



'SEPTEM'

the seventh month in the 10-month Roman calendar
before January & February were added

also good for organic carrots

SEPTEMBER

illustration - Andy and Polly Rathbone

For the People of Modbury & Brownston

Volume 24, Issue 306 - September 2024

MODBURY NATUREFEST SUMMER 2024

The Modbury Wildlife Action Group (ModWAG) hosted its first ever Naturefest in the orchard and Pavilion at the QE11 Recreation Field on 13th July. We were delighted to welcome between 150 and 200 visitors in the space of three hours one drizzly Saturday afternoon. It was also lovely to see Gordon Waterhouse, well-known naturalist and retired head teacher from Modbury School, who was warmly welcomed by old students, now parents themselves! He plans to join us again next year at the same event to celebrate the nature we are so lucky to have on our doorstep.

"I think you just added another event to Modbury's annual calendar."

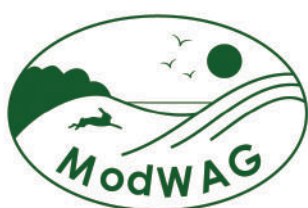
ModWAG hosted the festival with a range of hands on, wildlife and family friendly pitches. These included The Devon Wildlife Trust, bug hunts and seed bomb making, willow craft, sun painting, ice cream, W.A.T.E.R., bee and hedgehog quizzes, music and more. Some children brought their own magnifying lenses and demanded bug hunts before ice cream! How wonderful to have so many young naturalists among us; we need you.

"I'm blown away by what you have achieved here"

Naturefest was sponsored by Life on the Edge - thank you so much! Life on the Edge (LoTE) is a 5-year project run by South Devon National Landscape and Buglife (funded by the National Lottery) which aims to work with farmers, landowners and the local community to make a difference to rare and endangered invertebrates on the South Devon Coast.

We hope to host talks and further activities with LoTE in the coming years, so keep a look out for more information.

Charlotte Rathbone





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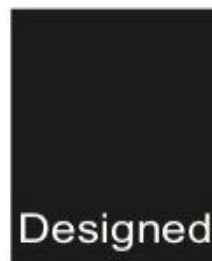


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Diary of a local beekeeper – Wasps and Winding Down for Winter

With the evenings now noticeably drawing in, Duncan reflects on a less than satisfactory season this year.

As I sit here metaphorically chewing my quill, while wondering what to write, I find myself going back over this year's beekeeping season with mixed feelings. Whilst we got through the wet winter with minimal losses and indeed, have increased our colony count by a third thanks to the unprecedented number of swarms successfully caught, overall our 2024 season has been down on honey production compared to last year. This can be blamed fair and square on the extremely unhelpful weather patterns this summer, which has upset everyone, not just the bees!



Part of the collection of beehives in the countryside around Modbury

There is still much to do however, before we tuck the bees in for their winter sojourn, not least the final, late-summer honey extraction, which is a lengthy, sticky week or so of hard work and effort – from sterilising jars in the dishwasher, to collecting the heavy surplus supers from the hives, de-capping each frame, spinning the frames, filtering the raw honey into ripening tanks, returning the empty frames to the hives, then finally filling the honey jars one at a time – and there are several hundred jars to fill! Yet it is all part of the beekeeping experience and Justine and I are very happy with that. We only take honey from hives with plenty of surplus stores and endeavour to ensure that each hive has a minimum of 30lbs of honey left for the bees to consume. Even in mid-August, the hives are making preparations for the coming

winter. The bees are already pushing out the drones, which have spent the summer being fed and cared for by the workers, whilst hanging about the hive waiting to be called into action at the appearance of a new queen. Sadly, that life of leisure and luxury must now come to an end for them – Nature's ruthless efficiency decrees that drones, who are otherwise useless, would be an unnecessary drain on a bee colony trying to survive the winter months.

One major issue the bees have to contend with at this time of year is protecting themselves and their stores from gangs of marauding wasps. Of course wasps begin the year as the gardeners' friend, attacking many garden pests such as greenfly, but come August they become pests themselves, eating fruit and hanging around dustbins looking for alternative forms of sweet food. Beehives are therefore very tempting. An individual wasp is much stronger than a bee and several can easily push their way into a hive, where they will start stripping it of food and larvae. To mitigate this fate, Justine and I close down the entrances to the hives to give the sentry bees better protection. We also put out wasp traps near the hives, which have proved very efficient in reducing the size of any wasp raiding parties.

By the time you read this article in the Messenger, we should have completed our late season spin and hopefully have honey available. This honey, which in late summer comes mostly from garden flowers, lime trees, clover and brambles is initially liquid and much less crystallised than the spring honey, although as time goes on it will gradually thicken as all pure honey does. Our new retail outlet is The Gadget Shop, Broad Street, so please do call in, pick up a jar and tell us what you think!

Duncan Currall



Modbury Parish Council (MPC) Meeting Tuesday 6th August 2024



Present were all eight councillors, Bernard Taylor (South Hams DC), Rufus Gilbert (Devon CC), four members of the public, and four representatives from South West Water (SWW) were also present.

SWW explained that the final stretch of the sewer at the bottom of Church Street needs to be finished, and that the culvert from under the Exeter Inn needs some serious remedial work. The extra work will be done 16th-20th September. The main road will not be closed, just one lane. A five-day slot is booked to allow for heavy rain issues, but the work is expected to last for three days. The work on Poundwell Street will be for one night only, which will require the closure of the road from 7pm onwards.

Public Forum: A member of the public raised concerns regarding a planning application on land at SX 673 511, Modbury, due out for consultation. The application will be considered at the next Planning Committee meeting and their recommendation brought to the September full council meeting.

Devon County Council Report by Rufus Gilbert

- The Locality Grant has leeway for some further contributions to appropriate causes in Modbury
- Local devolution in Devon is likely to happen soon
- Planning Committee reform is on the way from the new government, details unknown
- DCC carbon emissions reduction of 70% by 2030 is on track

Cllr Phil Smith raised the issue of the pedestrian crossing on Church Street which desperately needs repainting and is a serious danger. Rufus Gilbert will raise this issue again with Highways.

Cllr Bill Cole raised the issue of the landslip on the road to Sheephams. Rufus Gilbert said that Highways would take no action. MPC would write to the landowner.

Bill Cole also raised the issue of flooding at Orcheton. Rufus Gilbert replied that DCC have installed verge markers. Cllr Ann Turner confirmed that a meeting has been arranged with the riparian owner.

A member of the public reported that they had seen a traffic warden issuing yellow line parking tickets in Modbury, but ignoring cars wrongly parked outside the Co-op. Rufus Gilbert confirmed that more detail of dates and times would be required to report the issue to Highways.

South Hams District Council Report by Bernard Taylor

- There is a SHDC 'good citizens award' due next spring and applications are encouraged.

Cllr Phil Smith raised that he had reported the damaged benches in the Millennium Meadow to SHDC which he believes to be the responsibility of SHDC, but has had no response. He also raised the issue of trees impinging the path alongside Barracks Road and the necessity of cutting them, which is an SHDC responsibility.

NB: SHDC have subsequently confirmed that they will provide new benches in the Millennium Meadow

Matters arising from the minutes of the Council meeting 4th June 2024

Flooding at Orcheton: Cllr Ann Turner has been on a site visit and has arranged a further site meeting on the 28th August.

Youth consultation: Cllr Barbara Price has attended a youth engagement seminar. Consultation with our youth must be done properly and in a structured way, for which we need planning and funding and will be actioned by MPC.

Policy: The Strategy Delivery Plan has been completed; this now provides a template for an annual report as well as a structure for committee meetings. This will now be published on the MPC website.

Maintenance: The P3 paths team have been working on clearing the parish paths, however, they need more support from the community. Tree and hedge maintenance work proceeds apace.

Allotments: The issue of purchasing the Church Lane allotment land for the community has still to be resolved. There is no public grant funding to be obtained. A local inhabitant is considering buying the land for the use of the community. Alternatively, there is the possibility of obtaining a 'public works loan' to borrow the money to make the purchase, which would require a referendum as that would need to be funded from the precept. Cllr Barbara Price will bring full details of progress to the September MPC meeting.

Community Engagement: Use of the telephone box as an art installation is being seriously investigated.

We have had no applications for the vacancies on Modbury Parish Council. If you are interested, contact the Parish Clerk.

Sustainability: The Modbury Nature Festival in July was very successful, engaging, and interesting and should be repeated, along with other similar events throughout the year. MODWAG have thanked the Council for their help.

Date of next meeting: Tuesday 3rd September (Note that the October meeting is on the 8th)

Tony Price

The Importance of Strength and Fitness for New Mums

Becoming a new mum is a life-changing experience that brings both joy and challenges. As you navigate the early months of motherhood, rebuilding your strength and fitness can play a crucial role in enhancing your overall well-being.

Mental Health Benefits: Exercise is a powerful tool for improving mental health, especially for new mums. Regular physical activity stimulates the release of endorphins, which help reduce stress, anxiety, and symptoms of postpartum depression. Staying active also promotes better sleep, which is often disrupted in the early stages of motherhood.

The Power of Social Connection: Participating in group fitness classes offers more than just physical benefits. These classes provide a vital opportunity for social connection, allowing you to meet other mums, share experiences, and build a supportive community. This sense of belonging can alleviate feelings of isolation and create lasting friendships.

Strength and Fitness for a Healthier You: Rebuilding your strength and fitness after childbirth is essential for both you and your baby. Stronger core muscles improve posture and make daily tasks easier, while enhanced stamina helps you keep up with the demands of caring for your little one. Staying fit not only aids in recovery, but also sets a positive example of a healthy, active lifestyle for your child.

Incorporating regular exercise and social interaction into your routine can lead to a healthier, happier, and more confident journey through motherhood.

Introducing our new class... SuperMums! Our new Mum & Baby class is a friendly and inclusive space to build up your strength and fitness after having a baby, and meet like-minded mums.

- Mondays at 10:45 - 11:45 am
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- Suitable for mums who are 12 weeks post-partum, and can be attended up until your baby is crawling
- Drop-in: £12.50 or 4 drop-ins: £45
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Pedestrian Safety Update

In the June edition of the Modbury Messenger, we informed readers that we had considered the details of a report from Callidus Highways Consultants and were planning to meet with Devon County Council to voice our concerns about pedestrian safety generally and discuss detailed proposals for highways improvements in two locations – the Queen Elizabeth II Recreation Field and Barracks Road outside the school.



The meeting took place on 4 June with two senior DCC Highways officers and County Councillor Rufus Gilbert. As a result, the proposal to make carriageway alterations outside the school was rejected and the two options to improve pedestrian access to the QE2 Playing Fields were reduced to one. This option involves the purchase of land to accommodate carriageway widening and will be conditional upon raising new funding to pay for what will be a significant highway scheme. This would also include street lighting improvements which could also be contemplated as a stand-alone, cheaper alternative, if the main scheme does not proceed.

In conjunction with these investigations, we have extended our application for a 20mph zone in Barracks Rd and Dark Lane to cover this stretch of road and are still waiting to hear if we have been successful.

We remain concerned about the safety of pedestrians on the crossing in Church Street and there have been some potentially very serious near-misses in recent weeks. Although we have been promised that the crossing will be repainted to improve its visibility, we have lobbied Highways to increase the priority of this location for attention.

We will continue with our investigations, monitor progress with our latter two applications and report back in future issues.

Councillor Phil Smith, Modbury Parish Council

MODBURY SENIORS SHORT MAT BOWLS CLUB

The bowls club have some vacancies for potential new members, over 60 years. We meet in Modbury Memorial Hall every Tuesday from 2.00 - 4.00pm.

All equipment is provided and no previous experience is needed. Just come along and have some fun and exercise at the same time. First session free of charge. If you decide to join us after that, it is £2.00 per session. No annual fee required.

Look forward to seeing you! Contact Sue Irish 01548 830244

Sue Irish



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Men's Breakfast 14th September 9.00am

We are really lucky to have a national speaker this coming month at the Men's Breakfast.

An Irish singer/songwriter, Andy was previously a hospital doctor, but he says his proudest moment, as an Irishman, was captaining England's Barmy Army during the cricketing Ashes tests in Australia.

His campaigning songwriting dragged him into the political area, so he can often be found annoying MPs around Parliament!

He heads up the organisation, 'Christians in Politics' whose purpose is to encourage us to be more politically aware and more politically engaged.

Someone well worth getting up on a Saturday morning to hear!

Simon Franklin



Book a slot!

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Organised by St George's Church

Calling All Parish Path Walkers and Countryside Lovers!

So many local people use and value the wonderful network of footpaths and rights of way around Modbury. But access to the footpath network is reliant on a very small team of volunteers to maintain stiles and steps and clear under/overgrowth – a team which is currently struggling with the scale of the task.

Following a very moist but warm spring and early summer, parts of the network are very overgrown and almost impassable. Following a major effort in Runaway Lane, this route and the parallel paths are now open right through to Orcheton. Unfortunately, the same cannot be said of FP3 to Brownston where the undergrowth is proving really challenging.

What is clear is that we need more volunteers willing to give up a little of their time to support the core team and help with clearance. We don't need you to attend on a frequent basis – we would just like to add you to a WhatsApp support group, so that we can form work parties at relatively short notice and share some of the load.



So, if you are a regular user of the network please offer to help by agreeing to join the P3 Support Group so we can keep the footpaths and rights of way in the condition which we have been used to in years gone by.

Please email Adam Slater at acsl8r1@gmail.com or ring the Parish Clerk, Sally Smale on 01548 830222.

REMEMBER – without support we run the risk of losing some of our most treasured routes.

Adam Slater
Public Paths Partnership (P3) Coordinator for Modbury



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MODBURY PARISH COUNCIL

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Your Councillors are:

Bill Cole	01548 830913
Richard Foss	01548 721420
Barbara Price (Chair)	07739752095
Tony Price	07801837129
Phil Smith (Vice Chair)	07759282404
Dave Trigger	07808742372
Ann Turner	01548830606
Sarah Wyatt	07794 662903

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annturner@modburyparishcouncil.gov.uk
sarahwyatt@modburyparishcouncil.gov.uk

How can we help you? Councillors run drop-in surgeries on Sat. 10–11am in the Parish Office at 1 Modbury Court. The Parish Clerk is in the Parish Council office on Tues, 10am – 4pm. Call into the office, phone, email or come along to our meetings at 7pm in the Pavilion, QEII Recreation Ground on the first Tuesday of every month and speak in the public forum.

Devon County Councillor (Salcombe Division):

Rufus Gilbert Tel: 01548 856659
rufus.gilbert@devon.gov.uk

South Hams District Councillor Charterlands Ward:

Bernard Taylor Tel: 01548 830844
Cllr.Bernard.Taylor@southhams.gov.uk



Modbury Mission Community

To know Jesus and make him known



St George's Church, Modbury



KIDS' CHURCH - Kids' Church resumes on September 15th. **Just for that day, Kids' Church will start at 10:45 am** and meet as usual at the School Hall where the children, age 6 years and over, have their groups. If you have any questions about Kids' Church, please contact s.chapman@modburyteam.org

Rev. Matt Rowland

01548 830260

matt.rowland@modburyteam.org

September	Service	Service Leader
Sunday 1st	Holy Communion 9.30 am	Rev. Oli Long and Rev. Matt Rowland
Sunday 8th	Holy Communion BCP 8.00 am All-Age Service with Baptism 9.30 am	Rev. Matt Rowland Rev. Oli Long and Helen Pickard
Sunday 15th	TEAM SERVICE: Civic Service for the Chairman of South Hams District Council. Service will be at 11 am. Kids' Church will meet at 10:45 am in the School Hall for children age 6 years and over.	Rev. Matt Rowland
Sunday 22nd	Holy Communion 9:30 am Rooted - A service of contemporary worship 6.00 pm	Rev. Matt Rowland Rev. Oli Long
Sunday 29th	Sunday Worship 9:30 am	Gil Snook
Sunday 6th October	HARVEST SERVICE Holy Communion 9:30 am	Rev. Oli Long

CHRISTIAN COMMENT: As I am writing this, the Olympic Games are still in full swing. Whether we are sports fans or not, there is something special about seeing thousands of competitors from around 200 nations, getting together in the spirit of friendship in the various sporting arenas. The aim of the Games is to build a better world through the use of sport, combined with togetherness, equality and diversity, to develop tolerance and understanding between all people, whether they be competitors, spectators, or citizens. It is hoped that this then will generate respect and consideration for oneself, others and the wider environment.

Whether we like it or not, we live in an imperfect world where good and evil mingle and grow. This is evidenced from news programmes and newspapers and social media, which never seem to be short of bad news to report. The 20th Century had its fair share of wars, revolutions and uprisings, all involving the terrible loss of innocent lives. And still it goes on, in spite of the public and private outcry and debates and discussions about what action should be taken and what penalties should be imposed on those who cause such suffering and harm to their fellows.

Often, in times of distress or anger, the 'eye for an eye' type of justice is called for because it is human nature that when we have been opposed or hurt, we wish to seek retaliation in some way. But St Paul tells us that when people hurt us, we should never take any kind of revenge, because a truly Christian way of life means living up to the high demands of the gospel message taught and lived out by Jesus. It means dealing lovingly with those who oppose and make trouble for us, which, according to Paul, means showing respect, and using patience and perseverance. He also tells us that we should pray for our enemies and have the faith that God can work and accomplish his will in us, and in the lives of those who hurt us. We can also pray for peace, and trust that somehow, in God's providence, eventually, inhumanity between individuals and peoples will disappear, and God's will will be done.

Are you aged 17 – 25?

Any person living in Modbury Parish (including Brownston) who is leaving school to start higher/further education or a training scheme, is entitled to a small one off grant from

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OYEZ OYEZ OYEZ

The Post Office is a-changing. Today, on the third day in the eighth month of August in the year 2Ms, 2Xs and 4Is – 2024, Peter and Justine Spade are retiring and next week the new owner will be Jenny Jones, but you will still see many of the present day staff, Steve, Karen and Alison, who will continue to provide a super splendid service.

After 26 years, we do thank Peter and Justine for their many years of service to our community and do willingly wish them both a very long and happy retirement. They will still be around our marvellous medieval market Modbury Town. We further do wish Jenny Jones and all the Post Office staff every possible success. Modbury Town would not be the same without the Post Office here in the centre of our Heritage Market Town.

God save the King

OYEZ OYEZ OYEZ

David Scott



Modbury Friday Art Group

We're a friendly and informal group who enjoy meeting for "a natter, splatter and cake" at the MARS Pavilion, Queen Elizabeth II Recreation Ground, from 10:00am to 1:00pm every Friday.

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More info, call Michelle on 01548 830645.

Michelle Hardisty

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See our 4 page spread in the centre of this Modbury Messenger for activities for under 16 year olds in Modbury, including classes for Fiona's Fancy Feet.

Join our Choir!

The Modbury Gospel Singers have been singing together since 2002. We've recently reorganised to give us more structure and to allow our musical director, Jo Highley, to help us raise our game! We would love to have more people join us so we hope the information below tempts you to give us a try.

Why sing in a choir? Evidence shows that the physical and mental benefits of singing in a choir are extraordinary; a strengthened feeling of togetherness, help regulating heart rate, lung strength and power, reduced anxiety, lifting of mood and general improvement in social wellbeing.

Who can join? We are open to all. No musical background is necessary. You won't need to read music and there is no audition to go through before joining.

What do we sing? What we sing usually has a link to Gospel music - the spiritual songs of enslaved people – but we encompass quite a variety, including music which has derived from gospel and on which gospel is based. We perform occasionally and have sung to support local and national causes – such as Modbury Mayfair, a climate change event at Bigbury and Sing for Water, a regional fundraiser for Water Aid. We usually sing in four parts – soprano, alto, tenor and bass

When and where? We will start again on Thursday 19th September at the Memorial Hall on Back Street, Modbury. Arrive anytime between 7pm and 7.30 for tea/coffee and chat. Singing will start promptly at 7.30 and run through to 9.30. We will meet every week apart from half term until 5 December.

What does it cost? Membership fees are based on £5 a week. Free taster session.

What do our members say?

"singing four-part harmony in a well-run choir has been, for me, good for the mind and body, and good fun as well"

"no matter the day's problems the friendship and harmony the choir provides helps me relax and put them in perspective"

"I love being at gospel choir; it's like therapy. No one person on their own can make the sound that we create when we all sing together; it's inspirational each time"

Check out our website to see the members section with the help provided to learn the songs. modburygospelsingers.org.uk



ACTIVITIES FOR THE YOUNG PEOPLE OF MODBURY

MODBURY BROWNIE UNIT - 7-10 years

Modbury Brownie Unit is part of Girl Guiding UK. It welcomes girls from 7 to 10 years old.

1st Modbury Brownies has been running since December 1967. Maybe you were once a Brownie at this unit?

Where: We meet at the Scout Hut, Queen Elizabeth II Recreation Field PL21 0FS

Day: Mondays during term time.

Time: 5:30 -7:00pm

What do girls do in Brownies?

Brownies follow a programme at our weekly unit meetings: we do lots of fun activities, play games and earn badges, all while being supported by trained volunteers. Your child could earn skills builder badges in themes such as adventures outdoors and life skills such as first aid. Your Brownie can take guiding home as there are lots of interest badges to do in between unit meetings.

What Brownies wear?

We encourage members to wear a uniform to show they are part of the Girl Guiding family. There is a range of uniform available to buy but the T shirt is what we ask you to purchase for your Brownie to wear. Badges can be attached to uniforms, sewn on a blanket or kept in a container. Brownies wear a special metal promise badge after making a Brownie promise.

Who to contact for more information?

If you want to know more, please contact:

Lorraine Phillips (Brown Owl) 07815014931

Email brownowl524@gmail.com

MODBURY ROVERS JUNIOR FOOTBALL CLUB 8-15 years

Modbury Rovers Junior FC is an inclusive club run by volunteers for children.

Boys and girls from 8 yrs upwards are welcome. Sessions are at the Queen Elizabeth II Recreation Field on a Wednesday evening from 5:30pm for around an hour (until the clocks go back).

Children/players will require boots and shin pads to participate, all other equipment is provided. The under-16's team pay a subscription and there are fees when we need to practise under floodlights.



NOAH'S ARK 0-4 years

Are you a parent, grandparent, or carer living in Modbury or the surrounding area? Would you like to come along to a group for 0-4 year-olds on a Wednesday morning during term time? We meet 9:30am-11am at the MARS Pavilion at the Queen Elizabeth II Recreation Field on Chatwell Lane.

We have lots of toys, baby-weighing scales, craft, sensory tray, parachute games, baking activities, story time and singing. At Christmas and the end of the summer term we have parties. You can be assured of a very warm welcome if you come along to this group.

If you would like more information, please contact Louise on louise_rowland@hotmail.com



FANCY FEET 1-11 years

Thursdays, 10:00-10:30am at Modbury Memorial Hall - Melody Bear dance classes for children aged 1.5-3 years old. A fun parent and toddler class, developing dance-based skills and great for growing confidence.

Saturdays at Modbury Memorial Hall

9:00-9:30am - Tiny tot ballet. A dance class for those 3-4 years, learning the basic dance skills, making friends and building confidence in independent learning.

9:30-10:15am - Primary Ballet. A ballet class for those 4-7 years. This class really starts to establish the ballet technique and style and they begin syllabus from the Imperial Society of the Teachers of Dancing (I.S.T.D.).

10:15-11:00am - Grade 1 Ballet. A ballet class for those 7-9 years and a continuation from the Primary ballet class. Although it follows on from Primary, this class is open to those that have never done ballet before.

11:00am-12:00pm - Musical Theatre. This is an upbeat and fun class for children aged from 6-11 years. The class covers singing, dancing and acting. Each term, the group focus on a new musical. This class has a great variety to it.

All of our classes are open to both boys and girls. The first two lessons are trial lessons and are just £3 each to see if your child likes it.

Please contact Fiona on 07800883367 or fionasfancyfeet@gmail.com or visit our website www.fionasfancyfeet.org.uk.

TAE KWON DO

Where: MARS Pavilion, Queen Elizabeth II Recreation Field on Chatwell Lane
When: Monday 17.00 to 18:00 7-10 years old - beginner/progressing students
Monday 18:00-19:00 11-18 years old - progressing/advanced students
Tuesday 17:00-18:00 6-10 years old - beginner/progressing students
Friday 17:00-18:00 8-18 years old - beginner/progressing students

Contact: www.newwavetaekwondo.co.uk

MODBURY CUBS 8-10½ years

We welcome ages 8 -10½ years, boys and girls and our base/meeting point is the Scout Hut at QEII Recreation ground, Modbury, but we do meet off site for certain activities, eg, hikes, kayaking, camps etc.

Our aim is to teach good citizen values such as kindness and respect, whilst learning a large range of new skills in a safe environment.

Contact details :- carolinebower@btinternet.com



BOMBERS GYM – 14-16 years

Our sessions provide a safe and friendly environment for those 14-16 years to learn effective exercise methods and techniques. These sessions are suitable for all levels, it doesn't matter if you've never set foot in a gym before, or if you're a young athlete looking to improve your sporting performance, you'll be able to work entirely at your own level.

More information

- Sessions are mixed sex (ages 14-16y)
- 16.30-17.30 on Tuesday (un-coached), Wednesday (coached), and Thursday (un-coached)
- Drop-in rate: £10
- Membership: £39 (allows entry to all 3 classes for 4 weeks)
- Training programme provided for all sessions
- Appropriate gym clothing must be worn

New Joiners

These must attend the coached session on Wednesday to be cleared to attend any un-coached sessions.

1st MODBURY SEA SCOUTS – 10 ½-14 ½ years

Modbury has a thriving Sea Scout Troop. The Troop is open to all between the ages of 10 ½ to 14 ½ yrs olds. The Troop meets normally on a Thursday at the Scout hut at the Modbury Recreational ground at 19.30. Meetings and activities take place during the school term time.

The aim of Scout troop is to:

- Master new skills and try new things
- Make new friends
- Have fun and go on adventures.
- Explore the world around them
- Help others and make a difference, in their own communities and beyond

We aim to run a varied programme of activities throughout the year. Typical activities have been gig rowing, kayaking, night hikes, craft evenings, First Aid training, map reading and navigation, to name a few. We also look at taking the Scouts away for a weekend or two camping and we normally take part in the Hurdlestone Challenge which is an activities weekend in East Devon which is a favourite of the Scouts.

Cost: A basic fee of £40 per term per child, which covers the cost of running the Troop, is required. Trips, camps and activities that take place away from the usual meeting place are usually charged separately.

If you are interested in your child joining our troop, please email davidwest62@btinternet.com. We are also looking for adult volunteers to assist with the running of the troop or to be part of the committee. If you think you could help in anyway, please send an email to the address above.

For more information on Scouting please follow the link <https://www.scouts.org.uk/>



MODBURY TENNIS CLUB – COACHING FOR 4-18 years

Modbury Tennis Club runs an extensive junior tennis program located at Queen Elizabeth II Recreation Field. We offer term-time tennis training with junior groups running Tuesdays after school until early evening and holiday camps.

Tim Brealey, our club tennis coach, who can be contacted for further details and individual needs on timbrealey@yahoo.co.uk, or [07972895975](tel:07972895975) provides all-year-round tennis coaching from 4 years to 18 years, as well as a popular school lunchtime program at Modbury Primary School.

Tim also organises junior matches and tournaments, as well as individual coaching for those players who want to fast track their tennis performance.

Full details available at

www.clubspark.lta.org.uk/ModburyTennisClub

Or contact: info@modburytennisclub.uk

Or Chairman 07968 777141



MODBURY TIDDLERS PLAYGROUP – 0-4 years

Come and say hello! For families with children 0-4 years at Modbury Memorial Hall in term-time on Fridays, from 9.15 – 11.15. The last Friday of the month is Out & About Day, details of which you will get beforehand. Tiddlers includes sensory play, crafts and a dedicated baby area with dress up costumes, ride on toys, funtoys and lots more. Refreshments provided for adults and a healthy snack provided for your children.

Find Modbury Tiddlers on Facebook and Instagram.

Contact – mail@modburytiddlers.org.uk



MODBURY CRICKET CLUB JUNIOR TEAM - 14 years+

The Modbury Cricket Club is interested in forming a junior team.

Are you inspired by cricket? The Ashes. Gentle days of bat on ball, on a level green pitch. Sun shining, no pressure. The Modbury Cricket Club would welcome you to the Club. They do nets on a Thursday from 5.30-7pm at the Rec. They can supply kit. They play on Sundays through the Summer.

For more info contact Mark Trevethan mpctrevethan@gmail.com.



Modbury Players' next Pantomime is

'Rapunzel ... and Friends!' on 23, 24 & 25 January 2025

Rehearsals will take place on Saturdays and Sundays in October, November, December & January

There will be a role for everyone who is interested!

Come along to find out about it all and sign up to be part of this fabulous show.
You are welcome to attend the meetings below on

Saturday 5th October:

Open Meeting 11am to 1pm upstairs at the White Hart Hotel

There are roles for children and adults

Roles will be onstage or behind the scenes - everybody is welcome

And

On Sunday 6th October

Workshops 2 to 5pm at the Memorial Hall

Exciting workshops for adults and children

Come along and take part – join in and find out about

Singing, Dancing, Acting, Stage/ Scene Painting

and also

Dress up in some of our fabulous costumes

Learn about sound mixing and the technical stuff

Learn about all the work that goes into producing our fabulous shows



An Apothecral Tail

Aestas



I have had the pleasure of making Rose Water for around 70 years. My first attempt was as a child. I put rose petals from the garden into a bottle from my father's chemist shop. Filled with water and, in those days, a cork stopper. The resulting potion was unpleasant, of course, though accepted graciously by my mother.



I have been making "proper" Rose Water, since then, in chemist shops, for 60 years or more. The preparation of Rose Water is one of the more pleasant pharmaceutical manipulations. It involves diluting Concentrated Rose Water with water. Concentrated Rose Water is a solution of Rose Oil in ethyl alcohol. Consequently, Concentrated Rose Water is very volatile and tends to reflux slightly as it is poured. As a result, the process inevitably results in a lingering fragrance of rose on the operative's fingers. Beautiful!!

Roses have been used medicinally for thousands of years in Egypt, Persia, Greece and Rome, etc.. The rose is the national flower of England and the White Rose of Yorkshire and Red Rose of Lancashire are well known. These are most likely artistic impressions of native roses of which, I think, there are around four species. The familiar garden varieties and hybrids are probably not derived from native species, but were introduced from species brought here by those Roman chaps. Whatever did the Romans ever do for us? It seems likely that these included **Rosa gallica**, *Rosa Gallica* gets its name from Gaul from where it was brought. It seems likely that our garden roses are derived from this species..

One early derived variety is the semi double **Rosa gallica Officinalis, The Apothecary Rose**. It is this species that is here featured; seen in my garden. This species featured in the first UK pharmacopoeia i.e. the Pharmacopoeia Londinensis published by the Royal Society of Physicians in 1618. Tudor practitioners of the time, such as Culpeper and Gerard, wrote that roses "cool, bind and strengthen both vital and animal virtue, restores such as are in consumption".

Rose water was first produced by Avicenna, a Muslim philosopher and physician of the 11th century. Often regarded as the father of modern medicine, he practised in Iran. It is interesting to me that he, along with Galen, is one of the bearers of the coat of arms of the Royal Pharmaceutical Society of Great Britain, now, sadly replaced. He probably prepared the rose water from *Rosa Galenica*. It is said that he filled a trench with rose water around a wedding celebration. The heat of the sun evaporated the rose oil resulting in a fragrant atmosphere. This part of the world is the origin of our fragrant roses, think Turkish delight.

More recently another cultivar from *Rosa gallica* was developed - **Rosa damascena**. This is now the main source of rose water which now comes predominantly from Bulgaria. Rose oil fetches around £7,000 per litre.

Rose water is of course now used as a skin toner. It has also been shown to be beneficial for inflammation, diabetes, dysmenorrhea, depression, stress and seizures as well as being antibacterial and anti-cancer.

At this time of year around Modbury, the specie roses such as the wild varieties and my apothecary rose are producing **rose hips**. During World War 2, there was a shortage of citrus fruits and therefore vitamin C. Rose hips were recognised as a source of vitamin C. Scott and Tuner of Wallsend, Newcastle, produced Delrosa Rose Hip syrup (and incidentally Andrew's Liver Salts). By 1943, 500 tons of rose hips were producing 2.5 million bottles of syrup, equivalent to 25 million oranges. Clearly the demand for rose hips was enormous. Children were paid 3d (old pence) per pound for collecting rose hips from hedgerows. WIs were also involved in this war effort. Rose hip syrup was provided free through clinics long after the war.

I clearly remember in the 1950s receiving my daily dose of cod liver oil sweetened with a dose of Delrosa.

Fiat cum secundem artem

Edward Holt

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Ivybridge u3a September Meeting

Monday 16th September 2024 at the Watermark Centre, Ivybridge

The speaker, Chris Coote, will share his experience of developing Concorde the supersonic airliner. Chris worked at Filton, Bristol for over ten years.

The event is open to members and to those no longer in full-time employment who want to find out more of what u3a has to offer.



Modbury Branch Royal British Legion

The next Social Gathering of the Modbury and District Branch of the Royal British Legion will take place in The White Hart on Friday 6th September starting at 7pm. Names to Duncan Squires (07889 825986).

The next Business Meeting of the Modbury and District Branch of the Royal British Legion will be the AGM taking place in The Club on Wednesday 2nd October starting at 7.30pm. New members are always most welcome.

David Scott



Modbury History Society

The Society meets at the QEII Pavilion situated in the Recreational Grounds, Chatwell Lane, Modbury, PL21 0FS, where there is ample parking. Monthly meetings start again at 7.35pm on Monday, 9th September when Kathryn Kelly will tell us about 'Life on the Rocks' an account of her family's long service as lighthouse keepers. PLEASE NOTE that the society is now going to meet on a Monday evening rather than a Friday. Membership is £20 annually for a series of eight talks, but you are most welcome to come along to a talk if you are not a member for a fee of £5.

Please visit the Modbury Heritage website where, amongst many other things, there are old photographs of Modbury as well as local scenes from postcards.

The Time Team films of the 3-day dig, which took place in Modbury in June 2023, are now available to view without charge on YouTube.

Please contact me if you would like to know more about the society:

rosiejaneparker@gmail.com

Rosemary Parker

walk&talk

The September walks are on 3rd, 10th, 17th and 24th.

The venue and travel arrangements for each of the walks will be discussed and decided at the previous week's walk.

Walk Leader contact details:

Sue Rogers	01548 831289
Ann Brooks	01548 550300.
Jean Wright	01548 810029
Catherine Speight	01548 830195

Sue Rogers



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Holbeton Film Club

September's film is **Wicked Little Letters** (certificate 15 - very strong language, strong sex references!). A riotous comedy based on real events in Littlehampton in the 1920s.

This is showing on **Saturday the 14th September 2024** in Holbeton Village Hall. Doors open 7pm. The programme starts at 7:30pm. Tickets on the door still only £4 (cash only). Ice creams will be on sale for £1.

Our programme for the rest of 2024 is:

Anatomy of a Fall, 15 Friday 11th October

Vindication Swim, PG Saturday 9th November

Wonka, PG Friday 13th December

Harry Baumer 01752 830274, harryluson@gmail.com



Harry Baumer

INTENDED MONTHLY FLAG HOIST AT PALM CROSS GREEN - September

Date	Masthead	Starboard Yard (Plymouth) - West	Port Yard (Modbury) - East	Event
03	Red Ensign	W1stsub2	Ans1933rdsub	MN Day. Start of WW2 1939
07	London Flag	BLITZ	Ans1940	Start of London Blitz 1940
08	Paralympic Flag	PARIS	Ans202nd4	End of Paralympic Paris Games 2024
13	Army	QUEB3rdsubC	1759	Battle of Quebec 1759
15	RAF Ensign	BRITAN	1940	Battle of Britain Sun/Day 1940
16	St George Cross	MAYFLR	1620	Sailing of Mayflower 1620

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Palm Cross Allotments Association

Do come and join us!

With the growing year coming to an end, it's a good time to think whether you might like to take on an allotment for the next year coming up. It looks as though some plots may come available and we are always glad to have new people join us.

It doesn't matter whether you are an old hand at this growing business or just always fancied giving it a go. (Many of us are just giving it a go...) Usually, there are available full plots, or half plots, depending on how much space you want and work you want to put in!

So do come and have a look around. The Palm Cross Allotments are easy to find - go down the path across the road from the school into the Palm Cross Estate and you'll find the Allotments on both sides.

And if you want to know more, do contact me, Simon, on safranklin@btinternet.com. One of us would be delighted to show you round. Or, if you want to put your name on the waiting list, get in touch with Modbury Parish office who hold the list for people wanting Allotments.

We look forward to meeting you.

Simon Franklin
Chair of Palm Cross Allotments Association



St Luke's Hospice Open Gardens

Bowingsleigh, Nr Kingsbridge

Sunday 8th September 14.00 - 17.00

This is one of my favourite gardens of the area, comprising 10 acres of private established gardens hidden in a peaceful valley in South Hams' AONB. It has a stunning collection of hydrangeas, which excel this year after the wet spring. Two large arboretums include many rare trees, best seen in September as they start to don their Autumn cloaks. Last year, I even heard a cuckoo there!

Do come and support your local hospice. The venue is well signposted. Further details from

[Open Gardens | St Luke's Hospice Plymouth \(stlukes-hospice.org.uk\)](http://stlukes-hospice.org.uk)



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Cakes

If you can make a cake for sale, but cannot attend, please deliver it to me at 30 The Moorings, Embankment Road, Kingsbridge TQ7 1LP or phone 01548857507.

Colin Pincombe

The Benefits of Yoga

The benefits of having a regular yoga practice and a sense of belonging within a community: In our fast-paced world, it's easy to overlook the profound impact that community can have on our mental and physical health. Beyond providing a sense of belonging, communities offer many benefits contributing to a happier, healthier, and more fulfilling life. Let's explore the transformative effects of yoga and community on our overall well-being.

Social Connection and Emotional Support: One of the most evident advantages of being part of a community is the social connection it provides. Humans are naturally social creatures, and meaningful relationships play a crucial role in our mental health. When we engage with a community, we forge connections that offer emotional support during both triumphs and trials. Knowing that you're not alone in your journey fosters a sense of belonging, reassurance and comfort and reduces feelings of isolation.

Reduce Stress and Anxiety: Strong social ties within a community have been linked to lower levels of stress and anxiety. When we have a support system, we're better equipped to handle life's challenges. The simple act of talking to someone who understands and empathises can provide immense relief. Having a regular yoga practice links nicely to having a sense of belonging, and being part of a community. At Wellness Warriors, you will always be greeted with open arms and everyone is welcome whether you can touch your toes or not!

Physical Health Benefits: Beyond the mental and emotional advantages, the physical benefits of community cannot be overstated. Engaging in group activities often leads to increased levels of physical activity. Whether it's a morning walk with a local walking group or group of friends, or a yoga class at a local yoga studio (like Wellness Warriors on Modbury High street), these shared pursuits encourage regular exercise as well as increased consistency. This not only improves cardiovascular health and strengthens muscles, but also boosts our immune system, making us more resilient to illnesses and disease. Moreover, communities often foster environments that promote healthy habits - from communal gardening dates that encourage learning new skills and fresh produce consumption to group meal-prepping sessions and chats that prioritise nutritious eating. These combined efforts towards a healthier lifestyle have a cascading effect, contributing to a more robust and vibrant physical well-being for each member of the community. The collective commitment to health radiates, creating a positive impact that resonates far beyond individual boundaries. These activities not only keep us physically active but also provide a fun and social outlet.

So, let's embrace the power of community and reap the countless rewards it has to offer. Together, we can create a stronger, healthier, and more fulfilling future for ourselves and those around us.

Ready to experience the transformative power of community and yoga for yourself?

Wellness Warriors Yoga Studio has moved to the high street, we are so excited to welcome you all to our new space at the start of September, our new address is: 2C Broad Street, Modbury.

We have a **FREE open day** on the **28th of September** with free yoga sessions to attend, discounts on their wellbeing shop, and Matcha samples throughout the day. Pop in and chat with Becky for more information throughout September and take the first step towards a happier, healthier you!

Becky Hickman
Wellness Warriors Yoga Studio



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Do you living in Modbury?

**If so, why don't you join these groups and
meet and make new friends?**



Ladies and Gents Who Lunch
(Cost £15-20)
Meeting fortnightly in local pubs
Contact Liz to book: 01548 830313.

Ladies and Gents Who Stroll and Chat (Free)
Wednesdays 11-11.30 am Poundwell Meadow
and then at the Cool Bean Café
Contact Wendy for info: 01548 831219

Ladies and Gents Who Take Trips Out
(£ please ask)
Meet at Modbury Post Office; 9.30- 4.30pm
Contact Liz for info and to book: 01548 830313.

Ladies and Gents Who Craft, Knit, Colour
(or simply sit and chat) (cost £3)
Memorial Hall - Thursdays - 2-4pm includes tea
Contact Wendy for info: 01548 831219.

Ladies and Gents Who Get Active (cost £3)
Seated dance and singing - MARS -
3rd Wednesday of the month 2.30-4.30pm
Includes tea and cake
Contact Jenny for info and to book 07787786594

Ladies and Gents Who Meet for Coffee
Mondays - 11 am - Cool Bean Café
All welcome to join the table.
Contact Wendy for info: 01548 831219



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Socialise**



Modbury and South Hams Creative Writing Group

We at the Modbury and South Hams Creative Writing Group meet every month to read and discuss our work. We are a small group of lively individuals who write for all sorts of different reasons. Each month we set ourselves a challenge or theme to hang our ideas on (although we have been known to completely digress).

A recent challenge was 'Perspectives'. Most responses came in the form of short stories, with a particular emphasis on the perspective of the storyteller. Below is a submission which one of our members brought to the meeting. It is told from the point of view of a very wily cat!

We are keen to welcome new members, so if you enjoy creative writing, why not join us. We meet usually on the first Saturday of the month at the MARS Pavilion, Queen Elizabeth II Recreation Field in Modbury at 10.00am. Call Jody Fendick for details: 07502 009103. www.facebook.com/modburyc creativewritinggroup

Mandy Field

Framed

It had been precisely twenty-four hours since I'd last been fed. Just as the BBC Evening News started at six o'clock, the human got up from the sofa, walked into the kitchen and emptied a few dusty cat biscuits into my bowl. And now the dongs announcing the beginning of tonight's BBC News were blasting from the television and she hadn't yet stirred.

I was here first. I inherited her. Her and that ridiculous excuse for a dog. It wasn't a proper dog. It was a mixture and a ludicrous one at that. A 'Cockerpoo'. In my day we'd have called it a mongrel. With its too-long tongue and boundless energy, it really was the most annoying creature. And so spoilt. It had never-ending treats. No wonder it was as fat as butter. If it had an accident on the floor, it got a gentle scolding. If I so much as dared to leave a small deposit on the stair carpet, I was hurled outside like a bowling ball.

The human had arrived home earlier with a box. I could hear scuffling inside it. The dog, burying its nose into the box was gently shoo'ed out of the way. The human reached inside and pulled out a grey baby bunny.

It was beautiful. Plump and innocent. Holding the bunny in front of the dog she allowed him to sniff it. 'Gently now' she admonished. Spying me, she directed a well-aimed kick and I shot out into the neat garden with its box hedges and stripy lawn.

I sprang from the path onto the wall and for a while watched the bunny loping around its new run. I had a bird's eye view. Lovely as she was, her arrival had demoted me even further down the domestic pecking order.

I heard a bag rustle in the kitchen. At last! I was getting my dinner. It was bound to be measly. I'd probably hunt tonight. A fledgling, snatched, all sleepy from its nest or a blind shrew. I'm not too particular when it comes to food. I just like to eat.

Suddenly the dog raced in the kitchen. Clearly up to no good, I followed at a distance. Ah ha! There he was - fat bottom in the air, his nose in MY food bowl! Whatever scant crumbs being bestowed upon me were being devoured by this chubster! This was the final straw. I began to plan.

I glanced behind me into the house. The human was watching a noisy game show. Her feet shaking as she cackled at some banality.

The fat fool, sated on my biscuits lay on the grass, snoozing again, paws twitching.

Behind the bars of the run the bunny was bundled up, like a powder puff. Nibbling daintily on a carrot.

With one deft flick of my paw, I opened the run and stalked in. She carried on nibbling. Her bites slowing as her round eyes took me in. I crept nearer. She stared at me unblinkingly but didn't move. Her button nose twitched as she sniffed the air. I took another step forward. Still, she didn't move.

Her trust was heartbreaking.

I moved closer. The bunny eyeing me, curious now, tiny flecks of carrot on her whiskers.

Tensing, I stretched low. The grass tickling the underside of my belly. My hackles rose. The air around me stilled. Evolutionary constraints forgotten as my predatory instincts surged. A musky scent of fear spilled from the bunny as she realised her fate. Too late. I pounced, my jaws locking around her neck. One sharp twist and I felt her neck snap. Her body flopped and she urinated, it splashed onto my paws and I dropped the still twitching body onto the grass. Too, too easy I thought sadly. I admired my handiwork. She looked as though she was sleeping peacefully. Only her skewed head, twisted like a broken barbie, giving the game away.

Taking the bunny by its neck I sank my incisors into the carotid artery. It punctured with a pop and warm, sticky, bloody spurted, spilling onto the grass. Taking care not to get any on myself, I carried her out of the run over to the sleeping dog and dropped her in front of him. His nose twitched and he began to sniff. Hesitantly he got to his feet assessing his new plaything through sleepy eyes. Burrowing his sharp, little teeth into her fur, he shook her small body, showering droplets of blood everywhere. I sidestepped smartly as some rained towards me, compromising my plan of innocence.

Spying three milk bottles still awaiting collection I stalked towards them, thrashing my tail. One by one they toppled, crashing onto concrete.

From indoors I heard a sigh, then the groan of the sofa as the human lifted herself up and padded into the garden to investigate the smash.

This was it.

I leapt onto the brick wall, concealing myself in the late afternoon shadows.

I watched.

One... Muttering threats, a promise of a sound beating for the culprit

Two... She stopped at the threshold, frowning. Eyes puzzled as her brain sought to process the bloody carnage.

Three...And there it was. A bloodcurdling scream.

Startled, the dog bounded over. His face bloodied, grey fur sticking to his nose. Jumping up excitedly, his paws decorating her white dressing gown with rusty prints.

The horror on her face turned to anger as realisation set in. The face that usually gazed fondly on her four-legged bundle of joy was now furious. Sensing her rage, the dog dropped the bloody bundle at her feet and lay down, his tail slowing nervously, his eyes sideways.

Reaching down and grabbing the dog by the scruff of his neck, all four feet lifting from the floor, she catapulted him inside.

My plan was to lay low for a few days. She'd be upset for a while. Then, she'd miss my presence and maybe begin to appreciate me.

Licking my paws clean, I watched as a solitary fly landed on the bunny's stiffening corpse. I closed my eyes, my body curled, warming in the last few rays of evening sunshine.

My work here was done.

Modbury Messenger October 2024

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