councillors, who are bound by a **Code of Conduct**. Breaches of that code of conduct are investigated by the Standards Board for England and Councillors found guilty of a breach can be removed from office. Under the Code of Conduct, Councillors must declare any personal or financial interest in any of the matters affecting the parish that are to be discussed.

At the moment, due to COVID restrictions, public physical meetings have been suspended and the Clerk conducts the business of the Parish Council in consultation with the Parish Councillors using delegate powers, via electronic means.

So what do Parish Councils actually do? Here's a flavour of what goes on:-

Langford Budville Parish Council is responsible for **the upkeep and independent audit of the Triangle**, which includes the play area equipment, seats, picnic tables, keeping the grass cut on the football pitch and maintenance of the trees and paths. Recently and sadly, 'dangerous' diseased Ash trees have had to be removed, but as many as possible have been kept and for every tree removed, at least one new tree is being planted.

The Parish Council is consulted about **planning applications**. The council will discuss the application, visit the sites if possible and make representations to the planning authority. The Council will also contact the authority if there have been any suspected breaches of planning consent.

The Parish Council **monitor footpaths** through the Footpaths Officer. They will notify the relevant owners or authorities of remedial works that may be required. **Road signage, road surfaces, and drainage** are monitored and contact is made with the relevant authority if necessary. The PC is responsible

for maintenance of **fingerposts** and the emptying of **public litter & dog waste bins**.

The Parish Council liaises with the Somerset County Council, Somerset West & Taunton Council, Somerset Wildlife Trust, Police, Parish organisations, Speedwatch and other local interest groups on local affairs that affect the Parish.

The Parish Council produces **emergency plans** that currently includes COVID-19 & Winter Preparedness.

The Parish Council receives funds through the **parish precept** to pay for all these matters, and the accounts are audited and publicised as per the local government requirements.

There is currently a review of how councils are set up in Somerset. You may have seen this in the local press or on the news. Somerset County Council are proposing a single unitary authority (see <https://onesomerset.org.uk>) whereas SW&T along with the other district councils are proposing a dual system (see <https://www.strongersomerset.co.uk/case-for-change>). Both proposals are with the Secretary of State to make a decision but, either way, more responsibilities will be devolved to town and parish councils.

If any parishioner would like to raise anything affecting the Parish, please contact the Clerk via e-mail at langfordbudvillepc@gmail.com .

David Faulkner: Parish councillor

Congratulations ...

to Sarah Nutt, who will be celebrating her 80th birthday on 11 February.

Sarah moved to Langford Budville in 2003, and has been a stalwart of St Peter's church for many years. She is a member of the Parochial Church Council, Treasurer for the church since 2008, and is currently the Acting Administrator. She writes our "Notes from St Peter's" column every month.

Sarah has been involved in several of the musical productions put on both in the Hall and in the church, helping raise funds for both. She is active in Langford Ladies, and the Friends of St Peters. Her soups for the church lunches are legendary!

Sarah recently was presented with an "Everyday Angel" award by the Rev. Selina and it was greatly deserved. **Thank you, Sarah!**



Lockdown Stories:

Sunflowers and Organs

Maureen Knight has sent us this charming essay, by way of a lockdown story, and at the same time a farewell to the community where she and Graham have lived for some years. You may recall that she was growing sunflowers for St Margaret's Hospice during the first lockdown. Maureen and Graham live at Chipley, and I wrote about the work they had done to restore Rosemary Cottage where they live. They are moving to a retirement community.

Maureen writes: **What happened in lockdown & moving**

My **Sunflower competition** (May issue) never really got going because of lockdown and our inability to ask LB residents to support St Margaret's Hospice. However, I still ran it for the grandchildren. They had to contact me to enquire about the health and height of their own sunflower (allocated during a sunflower zoom meeting).

Well, extreme weather, early heat and then cold and storm in August etc, meant the sunflowers all had a chequered existence... St Margaret's should have chosen single stem sunflowers not multi branched, which made measuring them difficult! Some shot up early and had lots of branches which were knocked down in August! Two in our south facing front garden made no progress at all until the September rains.

So ... Prizes were awarded when the sunflower became the same height as the child, and for the *child* who grew the most during the competition, which benefited the toddlers. In September, I went to a bookshop and chose prizes for all... as everyone's sunflower had been the tallest one at some time. The youngest child in each family received "*Why we can't hug*" by Edin McLaughlin, and everyone else had a story that I knew they'd love.

It was a damp squib of a competition, but it gave regular purpose for contact with grandkids in UK, Australia and Canada, and I was able to make a donation to St Margaret's Hospice, which included money from some kind parishioners. Thank you!

Organs: If you've been wondering who has been playing the organ at St Peter's on Sunday mornings during December when there have been no services, and at other odd times during the last few months, it was me. The organ builders recommended keeping all the working parts of the organ

moving during lock-down so that when services are able to be held again, there should be no costly shocks for repairs if it seizes up.

Last year I reached 50 years of playing the organ: in Hove & Shoreham, Sussex, and in villages near Lutterworth, Leicestershire and other villages near here in the last 13 years, as well as in the chapel at Whitelands College, Putney as a student.

I had thought about re-visiting everywhere I'd played during these 50 years to play again, but events have overtaken that plan! I wonder how possible this will be during our post-Covid world? It felt strange to play beautiful tunes at services where no one was allowed to sing at Christmas, but I hope that the melodies echoed on in people's ears and hearts, giving them hope for 2021.

Moving: Our moving plans are unsettled, waiting for action from solicitors who are delayed by Covid and Christmas! Our buyers are living in holiday accommodation and hoping to move in in the last week of January.

Our house is ready for us at the retirement village near Alcester. It's going to be a big life-style change for us after the thirteen and a half years we've spent renovating Rosemary Cottage and making the grounds food resilient while living the greenest way we could manage. The boundary hedge that we planted 11 years ago has been laid traditionally twice, and the copse provides beanpoles and firewood.

Our antics have provided entertainment to passers-by, and we've been pleased to share any surplus, whether sweet peas, veggies or plants. Fruit has been donated to jam makers at St Peter's & Wellington WI!

Meanwhile, we've kept our other hobbies going: running the *Eastbourne International Dance Festival* for six years: playing in a dance band and calling for dances, including some beginners' folk dance sessions in the early days of LB Village Hall. This hobby has recently been confined to zoom dances and electronic contact with dance friends worldwide.

I've co-ordinated the garden volunteers for Halsway Manor at Crowcombe (*National Centre for Folk Arts*) for eight years, where our activities have been closed down because of Covid.

Graham's used his time lime-pointing a wall where I've tried to keep the formal flower beds under control! He was also kept busy with the Brendon Orchards Juicing project when it was set up at Wivey in 2015, and his moment of fame came on **Countryfile** when he demonstrated apple juicing to John Craven!

Maureen Knight

Living Well: Colour me peaceful...

Colour has a long history of being associated with mood and wellbeing. Many years ago, a sound recording studio in London refurbished their studios with dark red hessian. Apparently, many of the clients became agitated and argumentative during long recording sessions. Not long after, the red hessian was replaced with green and tranquillity was restored.

The Chakras, described as meditative visualisations, date back to early Hinduism and Buddhism. In 1927 seven rainbow colours were introduced to the Chakras by Charles W. Leadbeater. Since then, the power of the Chakra colours has been used widely for physical, mental, emotional and spiritual healing.

If you think this all sounds like guff think back to the last time you saw an azure sea in sunlight and how it made you feel, or the colour of vivid red blood or bright red berries, which we are programmed from birth to interpret as danger.

So, how can we make the most of colours to improve our well-being.?

If you are looking at screens all day make your desktop background green. **Green** is the most restful colour for your eyes. In fact, there is scientific evidence that our bodies biologically respond to nature and the colour green, alleviating stress and anxiety. Studies have shown that when people are in green spaces they use less negation words such as “no”, “don’t” and “not”. So, wrap up and get out into some green countryside to de-stress.



Yellow brightens your mood and energises you. Buy some daffodils for your kitchen where they will catch the sunlight or plant some daffodil bulbs this spring.

Blue has a calming effect, so if you are in a volatile household with bored fed-up children in lockdown, try and introduce blues. Wear blue clothes or decorate a room in blues to diffuse tension.



Continued opposite

Herbal Teas
from
Harpford Farm

www.harpfordherbs.co.uk 07805 512388

Pink can actually relieve feelings of anger and neglect, while **Purple** is romantic and mysterious and sparks creativity. I will leave it to your imagination where to wear purple.

If you do a web search for **colour and wellbeing** there is lots of information about how to make the most of colour in your life, or if you are interested in the healing properties of the Chakra colours try doing a web search for **Healthline Chakras** to get you started.

Jane Hancock



Friendship Circle

In common with many other activities, the Friendship Circle remains suspended until it is safe for us all to meet again, but in December we were able to distribute some Christmas goodies to our regular members, when it was lovely to have a socially-distanced chat!

Much of last year's programme was cancelled, so many of those talks or trips are waiting for us whenever we are able to resume, and we are keeping in touch by email or telephone. We are looking forward to our vaccination(s) which, hopefully, will eventually get us back to some form of normality. Not everyone can use Zoom, because of internet speed, etc, but if anyone would like to meet up that way, please let us know (pjayfarr@gmail.com).

Meanwhile happy new year to all!

Pam Farr



White Post Café in Lockdown

The White Post Café is currently open for takeaway on Fridays and Saturdays (10-3 both days). Unlike in the first lockdown they are not offering home deliveries at this stage. Their wide range of coffees are available as well as all other hot drinks usually on the menu. They will also be selling a selection of freshly baked cakes and a soup-of-the-week, as well as bread. To keep up to date with the services being offered, please contact Patrick on Instagram @whitepostcafe, by email at hello@whitepostcafe.com, or by phone at 01823 400322.

News from the Churches



Every-day angels

The **Angel of Hope** project organised by St John's Church Wellington included an invitation to nominate someone for an 'Everyday Angel' award; to say, 'thank you', to those who quietly make a positive contribution to their community, especially in these challenging times. The response was overwhelming with more than 150 certificates awarded to people of all ages in Wellington and the surrounding villages.

Pupils and staff in local schools were chosen for being kind, raising money and making a difference. There were nominations for people working in nursing homes, helping to feed others during lockdown and for local postal workers. Everyday Angel awards were given to those who have been good neighbours, supported the elderly and helped others through bereavement. Kindness, volunteering, inspiring others and making music were some of the attributes people wanted to highlight.

Rev Selina Garner, who dropped off many of the awards said:

"It was such a joy to be able to knock on people's doors and to go into local shops and businesses to give out the awards. People were often really surprised and yet everyone was touched that someone had taken time to nominate them. I met some amazing people giving out the awards and their stories filled me with hope as we enter another challenging year. It is so easy to focus on all the bad news and yet in every community there are some amazing people bringing us all hope through small and generous acts of kindness. I see in every award winner the teachings and example of Jesus being lived out here on earth and that fills me with great hope. The people who were given awards this year are our everyday angels and they all deserve to be on a Wellington and District New Year's honours list."

Emerging Easter ideas...

We hope to fill our churchyards and communities with colourful angels of joy and new life and to fill our 4 ft obelisk angel bodies and new wings with homemade and real flowers to make an **easter angel trail**. We would also love to be able to give angel of joy gifts to families and children and find a way to bless people in our residential care homes.



Knitting patterns

Rev. Selina has several delightful knitting patterns for any keen knitters to try. Please email Selina at: selina@thegarner.me.uk for the patterns. **Pass them on to**



Churches' Service Rota

Readings for Sundays in February in the absence of Services

7 th February Second Sunday before Lent	14 th February Sunday next before Lent	21 st February First Sunday of Lent	28 th February Second Sunday of Lent
OT :Proverbs 8. 1. 22-31	OT: 2 Kings 2. 1-12	OT: Genesis 9. 8-17	OT: Genesis 17. 1-7. 15-16
NT: Colossians 1. 15-20	NT: 2 Corinthians 4. 3-6	NT: 1 Peter 3. 18 - end	NT: Romans 4. 13-end
Gospel: John 1.1-14	Gospel: Mark 9. 2-9	Gospel: Mark 1. 9-15	Gospel: Mark 8. 31-end

Church contact East Group: Revd Alan Ellacott: 01823 669824

Do ring the parish office number: 01823 665254 and leave a message. Or email stjohns.wellington@googlemail.com. Or phone Tim Treanor: 01823 662248, Martin Beaumont: 01823 400127, Selina Garner: 01823 66227, Maria Hearl: 01884 256380.

any members of your community who may enjoy being part of this. Hopefully, people can use up any colourful wool they have or donate wool to others to knit?

Do also let us know if you come across some other flower patterns that people may like to share and I am hoping we will also gather sewing ideas to make fabric flowers or angels for those who cannot knit. Recycling ideas for colourful flowers and angels that can cope with strong winds outside are also welcome!

Please pass these on to anyone in your communities who might enjoy being part of the project.

Things to save and recycle

PS Ruth has asked us to collect all **plastic bottle** and **jar tops** (excluding bleach - and washed, please), plus any green plastic water/soft-drink bottles too, for a recycling idea she has for an angel.

If you have any unwanted ribbon or strips of colourful fabric please gather them up and we can find ways to weave them into some colourful angels too!

Creative ideas.

You might also enjoy thinking and praying about outdoor Easter gardens and ways to make local churchyards, or any other of our communal spaces, really colourful to bring some Easter joy. If anyone has any links with garden centres who might want to help or people able to share/source large quantities of flowers or plants - please get in touch!

New ideas are still emerging - so let's keep sharing ways we can bless the people and local communities in all our villages and in Wellington.

Selina Garner

Wellington Team Worship (Including East Group)

Wellington & District Team Ministry website: www.Wellingtonteamchurches.org.uk

The Archbishops of Canterbury and York, together with the Bishop of London issued 'A call to prayer for the nation', asking us to pray together at 6.00 pm daily. Full details on <https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-guidance-churches/call-prayer-nation>.

Sunday Evening Hymns, with reflections: John Young, 7.00 pm. Click on the Team Facebook page and from there on John Young's page.

Wednesday mornings every week at 10.30am Bishop Ruth leads a Eucharist, which is live-streamed on Facebook. It is also on the diocesan website www.bathandwells.org.uk

Compline: Wednesdays, 8 pm led by Selina and Richard is on Zoom <https://us02web.zoom.us/j/81555085560>. People joining need to have either the red book from Common Worship or the Daily Prayer app.

The Home Service - bringing church worship to your front room. At 10.00am on Radio 105.3 FM. This will be repeated on Wednesday at 11.00 am, and will be available to listen to at any time via the internet through www.10radio.org

Weekday worship: To encourage and support your prayer at home, copies of Morning Prayer and Night Prayer for each day of the week were sent by mail and email. (If you do not have one of these booklets, please let us know.) There is now a podcast version of **Compline (Night Prayer)**. 'Compline for Sunday' is for every Sunday and so on. If you are using the **iKnowChurch** mobile app, you will find a Compline series in 'Podcasts'. If you are receiving these emails, please keep them in a separate folder or download the audio file to listen to in subsequent weeks. If you have a CD player and would like a CD copy, please email Sharon or phone the Parish Office and leave a message.

Funerals A short video to show the additional support we can give for those unable to attend a funeral can be found at <https://youtu.be/l8tDdRtpfXs> Please pass on to relatives or friends. Do contact one of the Team priests to talk things through if you wish.

Community Help Very many of our individual church members are involved in supporting their communities and neighbours, both informally and through the Wellington Corona Virus Community Help Scheme. If you would like to help in Wellington and surrounding villages contact www.facebook.com/groups/3159877937378154

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/>

Notes from St Peter's

Our final service for 2020 on **Christmas Day** was a great success with a capacity congregation – possibly the largest in the East Group of Churches. The decorations, including the crib, all lent to the Christmas spirit, not forgetting the uplifting playing of carols on our superb organ by Maureen Knight.

Sadly, for the foreseeable future, there will be no services held in the church but it remains open for private prayer all day on **Thursdays** and **Sundays**.



We have finally received a Faculty (permission) from the Diocese to go ahead with the construction of a toilet in the churchyard. It will be a small wooden building sited behind Hillview which will contain a compost toilet. This is now subject to us gaining planning permission.

We also have to say a very big thank you to Lyn Wyatt who has stepped down from her position as churchwarden after many years of loyal service. A hard act to follow.

Until a new churchwarden is elected any queries about church matters should be directed either to Rev Alan Ellacott or Sarah Nutt. Contact details are on p. 35.

Sarah Nutt

News from Runnington Church

We have had lots of visitors to the church, when it is open on Sundays, and the lights are on and welcoming, between 10am and 5pm. There have also been walkers visiting the churchyard, where the first cheery daffodils are starting to show through the frost and snow.

We are hoping to hold our first full PCC meeting for some time, on Zoom soon. We also hope that services will be able to resume in the not too distant future as well.

John Houghton

Seasonal Treats:

Chickpea and Roasted Vegetable Stew

This is based on a Middle Eastern dish called Mnazaleh, but with a few tweaks.

Ingredients:

1 large aubergine, peeled in stripes and cut into chunks about 1 inch cubed.

1 large or two small courgettes, cut into ½ inch slices

2 fat red or yellow peppers, seeded and cut into chunks.

Olive oil, salt and black pepper

1 large onion, chopped

3 cloves garlic, finely chopped

1 or 2 tablespoon Harissa (Optional – I like it spicy)

salt and freshly ground black pepper to taste

400g chopped tomatoes (tinned is fine)

1 tbsp tomato paste

400g tin chickpeas



Spice Mix

2 tsp ground cumin

1 tsp ground cinnamon

¼ tsp cayenne

2 tsp sweet paprika

1 tsp oregano

1 bayleaf

Method

Toss the aubergine, courgette and pepper chunks with a good glug of olive oil, season with salt and freshly ground black pepper. Spread the veg out on a baking sheet and roast in a moderately hot oven for about 30 minutes, until just soft and slightly caramelised. Set aside in a bowl until needed.

Meanwhile make the tomato sauce: In an oven-proof pan with a good lid, soften the onions in a little olive oil over a low heat until transparent. Turn the heat up a bit, add the garlic and the spice/herb mix, and fry for about 5 minutes until fragrant. Stir in the tomatoes, the tomato paste, Harissa (if using), and salt and pepper to taste. Bring to the boil and simmer gently for 30 minutes. Add a little water or vegetable stock if it is too dry. Taste and adjust the seasoning.

Drain the chickpeas: add to the stew and cook for a further 10 minutes, before stirring in the roasted vegetables and any juice that has collected in the bowl. Simmer together, covered, for another 30 minutes, or cook in a moderate oven.

Serve with rice, or crusty sourdough toast, lemon quarters and chopped fresh coriander. As is, it makes a good vegan main course. I like to crumble in some good quality feta, or top it with grilled Haloumi, and have some spinach on the side. For die-hard meat eaters, it is also good with sausages. And it freezes fine!

Saranne Cessford

Green Fingers - Grow exotic fruit

Passion fruits

There are hundreds of species of passionflower, the most familiar of which is the hardy *Passiflora caerulea*. This species produces plentiful but rather dull-tasting fruit. The tastiest species are not so hardy, though our warming climate does offer a greater chance of successful overwintering and the warmer summers increase the chances of a decent crop even in the first year of growth.

Varieties of *P. edulis* produce most of the yellow and purple fruits familiar in the shops at prices that inspire me to have a go myself! Ideally, passionflowers should be planted against a south or west facing wall for maximum protection but they are vigorous plants and will climb a frame using tendrils if it is placed in full sun. Plants will be knocked back to the ground in most winters but will usually survive with a decent layer of mulch to prevent the roots from freezing. To increase the ratio of fruit to leaves, it helps to either restrict the roots or grow in relatively poor ground. It is important that the soil is free-draining so that the roots do not rot, particularly in the winter. The flowers are fairly similar to *P. caerulea* and very showy so the plant provides value even in years when the crop is not heavy.

The banana passionflower, *P. mollissima*, is so named after the shape of its fruit rather than flavour – apparently it tastes more like an orange! I have never seen this plant growing but it is hardier than *P. edulis* and so that little bit easier to grow. The flowers are pink.

The species that we are growing in the polytunnel at the moment is *Passiflora incarnata*, also called maypop. It is naturally a herbaceous perennial and so dies back in the winter, starting to grow again quite late in the spring. Our biggest threat has been slugs rather than cold! The flower is similar to *P. caerulea* but paler and produces quite sweet fruit. However, the main crop for us is the leaves. These are used in a sleepy tea and can also be added fresh to salads.

Tryphena Huntingford: Next issue: *Physalis* and kiwi



Flower of *P. edulis*, *edulis* which produces the familiar supermarket fruit. Credit: RHS



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Our School:

The school has been extremely busy this term creating home learning materials from scratch at very short notice, as well as remaining open for children of key workers and vulnerable children. Paper-based work has been delivered to all homes to make sure that no children are disadvantaged by uneven access to digital resources. They are pleased to report that the system is settling down but it has been quite a challenge! Hopefully it will be possible to provide a fuller report and the usual wonderful photographs with the next issue.

*Tryphena Huntingford, on behalf of
Langford Budville CofE Primary School*



*Mrs Major received an
Everyday Angels
award from the Rev.
Selina Garner*

Village Agent

Stay Warm this Winter:

- ♦ Check out the energy saving advice here: <https://energysavingtrust.org.uk/energy-at-home/heating-your-home/>
- ♦ Contact the Centre for Sustainable Energy to find a better rate <https://www.cse.org.uk/>
- ♦ If you're not very mobile, are 65 or over or have a health condition, heat your home to at least 18degrees C
- ♦ Use a hot water bottle to keep warm in bed
- ♦ Have hot drinks often and at least one hot meal a day
- ♦ Get your heating system checked by a qualified professional

If you would like to help someone facing fuel poverty, you could consider donating your winter fuel allowance to the Somerset Community Foundation here: <https://www.somersetcf.org.uk/winter>. SCF then work with us to allocate the donated fuel allowance to those in need. This year, many will need to stay at home to keep themselves safe and will find themselves cut off from family and friends and facing higher costs to heat their homes. Your donations will help us make sure around 500 vulnerable older people across Somerset have the support they need to get through the winter.

You could also consider joining our Community Oil Buying Scheme to ensure that you benefit from the best bulk buying discounts on your heating oil. You can find out more here: <https://ccslovesomerset.org/oil/>. We receive 50% of the small annual membership fee, which goes into our Crisis Fund.

Talking Cafes are still LIVE, 11am, weekdays on Facebook <https://ccslovesomerset.org/talking-cafe/>

We wish you a healthy and warm start to 2021!

Young Buddies - Geocaching

GEOCACHING is a real-world, outdoor treasure hunting game. Players try to locate hidden containers, called geocaches, using GPS-enabled devices and then share their experiences online.

There are five geocaches hidden in our parish. Can you find them all?



GEOCACHING IN 8 EASY STEPS

- Download a Geocaching App on a smartphone, or go to geocaching.com
- Sign up.
- On the Geocache map, zoom in on Langford Budville, Wellisford, Nynehead or Chipley.
- Read the descriptions of the Geocaches nearby and chose one that suits you.
- Pack up with tasty supplies, treasure to swap, a GPS device, and a pen. Dress for the weather!
- Get out there with your family and find that Geocache! There are often clues and hints in the description.
- When you find the geocache, sign the logbook, swap treasures perhaps, and return the cache to its position.
- If you can, leave the area better than you found it - you could even do a quick litter pick!

The "Treasure"

In its simplest form, a geocache contains a logbook or logsheet for you to sign. Caches may also contain items for trade, but the journey in discovering a geocache is often the greatest reward.

Location, Location, Location

There are geocaches on every continent, from Antarctica to North America. They may be at your local park, the end of a long hike, underwater, or on the side of a city street.

One.Planet.LB@gmail.com

When you're ready, you can even create geocaches of your own for others to find!





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Somerset County Council has launched a traffic and travel website which provides live updates from the Council's traffic control team.
www.travelsomerset.co.uk

Slinky Bus

- ♦ **Anyone** in Langford Budville can use the bus. It is free for those with a bus pass and a reasonable fare will be charged for everyone else.
- ♦ To use the bus you **must** register in advance. Download a form from: www.movingsomersetforward.co.uk/public-transport/slinky-services-demand-responsive-transport or call 01823 331266.
- ♦ To use the bus you have to book a place at least 24 hours and up to 14 days in advance. Bookings can be made between 9.30-3.30, Monday to Friday by calling 01823 331266.
- ♦ The Slinky bus will make up to three return journeys a day at approximate times to Wellington and once to *MPH. When you make your booking, check the current times which can change.

*There will be an extension to and from Musgrove Park Hospital on Monday, Wednesday and Friday for those who cannot use conventional buses.

.. It isn't possible to just turn up at a bus stop and board.

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Community Contacts

Parish Council		
Acting Chairperson	Valerie Pitman	01823 400283
	Maggie Norvell	maggienorvell@btinternet.com
	David Faulkner	dave-faulkner@hotmail.co.uk
	Derek Sowden	dereksowden@hotmail.com
	Katie Spackman	katie@southgundenhamfarm.co.uk
Parish Clerk	Carly Payne	langfordbudvillepc@gmail.com
Churches		
Team Vicar	The Rev Alan Ellacott	01823 669824 rev.aellacott1969@btinternet.com
Church Contacts		
Langford Budville	Sarah Nutt Acting Administrator	01823 400245
Runnington Church Wardens	John Houghton	01823 661323
	Michael Huntingford	mhuntingford@zcmarine.co.uk
Jubilee Hall		
Chairman	Michael Huntingford	mhuntingford@zcmarine.co.uk
Vice Chairman	Andy Pritchard	Pritchard.family2@btopenworld.com
Secretary	Margaret Brown	margaret.jbrown@icloud.com
Treasurer	Pam Farr	pjayfarr@gmail.com
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Primary School		
Head of School	Jane Major	01823 400483 langfordbudville@educ.somerset.gov.uk
Police		
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	PCSO Louise Fyne 6945	Tel: 07889 659476

Village Website: www.langfordbudvillevillage.co.uk

Jubilee Hall Website: www.lbjubileehall.com

Magazine Information

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

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

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Advertising Rates

This magazine is distributed free of charge to around 300 households in and around the villages of Langford Budville and Runnington.

Commercial	6 editions		1 edition
	Mono	Colour	Mono
¼ page	£30.00	na	£7.00
½ page	£60.00	£100.00	£13.00
A5 page	£100.00	£200.00	£25.00

Sponsorship of articles for a 1 year, six edition period is also available, as well as special rates for charitable and non-commercial advertising.

Small Ads - Non commercial

For Sale items:

Under £10: up to 4 lines free; additional lines £1.00 each.

Over £10: 50p a line for first 4 lines, additional lines £1.00 each.

Wanted items: £1.00 per 2 lines.

Contact us at **lbr.roundabout@gmail.com** to discuss your requirements.



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THE Martlet INN

We are really happy to announce the re-opening of this wonderful pub and are looking forward to becoming part of the fantastic Langford Budville Community.

Our opening hours (when we are not in lockdown!) are:
Monday - Sunday 11am until 10pm

Food served:

Monday – Saturday 12pm – 2.30pm and 5pm – 9.15pm
Sunday 12pm – 4pm

The **Hungry Bear** food van is also visiting The Martlet during lockdown on Wednesday evenings from 5pm until 8pm.

During lockdown we are serving hot takeaway meals on Friday and Saturday evenings from 4pm until 8pm and on Sunday lunchtimes from 12pm until 4pm.

The menu for takeaways is available on our FaceBook page and there is also a copy in the window of the pub.

Fb: THEMARTLETINN

The pub phone (01823 401330) is manned by Lisa on the days we are serving food – and we check the answer-machine regularly so please leave us a message if you can't get through and we'll get back to you.

We have a new website and email address coming soon but in the meantime please either call the pub or email us at info@thebearinnwiveliscombe.com