

EDITOR

Bob Coombs
2 Waterfield Close
Bishop's Hull
Taunton,
TA1 5HB
01823-253697

Email: robertcoombs@talktalk.net

MAGAZINE SUPPORT TEAM

Proof reader - Margaret Coombs

Magazine Cover:

Photographs by Bob & Penny Coombs & Bob Winn

Articles relating to all aspects of our village and community are always welcome.

Final date for acceptance: Mid-day on 12th of the month.

Please help to make the magazine interesting by contributing material.

When reading your free online copy or one of the the hard copies available in church please remember to support the few remaining advertisers whenever possible

It is emphasised that the views expressed in this magazine are not necessarily those of the magazine editorial team, unless attributed, or those sent in by identifiable contributors.

IDENTIFYING OUR LOCAL BIRDS - photos by BOB WINN



Rose coloured Starling

Cover - 2018 Scarecrow Entry - 'Just Married'



AWARD WINNING FAMILY RUN BUSINESS

Shop and Post Office

Open Monday – Friday 6.45am – 6pm Saturday 8am – 6pm Sunday 8am – 12pm Tel – 01823 279168

Butchers

Open Tuesday – Friday 8.00am – 3pm Saturday 7.00am – 2pm Sunday and Monday Closed Tel – 01823 337497

BISHOP'S HULL CAR BOOT SALES 2024

REFRESHMENTS AVAILABLE



Bank Holiday Monday 26th AUGUST Sunday 8th SEPTEMBER Sunday 22nd SEPTEMBER

Find us on facebook



Start Time 7a.m. Bishop's Hull Playing Field TA1 5EB ///rocket.force.monday

Bank Holiday Sellers' Rates: Cars £6, Vans £8, Trailers £1
Sunday Sellers' Rates: Cars £5, Vans £6, Trailers £1
Buyer Parking £1
Large Vehicles by negotiation
Sellers responsible for removing their own rubbish
Toilets Available
Dogs allowed on a lead

All events subject to cancellation without notice at organisers discretion. All net proceeds to the Bishop's Hull Village Hall and Playing Fields Trust, a non-profit making registered charity.

The Frank Bond Centre

84 Mountway Road, Bishop's Hull.

A place for the over 50s to meet new friends

Contact Carolyn 01823 283941 /Nadia 07958 246046

Come along to Frank's cafe on a Friday morning 10:00-12:00 and discover what activities could lie in store for you.

The cafe is open to members and non-members.

The centre is centrally heated and open 10:00-16:00 Monday-Friday

Weekly Activities:

Monday - The Painting Group 10:00-12:00,

Whist Club 1:30-4:00 Bridge Club 1.30-4:00

Wednesday - Flexercise & Tai Chi 10:00-12:00

Thursday - Bridge club 10:00-12:00-Beginners welcome,

Croquet 2:00-4:00

Friday - Pétanque 10:00-12:00, Friday - Frank's Cafe 10:00-12:00

Monthly Activities:

1st Monday in month Family History 2:00-4:00
2nd Tuesday in month Parchment 10:00-3:30
3rd Wednesday in month Games 2.00-4.00
4th Wednesday in month Music Appreciation 2.00-4.00
2nd & 4th Thursday in month Mahjong 2:00-4:00
3rd Thursday in month Monthly lunch-pse write name on list in foyer

Annual membership £25 Find us on Facebook (& 'Like' us)

There are many more exciting activities...

Table tennis, cards, books, puzzles

A variety of social events take place throughout the year.

Vicar:

Reverend Philip Hughes , The Vicarage, Bishop's Hull Hill, Bishop's Hull, TA1 5EB 01823-336102

Tim Venn (Church Warden) John Perry (Church Warden)



If you have school aged children who were taking their A levels this year then you will have been as concerned as they were, way back in August, whilst waiting for their results. The wait is now over and I hope the results were as good as, or better than, you had hoped.

Although it is 70 years since I found myself in this position I do still clearly recall how worried I was too. Unlike today there were only about 5% of school leavers moving on to a place at a university, even amongst those who, like myself, had had a grammar school education. However, this still begged the question; what jobs were available for the remaining 95%?

Looking back in time, as one does at my age, I do wonder if job opportunities today are as plentiful and as varied as they were 70 years ago? I suspect that they are but not in those old industries such as mining, steel or cloth making. With the advances in science and technology a whole new world of work has presented itself and brains rather than brawn have replaced much of the world of work that I knew. However, one must not forget that we could never survive without those people doing what might loosely be called mundane jobs which have always existed throughout time. The butcher, the baker, the farmer, the refuse collector, the shop assistant, the train and bus driver, the hairdresser, the corner shop keeper; the list just goes on and on.

For the school leaver I'm sure that today's 'which job' dilemma really is different. You have worked and studied hard at school. You have, and understand, the technology. Your whole life is stored on a small electronic device that never leaves your hand. You have access to the whole world of knowledge and thousands of 'friends'. The world should be your oyster BUT where do you start? It is life's hard reality that is sometimes even harder to accept. We cannot all be top nuclear physicists, brain surgeons, financial wizards or exploring space the very moment we leave school; most of us have to start at the bottom and work our way up the ladder to succeed.

Going into further education is a much easier choice today than 70 years ago but, for many, it can bring a financial burden that haunts for year to come. So, which path to choose really is important for one's whole future. Whatever you choose will affect the rest of your life.

Maybe the fact that my father had served in the Royal Air Force (RAF) during WWII and my elder brother joined the RAF at the age of 15 helped me to come to a decision. I would join the RAF but, unlike my brother, I wanted to be 'aircrew' and fly. Even though my GCE exam results were not outstanding I was accepted. Over a period of eight years I flew over 500,000 miles and was airborne for almost 3,000 hours. I hope your choice will be as good as mine.

THE VICAR WRITES

Dear Brothers and Sisters in Christ

Tis the month of many things: onions, apples, raspberries, and tomatoes, the ancient Romans thought it the season of volcanoes and earthquakes (let's hope not!) and many people today think of Harvest services. I wonder what September means to you?



Alongside Harvest services (our Sunday celebration in church is 29th September – come along at 8am or 10am to join in. Maybe you have a favourite Harvest hymn – why not email me (phil2overflowing@gmail.com) yours and I'll see if we can include it in our 10am service?) we are planning a special Experience Harvest event in partnership with the school. It is a time to remember the goodness of God through the fruit of the earth.

Other things to look out for this month are:

Wave of Prayer - https://www.bathandwells.org.uk/diocesan-wave-prayer.php "We will be sharing in a 24-hour Wave of Prayer across the diocese from 7pm on Friday, 6 September. The Archbishop of Canterbury, Justin Welby, is joining us for a number of prayer events across Bath and Wells" Our own church will be open for prayer from 10am – 4pm on Saturday 07 September, or you can sign up through the Diocese website to commit to a time of prayer.

September Song - Enjoy a wonderful evening of music and singing! Invite a friend and listen to the beautiful voices of Gregory and Ellen Steward singing in our beautiful and ancient church. Starting at 7pm and tickets are £12 each (under 18's free) – reserve your ticket at any of the Sunday services. Refreshments included.

"Jesus refers to God as "the Lord of the harvest" (Matthew 9:38)...the symbolic meaning of harvest in Scripture encompasses two main areas: God's provision for us and God's blessing for others. While we celebrate a harvest season just once a year, we experience the spirit of harvest all the time....something that we experience on a daily basis."

https://www.worldvision.org/blog/lord-of-the-harvest

So may we learn to celebrate the provision and blessing of God well!

Your Brother in Christ

Rev Phil Hughes

Vicar and Chaplain to Bridgwater and Taunton College

St Peter's & St Paul's Church Bridge Coffee Mornings

The Bridge is what we have called the New Welcome Area.

The Church has opened the Bridge for the return of the Monthly Coffee Mornings to be held on the last Saturday of each month and running now through the rest of 2024. We would like to extend a warm welcome to all at the next coffee morning on Saturday 31 August 2024. Please come along to have a Coffee/Tea and cakes, with a friendly chat. From 10am till 12noon.



Bell Ringing

We are very proud of our Bell Ringing team and our bells! There are 6 bells in the tower and ringing is done from ground level. The Bell Tower is accessed on the North Side of the church.



Ringing happens for the main service on a Sunday (usually ringing starts at 09.15am and rings until the service starts at 10am). Practice night is a Wednesday at 7.30pm.

Quarter peals (50 minutes) may be attempted up to twice a month at 11.30am, usually on a Tuesday or Wednesday.

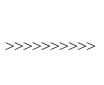
Our Tower Captain is Giles Morley and he can be contacted on 01823 430710

Dates of Parish Council Meeting 2024

Meeting dates 2024 All Thursday evenings, 7.00 p.m. start at the HUB

August – No meeting 5th September 3rd October – Half Yearly Statement & Meeting dates 7th November – Draft Budget 5th December – Finalise budget /Precept 2025/26









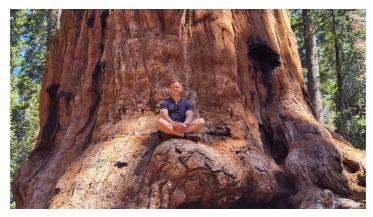


Editor Bob

LETTERS TO THE EDITOR

Hooray!!

See article from Niall Watson on page 14 AND a full report of Alan Avery's holiday on page 26. (See below Alan's picture of a tree.)



A little hird told me that the Editor has a small supply of 2024 Bottled Beetroot



www.justgiving.com/crowdfund ing/ dougie-kerr

DONATE TO SAVE
THE LAST BEVERLEY

22/8/24 80% £48,355 raised of £60,000 target by 1596 supporters We are slowly reaching our target - Bob Coombs

Public Rights of Way

Here in Bishop's Hull we are very lucky to be surrounded by such wonderful countryside, with many footpaths running through it. Did you know you can find all the local footpaths via this interactive map: https://roam.somerset.gov.uk/roam/map

The Parish Council is very fortunate to have a Parish Paths Liaison Officer (PPLO), who gives up their time voluntarily to check the paths and carry out minor clearance. The Parish Council also works closely with the land owners to ensure the footpaths are kept clear, as well as funding clearance of overgrown footpaths.

This is where we need your help. Please can you ensure when you are walking on the footpaths, through the local fields that you keep to the designated footpaths, keep your dog on a lead, ensure you clear up after your dog and take any litter home with you.

You can report any problems directly to the Parish Clerk at bishopshullparishclerk@gmail.com, and she will pass this onto the PPLO and report to Somerset Council if necessary If everyone works together, then residents can continue to benefit from the wonderful countryside surrounding Bishop's Hull.

School Flower Bed

The Hub gardening team has been asked by the village school to design and plant the flower bed by the entrance to the school.

After a lot of good work by Jane Emmott and Richard Holland the team has come up with a planting plan .

A coloured copy of the plan is available on the village web site.

£115 towards the cost of the plants has been raised thanks to generous donations from the community and plants have been donated.

In May we were about half way to getting the bed completed by mid spring. However, to complete the bed we are looking to raise a further £215 through grants and donations.

If you would like to make a contribution towards the fund please put it in an envelope marked 'Plants" and hand it in to the school or to any of the Hub gardening team at the Hub on a Saturday morning.

The gardening team will finalise the planting but we are looking for ongoing voluntary support to help maintain the bed.

I would anticipate this taking no more than a couple of hours per month to keep it free of weeds and we will support with any specialist pruning as required.

If you are interested in volunteering for this role please contact me for further details. **David.gurr@btinternet.com or mobile 07977 474873.**

Many thanks, David

Parish Council news

At the meeting on the 11th July the following resolutions were made:

- To report anti-social behaviour at Northfields Education Centre to local PCSO's
- Clerk to report broken steps on footpath, on Frethey Road, to Somerset Council
- To write to Highways at Somerset Council over safety concerns of A38 Wellington Road
- The PC agreed to take on responsibility for the Play Park next to the playing fields as soon as Somerset Council transfers the land to the PC
- To take out a management licence to enable the PC to take over responsibility for Bishops Mead while waiting for the land transfer to proceed from Somerset Council
- After quotes were discussed it was agreed to instruct Parsons Landscapes as the contractor for Bishops Mead
- A volunteer café will be planned for October.
- It was agreed to purchase 2 posts at a cost of £250 each from CIL funds for permanent Speed Indicator Device installation

There was not a meeting in August and the next meeting will be on Thursday 5th September, 7.00pm at The Bishop's Hull HUB — Everyone welcome to attend.

Bishop's Hull HUB

There will be no Café or Youth Club in August.

The Harry Potter Cafe will open on Saturday 14th September, and youth club on Saturday 21st September.

THE VILLAGE WALK (Late report)

Sunday 18th August, 10:15 am start - Village Walk 2024

You are invited to join us for a Village Walk to cover paths that you may not have walked recently! Gordon is planning the route as I write. We will start at the Hub at 10:15 and cover 3.5 to 4 miles finishing at Longaller Mill where Jon and Sam are holding an open day. You will be able to tour the Mill and enjoy the refreshments that are on offer. You can stay as long as you wish at the Mill and then make your own way back to the village or return with one of the guides. Joining us for the walk is free. The open day is to raise funds for Prostate Cancer UK.

We look forward to seeing you if you can make it and if you would like to bring your dog for their daily walk they are most welcome. Any questions please contact David on 07977 474873

Longaller Mill Open Days — in aid of Prostate Cancer UK Sunday 4th August 11am-3pm and Sunday 18th August 11am-3pm Prostate Cancer will affect 1 in 8 men during their lifetime. It has affected several people in our family, so we want to do something to help Prostate Cancer UK raise both awareness and funds. We are very fortune to live somewhere as beautiful as Longaller Mill and would like to take advantage of this good fortune and invite you to have a look around the gardens and our working mill. We are hosting Open Days across the summer, with a chance to view our working water wheel, the historic workings of the mill from its heyday, and take refreshments and cake in our garden.

Tours of the Mill are free, and there will be refreshments and cakes available to purchase. All proceeds will go to Prostate Cancer UK. Find us at Longaller Mill (TA4 1AD), near Frethey House (Nursing Home).

We look forward to seeing you. Sam, Jon & family.

Oigong

Tuesdays 10.30-11.30 at Bishop's Hull HUB

Is a gentle, moving-meditation practice involving simple bouncing, cupping and tapping movements. It is both a foundational practice for Tai Chi as well as one of the branches of Chinese medicine, along with acupuncture and acupressure. It can be done standing, sitting or even lying down. Importantly it is a healing practice which involves moving intelligent



energy (qi) in the body to unblock channels, or meridians.

This doesn't really describe what practising qigong is like.

Would you like to try it for yourself? Come to our weekly U3A Taunton qigong practice at Bishop's Hill Hub, every Tuesday from 10:30-11:30.

Wear comfortable street clothes, no yoga mat required.

If you are not a U3A member, you can attend one class to see if you like it before committing to U3A membership.

We look forward to meeting you!

BISHOP'S HULL WOMEN'S INSTITUTE



Bishop's Hull WI is a group of friendly women with meetings held normally on the 4th Thursday of the month (except August) at 7.30pm at the Bishop's Hull HUB.

- These monthly meetings have a speaker or other activity together with business items.
- Topics for future meetings will be published here each month.
- Lunches and coffee/ brunches are organised monthly.
- Additionally there is a walking group arranged fortnightly(except mid winter and August) and a Scrabble group meets on a monthly basis.
- A day trip usually takes place in August.
- Why not come along to one of our meetings where you will be warmly welcomed. The cost is £4.00 (up to three meetings) deducted from the annual subscription upon joining.
- Further information may be obtained from Heather Blackmore the group's secretary Tel: 01823 283884/07963834365.

ACTIVITY UPDATE

May heralded the start of our year, and at the AGM on 23rd a new committee was elected with Margaret Lomax as our new President.

The programme of speakers for the year ahead has been arranged and a diverse range of topics will be covered.

The monthly lunches and coffee/ brunch mornings continue to be very enjoyable and much appreciated by those who attend. Whilst there is no monthly meeting in August plans are in hand to arrange a day trip.

New members are always welcome, just come along and see for yourselves what a friendly group of ladies we are!

Meetings are held normally on the fourth Thursday of the month at the Bishops Hull Hub.

PLEASE NOTE THE CHANGED START TIME OF 7.30 pm..

Guests are more than welcome to come along to one of our meetings. Other activities taking place each month will be the walking group and Scrabble group together with the regular lunch and coffee/ brunch events.

Thank you Niall Watson for responding to the Editor's plea for articles from readers.

MY GARDEN TABLE



My garden table is unusual as it is made from a living organism. It is made from a golden yew plant. It was here 20 years ago when we moved into the house at 21 Morgans Rise. Since then I have shaped it into a table 2ft high and 2x3 ft on the top.

The table is in use most days:-

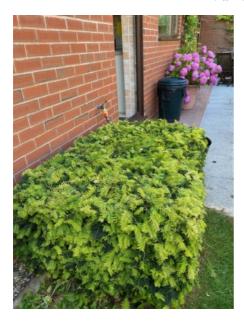
1) If I pull some carrots from the garden I take them to the table to wash them off. The soil and the water go straight through the table to the roots of the yew. The table is just below the garden

tap. (see picture)

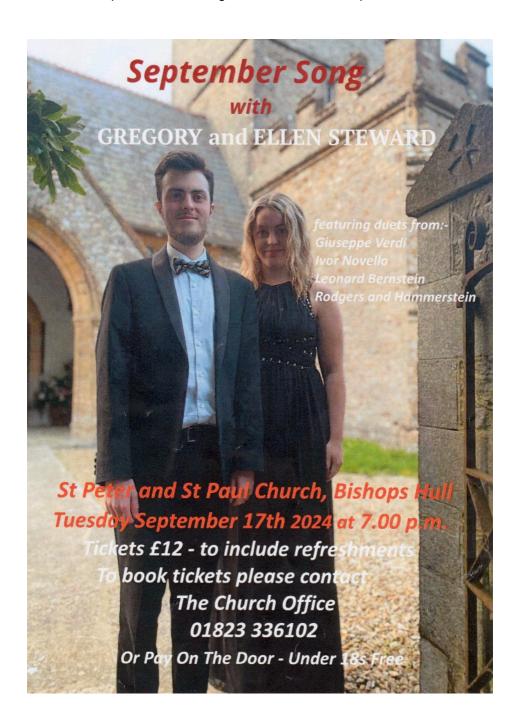
- 2) If I have been doing some weeding using an old washing up bowl . The bowl is washed at the table and left to dry on it.
- 3) After washing the car the brush and bucket will be left on the table to dry . It is in the sun from 1pm onwards.
- 4) If Sheila, my wife is throwing out some old flowers she can place them on the table just outside the back door. I will take them to the compost bin the next time I go out!

If anybody would like to see my garden table they are welcome to visit. Tel: -01823 282297











Neighbourhood Beat Team

PCSO Lyndsay Smith 07802 874297 lyndsay.smith@avonandsomerset.police.uk PCSO Marshall Bernhard 07849 305815 marshall.bernhard@avonandsomerset.polic



Avon and Somerset Police SERVE. PROTECT. RESPECT.

BISHOPS HULL NEIGHBOURHOOD BEAT TEAM (from village WEB site)

PCSO Lyndsay Smith - 07802 874297 lyndsay.smith@avonandsomerset.pnn.police.uk

PCSO Tony Wearmouth 8413 - 07889 655312 tony.wearmouth@avonandsomerset.police.uk

PCSO Catharine Richards - 07710 026191 catherine.richards@avonandsomerset.police.ukPCSO Catharine Richards - 07710 026191

One person has been arrested after neighbourhood officers carried out a drugs warrant in Wellington.

Officers from the Wellington Neighbourhood Policing Team seized tens of thousands of pounds in cash and suspected class A and class B drugs on Thursday 1 August.

The officers were support by the Operational Support Team, who specialise in searching and dynamic entry, to carry out a search warrant under the Misuse of Drug Act at 9am at an address in the Rockwell Green area.

A 21-year-old man was arrested for a number of offences, including being in possession of class A and class B drugs. He has been released under investigation while enquiries are ongoing.

Officers also seized more than 1,000 pouches of tobacco which will be reviewed by Trading Standards as part of the ongoing investigation.

If you suspect anyone of being involved in drug dealing, or drug use, please contact us on our non-emergency line 101, via our website, or by speaking with your local Neighbourhood Policing Team.

BISHOP'S HULL FLOWER SHOW 11th AUGUST 2024 A short list of 'the winners

Best Scarecrow -Best Exhibit 4yrs and under –

Best Exhibit 5-8 yrs -Best Exhibit 9-12 yrs -

Best Exhibit in the Vegetable Section -Best Exhibit in the Flower Section -Best Exhibit in the Fruit Section -

Most prize cards in the Vegetable, Flower & Fruit Sections – Tim Pope

Best Exhibit in the Floral Art Section -Best Exhibit in the Homecraft Section – Most prize cards in the Homecraft Section – Nancy Smalldon Best Exhibit in the Handicraft Section –

Most prize cards by an entrant -

The Phillips Family Lara Smalldon **Elodie Gibbs** Lani Gibbs **David Gurr** Jenny Hillier Pat Barrett

Jenny Hillier Dilvs Millard Nancy Smalldon Laura Pope



Join the wave of prayer across our Diocese of Bath and Wells

Saturday 07 September 2024

This Parish church will be OPEN for prayer 10am - 4pm

"It will be wonderful to come together, alongside Archbishop Justin, to pray for God's continued love and guidance as we journey alongside one another. Together we will pray for the transformation of our communities and the growth of our churches" - Bishop Michael

Find out more on our website at bathandwells.org.uk/diocesan-wave-prayer



BISHOP'S HULL ALLOTMENTS

Bishop's Hull Parish Council leases the allotment space in Northfields from Somerset Council to enable residents the opportunity to rent plots for growing produce.

Many years ago, one section of the allotments became infested with Mares Tail, resulting in this section being unlettable. Over the years the Parish Council has spent time and money trying to rectify this problem, initially it was treated with chemicals but the weed always returned.

In the 2010s a company offered the Parish Council an option of covering the area to starve the weeds of light. Unfortunately, this approach did not work either, and the area became unmanageable again. The Parish Council withdrew from that contract, and continued to think of new ways to manage the problem.

Move on many years and a plan was put in place to resolve the issue of the Mares Tail and to make an accessible area of raised beds, allowing more residents the opportunity to gain benefits from the allotment.

Using Community Infrastructure Levy (CIL) funds, received from the Orchard Grove Development, the Parish Council instructed a contractor to excavate the site, place weed proof matting and then create hard standing. Once this was completed the Parish Council were awarded a further Health and Wellbeing grant from the Somerset Association of Local Councils to purchase raised beds and a picnic table.

Thanks to many volunteers giving up their time to clear the site of weeds, build up the raised beds and move 16 tonnes of soil from the gate to the beds, we're pleased to say the project is complete and there are now an additional 8 raised beds alongside the existing 23 plots for the residents of Bishop's Hull to use. All the new beds are now taken and its wonderful to see such enthusiasm from the new gardeners.

Photos below:



Making Progress: The volunteers clearing the area and burning the rubbish, and the contractors start work





The area is prepared and raised beds installed





How it looks now:





BISHOP'S HULL IN TIMES PAST

125 years ago



Present at a meeting of the Parish Council at the Board Schools were Messrs R Easton (chairman), Cornish, Fowler, Ingram, Gregory, Moss, Smith and Mayes (clerk). The clerk reported that no communication had yet been received from the County Council respecting the path in the new road, although the District Surveyor and an official of the County Council had visited and inspected the path. At a previous meeting the advisability of constructing a road between Long Aller Mills and Norton station was discussed and a subcommittee with the chairman was appointed to draw up

memorials (statements of fact) for presentation to the County Council and the Railway Company. It was reported that this had been done and the chairman was now requested to sign the memorials and have them sent to the two bodies. The question of lighting the village with gas came up for discussion and on the motion of Mr Fowler a sub-committee was appointed to enquire into the advisability and probable cost of the undertaking. Some formal business concluded the proceedings.

A pageant was performed before a crowded congregation at the Parish Church. It was on the subject of the Book of Common Prayer and was performed to mark the 400th anniversary of the publication of the book. The pageant was produced in the chancel, by its author, Mrs Harris, of the Manor, who also read the prologue. The part of Mother Church was taken by Mrs Channing, who summoned her children (representing the various officers and services of the Church) to do their bidding for the glory of God. Those taking part were suitably robed to represent Mattins, Evensong, Holy Baptism Catechism. Confirmation, Holy Communion, Christian Marriage, Churching of Women, Form of Prayer to be used at sea, Litany, Visitation of the Sick and Burial of the Dead. The prayers were introduced from the choir vestry by the doorkeeper and the purpose of each office was explained. Mrs Sayer sang the Magnificat as a solo and the congregation joined in the hymns. Others taking part were Mesdames Greedy, Mullins, Turner, Baker, Berry, Moule, Davey Chaplin and Patterson and Misses Merson and Mullins. The pageant ended with a procession around the church and a tableau.

Bishop's Hull Conservative Association held a military whist drive at the Parish Hall. There were 16 tables and Mr Bent was MC. Prize-winners were Mrs Westcott, Mrs Bent, Miss Farrant, Mr Farrant, Mrs Gregory, Mr Merson, Mr Yeandle, Mrs Berry and Mrs Harris. Refreshments were served by Mrs Coles and Mrs Greedy. The prizes were presented by Mrs Simpson (president). Chrysanthemums given by Mrs Bartlett realised 7s 6d. Miss Smerdon was door keeper.

A successful jumble sale organised by the ladies' section of the Playing Field and Community Centre Committee was held in the school. Long before the

doors were opened a big queue had formed. The helpers had to be congratulated on raising £45 for the fund. The organisers appreciated the cooperation of the public and of donors of articles.

75 years ago

The death occurred at the Taunton and Somerset Hospital of Mrs Ellen Sibley, of Bridgwater Road, Taunton. Mrs Sibley was the widow of Mr EC Sibley. She was a native of Brompton Ralph and daughter of the late Mr and Mrs James Thresher. For many years, Mr and Mrs Sibley lived at Bishop's Hull, where Mr Sibley was a deacon at the Congregational Chapel.

Two men had to jump for their lives when a railway engine and eight wagons crashed through a stop block and a wall, across a roadway and through a hedge at Silk Mills level crossing. They were the driver, Mr C Wade, and the fireman, Mr C Penny, both of Taunton, and both escaped serious injury. The engine with eight wagons attached was working on the Fairwater shunting spur adjoining the main Taunton – Exeter line. The engine did not overturn, but finished up in the ditch adjoining the main line. Six of the wagons were telescoped and piled up behind the engine, completely blocking the roadway leading from Bishop's Hull over the level crossing to the Taunton – Minehead main road. In falling, Mr Penny twisted a leg, Driver Wade received burns on his hands and was taken to Taunton Hospital for treatment. It is thought that the accident may have been due to failure of the engine's braking system. As the engine and smashed wagons were all off the permanent way there was no interference with rail traffic.

LONDON, FRIDAY AUGUST 1, 1924 THE CARE OF MILK.

SUMMER TROUBLES. BY C. W. WALKER-TISDALE. Many thousands of gallons of milk are wasted in warm weather, either on account of inattention or lack of the necessary care in dealing with it on the farm prior to despatch to the towns for consumption. Milk that has not been dealt with efficiently at the farm will not stand transit, and by the time it reaches its destination it is partially sour, and nothing can be done to make it fit for human consumption. The dairyman to whom the milk is consigned can only dispose of it according to the stage of decomposition which has been reached, and upon this its value

depends. He has to decide whether it can be put to any use at all in order to prevent an entire loss. If unsuitable for sale, a matter which is easily ascertained with accuracy by a quick chemical test to find out what amount of acidity is present, there are three alternative uses: (1) If the milk contains no more than .2 per cent of lactic acid it may be separated, the cream being converted into butter and the separated liquid sold for baking purposes where milk bread is made. (2) If it contains no more than .22 per cent of lactic acid, cheese of good quality may be made from it, and even if .23 per cent of acid is present, it can be so dealt with, provided fresh milk be added to the extent of about 20 per cent. (3) If there is more than .23 per cent of acid, then good cheese

cannot be made, and the only possibilities of disposing of such milk are its sale to bakeries or its utilisation for pig, poultry, or other livestock feeding.

LOSSES TO FARMERS.

Generally speaking, the dairyman objects to receiving milk which is "off" and will not go to any trouble in dealing with it in the most suitable manner, but either returns it to the farmer or empties it down the drains. There is, of course, some excuse for his acting so summarily, as he has probably had it conveyed from the station to his daily before ascertaining its "off" condition. He has usually very limited accommodation, and to make use of

sour milk for pig feeding in towns is difficult, as so few of these animals can be kept under urban conditions. Thus, either the farmer or the dairyman must suffer financial loss in handling sour milk; and as the latter contracts to receive milk in good condition, it is the farmer who "pays the piper," and who should therefore take all possible care that it is properly treated at the farm before despatch.

REGULAR MILKING HOURS.

The greatest care is required to keep the milk good in warm weather. It is essential that no part of the milking and the treatment of milk be neglected on account of extra outside work, like hay-making or harvesting — often a cause of letting slip details in dairy work. The cows must be milked at the regular times, and not left to go two, three, or more hours past the usual milking time, as frequently occurs. When cows are accustomed to being milked at a particular hour their systems, and

consequently the condition of the milk, suffer badly if the time is not adhered to strictly. Too scrupulous cleanliness cannot be observed in the work of milking, and on no account must the milk be left standing in pails in the shed. As each cow is dealt with the milk must be taken at once to the cooler, poured into the receiving pan strainer, which should be fitted with a cotton-wool filtering medium, and allowed to trickle slowly over the cooler. Thus, while one cow's yield is being cooled; another cow is being milked, resulting not only in the saving of time, but in efficient cooling.

NIGHT STORAGE.

On no account ought any morning milk to he mixed with that of the evening. The product of the two milkings should be kept entirely separate, as mixing leads to a great deal of trouble. If the milk is only despatched once a day it is better to send it off in the morning, as then the evening's yield, retained at the farm overnight, remains at the lowest temperature prevailing during the twenty-four hours. The milk standing overnight in the cans will keep much better if these are placed in a trough through which cold water is always running. The more water passing through the cooler or refrigerator at the time of cooling the better will the milk be cooled and kept. With a plentiful and fairly cold water supply and the necessary attention to other details, there is no reason why milk should go sour within the ordinary times for delivery. When sending milk by rail it is a wise plan not to leave it standing on the platform in the sun, but take it to the railway station just in time to catch the train. White covers on cans being carted to the station help in keeping the milk cool.





A few cartoons to brighten your day.





EAT WELL FOR LESS DURING SEPTEMBER

BACON AND EGG PIE



Cooked ham or bacon. Flaky pastry. Eggs.

LINE a shallow dish with flaky pastry. Spread a layer of cooked ham or bacon on it, and then break the eggs over the meat, so that the whites of the eggs run together, and the yolks are placed evenly apart.

Cover the whole with another thin layer of pastry, and bake in a moderate oven for about 1/2 hour.

From Marjorie H. Bosley, Berkshire.

CORNED BEEF SAVOURY

1 cupful flour.

1 teaspoonful baking powder. Salt and pepper to taste.

1 egg.

3/4 cupful milk.

1/2 teaspoonful mustard. Corned beef.

MIX flour, baking powder, pepper and salt together.

Mix mustard into milk. Beat up egg, add to milk, and mix to a smooth batter with dry ingredients.

Cut meat into slices, dip into batter, and fry in hot fat.

From Mrs. W. Morley, Lincolnshire.

JARRETT STEAK

1½ lbs. stewing steak.
1 cupful water.
A few sticks of celery.
1 tablespoonful
Worcester sauce.
6 small rolls of bacon.
2 tablespoonfuls
tomato sauce.
A little flour.



CUT the steak up into pieces 1 in. square, rolling each piece in flour, put in a casserole dish and add the celery, finely cut, and the bacon.

Over this pour the water into which has been mixed the Worcester and tomato sauce.

The meat should now be covered. Put in oven, boil up, and then allow to simmer 2 hours. Turn meat occasionally, and if too dry add a little water. If very mild bacon has been used, add a little salt.

From Mrs. T. H. Robinson, Gloucestershire.

LIVER POTATO ROLL

1½ lbs. Liver. ¼ pint milk. 1 oz. Flour. 4 ozs. mashed potato. 1 onion.

Salt and pepper.



SLICE liver and fry with onion and chop when fried. Make gravy with flour and milk, and to the gravy add liver, onion and potato and seasoning. Mix thoroughly and shape into roll.

Put in baking tin with dripping and bake 45 minutes.

From Miss Bond, Somersetshire.

STUFFED APPLES



TAKE some large cooking apples and core them. Prick over with a fork to prevent them bursting.

Next prepare the filling as follows: 2 ozs. stoned dates (chopped), 1 oz. walnuts, 1 oz. brown sugar, grated rind of one lemon, juice of one lemon.

Mix all the ingredients together. Put some of the filling into the core. Put the apples in a pie-dish, with some water.

Cook in a moderate oven until the apples are soft.

From Miss L. Rice, Glamorganshire.

CHOCOLATE APPLE STIRABOUT

1/4 lb. flour.
11/2 ozs. sugar.
3 or 4 cooking apples.
1 tablespoonful of cocoa.
Pinch of salt and milk to mix.
2 ozs. Margarine.

MIX flour, cocoa and salt, rub in margarine. Add sugar and apples, pared, cored and cut into small pieces. Mix with milk to the consistency of a thick batter. Pour into a greased baking-dish and bake in a hot oven for 20 to 30 minutes. Serve with golden syrup.

From Miss E. Rutherford, Northumberland.

PINEAPPLE UPSIDE DOWN PUDDING

BUTTER a round pan about 8 in. in diameter and 3 in. deep. In it melt one cup brown sugar and two tablespoonfuls butter.



On the sugar, after melting, lay as many slices of pineapple as the pan will hold.

Pour over the fruit a batter of 3/4 cupful milk, 1/2 cupful butter, 3/4 cupful granulated sugar, 2 well-beaten eggs, 2 teaspoonfuls baking powder, 1/2 teaspoonful salt, 1/2 teaspoonful flavouring, 2 cupfuls flour.

Beat the butter and sugar to a cream, add the eggs with a little of the flour. Sieve the dry ingredients and fold in. Bake in a moderate oven from 45 to 60 minutes. Turn at once on to a hot dish. Serve with whipped cream or custard.

From Mrs. Anderson, Ayrshire.

RHUBARB SPONGE

GREASE a pie-dish, fill three-quarters full of rhubarb cut in short lengths. Sprinkle well with sugar, or add syrup. Slightly cook. Meanwhile, prepare the sponge by beating 4 ozs. margarine and 3 ozs. sugar into a cream, adding 1 large well~beaten egg and 5 ozs. flour.

Mix well, and at the last moment add ½ to 1 teaspoonful baking powder.

Cover rhubarb and pile up lightly. Return to oven and bake till sponge is firm.

Serve with a ginger sauce. From Mrs. Davies, Carmarthenshire.

Alan Avery shares his holiday with our Readers

Awesome

A ccording to the "Oxford English dictionary" "awesome "extremely impressive, inspiring, overwhelming feeling of reverence.

Awesome, just a word, but one which conveys strong feelings and emotions but on a holiday with my son Martin to visit the National parks of Sequoia and Yosemite in California, to fulfil a long time ambition to see the giant redwoods growing high up in the Sierra Nevada mountains "Awesome is the word which would describe this holiday and experience.

Booked in secret by my wife Candy as a big surprise, who with her niece Fay arranged it all, including, hotels, flights, hire cars and pleased to say it all went in the main like clockwork.

It's been many years since I flew anywhere and that was to the Med so the customs and embarkation were, to say the least, more and busier and stressful than then, but armed with my new style passport we were after several hours, on our way to California.

In my ignorance, I expected the flight path from Heathrow airport would pass over the west country, cross the Atlantic, hit the east coast of America then land in San Francisco, but not to be.

When sitting down there is a screen on the seat immediately in front of you on which you can track the course of the plane in real time. Immediately after taking off we proceeded north to Scotland and within thirty minutes were flying above Edinburgh. Only last month we went to Edinburgh and that journey by car was six hours.

We then tracked across Iceland, skirted Greenland and on to Canada, and then the length of America to San Francisco. As we passed over the mountains as shown on the screen it was noticeably a more unpleasant ride. More turbulence.

On landing and clearing customs we went to collect our hire car which, much to our boyish delight turned out to be a brand new Jeep. Martin was the designated driver and I thought that he took to driving on the right and negotiating the four lane Freeways (they over/take and undertake legally there) really well.

Martin had an old friend that he went to Ladymead school with who had emigrated to San Francisco and along with his wife kindly put us up for a night. He also took a day off from his work as a lawyer to kindly along with his two sons, to show us the sights. We drove across the Golden gate bridge to a viewing point on a headland overlooking the harbour and the city. In the middle of the bay was the rocky island of Alcatraz with its formidable prison on top. Looking at it I wondered if those three prisoners who tried to escape in the middle of the night on homemade dinghies, made from inflated macs, actually made it to safety, as they were never seen again.

Looking at the distance they would have had to float to get to land and the strong currents swirling around I would think that it is more likely that the Great White sharks, of which there are many there, would put paid to the escape enterprise. When in a different country its interesting how different some quite mundane things are when compared to UK. As I said we were on a viewing point which was very busy and very cosmopolitan, filled with dozens of vendos who set up barbecues to sell hot dogs and burgers. Now bearing in mind that it was very hot,

nearing 100F, to my mind hot dogs and burgers don`t cut it. What you want is a cold Mr Whippy and a flake, but there was not an ice cream van in sight. From there we went to San Francisco's Botanical gardens, which were established in the late 1800s and due to the rapid rate of urbanisation at that time they wanted to preserve an area of natural landscape before it was all developed.

What emphasised the fact we were not in a National Trust garden in England was the signs which inform us not to approach, if seen, the coyotes. Later on in the National parks in the Sierra Nevada mountains I saw the same signs, except this time it warned us not to approach Black Bears if sighted. Normally I'm not very good at doing as I am told, but in this case!!!

The following day, after a good night's sleep, despite the heat and all the windows being open and the fact that a large animal woke me at 3.00 pm as it pushed and snuffled its way through the dry vegetation below my window, we said our goodbyes to our generous host and set off for the Yosemite national park and the Giant Redwoods. We set off to our new destination which was the "Yosemite National Park, home to Giant Redwoods, waterfalls and spectacular scenery", but first we had to navigate the freeways and city areas which as I was not driving I could peruse and wonder at the size of the road systems and the amount of land there was. A bit different from Taunton and our urban areas where all land is at a premium and not to be wasted. After several hours we were pleased that it was a Jeep we were driving as the road got steeper up the mountains with very sharp bends and precipitous drops but the views were just spectacular. We kept stopping to take it all in, including the waterfalls. But it was to get even better as we emerged from a tunnel to be confronted by this huge vista across the valley between towering sculptured mountains, which framed a huge waterfall called the "Bridal veil "falls. Whilst we parked to drink in this view there was also a newly married bride having her photograph taken with her husband with falls and scenery as a back drop. Driving into Yosemite Valley alongside the river to Yosemite village we saw the huge bulk of the impressive El Capitain mountain and the Yosemite half dome mountain along with waterfalls dancing with rainbows in the sun. We were very lucky to see the waterfalls in all their glory as most of the water comes from snowmelt and there was as we could see still a lot of snow on the mountain tops and in some of the woods we passed by.

After looking at the village built for visitors, we went in search of our hotel and base for the next three days, the Wawoma Lodge hotel, which was situated some miles away and higher up the mountains. The road we followed climbed through thousands of acres of burnt forest, in which the remains of conifers all stood, as a series of blackened burnt spikes, with an understorey of new green vegetation, which emphasised the destruction which had taken place.

On arrival at the hotel, we were transported at once back to the 1880s, the date it was built. It was a fairly large hotel, all made of wood including the roof shingles and nothing, it would appear, had changed since the day it was built. Strange to think the hotel was built at the time when General Custer was fighting the Sioux Indians at the battle of "Little Bighorn", and we know how that turned out for him. The facilities were good for the 1880s, including the cast iron roll top bath, but today.? I think it's what they call an experience. It certainly was when having a bath and trying to understand how the plumbing worked. At night we had to keep the noisy fan going to keep cool. Yep, I shall never forget that room!! As I say an

experience, as was Bob, the resident Honky Tonk piano player who has played in the evenings for the guests for the past twenty-five years.

Next morning after a really good breakfast (at the start of every meal they always brought over a jug of water with ice in and kept it topped up) we were away to see our first giant redwood trees.

Our next stop was the Mariposa Grove visitor centre from where we got the parks shuttle bus which disembarked near our first giant redwood "The old Grizzly "which was really large, but only the 27th biggest on the list. Like most of the giant redwoods, which are thousands of years old they have terribly disfigured trunks from fire and yet they survive and thrive.

From there Martin and myself hiked to the Mariposa grove of Redwoods of which any description I attempt just would not do them justice. As we stood there in awe at such colossal living things. They were enormous, and soared out of sight and unlike most trees they did not taper as they went up but the trunks were straight all the way up.

Once again a lot of the trees had big burnt out bases, some you could see through and others almost hollow. The conflagrations caused by fire over the three thousand years plus of their existence must have been really frightening. Apparently the Indians would light fires to make it easier to hunt. The bark on the Redwoods can be up to two feet thick which gives them good protection against the fires.

During our stay at the hotel we saw and explored many wonders but the stand out was a visit to "Glacier Point". a viewing area extremely high up in which the whole of Yosemite Valley was spread out in front of us. Enormous mountains and valleys including the Yosemite dome itself, which looked as though something had neatly sliced half the dome away leaving a sheer vertical cliff.

If we were standing on the same spot hundreds of thousands of years ago, we would have seen rivers of ice and water, grinding and carving out valleys through the shear granite mountains, granite mountains that were formed millions of years previously.

Whilst we were there we were entertained by a group of Amish, singing and playing violins with the scenery as a backdrop for a video. The men all wore straw hats and the young women were all wearing long cotton dresses down to their ankles, which I presumed they had all made themselves. I was struck at how fresh and healthy they all looked. Which was a credit in one respect to the life they lead.

From glacier point we took the shuttle bus back to the visitor centre and on hearing our English accents the people opposite us engaged us in conversation and were keen to talk about the royal family and how they follow them. I then pointed out that if they had paid their taxes on the tea, they would be their royal family too. That seemed to really amuse them.

Next day we left the hotel and drove to the town of "Three rivers" booking into a motel for a night ready next morning to drive up the mountains to the Sequoia national park and stand before the biggest living organism in the whole world, the Giant Redwood called "General Sherman". Can you believe that it was the largest in the Whole world?

That evening we had a bite to eat in a brilliant place called "The Gateway "which was built alongside and almost on top of a foaming torrent of water, pouring down from the mountain On the menu was burgers, made with real Cheddar cheese, I

found it interesting as to what constitutes "real cheddar cheese" so far from Somerset. Early next morning, we made our way up very twisty but well-made roads stopping all the time to view the scenery and waterfalls but still at times driving through forests of burnt out pines. The fires must have been terrifying. We were very lucky with the waterfalls as all that water comes mainly from snowmelt and there had been a lot of snow recently so they were spectacular. As we got higher, we started to come across mounds of snow along the road as well as what could be seen on the mountain tops and this was in the first week of June. On our way up I thought we were going to hit a coyote (looked like wolf to me) as it stood alongside the road on a bend. We were also really close to deer and little furry things like chipmunks as well as lizards and grey squirrels (America being their real home).

One hot day Martin wanted to go ahead to another viewing point while I found a nice bed of pine needles at the base of a tree and thought it was a nice spot to sit in the sun with my back against the tree listening to the birds. I quickly dropped off for about twenty minutes and on awakening thought I saw a movement by a hole in the heap of needles by my foot. Studying the hole, I guessed it was a mouse until the largest spider I have ever seen showed himself. I think the spider moved marginally quicker than me but only just. I believe now it was a tarantula and they can grow to the size of your hand.

Arriving at the Sequoia visitor centre we took a shuttle bus to the drop off point to see the unbelievable giant redwood "General Sherman. All my life I have wanted to see this tree and there it was. The diameter of this tree is 36.5 feet across and it weighs more than sixteen Blue whales and they are the biggest animals to have ever lived on earth and that includes the dinosaurs.

The tree is so heavy because it hardly tapers and carries branches bigger than most trees. It also has all the burn marks up its trunk from all those forest fires it has endured in its three thousand plus years. What tends to kill the giant redwoods is that they are shallow rooters and eventually come crashing down.

Radiating out from the "General Sherman" is a path called The Congress path which for two to three miles meanders around some the most impressive trees, many of which have names like "Chief Sequoia", The President, and a pair called the Loving Couple because they are growing alongside each other. Many over the years have fallen down on their sides and through these pedestrian tunnels have been cut for access.

It had been a really exciting day, but it was sadly time to go home. Time to leave the General and his giant family and make our way back to San Francisco ready to catch the flight back to Heathrow.

Leaving the mountains, we drove down the freeway, through thousands of acres of orchards, stretching for hundreds of acres (sic), filled with citrus fruits, cherries, almonds and also olives. One of the problems with this massive abundance of fruit growing is the amount of water required for irrigation which again depends on snow melt from the mountains. Fortunately, there's been a lot of snow this past few years so the reservoirs are full.

Next morning, we were on our plane for an eleven-hour flight to Heathrow where Candy ,thankfully, was waiting to take us home.

And that as they say was that, but it was more than that, it had been an "Awesome" holiday or should I say vacation.

G M TREVELYAN's - English Social History -A SURVEY OF SIX CENTURIES Chaucer to Queen Victoria

In the secular sphere, Henry VII restored order to the countryside, and put down retainers. That was an important social change, but it was not 'the end of the Middle Ages'; rather it was the belated fulfilment of a hope of medieval Englishmen. One medieval institution indeed, Parliament, was in grave danger under Henry VII and under Wolsey of perishing through disuse; but in England, unlike France and Spain, the medieval Parliament was destined to be revived and strengthened by Henry VIII for modern purposes. So, too, another great medieval institution, the English Common Law, survived the Tudor period to become the basis of modern English life and liberty.

In the early sixteenth century, English trade, though again on the increase after a period of relative stagnation, still ran in its old medieval channels along the coasts of northern Europe, with a new thrust into the Mediterranean, for vent of cloth. In spite of Cabot's voyage from Bristol to Newfoundland in the reign of Henry VII, the wider outlook across the Atlantic did not greatly affect Englishmen before Elizabeth was on the throne. Until the reign of her sister Mary, the English were still a French-hating, not a Spaniard-hating, people, for the quarrel about the Inquisition and about the possession of the New World had not yet arisen.

It is indeed useless to look for any date, or even for any period, when the Middle Ages 'ended' in England. All that one can say is that, in the thirteenth century, English thought and society were medieval, and in the nineteenth century they were not. Yet even now we retain the medieval institutions of the monarchy, the peerage, the Commons in Parliament assembled, the English Common Law, the Courts of Justice interpreting the rule of law, the hierarchy of the established Church, the parish system, the universities, the public schools and grammar schools. And unless we become a totalitarian state and forget all our Englishry, there will always be something medieval in our ways of thinking, especially in our idea that people and corporations have rights and liberties which the State ought in some degree to respect, in spite of the legal omnicompetence of Parliament. Conservatism and Liberalism, in the broadest sense, are both medieval in origin, and so are trade unions. The men who established our civic liberties in the seventeenth century, appealed to medieval precedents against the 'modernizing' monarchy of the Stuarts. The pattern of history is indeed a tangled web. No simple diagram will explain its infinite complication.

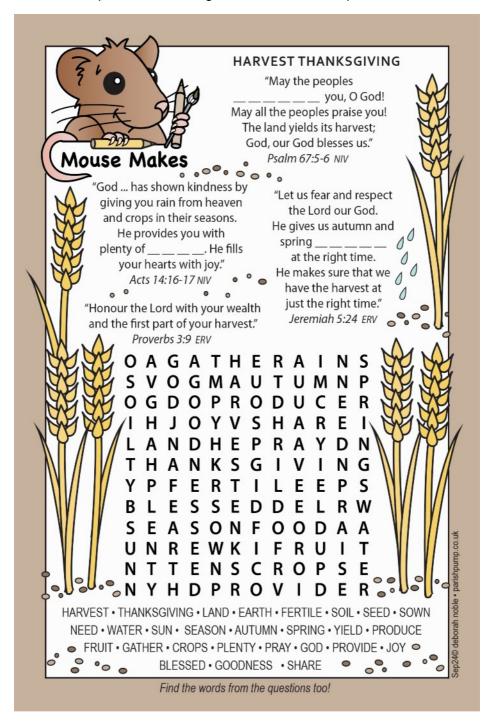
As to the economic side of things in town and country, Mr Tawney, the social historian of the sixteenth century, regards the Tudor epoch as a 'watershed' whence things moved downward with ever increasing momentum towards the

big estates and farms of the eighteenth and nineteenth centuries, and the industrial capitalism of modern times. This may well be true. But it is a question whether 'the end of the Middle Ages' might not as well be sought in the consummation of economic and social change in the reign of George III, as in the Tudor beginnings. Nor in fact did these things begin first under the Tudors 'capitalism' was established in some important trades long before. So too the emancipation of serfs and the consequent break-up of the medieval manor system had actually been accomplished before ever Bosworth Field was fought.

Where then shall we place the end of medieval society and economics — in the fourteenth, the sixteenth, or the eighteenth centuries? Perhaps it matters little: what does matter is that we should understand what really happened. It is probable that ere long a new perspective of periods in the past will replace the old. Owing to the mechanization of life, man has changed more in the last hundred years than in the previous thousand. It is not unlikely therefore that the real beginning of 'modern times' — if 'modern times' are to include our own - will be allocated to the growth of the Industrial Revolution rather than to the Renaissance and Reformation. And even in the realm of thought and religion, the impact of science and Darwin may come to seem as memorable as the impact of Erasmus and Luther.

It is of course the Renaissance and the Reformation of which people are chiefly thinking when they ascribe the end of the Middle Ages to the sixteenth century.' In the spheres of thought and religion, of clerical power and privilege, we may indeed say that the medieval scheme of things was abolished in Tudor England. Yet even this is not true without qualifications about the land that Elizabeth ruled. The Protestantizing and secularizing of England was not complete till after the Puritan rebellion and the Whig—Tory revolution—or rather it has never yet been made complete. The Church of England, both in its organization, its privileges, its ceremonies, and in its thought has always remained in part 'medieval'.

The Elizabethan system, the grand finale of Tudor triumph, was as much a triumph of the Renaissance as of the Reformation. The two became one, and partly for that reason Shakespeare's England had a charm and a lightness of heart, a free aspiring of mind and spirit not to be found elsewhere in the harsh Jesuit-Calvinist Europe of that day. And at the same auspicious moment England's old song of the sea became a new ocean song. The Elizabethan adventurers — Drake, Frobisher, Hawkins, Ralegh, and the rest — were sailing the wide world, discovering 'islands far away', opening to their countrymen at home new realms of hope and fancy — committing indeed crimes in Ireland and in the slave-trade but without knowing that they were crimes or what the dreadful consequences were to be in the deep of time. ###





Bishop's letter - Reimaging generosity

In John's Gospel, the first of the signs that Jesus offers to show who he is happens at a wedding in the town of Cana in Galilee (John 2: 1-11). Jesus saves the whole event from being a social disaster. The presenting issue is that the wine runs out. This exposes the families that have organised the event to the possibility of severe embarrassment. Rather than modelling lavish hospitality, they are in danger of showing themselves to be stingy and disorganised. Thankfully Jesus's mum is alerted to the situation and gets Jesus on the case. He comes up with a solution and all is well.

What gets me every time about this story is the scale and the quality of the solution that Jesus presents. If my calculations are right, Jesus saves the day by creating the equivalent of six wheelie bins full of wine. And not just your supermarket bottom shelf stuff. The wine he provides is of the very best quality – stuff that would delight sommeliers and wine snobs the world over.

In his first action, Jesus could have chosen to show any number of things about himself – his wisdom, his power, his goodness or so on. What's striking is that he begins by revealing that he is someone of astonishing and abundant generosity. This is at heart who Jesus is. If this is who Jesus is, then that means that this is who God is too. For 'in God there is no unChristlikeness'. In his first action, Jesus is showing us that at heart, God is abundantly and astonishingly generous. If we're all made in God's image, might that be at heart who we're called to be too? Often, the call to be generous can be portrayed as hard and difficult, about self-sacrifice and denial, of the costly call to put others first. But what if we re-imagined what being generous means? If we understood being generous as in fact the way to reveal and enjoy our true selves – lavishly, abundantly, joyfully... merrily? A wheelie bin of wine anyone?

Bishop Michael

Looking at You

Walking is a great way to exercise



You may be young or old, working endless hours, or retired. But there is one exercise you can still undertake almost anywhere, for however long or short a time: walking.

According to health specialists, the simple act of walking "ticks so many boxes – improving our brain, mental and musculoskeletal fitness, as well as our physical fitness."

Here are five reasons why:

1. Walking raises your heart rate and makes you breathe faster.

It gives you the benefit of a moderate aerobic workout — without the stress on your joints. As for your blood sugar levels, consider this: after a meal your blood sugar level rises and your pancreas releases insulin to bring it down. But even a five-minute walk can help by blunting the spike in blood sugar. Try and keep your pace brisk — aim for 100 to 130 steps a minute.

- 2. Walking improves your bone density
- 3. Walking briskly engages the muscles along the back side of your body the glutes, hamstrings and calves. They in turn put a bit of pull on your bones, which stimulates your bones to produce osteoblasts, which

improves your bone density and reduces your risk of osteoporosis. Walking improves your mood It stimulates your parasympathetic nervous system (nerves that relax the body during stress) and stimulates your amygdala (that part of you which controls your emotions). And if you can walk near water (rivers, coast, in the rain) you get exposed to negative ions in the air. These electrically charged molecules are excellent for your mental health.

- 4. Walking helps your brain You will sleep better, and your brain will be in better shape for memory and cognition. Walking also stimulates creative thinking – studies have found walking is a great time for problem-solving.
- 5. Walking helps your body shape An instant way to look younger is to stand tall. So walk with your head up, shoulders back, and lengthen your back, to stand up straighter. And with firmer muscles, your overall body shape with improve, which in turn will boost your confidence!

Monty Don brings back the lawn



A fter years of insisting that garden lawns should be left unkempt and blended with wild flowers, Monty Don the TV gardener has made a Uturn with his lawnmower.

In a recent article in BBC Gardeners' World magazine, he admits: "This

spring and summer I have made a tightly mowed and evenly green lawn. This is slightly surprising...."

But his turn-around will be welcomed by all those who love a neat-looking lawn to show off their flower beds, and to give their children somewhere to play outside.

Monty Don stresses that gardening is, above all, about getting "the space right." Otherwise, "it will not look or feel good regardless of what plants you use, be they ever so rare or fascinating."

An unmown lawn, he now argues, makes your space look smaller, not bigger. "Long grass fills a space to quite a surprising extent, whereas mown grass takes the same area and expands it. Gardens need room for the eye and mind to drift and breathe. Too many plants and it becomes suffocating."

The TV shows which can wreck your home



Don't believe everything you see on TV. Especially those programmes which show you how easy it

is to do DIY jobs around your house. A recent survey has found that many people who watch these programmes and decide to 'have a go' at a home maintenance project, only end up causing damage.

In fact, a fifth of DIY enthusiasts end up having to fork out an average of £329, just to repair what they have done to their homes.

HomeServe, who did the survey, says: "Often TV shows make the job look easier than it is, and can lead to costly errors." And any work that requires sign-off to meet regulations should always be left to a registered plumber or electrician.

NHS warns of dangers of energy drinks



The NHS is worried because eating disorders have risen by 52 per cent since the pandemic.

And it suspects that part of the problem, for young girls and women, is their increasing use of energy drinks to suppress hunger and provide energy without calories.

A huge range of these highly caffeinated drinks are now available, and they are seen to be fuelling record cases of anorexia and other eating disorders.

Claire Murdoch, the NHS mental health director, said it was "concerning that young women could be abusing energy drinks for weight loss". She says: "We urge everyone not to replace their meals with energy drinks."

One former young patient admitted that: "consuming fizzy energy drinks gave me a false sense of fullness and the energy I needed to go about my day, hiding the fact that I was actually exhausted, malnourished and seriously unwell".

Red Bull, Monster and Irn Bru are among the most popular energy

drinks on sale. But there are now hundreds of products, and energy drinks account for about one in three of all soft drinks sold in shops. Sainsbury's has 114 energy drink products available, while Asda has 86 and Tesco has 76.

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Almost one in four 18-year-olds are long-term vapers



There has been an 'exceptionally steep rise' in young adults using e-cigarettes.

New research from University College London (UCL) has found that 22.7 percent of 18-year-olds are long-term vapers – using e-cigarettes for longer than six months. Ten years ago, it was only 0.7 per cent.

The new Government has said it will restrict the sales and marketing of vapes by bringing back the Tobacco and Vapes Bill. It intends to "progressively increase the age at which people can buy cigarettes, and to impose limits on the sale and marketing of vapes."

The boom began in 2021, when disposable vapes became widely available.

Dr Sarah Jackson, the study's lead author, from the UCL alcohol and tobacco research group, said: "It is likely that a growing number of adults who vape would not have otherwise smoked. For these people, vaping regularly over a sustained period will expose them to more harm than if they had neither smoked nor vaped." Women are now just as likely as men to be long-term users of the devices.

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Back to school

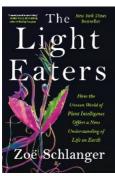


his month more than 10.7 million L children will be going back to school. That means that millions of households across the country are now busy preparing for the big day. Regular bedtime routines are back, packed lunches are planned, uniforms are washed and ready to go. Some parents find it helpful to take children to the park for a good walk, or to go for rides on bikes or scooters in the final days of summer. The exercise will relieve stress, and help the children settle better at night. For younger, perhaps anxious children, hugs are also very important. For all children, it is good to get them into the habit of feeling gratitude towards God for the positive things that happen in their daily lives, and for all the things that they already have.

While it is normal to feel a bit anxious before going back to school, there are things that parents can do to help. Praying with their children and reading a bit of a child's story Bible to them each night will encourage their faith and remind them that they don't have to face the ups and downs of school life all on their own. ##

BOOK REVIEWS

The Light Eaters



How the Unseen World of Plant Intelligence Offers a New Understanding of Life on Earth by Zoë Schlanger

The vegetable kingdom is full of wonders and mysteries, as

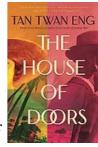
Schlanger lavishly demonstrates in The Light Eaters. For one, plants created Earth's atmosphere, oxygenating it and making it breathable for animals like us. Likewise, she explains, "every thought that has ever passed through your brain was made possible by plants," because every animal organ is made out of sugars produced by photosynthesis, the wizardry through which plants transform light and air into the fuel that built and powers our bodies.

Yet are we grateful? We take plants for granted and seldom spend much of the brainpower they supply on considering their multiplicity and unsung abilities. When it comes to plant blindness, though, Schlanger may be overstating her case, given that somewhere between 55 and 80 percent of Americans participate in some form of gardening. (Admittedly, that's according to surveys conducted by various players in the gardening industry, but doesn't everyone know at least one fanatical gardener? I have a friend who accuses me of paying more attention to the fruit tree saplings I've planted than to my

actual family.) Nevertheless, Schlanger is probably right in thinking that most modern humans regard plants as alive but not animate—a bit boring by the standards of creatures that can move around freely.

> **The House of Doors** By Tan Twan

It is 1921 and at Cassowary House in the Straits Settlements of Penang, Robert Hamlyn is a well-todo lawyer and his steely wife Lesley a society hostess. Their lives are invigorated



when Willie, an old friend of Robert's, comes to stay.

Willie Somerset Maugham is one of the greatest writers of his day. But he is beleaguered by an unhappy marriage, ill-health and business interests that have gone badly awry. He is also struggling to write. The more Lesley's friendship with Willie grows, the more clearly she see him as he is - a man who has no choice but to mask his true self.

As Willie prepares to leave and face his demons, Lesley confides secrets of her own, including how she came to know the charismatic Dr Sun Yat Sen, a revolutionary fighting to overthrow the imperial dynasty of China. And more scandalous still, she reveals her connection to the case of an Englishwoman charged with murder in the Kuala Lumpur courts - a tragedy drawn from fact, and worthy of fiction.

HUMOUR

Three old ladies are sitting around a table playing bridge and bragging about their sons. "My Freddie," said Margaret, "Everyone should be so lucky to have a son like my Freddie. Once a week he brings me a huge bouquet of flowers, he's constantly bringing me out to restaurants to eat, if I so much as hint that I want something the next morning it's on my doorstep." "That's very nice about your Freddie", savs Gertrude. "But with all due respect, when I think about the way my Sammy takes care of me, it just can't compare. Every morning as soon as I wake up he greets me with bacon and freshly brewed coffee. Every lunch he comes over and cooks me a gourmet lunch, and every supper he brings me to his house for supper, he truly treats me like a queen." "WELL!" Says Barbara "I don't want to make any of you feel bad or anything, but wait until you hear about my Harry, twice a week he pays someone \$200 an hour just so he can lie on their couch and talk to them, and who do you think he speaks about at those prices? Asks Barbara with a big excited double chin smile, "I'll tell you who he speaks about! ALL HE SPEAKS ABOUT IS ME!"

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As a first grade teacher, I often hear from my students things going on in their family. Harry's mother was expecting, and naturally Harry was very excited about it. When one day Harry stopped talking about it I was concerned and questioned him why. "Well", Harry said, "my mother told me I could feel the baby moving in her stomach, I think she ate it!"**

The Talking Parrot: A man goes to L a pet shop and buys a talking parrot. He takes the parrot home and tries to teach the parrot how to say a few things, but instead, the parrot just swears at him. After a few hours of this, the man finally gets fed up and throws the parrot into the freezer to teach it a lesson. He hears the parrot squawking and kicking for a few minutes, but then all goes quiet. The man opens the freezer up, the parrot calmly steps out onto the man's outstretched arm and says, "I believe I may have offended you with my rude language and actions. I'll endeavour to correct my behaviour "The man is astounded. As he's about to ask the parrot what's caused this sudden change in attitude, the parrot continues, "May I ask what the turkey did?"

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The Church Bells: A bishop L advertises a job to ring the bell in his tower. The only job applicant is a hunchback with no arms. Bishop: "How can you do the job? You can't pull the rope!" Hunchback: "I have a plan – but we have to go to the top of the tower, where the bell is." .. So they climb all those stairs to the top of the tower. Bishop: "Ok, show me your plan." The hunchback runs and jumps at the bell, striking it with his head. Sure enough, he rings the bell. The bishop says, "That's amazing! ...but you'll get a headache." The hunchback replies, "No problem, I'll get used to it." And he gets the job. One day, the hunchback decides to put a little extra into his bell ringing, so he steps back, and then runs and jumps at the bell, and hits it with his head – but he missed, slips, and falls off the tower, plummeting to his death. A crowd

gathers and a policeman arrives. A bystander asks, "Do you know this man?" The cop replies, "No, but his face rings a bell.

The Talking Dog: A guy is driving **L** around and he sees a sign in front of a house: "Talking Dog for Sale." He rings the bell, and the owner tells him the dog is in the backyard. The guy goes into the backyard and sees a Labrador retriever. "You talk?" he asks. "Yep," the Lab replies. "So, what's your story?" The Lab looks up and says, "Well, I discovered that I could talk when I was pretty young, and I wanted to help the government; so I told the CIA about my gift, and in no time they had me jetting from country to country, sitting in rooms with spies and world leaders, because no one figured a dog would be eavesdropping. I was one of their most valuable spies eight years running. The jetting around really tired me out, and I knew I wasn't getting any younger, so I decided to settle down. I signed up for a job at the airport to do some undercover security work, mostly wandering near suspicious characters and listening in. I uncovered some incredible dealings there and was awarded a batch of medals. I got married, had a mess of puppies, and now I'm just retired." The guy is amazed. He goes back in and asks the owner what he wants for the dog. "Ten dollars," the guy says. "Ten dollars? This dog is amazing. Why on earth are you selling him so cheap?" "Because he's a liar. He didn't do any of that stuff."

The Farmer's Chickens: A city L slicker moved to the country and bought a piece of land. He went to the local feed and livestock store and talked to the proprietor about how he was going to take up chicken farming. He then asked to buy 100 chicks. "That's a lot of chicks," commented the proprietor. "I mean business," the city slicker replied. A week later the man was back again. "I need another 100 chicks," he said. "Boy, you are serious about this chicken farming," the man told him. "Yeah," the city slicker replied. "If I can iron out a few problems." "Problems?" asked the proprietor. "Yeah," replied the city slicker, "I think I planted that last batch too close together."

Joe Biden walks into a bar, but he is mysteriously invisible. The bartender hears him and asks: "Joe, I can hear you, but why can't I see you?" Biden begins, "You see, I found a dusty oil lamp in my basement. Naturally, I dusted it off, and a genie appeared to grant me 3 wishes." "For my 1st wish, I said, 'I want a very smart, ambitious and friendly wife." But then the genie gave me Jill, and I realized i forgot to specify that i also wanted my wife to be younger and forever attractive.

"For my second wish, I said 'I want to serve as the President of the United States.' Lo and behold, that wish was fulfilled as well." However, as soon as I started the job, inflation started to skyrocket and Russia attacked Ukraine. I realized i forgot to specify that I wanted to be president in a successful and trouble-free world." "Finally," Biden said with a grin. "For my third wish, I started with: Let me be clear... ###

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St James the Least of All

The Revd Dr Gary Bowness continues his tongue-in-cheek letters from 'Uncle Eustace'... If you would like a copy of our published booklet of Uncle Eustace's letters, please email us at: enquiries@parishpump.co.uk

On why you should never replace your hymn books

The Rectory St James the Least

My dear Nephew Darren

I am surprised you are considering buying a new set of hymn books for your church. I had assumed everything you sang would be projected on to one of those screens which are invariably placed to obscure the altar.

In my – fortunately limited – experience of such devices, they provide the projectionist with endless opportunities for showing the wrong hymn, or the right hymn but from another edition, which will contain either one verse too many or one too few. Should the hymn run to two pages, then the turnover always takes place some milliseconds after that verse has started, so that the congregation is faced with the snap decision of either trying to sing two lines at double time, or just to join in late, making a nonsense of the words.

When we decided to change hymn books some years ago, the reverberations made the consequences of that little event in Sarajevo seem insignificant. The proposal was to move from Hymns Ancient and More Ancient to the more recent version: Hymns Ancient and Slightly Less Ancient.

Colonel Wainwright said he would be happy so long as we continued fighting good fights and urging Christian soldiers onwards. The men wanted the hymns they remembered from school, the ladies those they sang at their weddings, and no one would consider anything that dropped 'thines' or 'wouldsts'. The basses in the choir wanted hymns they knew the tenors found difficult and those who couldn't read music wanted more hymns sung in unison. When a rumour started that the books may contain hymns written in the last 50 years, timetables were consulted for bus services to the next village.

Eventually we reached a perfect compromise: doing something which made no change whatsoever. Miss Simpson was charged with buying yards of sticky backed plastic and repairing the current books. She put a note on the front of every copy that if the page for the hymn they wanted was missing, they should share with the person sitting next to them – an experience which will be almost as traumatic as being invited to pass the peace. Yet another decision has thereby been deferred for a Church Council to make some time next century. Harmony reigns once again.

Your loving uncle, Eustace

Regular weekly events

MONDAYS

10.00-11am Nia (Dance fitness) HUB
10.00-12noon Painting Group FBC
1.30-4.00pm Whist Club FBC
2.00-4.00pm Bridge (except 1st
Monday) FBC
6.15-7.15pm Zumba HUB
7.30pm Tone Big Band (1st & 3rd
Mon) HUB

TUESDAYS

6.15-7.00am Group Fitness Training
HUB
10.30-11.30am Qigong
HUB
1.30-2.30pm Tai Chi
HUB
10.00-4.00pm Board Games
7.00-8.00pm Yoga
HUB

<u>WEDNESDAYS</u> 10.00-11.00am Pilates for Everyone

HUB 10.00- 11.00am Flexercise FBC 11.00-12noon Mum and Baby Pilates HUB

2.00- 4.30pm Short Mat Bowls HUB 6.00- 7.00pm Tae Kwon Do HUB

THURS DAYS

6.15-7.00am Group Fitness Training
HUB
10.00-12noon Baby Badgers
10.00-12noon Bridge Club
2.00-4.00pm Croquet
FBC

FRIDAYS

8.30-1.00 pm Star Bubs 10.00-12n0on Pétanque FBC 10.00-12n0on Frank's Café 4.45-8.15pm Martial Arts HUB

SATURDAYS

6.30-7.15am Group Fitness Training
HUB
9.30-11.30am Hub Gardening Club
HUB
9.00pm Bingo
Con Club

USEFUL CONTACT NUMBERS

YOUR SOMERSET COUNCIL COUNCILLORS

John Hunt (Independent) 07880 794554 john.hunt@somerset.gov.uk Cllr Caroline Ellis 07473 119425 cjellis1968@googlemail.com

Your Member of Parliament Gideon John Amos Lib/Dem

SUPPORT AVAILABLE FOR RESIDENTS

Taunton Citizens advice - 0808 278 7842 Village Agent - 01823 331 222

Mindline, a 24/7 phoneline available to support people of all ages offering a listening and advice service for wellbeing. You can call Mindline on 01823 27689. Information about childcare http://www.childcarechoices.gov.uk/

Taunton Foodbank

https://taunton.foodbank.org.uk/gethelp/

Free support and advice about: Money, food, home, health and wellbeing, domestic abuse, problems with drugs and alcohol and parenting visit:

www.connectsomerset.org.uk/help4 all

BISHOP'S HULL FACILITIES

BH Parish Council - Helen McGladdery 07518144614 bishopshullparishclerk@gmail.com

BH Pre School - 07928 950230 BH Primary School - 331624 Castle School - 274073 Spring Nursery - 793506 Community Room & School Hall -Rick Moon 354908 Frank Bond Centre - Nadia 07958 246046

Neighbourhood Beat Team

PSCO Lyndsay Smith & PCSO Marshall Bernhardt Call 101 or 999 in emergency lyndsay.smith@avonandsomerset.pol ice.uk

marshall.bernhardt@avonandsomers et.police.uk

Robin Close Hall - 356389

St Peter & St Paul Parish Church Rev. Phil Hughes 336102

BISHOP'S HULL ORGANISATIONS

BH Flower, Fruit and Vegetable Show - Amanda Gallacher 337720

Bishop's Hull HUB - 07500 748 609 booking: bhhubbookings@gmail.com General enquiries and events: bishopshullhub@gmail.com Bishops Hull Hub cafe bishopshullhubcafe@gmail.com

BH Short Mat Bowls - Alan Chapman 01823 630641

bhsmbc@vahoo.com

BHVH & Playing Fields Trust - Paul Bulbeck 283941

BH WI — Sue Hazelwood 01823 323986

British Martial Arts and Boxing Association Tae Kwon Do alecmhay@aol.com

Brownies - Sheena Grinter 331184 Community Woodland Volunteer -David 272415

Nia (Dance Fitness) - Jackie 07949735139

FBC Activities - Carolyn 283941

Infinity Martial Academy - Jon 07736 714370 jonakkc@hotmail.co.uk Pilates - Larissa

lapilates7@gmail.com / larissa@lapilates.com

Somerset Hills Chorus - Brenda Palfrey 07857 244272

Tae Kwon Do - Sebastian Morey-Weale 07900 517767

Tai Chi - Bev Fernandes 07880 555984

Zumba - Felicity 07939 580327

REFUSE / RECYCLING /GARDEN COLLECTIONS

Dates below taken from Somerset Council Website.

Please note new day for recycling and refuse collections.

Recycling: Every Thursday - all areas

BISHOP'S HULL, SHUTEWATER, UPCOTT & BARR

Refuse: Thu 1st & 22nd Aug Garden: Mon 5th & 19th

RUMWELL

Refuse: Thu 1st & 22nd Aug Garden: Wed 14th & 28th

STONEGALLOWS

Refuse: Thu 1st & 22nd Aug Garden: Mon 5th & 19th

SERVICES AT ST PETER & ST PAUL SEPTEMBER 2024

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Sunday 1 st September 14 th after Trinity	Holy Communion Holy Communion	08:00 a.m. 10.00 a.m.	James 1:1-27; Mark 7:1-8, 14-15, 21-23	Tim Venn
Wednesday 4 th September	Holy Communion	10.00 a.m.		
Sunday 8 th September 15 th after Trinity	Holy Communion Holy Communion	8:00 a.m. 10.00 a.m.	James 2:1-26; Mark 7:24-37	Paul Curry
Wednesday 11 th September	Holy Communion	10.00 a.m		
Sunday 15 th September 16 th after Trinity	Holy Communion Holy Communion	08:00 a.m. 10.00 a.m.	James 3:1-12; Mark 8:27-38	Sally Adams
Tuesday 17 th September	September Song	7.00 p.m.	Gregory & Ellen Steward	CONCERT
Wednesday 18 th September	Holy Communion	10.00 a.m.		
Sunday 22 nd September 17 th after Trinity	Holy Communion Holy Communion	8:00 a.m. 10.00 a.m.	James 3:13-4:17; Mark 9:30-37	David Ager
Wednesday 25 th September	Holy Communion	10.00 a.m.		
Sunday 29th September 1th after Trinity Michaelmas	Holy Communion Holy Communion	8:00 a.m. 10.00 a.m.	James 5:1-20; Mark 9:38-50	Rosemary Lockley



GRASS CUTTING

8 September Paul Curry 22 September Peter Willis

CHURCH DIRECTORY (01823)

Church web site: www.stpeterandstpaul.org.uk

Vicar: Rev. Philip Hughes

336102

(Usual day off - Friday)

phil2overflowing@gmail.com

Rev Philip Hughes

Church Wardens: Tim Venn John Perry

Treasurer Rachel Horder

Electoral Roll Officer

Safeguarding Officer: Sally Adams (co-opted PCC member)

Other PCC Members - Mark Dakin Sue Martin

Shirley Stapleton

Tower Secretary: Giles Morley 430710

St Peter and St Paul's PCC 2024-2025

- 1. Rev Phil Hughes (Vicar)
- 2. Tim Venn (Church Warden)
- 3. John Perry (Church Warden)
- 4. Rachel Horder (PCC Treasurer)
- Sally Adams (Parish Safeguarding Officer, co-opted PCC member)
- 6. Mark Dakin
- 7. Sue Martin
- 8. Shirley Stapleton
- 9. And you? The PCC is a great team to belong to and is there to assist the Vicar in the Mission and function of the church. If you think God may be calling you to serve in this way there are lots of opportunities, so do have a chat with one of the fab team!

