

BRADNINCH LIFE

Your **FREE** Community Magazine

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Issue 74: November/December 2019

Lots to look forward to....

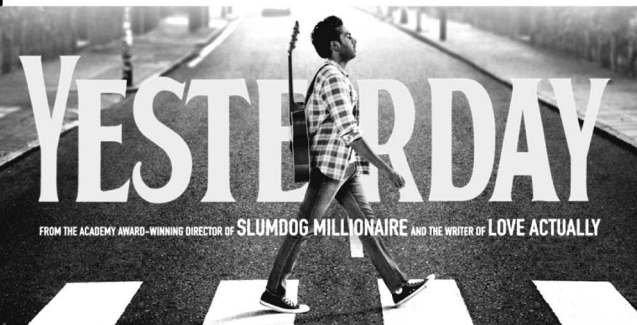
Difficult to believe that we are in the run up to Christmas, but it's just seven weeks away and the calendar is filling up with events to enjoy. As you will see from the list below.

Christmas begins in earnest with the town lights switch-on on 1st December beginning at 7pm. There will be entertainment from the Bradninch Millers and Fox King Dance Academy with mulled wine and mince pies - what could be better. The winter walk competition is taking place again this year, so make sure you get your entries in - there are good cash prizes to be won.

But whatever you take part in, enjoy the Christmas spirit, there is a scary story on pages eight and nine to get you in the mood!

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A NIGHT AT THE MOVIES THE GUILDHALL



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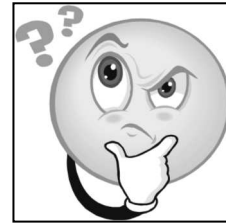
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Bradninch Fireworks Night

Our wonderful, annual Fireworks evening will be on Sunday 3rd November. The event is again being run by a group representing the young and youth of Bradninch, the Bradninch Scouts, Youth Football, Youth Club, Pre-school Group and Cricket Colts. All groups will be involved and share any profits from the evening to spend on their ongoing projects and youngsters support.

Gates open at 6.00pm and the fireworks will start 6.45pm. There will be a BBQ, soup, tea and coffee. Tickets are Adult £7 and Children £5. Family £20 (considered as 2+3) all available from the Spar or on the gate.

We have mulled over the prices and feel it is a community event to be enjoyed by all so have decided not to increase costs in line with the annual increase in the firework's charges. Thus, any funding for the youth groups depends on attendance – the more that come and enjoy the evening the more we will be able to offer the five Under 18 groups.

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A GAP YEAR TRAVEL BOOK

John Kirkaldy of Silverton has just published a book about his gap year, taken when he was 70 years old.. The title is 'I've Got a Metal Knee: a 70-year-old Gap Year' and was launched at the Lamb Inn, Silverton on Tuesday, 17th. September. John visited 14 countries and worked in France, Australia and the United States.. He also volunteered for a project in NW India, whose aim was to increase educational and vocational opportunities for women and young girls from lower class and caste.

For most of his life, John believed that he had endured the world's worst gap year, aged 18, working as an accountant in the City of London. Ironically, as a lecturer, he spent many years urging students and would be students to maximise this once in a lifetime opportunity. Aged 70, he had that rare thing in life, a second chance, despite a knee that set off security systems in airports around the world.

Along the way, he met some fascinating people; among them the champion omelette maker of Jodhpur; one of the few survivors of the Khmer Rouge's death camps; and a philosophising cacti grower in the Australian outback. He spent a morning chatting to visitors to Oscar Wilde's grave in Paris; visited war sites in Vietnam; and survived a week-end in Benidorm. He just about survived the that almost obligatory gap year experience: a bungee jump in New Zealand



The only real similarity between Silverton, Devon and Silverton, New South Wales (population: 45) was that both Exe Valley pubs serve Australian lager. The St Patrick's Day Recovery Party (18th. March) attracts a crowd of 1,000 and results in a lot of Australian sore heads.

For those who missed the launch, paperback copies are available at the Silverton Spar Shop and the Silverton Barbers Shop (price £8.99). Copies can also be ordered through Amazon, who are also selling an eBook edition (price £ 4.99). Copies will also be available shortly through book shops.

John comments, 'if this book inspires even one person to fulfil their dream; its writing will have been worth it'.

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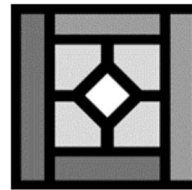
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The Brad Ninja's say Thank You to Regional Foster Families!

The Brad Ninja's are the under 8's team at Bradninch football club. We train term time 6.30pm-7.30pm on the astroturf at Culm Valley Sports Centre. New players are welcome to come along.

Back in 2017 the team designed their own training tops and team name with the help of Owen Williams our local graphic artist. The team are really pleased to announce that Regional Foster Families have sponsored the team's training tops this season.

Regional Foster Families are an independent fostering agency who are committed to providing safe, high quality foster care to children and young people who can no longer be with their families. If you are thinking about fostering please take a look at their website: www.regionalfosterfamilies.co.uk or call them on 0800 0191165.



The Brad Ninja's would like to say a huge thank you to Regional Foster Families for their support and to let them know it is very much appreciated. Grass roots football would not be possible without our sponsors.

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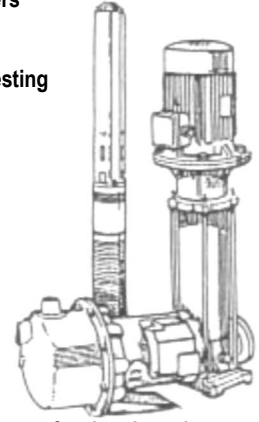
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Past Christmas Ghosts

Tony Ross

Clive had dozed briefly after a watery rosy sunset on December 21st, the shortest day, twilight darkening into almost ink blackness, whilst the lounge open fire was just embers in the hearth

He now felt gloomy, for very unusually he was staying alone tonight at the home of his dear son, daughter in law and grandchildren, looking after their pets whilst they were away for a London pantomime performance. Leaving his home near Exeter, Clive was back in Stanmore, suburbanite North West London, in the area of his former childhood home. In fact, this neighbourhood was the venue for his past favourite christmas celebrations, lovely carol services at the grand historic church, some great parties at friends' homes, even the fine old railway station nearby bedecked in decorations. And he fondly recalled how a group of his friends strolled through the lichen gate across those old pathways, someone carrying a large burning torch light, all singing merrily, en route to a jolly local pub, 'The Railway Tavern', having a magnificent Xmas tree outside

Thus, this area was imbued with precious Christmas memories, one year enhanced with his first true love, blissful innocence and magic, meeting Sandra that late autumn back in the sixties, an enchanting romance flourishing in the colourful glow of December.

Slightly drawing back the curtains, Clive looked down the quiet residential avenue, surprisingly deserted on this occasion, old fashioned street lights emitting a pale white glow, almost late Victorian, strange no orange glare. Sadly, all rather dull and depressing now, where were the Salvation army singers who used to gather under the big lamps on that street corner, to sing their wonderful carols.

He fumbled back to the fire looking for logs. Then suddenly he was startled by a loud hammering on the front door, strange and unexpected here. Opening the door, he was astonished to see half a dozen folk gathered outside, some with torches, smiling and waving. Actually, now properly focusing, familiar family faces to Clive, albeit all presenting a white and creamy visage, like made up for a stage show.

"Hello Son!" his dad exclaimed warmly "Happy Xmas! A nice surprise for you! We all know that this is your favourite Xmas area, so we had to come!" "Crickey, goodness me, welcome, come on in", Clive stuttered a little groggy

They all swept in, his mother & aunt, passing with a quick embrace for him. Dad smartly dressed as ever, suit, collar & tie, already celebrating with a large glass of whisky in one hand, a cigar in the other. Gracious, granddad too, wearing his customary tartan waistcoat, a Charlton Athletic scarf round his neck, he too drinking whisky and smoking his usual pipe. Coming in at the rear was uncle Douglas, from California, still wearing his American army uniform, a rucksack on his back, doubtless full of tasty goodies. This was exactly as Clive remembered him when Douglas visited their home just after the war: lots of generous gifts to temporarily brighten grim austerity. This time a bottle of bourbon appeared!

It was a noisy cheery gathering, a huge surprise for

Clive which took some digesting and he was a little dazed, perhaps his glass of bourbon would help. He was patted on the back by granddad, chuckling, "remember that day Clive when we all went to football at Stamford Bridge, your team Chelsea drawing against my Charlton. Afterwards we went into a crowded local pub, your dad and I hiding you under a table whilst you as a toddler sipped an orange squash!"

Before long, his dad sidled up, "Come on Son, put a coat on, time to move on, more friends and relatives to meet up with, on those paths alongside the old church leading to your old favourite pub 'The Railway Tavern' and later a good old sing song there!"

Clive shrugged his shoulders and agreed to join them now as they left, although very puzzled. 'Go with the flow' he conceded, but very chilly outside, leaving the front garden and wondering if he had locked up. He was increasingly bemused as he looked again at uncle Douglas, resplendent in his uniform, carrying a flaming torch, just like yesteryear, but where on earth had he acquired that. The group was soon in the Church grounds, following the old wooded paths, laughing along. This was crazy he realised, Uncle Douglas went home to the States after just that one brief post war visit and was never a part of those christmas fun gatherings around here, nor come to that were his parents, only his younger close friends were involved. And the Railway Tavern closed a long time ago!

Everything was totally awry here, quite wrong. They passed the old church now a ruin misty and creepy. He glanced at granddad, fading into the shadows, away from the dim street lights in the distance. Granddad of course had died years ago, when Clive was still a child and Uncle Douglas surely must have passed away by now in the USA, and of course Mum and Dad were no longer with us. The flames of the burning torch light were flickering and dying, the images of his family folk were steadily fading. He was a little afraid; albeit he was within the comforting aura of this cherished retreat of his youth, having the nostalgia his early romance with Sandra. Somehow, he was drawn to a marble grave stone standing proud in a row beside the path and he knelt there squinting and was stunned. On the stone "Sandra Davis", her maiden name, why in this place, when she had travelled worldwide and how on earth had she never married!? It was her; the birth date was right but date of death hard to decipher. The torch flame was out now; he was relying on distant poor street lights. He was sitting beside the grave, his back resting on her headstone, looking away. He rubbed his eyes as he saw another headstone opposite and he gazed in disbelief. Oh my God it was his grave, the inscription for his identity was right, birth date clear, but again couldn't quite read date of death, and other details.

His consciousness fading amongst the dank dark leaves around.

He was stunned and very cold as he crashed out of bed in his Exeter home. Light was filtering through the window as a wintry dawn arrived. He stood up and gazed out, quite startled. It was snowing heavily, the nearby park, roof tops, pavements all whitened. "Darling Clive are you OK, I heard a soft crash? Am in kitchen, bringing up tea in a moment," called Julie his wife

Clive was still nonplussed, after such a bizarre dream, recovering his bewildered thoughts. Really it was an amazing return dip into a past life, laced with vivid disjointed recollections, some scary. This reflecting his abandoned life centred in London and the South East as a young man, swapped for the wonderful West Country rich in promise. A totally changed scenario. He had moved down here three decades ago!

Julie was soon there with the tea and glimpsing out of the window, "Snow such a surprise these days at Xmas, but at least we could walk to the Cathedral for the Carol service tonight. Although not so sure about Bradninch tomorrow"

"Yes, we can go!" replied Clive positively, "meeting our friends at their Church concert is a must. One must embrace the joy of Christmas; life doesn't go on forever!"

"OK, provided safe to drive there" she smiled "Oh by the way I had a strange phone call from son Graham downstairs whilst making tea. He asked whether you could visit their London home for a couple of days around New Year, to look after their dogs whilst they went to a family pantomime in the West End! Now that's a first!"

Clive stared at her wide eyed, really trembling, quite shaken.

THE END

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You may remember that about a year ago I wrote how you could donate to your favourite charity every time you make a purchase at Amazon. Well, so far we have received the sum of £9.97, so the system works and is now also available on Android devices. With Xmas now on the horizon could ask a few more of you to think about registering.

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BRADNINCH ACOUSTIC CLUB XMAS SPECIAL

Bradninch Acoustic Music Club is thrilled to invite back Nikki Sutton and Terry Murray to entertain us at our Christmas special in December. Jazz and the art of improvisation are their passions and they love the opportunity to interact with the audience and make it warm and personal.

Nikki started out fronting Blues/R&B bands in Brighton, moving to Bristol in the early 90s. With a lifelong love of harmony, she was delighted to join the all female cappella group, Sweet Soul Sisters who toured the UK and Europe, recorded an album, broadcast for the BBC and played regularly at the Glastonbury Festival.

Terry took up guitar at the age of 14, inspired by everything from Jimmy Hendrix & Eric Clapton to Django Reinhardt and Wes Montgomery. He moved into his first Jazz gigs with a local Hammond organist playing standards which "stole his heart!" Turning professional just after his 19th birthday he was lucky enough to hone his craft serving a musical apprenticeship in resident Mecca & Top Rank bands of the mid 70's and 80's, going on to live in Copenhagen playing in Jazz & Fusion bands.

Come along Tuesday 10th December for a wonderful evening of jazz standards and chat at Bradninch West End Hall from 7:45 Entry £6. Will include all the usual Christmas fare.

£25 Gift Voucher

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Silverton Memory Cafe

Memory Cafes are informal, social places where people with memory loss and their carers can meet and enjoy an afternoon of friendship and support, with opportunities to stimulate conversation and memories. We always have refreshments with delicious home made cakes. Our volunteers will help people to find suitable activities which might include word games, puzzles, painting and quizzes. In good weather we offer outdoor games in the garden. Some of our visitors prefer to sit and chat or just watch what is going on.

After tea we often sing some of the old popular songs, and with great enthusiasm by all. Often people with poor memories can recall the words of well known songs, they join in and their faces show real joy. As well as outside speakers and musicians, we also have regular visits from health care professionals and use a separate room for private and confidential meetings.

Scientists in the Whitehall II Study, discovered that friendships and social activity can delay the onset of many forms of dementia. The study, which followed 10,000 civil servants from the age of 35 until old age, found that being socially active exercises the language and memory parts of the brain, this builds better resilience and coping strategies against the damage that accumulates as the result of ageing and also mitigates the progress of dementia. The scientists reported that their work added to the evidence that loneliness in middle and old age should be taken very seriously and avoided if at all possible.

So don't sit at home on a Thursday afternoon, come and join us between 2-4 pm at St Mary's Church Hall, Silverton. Anyone from the Exe Valley area is welcome and the Memory Cafe is free through the generosity of Friends of Wyndham House Surgery and other donations. For more information please get in touch.

The **Bradninch Forget-me-not Cafe** meets on first Monday of the month at the Baptist Church from 2.00 - all are welcome.

A Celebration of Christmas

This year's *Celebration of Christmas* will take place in St Disen's Church at 6pm on Saturday 14th December.

This year we have over 100 singers from Bradninch and beyond enthusiastically rehearsing and preparing to entertain you with the usual variety of beautiful and uplifting carols and Christmas songs. Add in audience participation in traditional carols, seasonal instrumental pieces and, of course, mulled wine and mince pies in the interval, and you are guaranteed a great Bradninch Christmas celebration.

Doors open at 5pm. Entry is free but donations will be welcomed. Children who are able to quietly sit and listen are very welcome.

This wonderful community Christmas event is always packed out – miss it and miss out!

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Tel: 01392 882340 or visit www.littleoneschildcare.co.uk

POETRY GROUP

Calling everyone who likes poems!

We are starting a very informal poetry group, meeting once a month in Silverton's Room4U, where people who enjoy reading poetry can share their favourites with others. Everyone is welcome; you don't have to live in Silverton.

The plan is to have the first gathering on Thursday 9 January at 7.30, continuing on the second Thursday of each month thereafter, if there is sufficient support. For this first meeting please bring along your three favourite poems and we will take it in turns to read them to the group.

For subsequent months we will choose a theme for the poems, to be decided by those present at the preceding meeting.

The cost will be £2 each to cover the hire of the room plus donations for tea/coffee.

We have no idea how many people will come to this so if you would like to express an interest or have any questions, please do get in touch (contact details below). Otherwise, just turn up on the night at Room4U (situated in the Silverton village car park on Wyndham Road, EX5 4JZ)

Simone Stanbrook-Byrne & Yvonne Nicola
01392 881513 (slsbxyz@gmail.com)

Silverton & Exe Valley Seniors November Newsletter Events & activities for the 50s plus!

Membership is open to anyone 50 or over living in Silverton and surrounding area. The Club which organizes outings to places of interest and other social activities has been in existence for over 25 years. Annual membership £5.

COFFEE MORNING & QUIZ – Tuesday 12th NOV.
Come and join us at St Mary's Church Hall Silverton between 1000-1130. Entrance charge £1 includes refreshments. Everybody most welcome.

MONDAY WHIST – Mondays 4th & 18th NOV
St Mary's Church Hall Silverton is the venue for this fortnightly activity starting at 2:00 PM prompt. Entrance fee £2.50 includes refreshments and raffle ticket.

If you are interested in any of the above events or would like to join the Club please contact Martin Clough Club Secretary 38 Hederman Close Silverton EX5 4HW Devon Tel: 01392 860971 or e-mail: martin.mcassoc@btconnect.com



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9th - 17th December

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Entry form £5

Voting form £1

Prizes: £25 best window

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 Wyndham House Surgery tel: 01392 860034

WHAT'S ON IN BRADNINCH

NOVEMBER

1st	Toddler Group	9.30	The Guildhall
1st	Bradninch Millers Morris	8.00	West End Hall
1st	Ballet	1.45	The Guildhall
2nd	Duchy Preschool CM	10.00	The Guildhall
2nd	Luke Taylor Surgery	11.00	The Guildhall
3rd	Fireworks Display	6.00	Football Field
4th	Pilates	9.00	The Guildhall
4th	Yoga	7.00	The Guildhall
4th	Ballet	4.00	The Guildhall
5th	Move it or Lose it	10.30	The Guildhall
5th	Ballet	4.00	The Guildhall
6th	Karate	6.30	Duchy School
7th	WI	7.30	The Guildhall
7th	Taekwondo	6.00	The Guildhall
8th	Ballet	1.45	The Guildhall
8th	Toddler Group	9.30	The Guildhall
8th	Bradninch Millers Morris	8.00	West End Hall
9th	Royal British Legion CM	10.00	The Guildhall
9th	Film Night	7.30	The Guildhall
11th	Pilates	9.00	The Guildhall
11th	Yoga	7.00	The Guildhall
12th	Move it or Lose it	10.30	The Guildhall
12th	Ballet	4.00	The Guildhall
12th	Folk Club	7.30	The Guildhall
13th	Karate	6.30	Duchy School
14th	Twinning AGM	7.30	The Guildhall
14th	Youth Club	7.00	West End Hall
14th	Taekwondo	6.00	The Guildhall
15th	Toddler Group	9.30	The Guildhall
15th	Ballet	1.45	The Guildhall
15th	Bradninch Millers Morris	8.00	West End Hall
14th	Scouts CM	10.00	The Guildhall
16th	Town Quiz	7.30	The Guildhall
16th	Fitness Class	7.30	West End Hall
18th	Pilates	9.00	The Guildhall
18th	Ballet	4.00	The Guildhall
18th	Yoga	7.00	The Guildhall
19th	Ballet	4.00	The Guildhall
19th	Move it or Lose it	10.30	The Guildhall
20th	Karate	6.30	Duchy School
20th	Gardening club	7.30	The Guildhall
21st	Taekwondo	6.15	The Guildhall
21st	Library Van	11.00	The Guildhall
22nd	Ballet	1.45	The Guildhall
22nd	Toddler Group	9.30	The Guildhall
22nd	Bradninch Millers Morris	8.00	West End Hall
23rd	Baptist Church CM	10.00	The Guildhall
25th	Fitness Class	7.30	West End Hall
25th	Ballet	4.00	The Guildhall
25th	Pilates	9.00	The Guildhall
25th	Yoga	7.00	The Guildhall
26th	Move it or Lose it	10.30	The Guildhall
26th	Ballet	4.00	The Guildhall
27th	Karate	6.30	Duchy School
28th	Taekwondo	6.30	The Guildhall
29th	Yoga	7.00	West End Hall
29th	Toddler Group	9.30	The Guildhall
29th	Ballet	1.45	The Guildhall
29th	Bradninch Millers Morris	8.00	West End Hall
30th	Childrens Society CM	10.00	The Guildhall

DECEMBER

1st	Xmas Lights Switch on	7.00	The Guildhall
2nd	Fitness Class	7.30	West End Hall
2nd	Ballet	4.00	The Guildhall
2nd	Pilates	9.00	The Guildhall
2nd	Yoga	7.00	The Guildhall
3rd	Move it or Lose it	10.30	The Guildhall
3rd	Ballet	4.00	The Guildhall
4th	Karate	6.30	Duchy School
5th	WI	7.30	The Guildhall
5th	Taekwondo	6.30	The Guildhall
6th	Toddler Group	9.30	The Guildhall

6th	Ballet	1.45	The Guildhall
6th	Bradninch Millers Morris	8.00	West End Hall
7th	Gardening Club CM	10.00	The Guildhall
7th	Library Van	11.00	The Guildhall
7th	Luke Taylor Surgery	11.00	The Guildhall
8th	Preschool Xmas Fair	10.00	The Guildhall
9th	Ballet	4.00	The Guildhall
9th	Pilates	9.00	The Guildhall
9th	Yoga	7.00	The Guildhall
10th	Move it or Lose it	10.30	The Guildhall
10th	Ballet	4.00	The Guildhall
10th	Folk Club	7.30	The Guildhall
11th	Karate	6.30	Duchy School
12th	Taekwondo	6.00	The Guildhall
13th	Toddler Group	9.30	The Guildhall
13th	Ballet	1.45	The Guildhall
13th	Bradninch Millers Morris	8.00	West End Hall
14th	St Disens CM	10.00	The Guildhall
14th	Celebration of Christmas	6.00	St Disens
16th	Fitness Class	7.30	West End Hall
16th	Pilates	10.00	The Guildhall
16th	Ballet	4.00	The Guildhall
16th	Yoga	7.00	The Guildhall
17th	Move it or Lose it	10.30	The Guildhall
17th	Ballet	4.00	The Guildhall
18th	Karate	6.30	Duchy School
19th	Yoga	7.00	West End Hall
19th	Taekwondo	6.00	The Guildhall
20th	Ballet	1.45	The Guildhall
20th	Toddler Group	9.30	The Guildhall
20th	Bradninch Millers Morris	8.00	West End Hall
21st	Xmas Lights Comm. CM	10.00	The Guildhall
23rd	Pilates	9.00	The Guildhall
23rd	Yoga	7.00	The Guildhall
28th	Lanterns Workshop	10.00	The Guildhall
29th	Lanterns Workshop	10.00	The Guildhall

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