

Round About

*the villages of Langford Budville
and Runnington*



February/March 2023



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Welcome...

To the February/March edition of Round About.

It has been a busy couple of months, with Christmas and New Year celebrations, and plenty of community activities in the Villages. The School put on their **Christmas play** to great acclaim. There've been a couple of **Cafe Pluses**, with more in the pipeline: It has become a well attended community get together. Several residents took up the challenge to dress a window as a **Christmas song**, and I hope that some of you took the time to walk around to see them, despite the wet weather. **Budvue** has had some interesting showings, well attended in spite of wintry weather,

The community is the lifeblood of a village like ours, and what a community we have! 77 Villagers and visitors planted about 600 trees over a weekend in a very wet field at Langford Lakes: This forms the core of the new **Jubilee Wood**, planned before the sad death of HM Queen Elizabeth II. Many village children lent a hand including the school children who started on the perimeter hedge. The village is striving to become 'greener' as we have a higher than average carbon footprint - so look out for ways to be involved: join one of the groups like the **conservation volunteers** – or the **Greener Gardening Group** - great fun and not in the least preachy.

Any newcomers can quickly make friends in the villages by getting involved. **Cafe Plus** would welcome more volunteers, and there's good company to be had at the **Churches**, the **Friendship Circle** and **Langford Ladies**. All would welcome new members. **Our School** is looking for new Governors. If you've got ideas of your own, bring them along to one of the groups or the **Village Hall Trustees**. Meetings are all advertised in the **What's On** table, and **Community Contacts** can be found at the back of the magazine. And there's always the **Martlet!**

Our **Parish Council** works hard for us. Help them by coming along to pick litter, keeping an eye on the state of the footpaths, and turning out to help on the triangle.

We didn't bring out a short newsletter in January because we were all busy with family and friends. We repeat our **plea for help** with Round About as we have had no responses, and help is really needed. You need not be a writer or picture maker: there are a number of administrative jobs that we could use help with that would not be time consuming and we are always looking for ideas. If you enjoy the magazine and find it useful, perhaps you might like to get involved.

With spring around the corner, the crocuses and snowdrops are putting on a brave show: the birds are trying out their voices, and the days are getting longer. So lots to look forward to. Enjoy it.

Saranne Cessford and the Round About Team.

Tryphena Huntingford, Jane Hancock, Denise Hunt and Alison Eland

What's On:

| Function | Venue | Date | Time |
|---|-----------------------|------------------------------|---------------------|
| Police Beat Surgeries | Jubilee Hall Car Park | Wed. 1 Feb. Wed 1 Mar. | 2.00 - 3.00 pm |
| Parish Council meeting | Jubilee Hall | Mon. 13 Feb. Mon. 13 Mar. | 6.30 pm—all welcome |
| Parish Litter Pick | Meet Triangle | Sat. 4 Feb. | 10.00 am |
| Conservation workgroup: Triangle grass cutting | Triangle | Mon. 6 Feb. | 10.00am - lunch |
| Friendship Circle: Coffee & Chat | Jubilee Hall | Fri. 10 Feb. | 11.00 am - 12.30 pm |
| Café Plus: Valentines Bake-off | Jubilee Hall | Sat. 11 Feb. | 10.00 am - 12.30 pm |
| Langford Ladies: Supper & planning | Martlet Inn | Wed. 15 Feb | 7.00 pm |
| Budvue: Fishermen's Friends: One & All | Jubilee Hall | Sat. 18 Feb. | 7.00 for 7.30 pm |
| Shrove Tuesday Pancake Lunch | St Peter's Church | Tues. 21 Feb. | 12.00 - 2.30 pm |
| Friendship Circle: Coffee & Chat | Jubilee Hall | Fri. 24 Feb. | 11.00 am - 12.30 pm |
| Friendship Circle: Trip—Oakham Treasures | Meet Jubilee Hall | Fri. 10 Mar. | t.b.c. |
| Café Plus: | Jubilee Hall | Sat. 11 Mar. | 10.00 am - 12.30 pm |
| Sustainable Gardening Group | Martlet Inn | Mon. 20 Mar. | 6.30 pm |
| Budvue: Living | Jubilee Hall | Sat. 18 Mar. | 7.00 for 7.30 pm |



The Friends of St Peter's Church, Langford Budville



Invite you to join us for a **Pancake Lunch**
at the Church on **Shrove Tuesday**
Tuesday 21 February 2023
at **12.00 noon to 2.30 pm.**

Enjoy a delicious savoury and a sweet pancake, coffee or tea, for £7.00/adult.
All proceeds go towards the maintenance of the Church Buildings.

Budvue Cinema



Our Winter 2023 season started with the eagerly awaited **Mrs Harris Goes To Paris**. Our large audience was not disappointed and after venturing out on a freezing night was rewarded with a warm welcome and a thoroughly entertaining film. Mrs Harris, played by Lesley Manville, fresh from her turn as Princess Margaret in *The Crown*, was an endearing character and was well supported by the other cast members.

The season continues on 18 February with **Fisherman's Friends : One and All** which is a sequel to the original film, which we showed in November 2019. After achieving major-label success, shanty-singing group Fisherman's Friends should be riding high. But times are changing: leader Jim (James Purefoy) is sinking into drink and depression after the death of his father, the label is unconvinced by their second album, and there is a new arrival in town, Aubrey (Imelda Staunton). Can the band clean up and make it to the Pyramid Stage at Glastonbury?



The 18th March showing is **Living** starring Bill Nighy in his best performance ever. When Mr Williams (Bill Nighy), a buttoned-up bureaucrat in 1950s London, is diagnosed as terminally ill, he decides that he would like to achieve something for once, instead of just endlessly pushing paper.

The season concludes on 15th April with **The Lost King**. In 2012, having been lost for over 500 years, the remains of King Richard III were discovered beneath a carpark in Leicester.

Doors open at 7.00 pm. The main film starts at **7.30pm**, and tickets still cost only **£5.00** with a bar and ice-creams available.

Tim Wyatt



LANGFORD BUDVILLE
CAFE PLUS
SATURDAY 11 FEBRUARY, 10.00 – 12.30 PM
JUBILEE HALL,
IT'S THE GREAT LANGFORD BUDVILLE VALENTINE'S BAKEOFF
CAKES WILL BE JUDGED BY **JACKIE WHITE** OF **JACKIE'S CAKES**
AND ROSETTES AND PRIZES AWARDED FOR THE BEST-LOOKING CAKE
ADULT & CHILDREN'S CATEGORIES
To enter contact lbcafeplus@gmail.com or phone 07787 573773

Round About needs your help

This is an urgent request from the editorial team: **we are going to need your help** if we are to keep our little magazine going. If you think you might be able to contribute to Round About in any way, please get in touch with us. I will be moving to Wales this year, and we must begin succession planning. For the last eight years I have, originally with Marilyn Lilley who designed the magazine, prepared the copy for printing every month. It requires some degree of computer skills as well as a good working knowledge of correct written English. The current team have many of these skills but we are all busy and lead demanding lives. We are all volunteers, and we really need more help.

The magazine is assembled for printing in **Microsoft Publisher**. For anyone who is familiar with the Microsoft Office family this should not be difficult to learn. I should be able to train you as long as you are competent with Word/Excel/PowerPoint etc. And before you ask, no, we can't do it in Word: it simply does not have sufficient flexibility. Please, if you know Publisher, Photoshop (or any other good layout program like Adobe InDesign), and think you could help, do get in touch. The more people on the team the less work for each!

We also need help with organising distribution, fetching the magazine from the printers, writing articles, page design and illustrations, so even if you aren't particularly adept on the computer we'd love to hear from you.

Most of the **photos** used over the years on the cover and inside are mine, so we'll need to get input from the photographers amongst you. We can set up a central file online (Dropbox or icloud) where you can post photos for the team. We attribute any used on the cover or in articles (but not the collage). Remember, people photos do require subject permission. Photos should be fairly high resolution, local, seasonal or topical. For the cover they need to be in portrait format (or crop to that format) and preferably with a top and bottom section for the titles that's not too busy.

The Round About design has not changed in eight years so perhaps it is time for a new look: any ideas for this and for what should be included are very welcome.

Financially, **Round About** is sound, with advertising income covering the cost of printing with a small excess for stationery and stamps. We have not raised our rates since we started!

If you would like to join the **Round About** team, or have some suggestions for how Round About should continue, please in the first instance contact me, and try and come along to one of our planning meetings. Different perspectives are very helpful and all suggestions welcome. Thank you!

Saranne Cessford, on behalf of the editorial team.
Tryphena Huntingford; Jane Hancock; Denise Hunt; Ali Eland
lbr.roundabout@gmail.com

News from the Villages

Langford Budville Parish Council:

First of all, let me wish you all a Happy New Year. I hope you were able to enjoy the Christmas and New Year festivities. It already seems an awfully long time ago.

Litter Pick: Our first litter pick of the year will be on **Saturday 4th February** starting at **10.00 a.m.** Please meet at the children's play area on the Triangle, when I will be handing out black sacks for the rubbish to be collected in. If you have your own **hi-vis vests** and suitable **gloves**, then please bring them along. Your assistance with this will be greatly appreciated to make sure we maintain the tidiness of our Parish.

I would also like to remind those who are responsible for **maintaining footpaths** on or adjacent to their land, that it is important that the footpath widths are maintained at a minimum of 1.5 metres. All hedge trimming must be completed by the end of February to minimise the negative impact on birds. I would like to take this opportunity to thank everyone who contributes to the maintenance of our footpath network.

By now, **ash trees on the Triangle affected by die-back** should all have been felled. Adverse weather conditions have made it very difficult for the contractor to stick to his time-table.

Negotiations are about to begin with **West Somerset and Taunton Council** for a contract to **cut the grass on the Triangle**. Last year we experimented with the grass cutting schedule as a way to save money and thereby avoid an increase in the Parish Council portion of your Council Tax bill. We will be looking to negotiate a different cutting plan for 2023, which will entail a couple more cuts taking place during the growing months of April and May without any major increase in expenditure. It is going to be a challenge, but a necessary one.

Derek Sowden: Chairperson, Langford Budville Parish Council

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Village Website Address: <https://www.langford-budville.co.uk>

Road Closure: Holywell Lake road, February 20th for one day. For more information go to: <https://one.network/?tm=131836093>



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.

Farewell and Welcome

Roger Poole: 15th December 1948 - 26th November 2022

Roger was born in Hackney, London, the only child to Rose and Les Poole. He spent his childhood mainly in Somerset in Trull and Rockwell Green. In his later years he regularly reminisced about his youth, cycling around Wellington town and playing fields whilst his parents ran the Barley Mow public house in Rockwell Green. He trained as an electrician at the local college before starting a long lasting career. He thoroughly enjoyed his time at ECC quarries, Westleigh and Burlescombe, until his retirement.



Roger enjoyed married life in Langford Budville having a daughter Liberty (Libby) in 1976. Libby went on to establish her own life in Essex coming 'home' frequently to visit him. Roger was very proud of her achievements and her continued support for him. In 1988 he married Jeanette Mackenzie and became step-father to her children, Steven, Gavin and Alison. Jeanette and Roger lived many happy years together in Langford Budville, attending car rallies, steam fayres and landscaping their garden. Sadly, Jeanette predeceased him.

Roger loved where he lived and felt it important to support the community. He was a School Governor and can be remembered helping the children with their cycling proficiency training. He served on the Parish Council for a long time, becoming Chair person for a period. He was a Trustee for the Village Hall for a number of years and was also on the cleaning rota for the church. He did this work diligently and in a quiet unassuming manner.

In recent years Roger was very fortunate to have Rebecca, his step-daughter from his third marriage, on hand to assist as his health was deteriorating. Frequent telephone calls could cover 'any topic' - prescription collection, reading of junk mail or being a human Google search engine! Between them, Rebecca and Libby made quite a team! Both Libby and Rebecca would like to thank all of Roger's friends and neighbours who supported him. He was very appreciative of those who helped him over recent years, although maybe he didn't always make that apparent.

In recent months, despite struggling with mobility and sight loss, he remained determined to support the Martlet public house as normal. Visiting the pub was a source of friendship and entertainment for him. There he normally joined a group known as 'the Grumpy Old men' many of whom attended his funeral.

Roger's funeral was a celebration of his life and was a joyful send off for a very special man. Friends from his work and the community attended. The assembled company laughed, smiled and wiped away many a tear as his life was recalled and his favourite songs were played. Roger chose to depart to Johnny Cash's rendition of *Ring of Fire*, it being one of his favourite songs.

Roger was a gentle man, and a man of good humour who was loved and will be greatly missed. What wonderful memories he leaves behind!

Libby Poole, Rebecca Mahoney & Jan Middleton

June Tregelles: 26 May 1932 - 4 December 2023

June Tregelles, died peacefully at home, aged 90, on 4 December 2022, with her family around her. Beloved wife of Hugh and much-loved mother of Dawn and Jacqui, she was also grandmother to Merryn, Hugh, Laura and Paddy and great grandmother to Emily, Hugh, Minoli and Hugh. A funeral service was held at St Peters Church, Langford Budville on 14 December 2022.

Born on 26 May 1932, June was the only child of Catherine and Melville, a quaker family. She attended the Quaker School Sidcot in the Mendip Hills and then went on to work as a secretary at Lloyds bank. At the age of 27 June met her husband to be, Hugh, a former submariner in the Navy. They met at a local badminton club and were married six months later in Plymouth Quaker Meeting House. Cornish born, June was very pleased to have landed a Tregelles for a husband. A year later Jacqui was born followed by Dawn. Once married, June and Hugh took up farming, predominantly dairy, firstly in the South Hams and then moving to Kittisford where they lived for fifty-five years. They were both heavily involved in the village and the church, and their barn dances were legendary. They retired from farming and stayed on at Kittisford for a number of years before moving to Langford Budville in 2017.



June was renowned for her warm sociable manner, straight talk and her cooking! Even though she could not boil an egg when she was first married, she became the "Hostess with the Mostest". Granddaughter, Merryn, recalls her as being a social butterfly that knew how to put on a good spread especially when it came to cake and sweet treats. Lace making, upholstery, flower arranging and singing were amongst her many other talents. She loved to sing with the Wellington Operatic Society and her cats Nanki Poo, Yum Yum and Koko were testament to her many roles in Gillbert and Sullivan productions.

June also had a wicked sense of humour and openness, some, might say she was feisty, but you always knew where you stood. On one occasion when she was looking after two of her grandchildren, a prank involving a toy gun and a BT engineer culminated in police in bulletproof vests turning up on their doorstep, but rather than being cross, June was found stifling giggles with one of the policemen.

June will be remembered most though, for her generosity and kindness, not only towards her family but also to her congregation, friends, neighbours and even strangers in need of some company at Christmas.

Dawn Kupfer

Welcome to New Arrivals

We are delighted to welcome two new babies to the parish, both in Runnington. Jemima was born on 23 December 2022 to Annabel McFadzean and her husband, Parish Councillor Will.

Alfred was born on 2 January 2023 to Hannah and Danny Bere.

Jubilee Wood

A Whole Village Project

How did it all begin? The Greener Langford group had talked from time to time about how satisfying it would be to get the whole village involved in planting a Jubilee Wood. It would be another of the tangible projects developing from the surveys made possible by the Climate Emergency Fund grant.

But where to plant? Suitable land is scarce around the village so it needed a response from Reg Hendy of **Langford Lakes** with the offer of the use of a small field to make the project a possibility. The **Woodland Trust** offered 75% of the cost, plus professional advice to plant 800 trees and shrubs on a half hectare site. We had already applied for grants from the National Lottery, Asda, and The Somerset Fund and when all of these came through, we were safely covered financially.

The Hendy family were clear that they saw this as beneficial both environmentally and as a contribution to village life. Mrs Hendy was pleased that public would have access, Reg has plans for an extra gate to make that possible. Nick took on the business side of the contract and was clearly motivated by the prospects for enhanced biodiversity. The presence of roe deer near the site meant that tree guards would be essential but as an experiment, about 300 of these could be biodegradable.

Lots of people showed interest immediately, giving hope for a good showing on the day. Six months later, on the chosen



Ian, Reg and Zac in what will become the glade



On their way to plant....

weekend, would people be deterred by the road closure and the yellow alert for heavy rain? Would enough people volunteer to complete the task? Would the plan on paper work on the ground?

But Langford Budville rose to the challenge and others joined us from London, Exeter, Bridport, Tiverton, Milverton and Wiveliscombe. Reg and grandson Zac posed for a photo in the magic glade. A gazebo gave shelter to kindly-donated goodies and drinks to power the workers. Planters slogged through muddy puddles. By the end of the first day, 56 people had planted well over half the trees and by Sunday lunchtime, 600 were in the ground thanks to 77 planters in all.

And the following Thursday, with frost now on the ground, every child in the village school made a start to planting a perimeter hedge, working in older-younger pairs. This, more than anything, represents what the planting was intended to achieve – a whole-village project. Of course it will be years before this develops as a flourishing wood but even now, everyone can view it as a significant contribution to the village efforts to becoming carbon neutral.

Ian Loudon



Tim and Emily planted an oak for Alfred

More pictures in the Collage!

Please note also:

- We hope to arrange further planting dates specifically for children who did not manage to come earlier.
- Public access to the Jubilee Wood will be available very soon when everything is safely in place.



The Hall

We welcomed Dominique Lloyd as a new Trustee at the December meeting. Dom lives at Bindon with her family. At that meeting we discussed:

2023 charges – we agreed that whilst hire charges to non-parishioners would rise by 10% in line with inflation, hire charges for locals would rise by only 5% - increasing the differential between the two. We would like to continue to incentivise local people to use the Hall for Big Events in life!

Improvements, replacements and maintenance – we think that we should consider renewable energy technologies to generate heat and electricity going forward - both because it is necessary from a carbon perspective and also because it will help to manage volatile energy costs. Oil boilers are being phased out from 2025 and ours is 11 years old at present.

Bookings system and communications – we would like to automate more of the booking process both to take some of the administrative burden from Trustees (particularly Margaret) and to make things more flexible for hirers. There are a number of bespoke software packages which should surely fit the bill.

Events

A wider group met in January to discuss 2023 events. We sketched out two "proper" events:

Saturday 6 May - Coronation Weekend

Big Breakfast in the morning
Village Party in the evening - dancing with a caller, food prepared by volunteers and an outside bar

Saturday 8 July - Summer Fayre including

Dog show & produce
Some activities such as children's races, skittles etc
Cafe Plus for drinks, cakes and cream teas
BBQ & bar in the evening

We would also like to trial a live-streamed sports event in conjunction with Cafe Plus but have missed the boat for this year's Grand National. Tennis, football and rugby matches all seem a bit too long! We have left the door open for a late Summer BBQ which was popular a year or two ago and remain optimistic that there is someone in our community just waiting for the opportunity to take on organising a **Pantomime** ...

For all of these events we will be entirely dependent on the help of volunteers. The next steps are to plan out some jobs and then to ask people for help. If you would like to be involved in the planning or the execution please do let one of us know.

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 Community Fund

The new **Community Fund** has been started from profit made from previous community events, such as fetes gone by and the recent Jubilee activities.

It can be used to initiate similar events or completely different activities: there is no need for them to be money-making but they **must** be of benefit to the **whole community**.

Activities that become regular, such as **Cafe Plus** or a new club, can return any profits to the Fund to support future ideas. A parish treasure hunt or recycling point are examples of one-off expenditures.

LANGFORD BUDVILLE COMMUNITY FUND

If you'd like to do something for the social, environmental or cultural benefit of the parish and its people, please ask the Community Fund for support. Administered by representatives from the Parish Council and Jubilee Hall, the Community Fund has been designed to help new ideas get off the ground. Usual awards will be up to £100 and your request will be decided on quickly. Full details can be found on the parish website, <https://www.langford-budville.co.uk> or you can email LBCommunityFund@Tutanota.com

Parish Fingerposts

The restoration of the fingerposts around the parish has had a huge visual impact and really makes one notice the parish boundaries marked by signs yet to be done! In fact, our PC clerk, Helen Chadwick, is working with Thorne St Margaret to restore the sign at the bottom of Bughole lane by the river and maybe the ripples will extend out further. The project has also inspired Keith Moore and Tim Dyer to start a new parish project of restoring our heritage milestones.

The project was supported by the County Council with information but no other resources so many thanks to those who have donated both their time and materials. Theresa Jacoby, Juliet Shrimpton, Georgina Drummond and Derek Sowden have been key players in the latest round of restorations. But, the Wedderkopp family, Christine Sowden, Tim Dyer and, two cyclists waiting for the White Post café to open have all helped expose the signs, remove the rust and repaint them.

Derek has also rebuilt several of the more modern "fingers" that were not made of cast iron. Reg Hendy also helped repair the Poleshill sign that was hit and damaged almost as soon as it was restored!

There are five signs completed, and just two small ones still to be painted (in Runnington and Wellisford).

Tryphena Huntingford



Triangle/Whitepost





Top:
Malthouses



Middle:
Langford
Lakes

Bottom: B3181



Green Gardening Group:

Meeting 16th January.

It was lovely to see so many smiling faces on a cold January evening. Thanks must go to the Martlet as always for allowing us to use their room and making it warm and inviting for us. Great to have three new faces - welcome Joanne, Liz and Siobhan.

We had a selection of **winter flowering plants** to identify, all of which have survived the cold outside and provide a welcome feed of nectar and pollen for any queen bees etc flying on warmer days. Many are very sweetly scented to attract the less numerous insects - a bonus for us gardeners.



We covered growing your **Christmas dinner**. Quite a topic. The details of all planting requirements and best varieties are readily available in books and on line. The big thing to do is **plan now** what you want to try and grow and get the correct varieties in the ground at the right time, and that means for some veg getting going in February - so happy growing.

Our quiz covered wildlife gardening and came from the RHS book of quizzes and puzzles so many more to follow!

For the list of jobs to do in January and February please contact fionabarber40@hotmail.co.uk

We thought it would be fun to have a Christmas competition, so we brought along our Christmas cacti, and Sarah demonstrated how to take cuttings and grow them on. For the sheet of instructions please contact Fiona as above. The competition will be judged on the **20th November** and there will be prizes! If you were not able to come to the meeting, and would like a cutting do get in touch with Sarah or Jackie and we will get you a cutting to get started with. Good luck.

Our next meeting will be on the **20th March at 6.30pm at the Martlet**. Chris will be covering **invasive garden plants and notifiable plants**. Sarah will provide us with a **bee quiz** and a talk on planting your garden for bees.

There will be the usual table of **bring and share plants and books**. Pam has kindly volunteered to collect bulbs for us from one of the English growers, **Fentogollan**, so please look on their web site - and start thinking about what if anything you might like. <https://www.flowerfarm.co.uk>

Happy gardening.

Jackie Milsom

Cafe Plus

Valentine Bake-off

A couple of days prior to December's Cafe Plus the weather took a turn for the "arctic" and we were cast in a beautiful white winter wonderland that was absolutely treacherous under foot and tyre. We feared we would all be on a diet of mince pies, cake and chocolate if no one turned up. Happily, a steady stream of villagers braved the elements and came and bought Christmas produce and indulged at the cafe.

January's event was a book and games swap, with a very good turnout, books were swapped, games were played and the cafe was depleted of cake. Numbers were aided by the flow of Jubilee wood tree planters either heading off or returning from their endeavours.



Next month is going to be a **Valentine's Bake-off** to be judged by **Jackie White** of "**Jackie's Cakes**" with prizes for the best-looking Valentine's cake (Adult and Children categories). Cakes will be sold at the end if the bakers are happy to part with their creations. It's £1 entry and if you would like to take part, please contact us at lbcafeplus@gmail.com or on 07787573773. Failing that just turn up on the day at 9.30am with your cake – **Jubilee Hall, 11 February**.



Looking beyond February, the Wellington repair café are keen to come to Cafe Plus but not until later in the year: in the meantime there will be an **Alternative Therapy Fair** on 15 April and we will be joining the Coronation celebrations on the weekend of 6 May. March Cafe Plus still t.b.c.

Please find further information in the following places:

- Email: lbcafeplus@gmail.com
- Instagram: [langfordbudvillecafeplus](https://www.instagram.com/langfordbudvillecafeplus)
- Facebook: [Langford Budville Cafe Plus](https://www.facebook.com/Langford-Budville-Cafe-Plus)
- Community What's App
- Round About Magazine

Jane Hancock





Friendship Circle

The penultimate gathering of the year was the **Christmas singalong** with Gibby Swain, who brought along her flute, accordion.....

The final meeting of 2022 was the **Christmas party** held in the village hall. Again, a good time was had by all with lovely catering from Jackie White and puds from Maggie Blake.

The New Year coffee & chat was very well attended and we are looking forward to another packed programme of talks, outings and chat!

The next meetings are:

27th January - A talk by David Follett, Paraly

10th February - Coffee & Chat (Valentine's)

24th February - Coffee & Chat

10th March - Trip (Oakham Treasures)

All the above meetings 11.00 am - 12.30 pm in the Jubilee Hall (unless otherwise stated).

The £2 entry includes one raffle ticket.

Pam Farr/ Barbara Hughes

Art Group

We meet every Wednesday morning 10 - 12 in the committee room. There is no teaching involved, but we share ideas and enjoy seeing the different work which we each produce. Please bring your own drawing/painting materials. Tea or coffee and biscuits are included in the £3 charged for a session.

Contact Pam Farr for more details: pjayfarr@gmail.com



Langford Budville wildlife: Otters

Ian Loudon recently discovered a dead otter on the side of the road near Bindon Lodge, well away from the main river course. It was clearly a road kill. **Somerset Otter Group** (a division of **Somerset Wildlife Trust**) collects all the otter carcasses it can for autopsy so that we can monitor the health of the population and keep tables on numbers. Several villagers belong to SOG and regularly monitor otter activity in the area: their results are reported to SERC.

This otter was kindly retrieved by Keith Moore, and stored until it could be collected and delivered to a freezer, where it waits its turn. As one of the SOG members, you can contact me at RoundAbout in the first instance: I plan a longer article on this soon!

Saranne Cessford

Time to get walking again!

With Spring on its way we start to think about getting out to walk in the beautiful English countryside again, but where to find new and interesting walks?

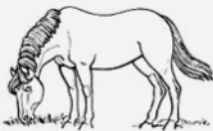
Walking in Somerset <https://www.walkinginengland.co.uk/somerset> has loads of walks to download and print, free, it also has books of walks, details of all the walking groups in the county and much more. Whether you want to walk on your own or with a group, all the information is there in one place.

John Harris (who maintains the website) said 'There is so much walking information on the web but it is difficult to find. **Walking in Somerset** (part of the **Walking in England** website) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you'.

With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy. So home or away, check out the website and get walking!

John Harris

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Langford Ladies

On an icy cold January evening a dozen Langford Ladies gathered in the committee room at the Jubilee Hall to listen to Joy Eady talk on her and Brian's regular voluntary work in hot and sunny Israel. They act and guide on a project to recreate, as authentically as possible, Nazareth in the first century AD, then a village of roughly 800 people. There are still traces of the ancient village to be seen, such as a wine press carved into the rocks. Photos illustrated her talk and also gave us a glimpse of Nazareth today, where 80,000 Jews, Christians and Muslims live on the steep hillsides. It was a very interesting talk and Joy fielded many questions. Our thanks to Joy and also to Saranne, who managed the technical side! Afterwards we enjoyed the food and drink we all had brought before finishing early to avoid further freezing conditions.



On **Wednesday 15th February** the decision is to have a meal at the Martlet and to plan the rest of the year. We have booked the Martlet, and will order from the menu, and pay separately. We will send out the menu by email when it becomes available. It is essential to pre-order your meal. Alison will then collect the £5.00 subs, but she is looking to be replaced as Treasurer - Volunteer please!!

Langford Ladies meets once a month, has a varied programme run by different members in turn, no committee and very little expense. New members are always welcome.

Contact Laurian on croxhall@gmail.com.



View from St Peter's churchyard on a frosty morning

Wellbeing: An icy Dip

I've always loved leaping into water, from childhood paddling pools and local streams to far off oceans. Some say that it is a psychological return to the womb but I think I just like the initial trepidation, the sudden shock, and the happy splashing afterwards! I have, however, generally avoided the really cold stuff!

For my birthday a couple of years ago, off the back of a heart attack and cancer diagnosis, Juliette gave me a copy of "What doesn't kill you", a book written about an eccentric dutchman, Wim Hof who expounds the incredible benefits of deep breathing and exposure to the cold. The author was initially intent on exposing Wim as a medical charlatan but ended up being converted and writing instead about his "cold exposure" zealotry! In essence, by taking our bodies into the cold, even to just 15°C, we trigger a multitude of innate survival responses in our bodies – changes in our circulation, hormone release, metabolism and fat storage. Strong medical research has emerged promoting the benefits.

We now have an old, galvanised farm tank in our garden, filled by rainwater, perfect for plunges! It only takes five minutes to climb in, submerge, chill out, and climb out! Juliette and I began our plunges in the summer and it took a while to adapt to the cold. By our fourth or fifth attempts we had acclimatised, even in sub-zero temperatures. It's a real pleasure to climb in two or three times a week and feel the mental and physical response. Perhaps, at the heart of it, from childhood cannonballs into lakes to plunges into a metal tank in the garden, this is an antidote to our unhealthy modern lifestyles.

Benefits of cold-water immersion include better circulation; reducing inflammation; increased flow of white blood cells and improved immune response; stimulation of endorphins that reduce fatigue and improve mood; rapid recovery and reduced risk of injury following exercise and tightening and toning of skin, giving a more youthful appearance. Perhaps, after all, the cold is not torture, but a gift.

Josh Wedderkopp



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Our School

New Head of School for Langford Budville

The Autumn term ended on a terrific high of very successful performances of the Christmas play "Prickly Hay" in the Jubilee Hall. And, the new year has started very positively with the arrival of **Carys Barnett** as the new, full-time Head of School.

Langford Budville School is now linked with the Moorland Federation, which is a group of similar, small rural schools in West Somerset. This is an exciting collaboration, which will enable the schools to benefit from the wide range of skills and experience, on offer, within the Federation. There is an additional class for years 3 and 4, so that there are now three classes rather than the previous two. This provides an opportunity for the children to work in smaller cohorts and offers a more bespoke teaching and learning environment.

The school sees a positive learning environment as a priority for all children and Carys is focussing on ensuring the curriculum is engaging and motivating, which allows all children to readily access their learning. Changes in the pipeline include a trim trail area in the playground for climbing equipment etc and a new sensory room within the library. Forest School sessions have started, with Josh Wedderkopp and Marie Berry, and there is dog-support from Labradors, Marley and Sid. Carys is keen to involve more villagers in the school, for example by listening to reading. There are also plans to increase the number of services in the church and have tours of the school for villagers to look around once the new equipment is in place.

Carys lives locally and has three children currently at Milverton Primary School and Kingsmead in Wiviliscombe.

The school has had a long period of change and the strong team of staff and 40 pupils are looking forward to being led by such an experienced head.

Tryphena Huntingford



Christmas Windows

Following the success of last year's "Twelve Days of Christmas" window displays we had a more cryptic theme for this year with "Christmas songs", which gave the extra dimension of us trying to guess the song. Sarah and Graham got the prize for the most obscure, which took much internet searching and being fed clues before eventually stumbling upon "The Happiest Christmas Tree" by Nat King Cole. Our photos do not do them justice!

More familiar song themed windows included Rosina's wonderful knitted winter wonderland and "Frosty the Snowman", Jane and Paul were "Driving Home for Christmas", Laurian and Michael celebrated "The Holly and the Ivy", Saranne and Karen were both on the Wine amongst the Mistletoe, Jo's household were letting it snow with Frank Sinatra, Derek and Chris cleverly overcame their long driveway and built a window box near the road for "Santa Baby" but the prize was taken by Carolyn and Abigail for their vibrant and humorous "Rockin' Around the Christmas Tree" display.



Well done to everyone for their imaginative creations and cheering up a very wet and gloomy run up to Christmas. If anyone has a good idea for next year please let us know.

Jane Hancock



Green Fingers: Growing Squash

Winter squash come in a great many forms: Not just the flabby, soft Halloween pumpkin, but dense sweet fleshed squashes in a range of colours and shapes. You can grow them in your garden provided you have a good bit of space and plenty of sun. They like lots of organic material, warmth and moisture - and will happily grow on your compost heap, given a chance.

Sow the flat seeds in pots in April, on edge to prevent rotting (or directly in the planting position in late May under a cloche). Pot on into larger pots and keep in the greenhouse until all danger of frost is past. Harden off before planting out.

Prepare the planting position by digging a large hole, adding a generous amount of rich compost/manure and backfilling with soil. Space the plants well apart - they like to sprawl and can reach 4.5m, given the right conditions. Create a small mound for each plant. If you can give them a sturdy trellis to clamber over they will happily do that.

Water regularly and well, but try to avoid wetting the leaves. Don't allow them to dry out. (Some growers suggest burying a pot next to each plant and watering into that directly to the roots - but mark it with a cane or it will get lost!). Once the first fruits appear, feed every two weeks with a high potash liquid tomato feed.

To ensure a good harvest pinch out the growing tips of all shoots in mid-August, and keep doing so. Winter squash usually develop only a few large fruit which should be left on the plant until the end of summer. Pick them before the first frosts, leaving at least 10 cm of stem attached. Cure them for a few weeks on a sunny windowsill before storing somewhere cool, dry but frost free. They will last several weeks or even months.

Saranne Cessford



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Seasonal Treats: Winter squash

Winter squash can be used in many ways: risotto, veggie curries, and of course, a silky soup. You can just serve them as a regular veg dish too - they are delicious roasted, or steam in chunks and mash with a little butter, brown sugar and cinnamon - the South African way. You can also make fritters. Chunks of squash can be frozen and roasted straight from the freezer—just allow a little extra time.

.Squash lend themselves to a range of seasonings:

Fresh herbs: Sage, cilantro, rosemary, thyme, Italian parsley, mint.

Fat: Butter, olive oil, coconut oil, ghee, cream.

Condiments: Soy sauce, miso, harissa paste, pesto sauce, green herb sauce.

Cheese: Feta, goat cheese, Parmesan, fontina, gruyere,

Aromatics: Garlic, onion (all kinds), leeks, celery.

Fruit: Apples, pears, cherries, cranberries, lime

Spices: Cumin, coriander, chili pepper, paprika, nutmeg, cinnamon, ginger.

Curried squash soup

Ingredients:

1 large squash ~ 1.5 kg, deseeded and cut into wedges or chunks. Not necessary to peel! (You can wash the seeds well and roast them with oil/salt/spices to use as a snack).

3 or 4 fat garlic cloves - unpeeled

A generous glug of olive oil; salt and pepper

1 large onion, chopped

1 tsp of ground cumin, 1/2 tsp ground coriander, 1/4 tsp cayenne (opt).

500 ml stock, veggie or chicken

150 ml double cream **or** small tin of coconut cream **or** 1 cup of coconut milk

Method:

Toss or brush the pumpkin pieces with the oil, salt and pepper. Spread out in a roasting tin and add the whole garlic cloves wrapped in foil. Roast in a hot oven for about 30 minutes or until soft, then set aside to cool. Scoop out of the skins and squeeze the garlic out of its skin.

In a large pan soften the onions in a little oil (with fresh chilli if wished) until translucent. Add the spices and cook until fragrant, then add the pumpkin and garlic and the stock and bring to a boil. Simmer for about 15 minutes, and allow to cool a bit then stir in the cream or coconut cream/milk and blitz with a stick blender. Test for seasoning.

Serve hot with a swirl of cream, some chopped fresh coriander, croutons or toasted pumpkin seeds..

Saranne Cessford



News from the Churches

Church Services Rota

Readings on Pew Sheets

<https://www.churchtimes.co.uk/faith/sunday-s-readings>

| Date | Langford Budville | Runnington |
|--|---------------------|--------------------------|
| Sunday 5 February | 11am Holy Communion | 10.30am: Lay-led Service |
| Sunday 12 February | No service | No service |
| Sunday 19 February | No Service | No Service |
| Ash Wednesday Service: 'The Imposition of Ashes' with Communion will be at 2.30pm on Wednesday 22 February at Nynehead. | | |
| Sunday 26 February: 1st Sunday in Lent | Join Runnington | 9.00 am Holy Communion |

Church Contacts:

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: stjohns.wellington@googlemail.com

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

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

Bath Abbey is hosting '**Threads through Creation**', a stunning exhibition of twelve enormous, embroidered silk panels that explore the story of Creation.

Inspired by the verses of Genesis, the first book in the Bible, textile artist Jacqui Parkinson re-imagines this ancient story in a vibrant combination of layers of silk, hand-dyed materials, metallic leathers and gold leaf, miles of thread – and more than eight million stitches! The exhibition opened in January and will run until 19 March.

News from Runnington Church

Taking down the decorations;

When to take down the Christmas decorations? In Britain, tradition has it that they stay up until **Twelfth Night** (which marks the beginning of Epiphany - when the three wise men came). But not everyone agrees. Many other Christian groups count the twelve days of Christmas as starting the day after Christmas Day, making January 6th the 12th night, rather than January 5th. Countries which also follow the January 6th tradition include Germany, Poland and the Czech Republic.

Most people think it is bad luck to leave the decorations up after January 5th. According to one superstition, Christmas decorations not taken down by Twelfth Night should be left up until **Candlemas Day** (February 2nd) and then taken down. Others say the best remedy is to leave them up until Twelfth Night the following year.

In fact, the Christmas season continues through to Candlemas on 2nd February, so arguably there's no real reason why the decorations should come down before then. We are having a Candlemas Carol Service at Runnington at 5pm on 29th January to mark the end of the Christmas season - Candlemas being the festival to commemorate the presentation of Jesus at the Temple in Jerusalem, referring to Him as the light of the people of Israel - a day when candles are taken to be blessed in church. Candlemas is also a celebration of the changing of the light and stirring in the earth - halfway between the shortest day and the Spring equinox: the moment that winter gives way to spring in Christian tradition.

We hope to have a full church for this service, as we had for our Christingle service at the beginning of the Christmas season.

John Houghton

Warm Spaces update

Mondays & Thursdays: Foodbank: Times: 1pm - 3pm. Soup & a Roll on Mondays.

Wednesday: All Saints, Rockwell Green. Times: 12 pm - 5 pm.

Thursday: The Refuge@the Baptist: 9.30 am - 7 pm . Lunch & evening meal . Full details on the web site : www.wellyrefuge.co.uk

Fridays: St John's Church. Times 10 am - 12pm.

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 Peters

January was a quiet month at St Peters – we held our first Soup Lunch of the year, not as well attended as usual for which we blame the icy cold conditions despite the hot soups and warm welcome. In February it is the turn of the **Friends of St Peter's Shrove Tuesday Pancakes**: do come and join us for Savoury and Sweet Pancakes and good company.

On the afternoon of January 21st, our **Bell Ringers** joined the National **Ringling for Ukraine**: You may have heard them!

December saw the end of our Financial Year. Our **Annual meeting**, which is open to all parishioners, will be held during April when we elect members to the **Parochial Church Council**, who are responsible for the running and upkeep of the Church and Churchyard. We are always looking for new members – why not join us and help with the task of keeping our Church open.

Our very grateful thanks go to those who served last year: Lyn Wyatt as Churchwarden; Alex Abrams who raises the flag for feast days and special occasions; our team of Bell ringers led by Rosie Walker; Edward Goldsworthy for looking after the Churchyard; Michael and Laurian Cooper, Pamela Harries, myself (!) and Sandra Lee serving on the PCC, and Timothy Wyatt, who generally lends a hand whenever needed. Also a big thank you to the members of the Key Rota, the Flower Arrangers and Cleaners. Without you all our Church would not be the welcoming place it is.

Our **Toilet Building** has been completed at last – our contractors were held up by the weather on many occasions but soldiered on and finally got it completed. It will only be available for use when the Church is in use for services or functions. We have to thank **The Friends of St Peters** for raising the majority of the funding for this project.

Sarah Nutt

PLEASE NOTE: we no longer collect for the Womens' Refuge. PLEASE take your surplus items either to the **Samaritans Bin at Tonedale** or one of the **Charity Shops** in Wellington.



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How to make a hedgehog highway



You will need

- A fence panel 
- Ruler 
- Pencil 
- Coping saw 
- Sandpaper 

Talk to your neighbour! It's important to get their consent to cut a hole in the fence - explain that hedgehogs need to move between gardens to access enough food.

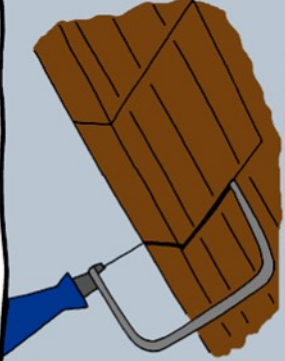
1 If your neighbour is happy, remove your fence panel.



2 Measure and mark a 13cm x 13cm hole at the bottom of the panel.



3 Ask an adult to help you cut the hole using the coping saw.

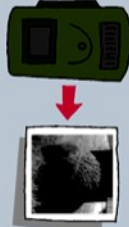


4 If there are any very rough edges, use the sand paper to smooth them down.



5 Put your fence panel back. Your hedgehog highway is now open for business!

You could set up your own trail cam to watch and see if any animals are using your highway.



Strictly Dancercise



Fridays 09.30 – 10.30am

Langford Budville Jubilee Hall

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I pinched this quote from the internet as it sums up the positives of the physical side of dancing and doesn't even mention the sheer pleasure of moving to great music.

Dance complements other forms of exercise such as yoga and pilates, swimming and jogging. This class is not high impact but it can be aerobic if you choose to do steps more energetically. Follow me through the steps and if you get them wrong, who cares – at least you're moving! It works all muscle groups to keep you flexible and in good shape. So come and try The Time Warp, African dance, a quick Charleston or a jive. Bring water and a mat for stretches at the end.

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Community Contacts

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| | Juliet Shrimpton | julietlbpc@gmail.com |
| | Theresa Jacoby | tmbjacoby@gmail.com |
| | Will McFadzean | |
| Parish Clerk | Helen Chadwick | langfordbudvillepc@gmail.com |
| Churches | | |
| Team Vicar | The Rev Alan Ellacott | 01823 669824 rev.aellacott1969@btinternet.com |
| Church Contacts | | |
| Langford Budville Church warden | Lyn Wyatt | 01823 400245 lynwyatt1950@gmail.com |
| Runnington Church Wardens | John Houghton | 01823 661323 |
| | Michael Huntingford | mhuntingford@zcmarine.co.uk 01823 672717 |
| Jubilee Hall | | |
| Chairman | Michael Huntingford | mhuntingford@zcmarine.co.uk 01823 672717 |
| Vice Chairman | Andy Pritchard | Pritchard.family2@btopenworld.com |
| Secretary | Fiona Barber | fionabarber40@hotmail.com |
| Treasurer | Mike Grabham | |
| Booking enquiries | | www.lbjubileehall.com |
| Primary School | | |
| Head Teacher | Carys Barnet | 01823 400483 langfordbudville@educ.somerset.gov.uk |
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| Beat Officers Tel: 101 Crime recording 999 Emergencies | PCSO Vicky Henderson | Victoria.Henderson@avonandsomerset.police.uk tel: 07889 655302 |
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Jubilee Hall Website: www.lbjubileehall.com

Greener Langford Budville team: www.greenerlangfordbudville.com

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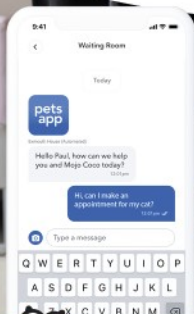


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Local Transport Services

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.

Any problems, ring 0300 123 2224 or email transport@somerset.gov.uk.

Wivey Link

Going Places.....



Do you have difficulty getting out and about?

- Door to door service operating from Wiveliscombe, we cover all surrounding Parishes, Taunton and Wellington. We will take you shopping, visiting or for hospital/doctors etc.
- Wheelchair friendly cars.
- Fares are very reasonable and bus pass holders get a concessionary rate.

Could you make a difference to the community in which you live by becoming a driver for this essential service?

For more information on using Wivey Link or Volunteering telephone 01984 624666

or call into the Community Office The Square Wiveliscombe TA4 2JT

we are open 10.00 to 1.00 Monday to Friday

Wivey Link a division of the Wiveliscombe Area Partnership

Charity No. 1132983

Magazine Information

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

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

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www.charactergraphics.co.uk*

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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