

# MONACHORUM MATTERS

FREE

Issue 68, January 2025

The newsletter for Zeal Monachorum and St Peter's Parish



*Monks Croft in winter clothing, photo courtesy of Jane Hogg.*

## EDITORIAL

To everyone, a happy and prosperous new year. On behalf of all on the Magazine Committee, our thanks go to all our contributors who, throughout this last year, have made the magazine special. We cannot exist without your articles and support; please continue: your effort and input is much appreciated.

Since taking over, there has been the odd response from those who feel editing has not been to their liking; the committee are aware of their desire for preference. Yet paper and print costs have escalated since we began and we now run at a loss. To keep costs down, we need to consider Burridge print runs in batches of four pages and so some editing is inevitable. We must print all adverts as they have funded us to date. Whilst making efforts to include as much as we can from everyone else, sometimes space becomes limited, with some submissions crunched up or even partially omitted. Hopefully this is not too intrusive to everyone: do send in your views of the magazine. Please tell us what you want to see and please write us a story—not political or controversial—send it to the e-mail below and we will publish you! The deadline for the February edition is Monday 6<sup>th</sup> January. Mike

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# NOTICES and EVENTS

## Village Hall

8 Jan Bingo doors open 7pm eyes down 7.30pm £5

11 Jan Market 10-11.30am

**Cheer up January Party** Village Hall, Saturday 7pm 18 January 2025. After the success of last year's party, we want to give you a great time again. Everyone very welcome, no need to book. Bring a plate of food to share and your own drink & glass. Grand Draw, Admission £2. For more information contact 01363 82606

13 Jan **Village walk**, 2pm start from the Bus Stop at the Church car park.

27 Jan **Bow & District Historical Society** 7.15 for 7.30pm speaker Tracey Norman - Plants, Poulitces and Persecution. Bow Village Hall EX17 6HU Everyone welcome Annual Membership £15 visitors £4. Enquiries 01363 82468.

**November Rainfall**, courtesy of Margaret Harris. After 15 dry days at the beginning of November, we still managed to have 121mm of rain and snow the rest of the month. The driest November since records began in 1996 was 2004 when we had 44mm, the wettest November was 2009 when we had 200mm!

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# VILLAGE HALL

**The AGM** was attended by 34 people. The Treasurer reported an income of £19,013 including £11,000 in grants and expenditure of £29,028 of which £24,899.29 was on Hall improvements. The balance held is £36,545.50.

Three Committee Members are retiring this year who have contributed a tremendous amount: Sue & Martyn Down have served on the Committee for over 25 years and now in retirement from work they want to be free to maximise use of their caravan. Sue has kindly offered to continue, for now, with Bingo and the Flower Shows; and Jan Summers after 12 years of service, four as Secretary. She intends to continue her baked goods stall at the market. It wasn't necessary to hold a vote for the Committee as there were 6 candidates for the 6 seats, so returned unopposed are: Claire Lewis, Margaret Harris, Simon Allanson Bailey, Mike Bostock, Stella Beavan, Erica Eden, the three representatives are Peter Heal [Parish Council], Delia Wainwright [WI], Tina Young [Parochial Church Council].

**The Chair** reported on the restoration work done this year. Guttering, downspouts and drains have all received work to reduce ingress of water, damp and mildew. As the toilets' interior floors are 6" deeper than the exterior ground, channels against the exterior walls have been dug as deep as possible and cemented with ACOS drains. The serving hatch lowered with new shutters. Window shutters were fitted in the main hall. Floor boards and joists have been repaired/replaced at north-west end of the main hall. Walls at east & west end re-pointed with lime mortar and missing stones replaced, high windows re-sealed, wooden fascia replaced with wood look-alike black plastic. Stonework at lower levels at both ends will also be re-pointed when weather permits. Insulation of main false ceiling in the hall and reflective foil installed behind radiators. Coming soon new exterior door at east end and new fire-door at west end.

**Future work** is partially dependant [sic] on the success of our external funding application; it is hoped to do the following : work to reduce damp & mildew, insulation, larger access hatches, rodent proofing where possible in the toilets; piping hot water from the ladies to gents hand-basin, removing the existing electric water heater; install ventilation & low powered background heating for all and a sensor for lighting in gents toilets. Lastly, lay flooring in toilets if moisture levels allow. Hall lighting to change to LED: strip lighting replaced, wall lights to be installed on north & south walls. Install additional sockets on north & south walls. Removal of hanging heaters.

None of what we do would happen without the goodwill of those on the committee who give their time, energy, experience & skills, often spending their own money making food, providing draw prizes etc. After the AGM people enjoyed wine, cheese and a slide show of 50 years of Zeal life.

Erica Eden.

# ZEAL MONACHORUM WI

Mixed emotions befell us at our November meeting. On one hand there was the preplanned making of Christmas crackers (for our Tinsel Tea event on December 1st) whilst on the other, learning, that very evening, of the death our beloved secretary, Jan Hollingsworth. A good few of us attended Jan's funeral later in November, led by another WI member, Jackie Watson. Rest in Peace Jan.

The hall, decorated for our Tinsel tea, looked quite the part. Fairy lights, silver tinsel wall hangings, lovely table decorations, thanks to Hazel and Sally and our homemade crackers gave the hall a festive atmosphere. A choice of finger sized sandwiches were on offer. Also pigs in blankets, cucumber and smoked salmon bites, homemade scones, bite size ginger and plain iced sponge, mince pies and a meringue. Our busy helpers served tea or coffee, Prosecco was available for a small donation.

A pamper hamper, festive food hamper and a pack of three bottles of wine were in the raffle and our "bottle in a bag" raffle which was a bit of a gamble in so far as the winner didn't know if their ticket would produce a bottle of whisky, tomato sauce or nothing!! The delightful sound of chatter filled the hall and all agreed it was a success. We are extremely grateful to all who attended which made all the work worthwhile. As is usual, grateful thanks to The Waie Inn for supplying the flutes for the Prosecco.



*Photos of the Tinsel Tea courtesy of Erica Eden.*



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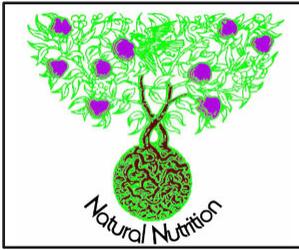
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## A NEW YEAR, A HEALTHY NEW YOU?

The start of a new year is the perfect time to think about your health and lifestyle and make some positive changes. Most of us simply resume our usual eating pattern after the indulgences during Christmas, but have you ever thought a little more deeply about whether or not you have been providing yourself with the very best nutrition that your body needs on a daily basis, even before the festivities began?

Each of us is a unique being who requires the correct balance of 50 essential nutrients in the form of fats, amino acids, minerals, vitamins and other crucial substances such as oxygen and water, to keep our metabolic functions running properly. If we are deficient in one or a number of these nutrients, we may be lucky and carry on as normal for a short or long period of time without consequence, or we may lack energy and be less resistant to infection, or we may become ill. As well as those 50 essential nutrients, there are also numerous non-essential nutrients that studies are showing to be of high importance to our health. Known as phytochemicals, (plant chemicals), they include antioxidants which protect our cells and DNA from oxidative damage, though that is just one example of the many functions of phytochemicals. Their significance is such that they have been labelled 'nature's pharmacy'.

The modern diet is often high in saturated fats and sugars. Processed foods make up a high percentage of the daily calorific intake for many people which is detrimental to the health of those individuals, especially if the intake of fresh vegetables and fruits is also low. However, even a person with a seemingly balanced diet may be lacking in some nutrients. Some soils in which crops are grown may lack certain minerals, certain cooking methods or storage may have depleted some nutrients, or the individual may not be efficiently absorbing some nutrients.

It is my routine as a Nutritional Therapist to carry out a nutrient deficiency assessment for each client. A dietary plan can then be designed for that person, specific to their needs and any health conditions they may be experiencing. (NB my services do not replace medical care!). For January only, I am offering my services at half price, so that even those who have spent too much over Christmas may still be able to take advantage of a nutrient deficiency assessment and a bespoke dietary and supplements plan, as well as nutritional advice for current health conditions where possible. Please see my advert for details.

Here's wishing you all a happy and healthy New Year  
Jacqueline Bourne, Natural Nutrition.



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## **JANUARY Garden Advice**



**Kick off the New Year**  
by preparing for a flourishing  
growing season ahead, with  
**January Gardening Advice,**  
courtesy **Bow Garden Centre.**

1. Recycle your Christmas tree by shredding it for mulch.
2. Dig over any vacant plots that have not been dug already. Turning the soil will expose pests to hungry birds, helping you keep your pest population under control.
3. Protect any tender plants with fleece or take them into the greenhouse.
4. Prune Apple and Pear trees while they are dormant, between leaf fall and bud burst, and apply Winter tree wash and pheromone moth traps. Now is a great time to do this.
5. Use this time to carry out any repair work in your garden. Fix fences, garden gates and furniture now, ready for the Spring
6. Take a walk around your Winter garden, and look for gaps where you could add some Winter colour.
7. Plan, plan, plan! Whilst you've got some time spare, take a minute to plan your garden for Spring time planting. Bow Garden Centre have a large selection of seeds and bulbs in store to choose from, so you can start planning now!
8. Get your propagation needs now - such as seed compost, plant pots and trays. Be prepared so that you are ready to get ahead for the season.
9. If you have planted potatoes in planters take them into the greenhouse to avoid them getting frost damage.
10. Continue to provide food and water for birds. It's particularly hard for them this time of year with the cold weather conditions and reduction in the number of food sources accessible to them.

Bow Garden Centre is a great place for all your garden essentials, including an expanded range of trees, plants, shrubs, bulbs, and seeds. Also plenty of gardening tools, garden buildings and everything you need for gardening, plus fish and pet supplies, a lovely warm, welcoming Waterside Cafe, and Post Office services too!

[www.bowgardencentre.co.uk](http://www.bowgardencentre.co.uk), 01363 82438.

# FISHING CLUB CHAT

**Hi All.** Happy New Year to everyone. I'll start with the bad news. As you know were not compensated by our last insurance company after we had been with them for 15 years, so decided to cut our losses and go with the NFU. We are insured for absolutely everything, including legal fees, which means we can sleep safely in our beds knowing that we have full cover for every member. Unfortunately the fee for this has trebled. One member who wishes to remain anonymous has paid for the current year, but we now have to think about being able to pay for next year, so unfortunately our fees are going to have to go up to £70 per adult for the year, but both juniors will stay at £16 and day tickets at £7.

We are being carried at the moment by the sales of our calendar and the generosity of one member. Hopefully you are all happy with this and will understand the situation. At some point in January we will have to have a meeting to discuss our future regarding our new club hut and the moving of the old hut being made into a boat house.

Tight lines

Ken and Jane.



Zeal Monachorum Fishing Club  
Tel. 07749 329832

Full Members	£70
Juniors	£16
Day Tickets	£7

*Margaret Down catches a carp,  
photo courtesy Ken Hogg.*

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## NOTES FROM WOOTTON TOP

Wishing everyone a happy and healthy New Year! Where did that year go? I can still remember when there used to be 365 days in a year and we had to wait for Christmas to come.

Well I made the mistake last month by saying what a beautiful Autumn we were having, but mother nature has a way of balancing out and we had a big shock when the unannounced snow arrived followed by the power cuts, then the heavy rain and the high winds. The next 2 weeks were spent clearing drains, pipes, fallen branches and some trees blown across roads, winter has certainly arrived. The stock didn't need a lot of persuading to come in during the storms and I'm sure their cosy straw beds looked good.

Being born, bred and lived in the Zeal Monachorum parish all my life, I was taken back whilst on my trip around the roads checking on the livestock to be asked if I had lived here long? I replied I had lived in Zeal for quite a while, to which they replied we can still hear your Birmingham accent!!! I Baint Shure ware ee erd thet frum.

All the best for the New Year from Graham and Ruth.



*Wootton Top in the snow, photo courtesy Ruth Friend.*



## UPPER YEO and TAW MDDC —councillor's report November 2024

**Christmas 24-hour free parking** 24-hour free parking will be available in the Council's long-stay car parks in the run up to Christmas. This year will continue to see the addition of an extra day to make it five Saturdays of free parking leading up to Christmas! More details on <https://www.middevon.gov.uk/free-parking-in-run-up-to-christmas>.

**Transport.** Members and residents may wish to participate in the current consultations on transport and active travel infrastructure including cycling and walking route proposals like Boniface Trail between Crediton and Exeter. The consultations end at the end of November. Boniface Trail has two options, you can help to choose one: either <https://www.devon.gov.uk/haveyoursay/consultations/boniface-trail/> or Countywide Local Cycling and Walking Infrastructure Plan (LCWIP) at <https://www.devon.gov.uk/haveyoursay/consultations/countywide-local-cycling-and-walking-infrastructure-plan-lcwip/>

**A Green Impact Fund** has been introduced by Government to support local businesses and community organisations adopting sustainable practices and carbon-free technologies, with grants from £5,000 to £50,000 now available . Applications must be submitted by 29th November 2024. Grant must be spent by 31st March 2025 Contact [DCC.Green.grants@devon.gov.uk](mailto:DCC.Green.grants@devon.gov.uk) or Mike Bomford, [mike.bomford@devon.gov.uk](mailto:mike.bomford@devon.gov.uk)

**MDDC error in social rent calculations.** The historical under- and overpayments were identified in MDDC social tenants' rent. The difference were not very significant but because the error was carried on for many years it built up to significant amounts. The undercharges are not going to be claimed back but the future rent will be recalculated with the appropriate correction. The tenants who were overcharged will be informed and will get the refund. The recalculation will be personalised and transparent for every tenant. MDDC apologise for the inconvenience and are working hard to correct errors as quickly as possible. For further details see: <https://www.middevon.gov.uk/rent-corrections/>

**Planning Portal maintenance.** The MDDC Planning Portal will not be available from Wednesday 4th December and Thursday 5th December 2024. If you require any information it would be best to download this beforehand.

Natalia Letch.

# St Peter's Church

**Dear Parishioners**, a happy new year to you all from St Peter's Church A new year brings new beginnings, with resolutions made and broken. As we begin 2025 I was hoping to say that our new vicar would have been appointed but that is not happening at present, the post is being advertised again in January. All our services will continue as they are now including our second Sunday Holy Communion service. On the first Sunday in January we will celebrate Epiphany, the visit of the Magi to Bethlehem which falls on Monday 6th. **Below is the rota of duties for January:—**

**January 5th at 10.00am** —Christmas 2/Epiphany (lay led) —All Age Worship  
Old Testament                      Isaiah 60: 1-6                                      Mr Colin Crothers  
New Testament                      Matthew 2:1-12                                      Mrs Tina Young  
Sidesman                                      Mr Tony Brealy  
Flowers                                      Margaret Down

**January 12th at 6.30pm**—The Baptism of Christ—C W E  
Old Testament                      Isaiah 43: 1-7                                      Mr Graham Rounsley  
New Testament                      Acts 8: 14-17                                      Mr Robert Peck  
Gospel                                      Luke 3: 15-17,21-22                                      President  
Sidesman                                      Mr Colin Crothers  
Altar Flowers                      12th & 19th                                      Miss Lynn Warren  
Church Cleaner                      Mrs Sally Rowden

January 19th —No Service

**January 26th at 3.00pm** Epiphany 3 — BCP Evensong  
Old Testament                      Nehemiah 8: 1-3,5-6,8-10                                      Mrs Jane Hogg  
New Testament                      Luke 4:14-21                                      Miss Lynn Warren  
Sidesman                                      Mr Colin Crothers  
Altar Flowers                      26th & 2nd February                                      Miss Margaret Harris

On December 7th we held our Christmas Fayre in Church. Thank you to everyone who ran the stalls, donated items and all who came along and supported us on what was a very blustery afternoon. A special thank you to Margaret Harris for her magnificent cakes. The sum raised was £790. The full balance sheet will be displayed at the back of the church.

**Finances** January 1st is the beginning of our new financial year. Would you like to make a donation by weekly envelope, monthly or annually by standing order or join the Parish Giving scheme? Your donation is collected monthly by DD and all income tax recovered is paid back to our church each month. If you are new to our parish and would like to support the church, more details are available by contacting our treasurer Becky, Telephone number 07841 027617. *Best wishes Margaret (Churchwarden)*

## A NEW YEAR QUIZ

1. What is the first country to enter the new year?
2. Where in New York City can you see the ball drop on New Year's Eve?
3. What do Spanish people eat 12 of at midnight on New Year's eve?
4. Which famous Welsh actor, mainly known for his role in Hannibal and The Silence of the Lambs was born on the 31st of December 1937?
5. On New Year's Day 1993, which former country effectively split into two?
6. David Bowie was born in January and died in January – true or false?
7. Which star sign would you be if you are born on New Year's day?
8. When is the Epiphany?
9. What name was given to the predicted computer meltdown at the beginning of the year 2000?
10. The first underground railway system opened on the 10th of January 1863. In which city was it?
11. After which Roman god is the month of January named?
12. The song 'Auld Lang Syne' is attributed to which famous poet?
13. Which English author, born on New Year's Day 1879, wrote 'A Passage to India'?
14. Which state became the 49th US State on the 3rd of January 1959?
15. Which currency was officially issued on January 1, 1999?

**Answers to this quiz by Jan Summers are on page 19.**

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# ZEAL PARISH COUNCIL

There was a Parish Council meeting held on 28th November.

There were several planning applications to be discussed. All were approved. The problem of having meetings every other month meant that planning applications regularly fall between two successive meetings, resulting in special meetings and site visits having to be arranged by the clerk, not always successfully. After discussion, plans were agreed to try and get around this problem.

Representatives from Monachorum Matters discussed their finances with the meeting. It was disclosed that although some cost cutting measures had been carried out, expenditure would still exceed income by about £300. The meeting voted unanimously that the parish council should make up the shortfall and that it would be reviewed annually. It was suggested that the Village Hall committee and the Church Council should be approached for donations.

There were no MDDC members present but Margaret Squires represented the DCC. She outlined the rapidly increasing costs of caring for children with special needs, an issue in which she has always taken a keen interest. She announced that she wouldn't be standing for re-election at next May's election. At least 16 years of standing as a County Councillor, she has always been helpful to us, a hard act to follow.

DCC would like each parish to provide a snow warden to coordinate any emergencies. Anybody willing to put their name forward? Hopefully they won't ever be busy!

As has already been mentioned in Monachorum Matters, the fishing club have received a donation from the DDC Locality Budget to purchase an electricity generator. If any groups in the parish are thinking of applying for the Den Brook fund the next closing date is January 31st 2025 and then July 31st 2025. The application forms have been updated and old ones will not be accepted, so please make sure you have an up to date form—see page 17.

Members wished to thank Sally Rowden and her helpers for another excellent Remembrance Day display. The date of the next meeting is January 22nd and not January 30th as might be expected. This is to comply with the Council's precept deadline.

The meeting closed at 8.10 pm.

Rob Peck . Chair.



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# Den Brook Community Fund

**The Den Brook Community Fund invites local Charities, Community Groups and Not-for-Profit organisations based within the five parishes listed below to apply for grants which would help provide a contribution toward funding for Capital Projects.**

The deadline for receipt of applications for this “round” of funding is 31<sup>st</sup> January 2025 and as a guide, it is envisaged that about £49,000 will be available for allocation by the late winter period. The amounts available to each parish are likely to be –

Bow - £14,600

North Tawton - £28,000

South Tawton - £0

Spreyton £86.00

Zeal Monachorum - £6,405

An “Easy Guide”, Full Terms and Conditions and the new Application Form are available by e-mail only from [denbrookcommunityfund@gmail.com](mailto:denbrookcommunityfund@gmail.com) Applications submitted on older versions of the Application Form will no longer be accepted.

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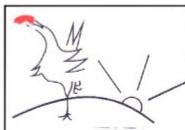
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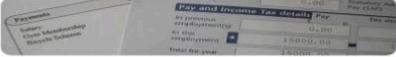
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# CREDITON FOODBANK

Sadly, Jan Brealy was unwell and couldn't join me this year, but Nicola's help really made a difference. The Foodbank collection has been an amazing success. Thank you to everyone who has taken the Christmas Gift Bags to heart, to date I have received 20 of these, plus many individual food items, toiletries, and games. Thank you also to all who donated money on the three days that were available to date. I have collected £483.50 plus donations via online payments. This will enable the volunteers to include not just fresh food but some extra special treats. This will cause some WOWS! and AAHS! bringing joy into the hearts of Mums and Dads who want to give their children a Happy Christmas. I still have two days left until my collection licence runs out, but I wanted to make sure I could let you know the results of your generosity before the Newsletter deadline on the 6th.

GOD BLESS! THANK YOU EVERYONE FROM ALL AT THE FOODBANK  
WISHING YOU A JOYFUL CHRISTMAS AND A HAPPY NEW YEAR! Lois

## Quiz answers

- |                   |                 |              |                    |
|-------------------|-----------------|--------------|--------------------|
| 1. Tonga          | 2. Times Square | 3. Grapes    | 4. Anthony Hopkins |
| 5. Czechoslovakia | 6. True         | 7. Capricorn | 8. 6th of January  |
| 9. Millennium Bug | 10. London      | 11. Janus    | 12. Robert Burns   |
| 13. E M Forster   | 14. Alaska      | 15. The Euro |                    |



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